

Runners impress with quality and grit

POCKLINGTON Runners were busy last Sunday at the Castle Howard 10K, the Harewood 10 Miler and the Selby Half Marathon.

Four Runners took part in the Castle Howard 10K and it was Darren Reeve who completed this race first for Pocklington Runners, and after a good solid run, recorded a time of 48:00. Darren's wife Helen came home next after another quality run of 69:00, only a week after running in this year's Great North Run. A little way behind came Gail Wragg who ran her socks off as she cruised around in 70:00. Next lady to finish was Katie Tolomeo who ran her first race in Pocklington colours and produced an excellent time of 71:00.

Over at the Harewood 10 Miler two Pocklington Runners participated and it was Marcus Bourne who made his way around this hard, yet scenic, course first for Pocklington in a creditable time of 1:26:45. Not too far behind came Paul Sheridan who did himself proud to record a good time of 1:28:22.

Meanwhile at the Selby Half Marathon eight of the club's runners made their presence felt as they tackled this fast and flat course. Denis Speck blazed his way through the finishing area first for Pocklington in an impressive time of 1:21:00 while Jim Holding was next home in a solid 1:27:05. Warwick Anderson showed he is back on form as he produced a new personal best half marathon time of 1:27:30 and Ed Rawlings crossed the line in 1:30:00. Pocklington Runners' chairman Alan Kendra managed to turn back the clock and reproduce some past form as he raced around the course in a time of 1:31:00 and Patrick Piggott, as always gave this race everything that he had, and his efforts were repaid with an excellent time of 1:36:00. The only two Pocklington ladies at Selby were training partners Charlie Hope and Jill Dowson whose hard work showed in their times, Charlie 1:54:00 and Jill 1:55.

A WEEK earlier, a small cluster from Pocklington Runners joined the nearly 40,000 runners from all over the world who took over the streets of Newcastle for this year's Great North Run.

From out of the many, the first Pocklington Runner to come through the finishing area and complete his first Great North was Darren Reeve who had a splendid run despite the warm conditions to record a time of 1:48:00. Simon Weedy was the next first-timer to finish as he produced a good quality time to cross the line in 1:53:27. Recent club newcomer Paul Cockerall cruised his way around in 1:54:25 and first Pocklington lady finisher was Faye Jessop in a good time of 2:10:09. Second lady, Tracey Holden, is no stranger to the Great North Run and as always, she produced another good run to clock a time of 2:17:57. Helen Reeve completed her first ever Half Marathon by getting round the day's often scenic course in 2:41:00.

Husband and wife pair Stuart and Jackie Evans ran the course together. It was a new experience for Jackie, but the couple crossed the finishing line together in 2:57:00.

A very well done to all of the Runners. You have all taken part and helped make this year's Great North Run one of the finest mass participation sporting spectacles in the country.

□ Meanwhile at Horsforth 10Km Road Race, Tom Danby produced another fantastic performance to come across the finishing line in third place and once again achieve another personal best time which now stands at 33:31.