

Records fall in Snake Lane 10



THIS year's Snake Lane 10 saw a new British record, a new men's course record and countless new personal best times to runners right throughout the field.

Conditions for this year's race also proved perfect for the 667 finishers with a new British record being set in the female Over 60s category by Carol Wolstenholme from Hallamshire Harriers in a fantastic time of 68:27.

Not to be outdone, Stephen Hepples from Loftus AC set a new course record in the Men's Open race in a time of 49:22.

A little closer to home but equally as impressive, Pocklington Runners managed to have thirty-four runners racing on the day and some new personal best times were set, and some fantastic performances were produced.

First Runner to make his way around was Tom Danby who had a steady run and despite being a little slower than last year, he still finished in 57:51.

First lady to finish was Helen Wilcock who had the run of her life knocking four minutes off her previous best time which now stands at 61:04. Mr Reliable, Graeme Murdoch,

once again produced the goods on the day by cruising around this now recognised fast course in a time of 63:57.

The next female home is flying up the rankings and also flying around the courses in which she races; on Sunday Rachael Houseman crossed the finishing line in 66:36.

Simon Richardson is more used to finishing a little higher up the field but as he's recovering from an injury, he had to be content with a time of 67:20.

Hot on his heels came Pat Stanford who had a fantastic run to register a time of 67:34.

The next two finishers crossed the line within sight of each other but it was Jim Holding who got the upper hand over Warwick Anderson by finishing in 68:14. Warwick just couldn't quite catch Jim and so crossed the line in 68:20.

Stuart Evans was next to finish and he is starting to display some of his past good form as he made his way around on the day in a time of 69:24. The Runners' next three finishers all crossed the line within thirteen seconds of each other, two to record a time of 70:04 and within touching distance of them, Dave Wragg, who continued on his quest to become faster by shaving a little more

off his ten mile personal best which is now 70:10.

Patrick Pigott made up this little cluster of three not quite having enough sprint to close the other two down, so crossing the line in 70:17.

Another cluster of Runners to come in pretty much together saw Steve Spruyt leading the charge in a very creditable time of 71:25. Only a little behind him came Clive Reid,



RUNNERS ON THE COURSE: RP010346 and RP010334

recording 71:59 while Anthony Higgins was next to cross the line in an impressive 76:02.

Brian Perkins clocked up another appearance around this scenic and rural course in a steady time of 78:24. Marcus Bourne and Brian Dobson both finished next after successfully

completing the sixteenth running of this event which is often a springboard to the London Marathon - both afterwards delighted with their times - Marcus in 80:51 and Brian in 81:24.

Steven Worth finished next showing that he is slowly becoming faster with every race that he runs in, on Sunday clocking a time of 82:53.

Next female to finish did



very well to get to the start line, let alone run the race! After being laid up for the past few weeks with an injury, Jill Dowson showed her strength to record a time of 83:06.

Adele Shipley knocked two minutes off her best time, running the entire race with

Robbie Williams and Take That coming from her iPod - both helped her to finish in 83:28!

The Runners' two Simons finished next with only five seconds separating them - Simon Weedy came out on top in a time of 85:05 and virtually stride for stride behind him came Simon Eyles in 85:10.

Sue Vicary spends many a weekend racing over every distance possible so it was nice to see her race on home ground last Sunday and Sue, as always, did herself proud by finishing with a time of 86:01.

Tracy Holden has raced this course many times before and it never gets any easier so she'll be very happy with her performance and time of 86:13. Paul Sheridan left Sunday's race well pleased after his efforts which saw him register a time of 90:17.

Janine Rogers and Steph Room ran every step of the race together and as this was their first outing in Pocklington's colours - and their first ever race - they both did extremely well to clock a time of 90:49. Faye Jessop is steadily improving and growing faster with every race. On Sunday she came away with a time of 92:52.

MAKING TRACKS: And 667 of them actually finished! The start of the Snake Lane 10. Photo by ROGER PATTISON. RP010332

Dave Barker is now in a class of his own because after Sunday's race he is the only Runner to have completed all sixteen Snake Lane 10 races - a mean achievement by anyone's standards. He managed to record a time of 93:31.

Rachael Bullock did very well to finish in 94:58 and Stephen Fletcher, who is deep into his London Marathon training, put in a good solid run as he cruised around in 103:27 minutes. Keith Godfrey could probably say that he was the oldest male runner on the day and he most certainly did himself proud as he came away from yet another Snake Lane 10 race with a time of 109:13.

Gail Wragg completed the contingent of Pocklington Runners and as this was also her first ever race and her first outing in Pocklington's colours, she made her mark with a very creditable time and came away with a cup, a Mars Bar and a time of 110:03.

More on page 39



RP010338

Well done, and a few thanks...

POCKLINGTON Runners would like to say a very well done to all of the Runners who all did Pocklington, and themselves, proud on Sunday.

A special note of thanks should be paid to all of the families and friends who helped marshal around the course, and to those who manned the car parks and the town centre.

The race could not function, or be what it has become, without the help of these people, which is priceless.

Another big thankyou to sponsors Ken Falkingham's Mica Hardware Store, and Ken Hobson's for local bottle water. Also to Power Health Products, the 1st Pocklington Scouts, Pocklington Police Force, and Pocklington RUFC, but most of all, to the local residents of Pocklington who came out onto the streets to lend their support to this race.

The club would also like to take the opportunity to apologise to any local residents who may have been inconvenienced by the race. Steps will be taken to correct this.



RP010308



RP010398



RP010392



RP010317



RP010309



RP010302



RP010396



RP010342



RP010305



RP010314

RP010333



RP010383

