Brough Park Couch to 5K (30.03.19)

The latest event was attended by a large mass which included a handful or so of ‘park-run tourists’; actually a coincidental attendance of two families in the area on the same weekend; four from Bishop’s Park in London and a pair from Cheltenham, Gloucestershire, all

who completed the 2.2K.

Prior to the off, there was a presentation by our oldest member, Bryan Vigrass to Edward Dodd (9) for attending 100 events.

Shortly after the start, there was a return to the front for Isaac Elkington, who led Martin Pigott and Adam Carter through their paces before finishing three dozen from his best and a score slower than his last in 20.04.

Martin improved over his last event by exactly 3 minutes in 21.17 and was just two dozen away from his best, as Adam Carter peeled off after the first lap to complete the 2.2K in 9.25.

Dan Knowles crossed the line a score away from his record with Krista McCartney a few less away from her’s, but her 23.50 time was four score in arrears.

James Lockett improved on his last event time by a score in 24.11, which is almost 2 minutes away from his best; with Clare Lawley a dozen behind and a similar amount from her PB.

There was a pleasing smile on Karl Birch’s face last week as he crossed the line just 10 seconds over the 25 minute mark; an even bigger one on this occasion as he reduced that by a score and is the same margin away from his record in 24.48.

Tony Williamson improved by a minute to finish four dozen behind, and half a minute ahead of John Lagan who matched his last event time.

Whereas, Susie Noble’s 26.44 ended up slower by a score and two dozen ahead of Richard Dodd; with Paul Goldstraw less than a score in arrears, as he almost matched his last event time.

Rebecca Hinton left the siblings with husband, Dave to push on; lowering her five-month-old PB by six seconds to 27.53; while Jan Percival was pulled along to lower her last event time by two score to 28.49, and is just over a minute away from her best.

Stephen Billing and Karen Avery were just a stride apart from 29.20; the former lowering his record by almost a ton the latter by a minute.

V70, Bill Mould covered the distance a minute slower than his previous in 29.35, as he partnered Claire Williamson, who returned to the full distance after 10 event absence, to finish 17 seconds adrift.

Danniella Birch has reduced her time by almost 4 minutes over six events to an even 30 minutes; which was a little more than four score ahead of v60, Alison Dodd’s PB of 16 seconds; as Sarah Garde chipped hers by three seconds to 31.48; with Jo Phillips half a minute behind the former.

Twelve-year-old Max Barker was paced around by father, Andy to an inaugural 32.14 finish, as mother, Hannah managed 36.27; while Dawn Brown dropped back to 35.38 and Lisa Soutart to 36.22.

3.6K

Nine-year-old Monty Barker opted for this distance in his first event and recorded a 19.13 time; as Ian Frewer cut his distance down a lap and a handful less than a minute in arrears; while Wayne and Julie Pettitt upped their distance and recorded 19.45 and 21.36 times.

Ben Geens (8) also increased his distance to clock 22.54; as Newbie’s, Sandra Jeffers and Gill Lavender finished in 21.53 and 24.10.

V50, Sheila Allcock reduced her best by almost a minute to 25.51; as Wendy Waddell lowered her last event time over this distance by almost the same amount in 31.18.

1.5K

There was an 11.20 first event finish for five-year-old Jack Webster, who was a minute ahead of mother, Kathryn; with Matthew Hales and son, Freddie (5), slotted mid-way in between.

Three-year-old Freddie Mellor and mother, Becky Goldstraw returned to this distance and were two score from their best in 19.48; as Keira Carney (12) and father, Jamie were unable to better their times in this event after covering almost half the distance alongside of mother, Heidi and Izabella (4); despite the latter pair increasing their pace to chop almost a score from their record in 9.36, over the shortest event.

800m

Libby Soutart (9) reached the tape just two dozen from her best effort in 4.49, as Joshua Eames (8) recorded an improved time of 6.12; which was almost a ton ahead of Lucas Rowley (9), who was under-par and reduced his distance in compensation.

2.2K

Harry Durber was almost 80 seconds away from his record with a 10.06 finish, and two dozen ahead of Sam Bourne (9) who reduced his last event best by over 30 seconds.

Eden Pigott (9) was only 15 seconds adrift of her record in an even 11 minutes, as Roberta De-Steunder dropped back by the same amount from her last week’s PB in 11.25; with Ryley Hulme (11) just a stride behind the former in his first event.

Oliver Sigley (7) reduced his last event PB by a handful to 11.40, which was a dozen ahead of William Dodd (7) who was two score in arrears of his five-month-old best.

Siblings, Megan (12) and Ruby Lawley (8) attained joint PB’s of 11.55, as their ten-year-old sister, Olivia set her own record of 12.12 alongside of Alex Poulton; with Izzy Pettitt (8) just a stride behind and unable to match three-week-old best.

Gilbert Rooke and son, Nathanial finished their inaugural event with a joint 12.36 time; with Joseph Lockett (12) and Ella Tideswell (12) hot-on their heels.

Toby Poulton (11) and father, Lee were almost neck-and-neck on the line, as the youngster chopped his best for the second time in a row, on this occasion by over a minute, to 13.14.

V45, Sarah Bailey’s regular run pace showed as she had a free-run to record a 13.59 time; a dozen ahead of Harvey Murfin (11) who was a minute below his best and a score ahead of Emily Pettitt, who was 50 away from hers.

Max Tideswell (5) was almost 40 from his best in 14.51, which was half a minute ahead of Martha Williamson (8), as Elodie Kenealy (6) set a new record of 15.31; which was stride ahead of Caitlin Webster (7) who upped his distance to finish alongside of Caiden Geens (5), who was a fraction away from his three event best and a dozen ahead of Sam Sigley (9), with Millie Brown (8) a further handful behind with Bailey Dunn (12) a similar amount adrift.

Julie Bourne her distance and clocked 16.42, which was 20 seconds ahead of a slower event time for Simon Edge.

Four-year-old Rosie Carter pulled away from Sophie Hinton (4) and father, David by half a minute with an 18.45 finish as all three returned slower times.

Thanks to Adam Geens for the photographs, Bryan Vigrass for marshal duties and Sam Goldstraw for helping sort out the result problems.