Brough Park Couch to 5K (06.04.19)

Once again there was a good turnout for the event, with several people returning after long absences; a number of club runners with no events to attend, along with a trio of hockey players whose season has finished.

One of the 5K entrants was OCR World Champion, Jason Burgess who last weekend finished 4th in a World Series open category fixture in Holland; followed around by fellow Buxton AC athlete - 30 years his younger - Harry Bond (15); with another club member, Kevin Mottram lowering his seven-month-old PB by 20 seconds.

The hockey players, Nick Beeby lowering his best by 50 seconds; Gemma Hurst failing in that task by 2 seconds and Hazel Mycock reducing hers by a ton.

The above finisher’s times being; 19.16, 19.37, 22.02, 25.07, 27.17 and 28.04.

Local club athlete, Isaac Elkington followed a late, previous evening training stint with a tired full distance and a minute from his best in 19.49; almost 3 minutes ahead of Dan Knowles who was only a dozen seconds slower than his last event in 22.45.

Rob Cimino lowered his five-month-old record time by a second to 23.29, as he finished alongside of Krista McCartney (15), who lowered her last event best by triple that; with Kirstin Bailey following on 12 seconds later with a PB of 5 seconds.

Paul Lockett faired likewise with a time of 24.05; which was 14 in arrears of Jamie Carney and a score ahead of Chris Hinton who lowered his six-month-old best by 10 seconds.

Karl Birch continues to make progress as he lowered his last event time by a dozen and is the same amount away from his best in 24.36; while Harry Durber was three dozen in arrears and the same amount ahead of Andy Barker; who continues in this distance while son, Max (12) dropped down to cover the 3.6K in 22.28.

John Lagan almost mirrored his previous two times with a 26.10 finish; which was almost 30 seconds ahead of Lucas Rowley (9) who completed the full distance for the first time.

There were slower times for Richard Dodd and Dave Edge with returns of 27.20 and 28.55; while Stephen Billing lowered his four event, first and best by over a dozen to 29.05 and 15 ahead of Jan Percival.

V70, Bill Mould crossed the line 18 seconds ahead of Karen Avery who dropped back by half that to 30.09; with Claire Williamson half a dozen seconds in arrears, also at a slower pace.

Luke Hodgkins returned for a second event after five-weeks and was half a dozen seconds from that time in 31.06; which was two score ahead of v60, Alison Dodd who was half that amount away from her best.

Alex Poulton (15) returned to the full distance after four-months to a much slower time; with Sarah Garde a handful behind in 32.18 as Dawn Brown slowed to 35.03.

3.6K

Twelve-year-old Sienna Phillips headed the 3.6K in and even 16 minutes, which was just 22 seconds away from her best and four times that ahead of a slower event for Oliver Bailey (11).

Wayne Pettitt and wife, Julie continued in this distance; the former reducing his time by a dozen to 19.32, while the latter was double that slower in 22.01; while Edward Dodd (10) crossed the line a minute ahead of v50, Michaela Hillman’s 21.48.

V50, Sheila Allcock was a good minute from her best in 26.09; while Mac Damjanovic upped his distance alongside of mother, Nicola and a 28.32 joint finish, as Wendy Waddell dropped back to 31.29.

800m

The Kirkpatrick quartet of Jocelyn and daughter, Joni (3), Angus (4) and father, John, finished in a bunch around the eight minute mark; followed four score later by the Lloyd quartet of Eugene (4), mother, Alexa, father, Ian and Ellie (20 months), along with Annie Woolley (3) in her first event; as mother, Kelly went on to complete the 2.2K.

Heidi and Izabella Carney (4) were around three dozen in arrears, a dozen more from their best, whilst improving by 30 seconds over the last event.

1.5K

Six-year-old, Bleu Bailey once again headed the 1.5K with an improvement of a score and the same amount away from her best in 8.19; while Freddie Hales (5) and father, Matthew were joined in their second event by mother, Emma and a joint 11.23 finish.

2.2K

Nine-year-old Sam Bourne reduced his last event time by two score and his PB by half a dozen to 10.25, to finish a dozen seconds ahead of Ryley Hulme (11) who reduced his first and last event best by double that amount.

James Burgess (8) was a score from his best in 11.04, and the same amount ahead of Roberta De-Steunder, who matched her last event time.

Laurie Hinton (7) covered the distance half a minute quicker than previous and 16 seconds from his best in 11.32; which was half that amount ahead of Izzy Pettitt (8), who matched her four-week-old record.

Kyla Tideswell reduced her last event record by eight seconds to 13.19, which was a dozen ahead of a slower time for Ava Campbell (8), who was the same amount in front of Heather Lyons, who was quicker by a minute over her previous time but is still half a minute from her best.

Toby Poulton (11) and father, Lee dropped back by two score from their previous event best in 13.56; which was a dozen ahead of Max Tideswell (5) ,who was a minute slower than his last.

Eleven-year-old Emily Pettitt reduced her last event time by three dozen to 14.16, which is a minute from her best and 20 seconds ahead of Sarah Bailey who slowed by a good minute from her last week’s record.

Esmae Campbell (6) lowered her six-week-old best by a good score to 15.14, as she finished 30 seconds ahead of a much slower event time for Luke McMullen (7); with Julie Bourne lowering her inaugural best by half a minute to 16.09.

Miley Brown (8) crossed the line along side of Lilia Campbell (12), who was just a dozen away from her recent best in 16.48; which was a minute ahead of a slower time for Archie Woolley (4).

David Hinton and daughter, Sophia (4) were also much slower in 18.03, as was the 18.29 for Bailey Dunn (12); with Joshua Eames (8) and Keira Carney (12) following some way behind at more-or-less walking pace.

Thanks once again to Sam Goldstraw for results, Paul Goldstraw for his assistance along with Bryan Vigrass for marshal duties.