

# Runners blaze a trail to Castle Howard

ON Sunday a cluster of Pocklington Runners travelled over to Castle Howard to take part in their annual 6k and 10.5k Trail Race and with a humid day and a two lap around this undulating course, the Runners all came away with some fantastic times.

First out of the blocks was Jackie Evans who on the day raced over the 6k course and, as she was making her long awaited return to racing, she started her come back with an excellent time of 43:39.

In the main 10.5k race the club had nine of their athletes taking part and it was Jim Holding who was the first Runner home in a very impressive time after another one of his solid runs in a time of 43:30.

Next finisher Clive Reid suffered a calf strain around the 5k mark but still kept on going and came across the finishing line in a time of 46:28. Stuart Evans made his way around the course next in a creditable time of 48:22. Marcus Bourne crossed the line next a little way in front of his training partner Jill, but in a time

he'll be well pleased with - that of 50:51.

First lady Runner to cross the finishing line was Jill Dowson who once again, and as always, gave it everything she'd got to pull out all the stops and record a time of 53:11.

The next two finishers crossed the line together - Charlie Hope who has returned to the fold of Pocklington Runners after a little time away and Paul Sheridan, who again churned out an excellent performance to both record a very good time of 55:14.

Following them in was another lady Runner who attends more races than any other member of the club and covers a variety of distances; Sue Vicary clocked a very useful time of 58:08.

Tracey Holden made up the little contingent on the day and despite twisting her ankle at the 2k mark she continued and completed the race in one piece, albeit a little sore, in a time of 59:13.

Well done to all of the Runners and good luck for future races.