

More top performances from runners

SUNDAY morning saw some top performances from Pocklington Runners at Welton near Hull, in the fifth race in this year's East Yorkshire Cross Country League.

The muddy and slippery conditions made the 5.7 mile course hard going for the 100 or so athletes taking part.

First home for Pocklington and first lady overall was of course Helen Cross in brilliant form and showing the men the way to the finish. Helen crossed the line in 37:17, with Jill Dowson s excellent 44:58 and Sarah Stead s 46:11 , Alison Thornton 46:32 and Fay Jessop 52:45 giving Pocklington Ladies team third place overall, a remarkable achievement.



● Pocklington's Warwick Anderson and Steven Worth.

Warwick Anderson was first man to cross the finish line for Pock in 37:27 in 20th place overall, holding off men's team captain Paul Tatterton and Kevin Norman.

Pocklington had several

runners taking part. Their times were Patrick Piggott 39:16, Steven Worth 39:24, Mark Roper 40:27, Clive Reid 42:30, Alan Kendra 42:40, Marcus Bourne 44:36, Paul Holmes 44:44, Paul Sheridan 47:54, and Steven Ferre in

56:18.

Meanwhile opting for a cleaner and relatively easier Sunday morning's road racing Mike Pullon and Gary Tebbutt joined 408 other runners over at The Liversedge Half Marathon. Mike ran 99:40 finishing in 108th place and Gary s 105:03 gave him a place of 162nd some solid performances.

Last weekend also saw Helen Reeve ll conquer yet another PB being the only Pocklington Runner out. Helen rounded the Dewsbury 10k in 55:07 a fantastic time from Helen.

Well done to all runners who represented the club this weekend which saw a ladies team come away with a first place and a third team place and another first class PB time.

18/2/10