

Good show by runners Howard and Helen

10/1/08

POCKLINGTON Runners' first outing this year was at the **Humberside Cross Country Championships**, staged at **Grimsby** and with different distances for the men and women. The day's course was tough and muddy but a pleasant and enjoyable challenge.

The women were first out of the blocks and the Runners' only competitor was **Helen Cross** who made short work of her 8Km challenging course to come away with a fantastic time of 31:23 to finish in fifth place.

In the men's 11.8Km race, it was husband **Howard's** turn to strut his stuff and despite him being down in the dumps with man flu, he still managed to churn out a very creditable performance as he recorded a time of 52:18 to finish in 51st place.

Well done to husband and wife duo **Howard and Helen** on their first outing of the year.