Event Report

It was a cool but drier day for an increased number to get out and about; the recent attendance buoyed by the influx of newbies and those returning; even the aptly named ‘river run’ was down to a trickle and the going a lot better than in the last event.

(River Run - Freddie’s name for the bubbling spring across the grass section)

Seven-week-old Dante Hayes wasn’t in the last place as he wheeled over the line ahead of his family group, still fast asleep in his buggy, unfazed by his first three laps of Brough Park’s C25K.

The other members - mother, Emma; grandparents, Stephen and Trudi Elphick along with aunt, Amy - took turns in guiding his perambulator around the twisty route; vowing to return during their next get-together in the locality as they often merge from far away Devon and the nearer village of Saddleworth.

We wait to follow the youngster’s progress with hopeful anticipation in the coming weeks, months - actually years - as he progresses to outstrip those family members - unaided.

Meanwhile, 14-year-old Sienna Phillips had been set a task by her coach, Dave Owen; which was to track as close to SMAC club member Lucas Rowley (11) throughout the full distance of the route.

However, young Lucas returned to the full distance and was on fire; after initially trailing his adversary he overtook and pushed ahead to secure a PB of over twenty seconds down to 22.12.

Laura Goldstraw was pulled around by both the youngster’s to a best by almost 4-dozen and a second behind Sienna at the line, as the latter lowered her PB by almost ten seconds to 23.09.

Not to be outdone, Dave Hinton tried to keep pace with the aforementioned trio and knocked a handful off his last event record in 23.16.

At the head of the 5K, Martin Pigott led Ben Williams around for quite a while before the latter upped his game to forge ahead and reduce his last month’s time by almost three minutes to 20.06. The former chipping 8 seconds from his last event best and half a minute behind.

Glynn Luznyj outpaced Rob Bond by 15 seconds as he matched his last event record of 21.31, while

Steve Bourne continues to chip away at this year’s time and reduced that by four-dozen to 24.11, with Paul Lockett dropping back by over a dozen to 23.35.

After passing a few runners on the way, Roland Meylan reduced the previous time by almost half a minute to 24.54, which is two minutes away from his best, while Karl Birch dropped back by a dozen as he followed on less than 10 seconds later.

There was a setback from her best by a dozen for Angela Luznyj, as she outpaced the 26.35 finish of Dave Edge by a score; the latter improved by over two minutes over his previous week.

Returning to the fold for the first time this year saw Alex Spragg finish two-score away from her previous attendance time of last September in 27.53; as Richard Warrilow suffered along the way which resulted in a setback of over half a minute to 29.24.

Ian Knight also drifted back as he recorded 30.11 which was over a minute from his best, as Bill Mould finished a handful of seconds behind last weeks, but 30-seconds in front of Jules Brook who was that same amount away from her record.

Nathan Birch dropped back by two-dozen seconds to 32.06, which was a minute ahead of Karen Avery, with Alison Dodd upping her distance for the first time after her injury, a further two minutes in arrears.

Slightly ahead of those three, Louise Ellerington returned to burn off an excessive amount of her son’s birthday cake which she consumed the night before.

That feet shouldn’t have been a problem for a person who has trained up to 10 miles in preparation for a half marathon, however, that training didn’t take place over a hilly terrain such as our park.

Izabella Carney (6) had her favourite soft toy - foxy the fox - uncovered during this event as the weather abated, and was happy to show him off to others over the 1.6K distance.

A joint finish of 19.13 alongside father, Jamie wasn’t their fastest of the season and not their longest distance, however, she is working her way back after the recent long break.

Kayleigh Knight was at the head of this group and was a handful slower than her last event record in 7.42, as Eva (6) and Harry Arnold (9) covered the distance together and recorded a best time of 12.24.

Meanwhile, three-year-old sister, Lily alongside mother, Hannah returned a regular time of 14.24, and were followed by an inaugural event for the Jones family group consisting of five-year-olds Harrison and Katy, Braidon (9) and Riley (6), from 12.23 through to 14.28; with V50, Joss Van Der Westerharen a couple of seconds behind the first pair he escorted.

Laurie Hinton (9) returned and crossed the line at the head of the 2.3K, just a dozen seconds from his best in a time of 11.15.

Remarkably, both Lee and Harvey Murfin (13) and Mathew Hales are still able to forge their way around their respective distances following full recovery from COVID, while the latter’s son, Freddie (6) was unaffected by the virus and moved up a distance as he gets back into the event following an enforced lay-off.

Harvey covered the this event in 12.55; Freddie the 3.6K in 24.01; Lee the full distance in 26.46, while Matthew ran alongside Freddie before completing a quicker final lap to record an overall time of 30.20.

Brandon Umney (7) completed his second 2.3K event five seconds faster than previously as his sister, Robyn (13) was a couple of seconds ahead in 13.03.

Nine-year-old Luke McMullan always seems to enjoy his event and crossed the line in a slightly slower 13.19, followed by Joshua Eames (10) in a much faster 13.46.

A stride behind the latter was Alex Poulton who finished this distance just to score from his best after he pulled away from brother, Toby (13) by 10 seconds.

Sophie Hinton (6) outstripped her mother, Rebecca by 20 seconds, as the latter waited to escort Pollyanna White (7) to a PB by a couple of seconds in 16.05.

There was a 10 second gain, compared to his last event, for Kevin Holroyd with the time of 20.52 as he continues to cover the 3.6K.

Isaac Spry (14) recorded a first event time of 21.41 through the two laps, which was 4-dozen seconds ahead of James Burgess (10) who tried his best to usher Harry Rutherford (11), Stanley White (11) and Sam Healy (10) to a consistent pace, but finished a good minute ahead in 22.27 as the trio failed to heed his coaching.

Max Tideswell reached the finish a score ahead of the previous group’s coach as he continues over this distance, but was the same amount in arrears of his previous time.

Jane Umney upped her distance and enjoyed the ‘feeling’ as she reached the tape in 23.15;

Less than a score of seconds later, Sarah Garde was busy running off last weekend’s birthday treats, which had taken its toll as she found the need to drop a lap from her usual stint.

Unfortunately, Ian Spry failed to complete the distance and took to resting on a bench to recover from his ordeal.

We wish him well in his future foray to complete ‘a bench to 5K’.

Thanks to Joey Courchene and Bryan Vigrass for their assistance.