

Pock's 'flying lady' wings to victory in the Beverley 10k

POCKLINGTON Runners' very own 'Flying Lady', Helen Cross, once again put the club on the northern road race map by cruising to victory at this year's annual Beverley 10k.

Helen who took the lead in the ladies race after the first mile, finished in a fantastic time of 38:02.

Team captain Paul Tatterton was first man back for

Pocklington Runners, running an excellent eighteenth place overall in a brilliant time of 36:27.

Kevin Norman chased him hard with a 38:49 effort and Howard Cross just missed his PB by one second in 39:57.

Mike Pullon recorded yet another PB of 41:10 and post London marathon man Warwick Anderson scored well with 41:21.

New dad Ed Rawlings fought off a limited night's sleep to cross the

14/5/09.
line in 41:22 and Patrick Piggott ran a fine 41:51.

Club chairman Alan Kendra managed an excellent 42:26 whilst Alison Thornton battled her way to a new PB 44:25 and also claimed the Lady forty age group first prize.

Marcus Bourne, showed his Edinburgh marathon training is paying off with a PB time of 45:31, and Jill Dowson shrugged off some injuries of late with a fantastic effort of 47:30.

On the day twenty eight Pocklington Runners mixed with over one thousand two hundred runners for this annual Beverley run.

Pock times were Adele Shipley 49:27, Sue Vicary 49:32, Rebecca Gibson 50:04, Adrian Holden 51:03, Brian Dobson 51:42, Sharon Watt 53:18, Lisa Walker 54:02, Tracy Holden 54:32, Colin Shipley 55:19, Diane Thompson 55:55, Rachel Harrington 56:21 P.B., Tracy Baty 59:07, Fay Jessop 1:01, Diana Thompson 1:03, Maralyn Mannfield 1:04 and Shanie Young in 1:08.

Chris Hargreaves made a special appearance on the day recording a remarkable time of 1:11:14.

And hearty congratulations to Megan Morris, the nine year old Pock Junior, who ran in the 2k fun run in a brilliant time of 11:14.

HELEN WINS! msh0919x376a

