

st SPORT starts here

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Medals galore for junior runners



MEDALS TO SHOW: left to right, Rachel Smith, Bethany Shipley, Becky Shipley, Robert Smith. Photo submitted.

LAST Sunday Pocklington Junior Runners travelled to Wigginton. The day was sunny with a nice breeze. Pocklington's brother-and-sister pairing of Robert and Rachel Smith ran the 3K event at 10.30am. Robert had a clear run to the finish, with a great time of 17:53. Rachel had to battle her way to the finishing line, passing other competitors just 3 seconds behind her brother, in a time of 17:56.

The other pairing of sisters Becky and Bethany Shipley arrived minutes too late to compete in the 3K so decided they would have their first shot at running a 5K at 11.15am. A little apprehensive at the idea, they roped in their mum Adele and Robert and Rachel to run alongside them. Becky and Robert finished in 34:06 and Bethany and Rachel crossed the finishing line in 35:01 with beaming smiles on their faces. So it was medals galore for the Pocklington Juniors at Wigginton.

A few of Pocklington (adult) Runners also made their way to Wigginton at the weekend to take

part in The White Rose Tri Series of races. The first race was the 10KM road race and with only two of their runners competing it was Steven Worth who came home first after a very good run, unfortunately time unknown. Their other runner Sue Vicary, who is improving with every race, came away with a very creditable time of 53:09.

Meanwhile three of the other runners took up the challenge to compete in the Duathlon event in which you have to run 10km then bike 40km and finish with a 5km run, and the first runner home was Clive Jeffrey who clocked a time of 2 hours 25 minutes. Close on his heels came Howard Cross who was competing in his first duathlon crossing the line in 2 hours 26 minutes, Brian Perkins made up the little cluster of three Pock runners and despite suffering a puncture, he still managed to come home strongly - again unfortunately his time is unknown.

As always, very well done to all the Pocklington Runners and good luck for future races.