

Snake Lane 10 slithers into town again

THIS Sunday, Pocklington Runners will host one of the biggest sporting events to come to this town - the Snake Lane 10. It is now one of the most popular 10-mile road races in the north of England, attracting runners from all over the north of the country.

Hot stuff from Pock Runners

LAST Sunday Pocklington Runners Helen Wilcock and Howard Cross were visiting friends near Salisbury and thought it would be a good idea to run in the Salisbury 10-km Road Race organised by the local fire brigade.

The course turned out to be a challenging one with a very tough hill part way around and, despite some bad weather, they both came away having enjoyed their runs, with Helen finishing in second place in a time of 41:02 and receiving an impressive trophy (with her very own mini fireman inside), and Howard recording an equally impressive time of 42:27.

Before last Sunday, runners from the Salisbury area had never heard of Pocklington Runners. Thanks to Helen and Howard, they have now! Well done.

With a capacity field of 850 runners and over 200 others rejected from this year's race, it has all the makings of becoming the spectacle that everyone has come to expect.

Once again this year the line-up for the race is first class with the women taking centre stage. Debbie Mason, who is travelling out in three weeks' time to Melbourne, Australia, to run for England in this year's Commonwealth Games over the marathon, should be favourite to win the women's race. At the last games in Manchester she finished in fourth place. Her aspirations for Melbourne are to do her best and hopefully to come away with a medal which would be the icing on the cake. Debbie follows in the footsteps of Tracey Morris and Anna Pichrtova who, like herself, ran for their country and went on to win the Snake Lane 10.

The favourite in the men's race should be Dave Watson who will be defending his title from last year and is in blistering form.

This year Pocklington Runners will be putting out their best field in the race's fifteen-year history with an expected 33 runners all hoping to do their best on home soil and in front of home support. So, on Sunday morning, get yourself down to the town centre and watch this spectacle. The lead runners will be entering the finishing area at around 11.45am and, when you see the blue and white of Pocklington Runners, give them your vocal support - they'll be needing it!

As always these type of events cannot be staged without the support of a lot of people behind the scenes, from fellow runners, families and friends, local businesses like K J Falkingham - Mica local hardware supplier, Power Health and the town's people.

So come Sunday morning don't just lie in bed reading the papers. Give a thought to all those athletes descending on Pocklington, whatever the weather, to take up the challenge of racing in this year's Snake Lane 10. It's not every Sunday you get this calibre of sportsmen and women right on your own doorstep.



POCK'S FINEST: Pocklington Runners line up before the start of the Snake 10 RP020335

Snake lives up to all expectations

THIS year's Snake Lane 10 Mile Road Race lived up to its expectations with 645 runners from all over the north of England converging on the town, ranging from race walkers to top international marathon runners, helping to provide Pocklington with the biggest event in its sporting calendar!

The pre-race hype of a fast race was delivered by the ladies - namely Debbie Mason of Tipton Harriers - who can be seen in three weeks time racing for England at Melbourne, Australia in this year's Commonwealth Games.

Debbie breezed around the course on the day, setting a new women's course record of 55:56.

The men's race was once again won by Dave Watson from

Holmfirth Harriers in a time of 50:58.

This year Pocklington Runners, not only staging the event, were also able to have 28 Runners flying the flag for the club and their first runner to cross the line, in fifth position overall, was Tom Danby in a fantastic time of 55:48.

Simon Richardson was next in, not far behind Tom, and in seventeenth position in a time of 58:41.

Only a matter of strides behind Simon came Mike Siddall, one of only two runners to have run all fifteen Snake Lanes, finishing in a time he'll be pleased with of 58:44.

Mr Consistency, Graeme Murdoch came down the finishing funnel next with a big smile on his face, recording a time of 1:03:41.

Pocklington's first female home was Helen Wilcock who

once again came up trumps, finishing well up the field in a fantastic time of 1:05:43.

Patrick Piggott made full use of the morning's ideal conditions, cruising around in a very good time of 1:08:57. Hot on Patrick's heels but just out of reach came Stuart Evans who accredited himself well with a time of 1:09:02.

