

Another top weekend for running club

13/5/10

ON A VERY busy weekend for running twenty three of Pocklington's running club joined over a thousand athletes to participate in this year's ever popular Beverly 10k.

Alan Kendra, who is desperately looking to break the forty minute barrier for the first time in a few years, just missed out crossing the finish line in 40:06. Patrick Piggott just missed out on the magical forty minute mark too with an excellent 40:51 with Mike Pullon hot on his heels finishing in 41:17. Kevin Norman raced well with a time of 41:30 whilst Marcus Bourne (pictured below left) is running fantastically this year with a brilliant P.B time of 43:39.

Pocklington times were Patrick Stanford 44:16, Stuart Evans making his come back with 44:30, and first lady home for Pock was ladies team captain Jill Dowson with a fantastic time of 45:40. Sarah Stead chased Jill to the finish clocking 45:51 with Adele Shipley showing no

signs of fatigue after her fantastic London marathon performance, Adel crossing the finish line in 46:48. Sue Brown had fantastic race finishing second in the prizes in her age category with 49:59. Steve Ferre 50:55, and Fay Jessop 52:21, Sharon Watt 53:42, Patrick El Jassar, 53:40, Tracy



Holden 56:13 Colin Shipley 57:02, Tracy Batey 1:04:25 and Diana Thompson 1:04:35. Amy Swain 1:07:52 and finally Tina Moor 1:09:40.

Pocklington Juniors were also in action prior to the main race with Amy Sampson completing the 2k fun run in 12 minute just pippin her brother who finished in 11:45, very well done to all.

In her lead up to the Edinburgh Marathon, Helen Reeve (pictured below) completed the Leeds Half Marathon in a race pace controlled manner; end enjoyed not having the pressure of going for a P.B time Helen rounded the 13.1 miles in 2:22. Good luck for her marathon.

Sue Vicary spent her Sunday morning with many other athletes at the Ripon 10mile multi terrain race through the National Trust Deer Park. As part of The 2010 Black Sheep race series. Sue rounded the course in a Stag getting one hour twenty seven minutes.

Finally long distance runs seem to be very popular events these days, Pocklington Runners Steven Worth ran the Windmill Way on Saturday, twenty six miles of off road running starting at Skidby taking in South Cave Everthorpe and finishing back at Skidby a really challenging race to say the least but Steven managed to finish in third place overall in a time of four hours twelve minutes, a brilliant achievement.

Well done all Pocklington runners on a weekend that saw Pock's Sue Brown in the prizes at Beverley 10k and the club chairman just miss out on his dream sub forty 10K.

