Brough Park Couch to 5K (23.02.19)

A fantastic, spring morning greeted the entrants of the latest Couch to 5K event, which welcomed the return of National Fell Running Champion, Simon Bailey along with World and European OCR Champion, Jason Burgess to Brough Park.

However, the latter was having an unaccustomed day-off and volunteered to help out at the event bandstand finish in addition to urging people along in their early stages; while the former raced ahead from the start to reduce his month-old best by a dozen seconds to 17.53 - less than a handful away from the long-standing record of Ryan Holroyd.

The previously mentioned pair went head-to-head in the Knypersley Five Miler on Sunday, where the Fell Runner claimed the honours in a 1st and 2nd finish.

Isaac Ellington’s non-stop, daily training since the beginning of the New Year has paid off, as he once again followed the leader, gaining a reduction of 10 seconds from his PB to 19.45.

Freddie Miller (3) had a joint finish of 10.41 with Becky Goldstraw (6) in the 800m; with Heidi Carney crossing the line in 11.16 alongside of daughter, Isabella (4), who was a little distraught following an earlier fall; while father, Jamie once again escorted elder daughter, Kiera (11) to a 16.08 finish in the 1.5K; an event which was once again led by Bleu Bailey (6), in 9.28.

Ewan Corden (10) surged around the 2.2K route to finish a handful better than his last event best in 10.43 - gaining a reduced time on each occasion over three events.

Seven-year-old Luke McMullan has missed a few events and returned to cross the line to score away from his best in 11.57; Izzy Pettitt (8) followed a dozen later but was double that away from her last event record; while mother, Julie was 30 in arrears and 16 away from her PB; as elder daughter, Emily (10) sauntered around in 15.23.

Oliver Sigley (7) crossed the line in 12.23, a good minute ahead of brother, Sam (8); the latter was the same time difference away from his best with the former just a handful from his last event record and followed a few seconds later by Ava Campbell (8)..

Joseph Lockett (11), Harry Cope (6) and Alex Poulton returned after a few event’s absence to slower returns of 12.35, 13.18 and 13.34; with Laurie Hinton (7) crossing the line 30 ahead of the former and Joshua Eames (8) a dozen adrift of the latter.

Ten-year-old Arthur Campbell finished almost a minute away from his inaugural best in a level 14 minutes, which was a similar amount ahead of Toby Poulton (10) and father, Lee who were just 15 seconds away from their record.

Eight-year-old Bella Clowes’ 15.35 finish was a minute ahead of Sarah Ashe and a further 20 ahead of Angel Scragg (11); while Milley Brown (8) was another 30 in arrears and way off her best and a stride ahead of Esmae Campbell (6), with Bailey Dunn another 10 seconds in arrears.

Sydney Moss (7) and Heather Lyons recorded a joint 19.32, which was a good way from their record, but two minutes ahead of four-year-olds, Rosie Carter and Sophie Hinton, who were escorted by the latter’s father, Dave.

Oliver Bailey (11) was unable to match his six-event best in the 3.6K, as he crossed the line a score ahead of Harry Durber’s 17.33, and an additional 30 in front of nine-year-old Lucas Rowley’s improved time; while Sam Bourne (9) was a minute adrift of his last week’s inaugural time in 18.54.

Paul Goldstraw dropped down to this event and was a good minute away from his record time in 19.28; while Lucy Clowes smashed 6 minutes from her best time in 21.52.

Eleven-year-old Harvey Murfin was unable to match is eight-event best as he finished a dozen ahead of an improved time of 25.29 for Sheila Allcock.

Both Adam Carter and Simon Jackson found their feet during last week’s 5K event, and reduced their best times by around 30 in this, crossing the line a handful apart from 21.59.

Dan Knowles made up a few places throughout the three laps and was just a score from his best in 22.30; while Steve Massey made a return following a recent football injury and kept pace to finish three dozen in arrears and 100 away from his best.

Kirsten Bailey was well pleased with her 24.12 time, which was only two dozen from her best, following recovery from a recent niggling injury; easing through the early part before going on to a strong finish, with Paul Lockett less than a score behind and a similar margin away from his two-week-old PB.

Unfortunately, Dan Frewer dropped back several places during the latter stages of the full distance to finish in an even 26 minutes and way off his best.

Matthew Hales seems to be heading in the right direction with a dozen reduction from his last event and a similar amount in arrears of the former.

Michael Ferns reduced his last event record by almost two score to 27.52 and over 7 minutes over five-events; whereas, Suzie Noble dropped back by 3-dozen to 26.59.

V50, Ian Frewer recorded a 28.28 time in his return event after niggling back problems, while v40, Alex Spragg was a minute away from her 3-month-old best in 29.16

Nicola Damjanovic wasn’t content with matching her best in the last event and pushed on, with Jan Percival keeping pace, reducing her time by almost a minute to 29.28, with her pacemaker half a dozen behind and recording a first marker below the 30 minute mark for eight events.

There was a reduction of over a minute from last week’s time for Dave Whelton, leaving him less than a score away from his best time in 29.49; while Bill Mould was half a dozen seconds behind as Karen Avery reduced her record by double that to 30.21.

Dianne Carter returned to the fold with a 31.18 time, and a handful ahead of Dannielle Birch who chopped her last event best by almost a minute; with Richard Dodd failing by half a dozen to reduce his and the same amount in arrears; his mother, Alison was 30 away from her last event best and a stride or two behind Sarah Garde, who was ushered along from the mid-part of the distance, which enabled her to chip her 4-month old PB by 11 seconds to 31.40.

Lisa Soutart went on to lose over two minutes from her last event time in 34.14, and is the same amount away from her best; with Dawn Brown a stride behind in an improved time of more than half a dozen over last week, but still a good way from her record.