

22/3/07 Runners out in force

LAST Sunday Pocklington Runners were out in force at three different venues covering distances from 5 to 20 miles in some of the wildest weather conditions seen for ages.

Up at the Redcar Half Marathon, Helen Wilcock was once again showing the rest of the field a clean pair of heels as she came home as first female and despite the atrocious conditions, she achieved yet another personal best and club record which for now stands at 82:40.

Meanwhile, across in Middleton Park, near Leeds, Brian Dobson was flying the flag for Pocklington in both the 5Km Fun Run and the 5 Mile Road Race. In the 5Km Fun Run he was shepherded round by 7 year old

Megan Morris who did very well for her age over this three mile course. In the 5 mile race and without little Megan's assistance, he did himself proud by recording a creditable time of 41:50.

Over in Hull eight of the club's athletes were taking part in the East Hull 20 mile Road Race, a race often used as a benchmark for those runners taking part in the London Marathon.

First Runner to finish was Simon Richardson who is still recovering from an injury and so, by his standards, the day's performance was a little under par compared to previous years - a time of 2:19:30. Clive Jeffrey showed he is bang on schedule for his London Marathon race

next month by running a near-perfect race and clocking a time of 2:42:51.

Dave Wragg was running this race for the second year and with nothing holding him back he managed to knock 21 minutes off his previous time by clocking 2:45:38.

Steven Worth will wish he was doing this year's London Marathon as he put in a first class race to come away with a time of 2:53:00 and Sue Vicary and Tracey Holden ran the entire race together, Sue finishing just ahead in 3:07:03. Stephen Fletcher made up the little contingent of athletes on the day as he lowered his 20 mile personal best time and clocked 3:32:25.

Well done to all our athletes for turning out in such conditions.