

# Danby leads the way

10/9/09

AFTER a quiet August in the racing calendar the first Sunday of September produced some excellent results by Pocklington Runners.

More than 2,600 runners joined eight of Pocklington's best road racers at the Middlesbrough 10k of which Tom Danby ran an excellent 10th place overall covering the 6.2 miles in 32:54.

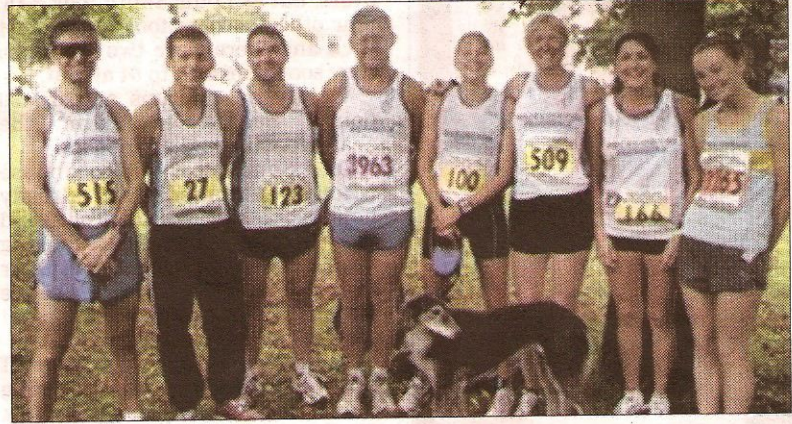
Helen Cross smashed her PB and her club record with a brilliant run to claim second lady in a time of 36:43.

Kevin Norman landed the second PB with an excellent effort in 38:08 and Howard Cross was very happy with a well-earned 40:22.

Alan Kendra tripped up over the same sleeping policeman that got him last year, stumbling over the line in 41:56 while Pock's second lady on the day was Jill Dowson, claiming third place overall in her age category in a time of 45:08.

Linda Harvey had a fantastic run in 47:30 and Helen Reeve finished in a time to be proud of in 57:58.

At The Tholthorpe 10k Runners team captain Paul Tatterton



POCK RUNNERS ... the team which impressed in Middlesbrough, from left, are, Kevin Norman, Tom Danby, Howard Cross, Alan Kendra, Helen Cross, Jill Dowson, Helen Reeve and Louise Tinsley Submitted

claimed third place overall with a PB time of 35:55, Simon Richardson was chasing hard winning his M50 category with an excellent effort in a time of 36:56.

Clive Jeffery earned a PB 41:20 with marathon lady Adele Shipley claiming a third PB of the day with a time of 46:08 and Paul Sheridan finishing in 49 minutes dead.

Lockington was the venue for The Major Stone half Marathon which also lured two of Pocklington Runners Ladies. Alison Thornton covered the 13.1 miles with an excellent PB in 1:41:39 while Sue Vicary showed that Lincolnshire wolds Tough Ten the previous day was not so tough as she claimed a 1:50:43 PB.



PERSONAL BEST ... Helen Cross stopped the clock in a new PB of 36:43 in Middlesbrough

Clive Reid and Lisa Walker made the trip to The Ryedale Run in Malton. Clive covered the course in 1:14:27 and Lisa finished in 1:40:25.

Brian Dobson's solo trip to the Derwent Water Trail Race saw him cover the 14k course in 1:34:27.

The club would like to thank Louise Tinsley and her grandad for their hospitality on Sunday.