

Pock Runners celebrate their summer success

29 (7/04

POCKLINGTON Runners have just completed their most successful summer 10km series for some time. The six race series saw 35 Runners competing at various venues including Pocklington, Bishop Wilton and Selby. All of these courses were challenging in their own way from fast and flat at Selby to very hilly at Bishop Wilton.

Pocklington Runners' success in this series showed at the final race and prize giving with Pocklington coming away with a cluster of awards.

For once the females took the limelight with Helen Wilcock coming home first in every race to give her overall first Open Female.

Also taking centre stage was Jackie Robinson who also won her age group in every race to give her

first Over 55 Female.

To complete the females, Erica Newman did very well finishing the series with a third in the Over 35 Female age group and sixth in the Open Female category.

The men, not to be outdone, had some very good results with Tom Danby finishing fourth in the Open Male Age Group and Mike Siddall coming away with a fifth in the Male Over 40s age group.

Although the report doesn't name the many other runners from Pocklington who gave it everything, achieving some excellent runs and personal bests along the way, well done to you all and good luck for the rest of the season.

(Busy weekend for Pock Runners - see page 29)



STRIDING OUT: runners on the course in the Bishop Wilton race.

Busy weekend for Pocklington Runners

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LAST Friday evening saw the start of a busy weekend for Pocklington Runners with the Walkington 10k and Fun Run being held the day before the Bishop Wilton Half Marathon.

The Juniors were running first, over the 1.5 mile course at Walkington with Jack Siddall being the first to finish in a time of 11:20, showing that he might have lost a bit of speed, but his will to win is still there!

Billy Higgins showed that he has a turn of speed when he needs it, crossing the line in a fantastic time of 11:54.

Jennifer Hughes was Pocklington's next finisher, having a good race and clocking a time of 13:24 and Claire Owen proved that her hard training in the swimming pool is paying off when she ran a time of 14:28.

Kimberley Aikman had a good steady race, finishing in 15:31, while Rachel Smith once again showed her brother the way home, clocking a time of 15:45. Bethany Shipley displayed some of her fine running, registering a time of 16:16. Robert Smith didn't have a good race, failing to stay with his sister but still finished in 17:45 but Becky Shipley had a

poor race, clocking a slow time for her in 18:26.

Joe Higgins, still new to running, displayed some good form for the future, this time clocking 18:38. Lauren Owen was another of the Pock Runners who had a good race coming away with a time of 19:00. Their last runner Paige Cook found the going a little tough, clocking up 25:20.

IN the main 10km race the Runners all performed well across this multi-terrain course with Mike Siddall still on the comeback trail following an injury, clocking a good solid time of 36:57.

Steven Worth was the next runner home registering a good time he'll be pleased with, finishing in 46:52. Runners' first lady home was Adele Shipley, recording her second fastest time of the season, running a good race in 54:07. Stephen Fletcher is going faster in every race he runs, this time registering a time of 59:16. Vicky Foxton, still in her first season, had another good solid run, clocking a time of 61:26. Last runner home was Colin Shipley who made up the family quartet and ran a good race despite limited training, clocking a time of

62:00.

SATURDAY morning and it was the turn of the Bishop Wilton Half Marathon and the 1.5 mile Fun Run. Pocklington Juniors were a little tired from Friday evening, which reduced their numbers, with only two making the journey to Bishop Wilton with Rachel Smith once again having a very good run clocking 14:30 with her brother a little way behind, finding the going a bit tough, finishing in 17:29.

In the main race there were nine runners doing battle against this very tough half marathon course with Tom Danby who had another fantastic run, completing this course for the first time, finishing in 1:21:50. Clive Reid, the only runner to have completed every single Bishop Wilton half marathon, once again did himself proud cruising around in a very creditable time of 1:31:20.

The only lady runner was Helen Wilcock who hadn't run a half marathon before, leading into the finish a cluster of four Pock Runners, herself recording a brilliant time of 1:35:40.

Only a matter of strides behind came Jim Holding who had a good solid run, but again couldn't quite catch Helen at the finish crossing the line in 1:35:50. Only a second behind Jim came Richard Harris another one of the Runners completing this course for the first time, coming home in 1:35:51. With Paul Holmes again only a stride behind Richard recorded a time of 1:35:55.

Howard Cross came to the finish pleased with his morning's efforts, recording a time of 1:41:32. Brian Perkins who is showing some good form of late, came away pleased with his hard morning's run with a time of 1:52:20. The last Runner Clive Jeffrey completed this challenging course in a time he'll be well pleased with of 1:54:20.

A very well done to all the Pocklington Runners who travelled to Walkington and Bishop Wilton, their families and friends, there were some fantastic times by some up and coming stars of the future.



OFF AND RUNNING: children out on the course in the Bishop Wilton Fun Run