

Runners perform with a bang in the Guy Fawkes 10

POCKLINGTON Runners Club displayed its worth when 17 of their Runners travelled over to Ripley Castle to take part in their annual Guy Fawkes 10 mile Road Race around the local villages and grounds of the castle.

With the weather conditions ideal for this time of year, despite a little wind in places, all of the Runners performed exceptionally well and came away pleased with their efforts.

First Runner to make his way into the finishing area was man of the moment Tom Danby who once again finished inside the top 10 with a fantastic time of 1:00:20.

Pock's very own Flying Scot Graeme Murdoch was next to show, cruising up the hill towards the finish with the usual smile on his face, cross-

ing the line in 1:07:34. Jim Holding was the next Runner home finishing very close to Graeme following another good solid run in a time of 1:08:28. Next to finish was Laurie Smith who has been off the scene for a little while but on this day he came back with full force to put in a first-class performance and achieve a time of 1:10:09. The next two finishers had their own little private battle throughout the race, taking it in turns to better the other and it was Clive Jeffrey who got the better of Alan Kendra in the end by just having enough energy to pull a way up the final hill towards the finish, recording a time of 1:14:53 with Alan only a matter of strides behind in 1:14:58. Paul Holmes was the next finisher as always giving it everything to achieve a very cred-

itable time of 1:15:49.

First lady home was Christine Holleran and despite it being her son's second birthday she still found time to fit in the morning's run around a course that's well known to her, her time a good one, 1:22:20.

Brian Perkins said after the race that he has found a new racing partner in the shape of Marcus Bourne with the day's race seeing these two battle it out around the course, with Brian just coming out on top with a time of 1:23:47 and Marcus hot on his heels with 1:24:05.

Steven Worth did a gritty 1:24:30 and second lady in was Jill Dowson who on the day found the going a little tough in places but cruised determinedly home in 1:27:57.

Next lady finisher was someone who just gets better and

better; Sue Vicary clocked yet another impressive time of 1:29:36 on her way round. Paul Sheridan had a good, steady race, finishing in 1:34:46 and Brian Dobson forced himself to race on Sunday, despite still suffering from a cold he managed to record 1:35:44. Paul 'Rocky' Langstaff made his way around yet another Guy Fawkes 10 course and came through the finishing area in 1:42:55.

Rocky's training partner Kath Bee made up the group of Runners on the day as she cruised around this scenic yet undulating course to come home in 1:50:10.

As is customary, a very well done must go to all of the Runners travelled over to Ripley Castle, and good luck to you all in the future.