Paul Holmes put in another one of his steady but solid runs on the day, just dipping under the 70 minute barrier by clocking a time of 1:09:55. Laurie Smith came in next and despite a recent knee operation he did especially well to record a time of 1:10:32.

Next Runner in was Jim Holding having one of his more gentler runs. Used to finishing a little further up the field on the day, Jim crossed the line in 1:11:15.

(continued on page 34)



FIRST POCK MAN: Tom Danby was a fantastic fifth overall RP020360



FIRST POCK WOMAN: Helen Wilcock repeated her success of last year RP020373



FIRST HOME: Dave Watson of Holmfirth Harriers won again RP020347



OFF THEY GO! Runners set off at the beginning of the Snake Lane 10 RPO20340



SNAKING IT! Runners stringing out around the course RPO20385



EVER-PRESENT: Mike Siddall (left) is one of the few runners to have completed every Snake Lane 10 RPO20362

Runners who helped to do Pock proud

(continued from back page)

Another one of the Club's veterans of many a previous Snake Lane, Clive Reid, who is still recovering from a foot operation last year, did well to finish in 1:12:47. Dave Bee turned back the clock on the day to record a time he never thought he'd ever see again; that of 1:14:33 and Brian Dobson, who has only recently joined Pocklington Runners, churned out an excellent performance to finish in 1:16:23.

The next two Runners to clock in go from race to race and often have their own private little race - taking it in turns to see which one beats the other - on Sunday, Mags Vandeppear came home first in 1:17:06 and Brian Perkins a little way behind him in 1:17:06. Hot on their heels came Clive Jeffrey who finished only a matter of strides behind these two blasting through to the finish in a time of 1:17:27.

Jill Dowson, one of the strongest female runners, displayed some of her fitness and strength on Sunday by making light work of the race by clocking 1:20:11. Dave Wragg was next to finish coming in only seconds behind Jill in a very good time of 1:20:13. Sean Curry came through the finishing funnel next looking very strong in a time of 1:22:40 while Adie Holden put some of his London training to good use by having a good solid run, registering a time of 1:24:07.

Dave Barker recorded his 150th mile in this race's history as one of only two runners to have completed all fifteen Snake Lane runs. This time he came away with a time of 1:24:17. Adele Shipley had a fast run on Sunday, displaying her training schedule is bang on target by clocking 1:25:30 for her efforts. A first-timer at the Snake Lane was Paul Sheridan who did himself proud by finishing with 1:27:26. Next two across the line were Tracey Holden and Sue Vicary who ran the race together and both came in at 1:30:56. Stephen Fletcher found the race a lot tougher than last year's due to a bout of sickness so on the day he had to be content with a time of 1:40:34. Sharon West came into the finishing area looking as fresh as she did leaving the starting area, and after flying down the funnel she came away well pleased with her time of 1:41:34. Last Runner home was Paul Bone, who in eight weeks time will be pounding the streets of London, recording a Snake Lane time of 1:46:09.

A very well done to all of the runners - you did Pocklington proud and helped to put the club on the map. This was the fifteenth running of the Snake Lane 10 and every year the race goes from strength to strength, attracting a top class field with top international runners now becoming commonplace and helping to make this an excellent showcase for local sport.

A special thank you must go to Ken Falkingham's local Mica store, Pocklington Scouts, Power Health, Pocklington Rugby Club, the Runners' families and of course, the local townspeople for putting up with this massive influx of athletes, and the temporary inconvenience that inevitably follows in such a massive enterprise's wake!

Thank you all.



PAIN, ENJOYMENT, DETERMINATION: Some of the Pocklington Runners pictured out on the course by the Post's **ROGER PATTISON** demonstrate these emotions. RP020392, RP020388, RP020398, RP020395

Snake Runners

OUR coverage of last week's popular Snake 10 event aroused a great deal of interest, especially amongst the local running fraternity. So this week we are happy to include some more pictures of Pocklington Runners in action around the course. The pictures were taken by Post cameraman ROGER PATTISON.



RP020308



RP020382



RP020399





RP020376



RP020304

