

# Pock Runners compete in three weekend races

17/5/11

AROUND 4,000 runners took to the streets of Hull to participate in the Jane Tomlinson Run For All 10k including Pocklington Runners Jodie Tate 50.20 and Helen Reeve 67.33.

Debbie Rycroft, paced by Simon Rycroft who was nursing a troublesome hamstring, completed the tough off road Ravenscar Half marathon.

A hot sunny start, muddy uneven hilly paths through woods and difficulties caused by gusty winds on coastal paths hindered Debbie's progress but she managed to finish in 2.21.

Brian Dobson took on the scenic off road 10k course at Newby Hall and finished in 56.28.

Also at Newby Hall was junior Megan Morris, who took part in a 2K race.

Megan was the third girl and was first overall in the under-14 age group, recording an excellent time of 9.07.

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 6.30pm.

For full details visit [www.pockrunners.com](http://www.pockrunners.com)

Pocklington's Jodie Tate took part in the Jane Tomlinson 10k Run for All in Hull on Sunday

