



27/1/11

Personal bests for runners

POCKLINGTON Runners turned out in force for Sunday's Brass Monkey Half Marathon.

This prestigious race, which sets off from York's Knavesmire, provides runners with an opportunity to set a benchmark time early in the year and serves as a good training run for those preparing for a spring marathon.

Conditions were ideal for those chasing a fast time around the flat 13.1 mile course, dry, crisp and with a slight cooling wind towards the finish which resulted in no less than Pock runners recording a PB.

The first Pocklington Runner to finish was Dennis Speck in PB of 1:16:36 a superb 28th place in a field of 1561, followed by Richard Ginn

with a PB of 1:19:59, Simon Rycroft with a PB of 1:23:25, Alan Kendra 1:30:47, Ed Rawlings 1:35:04.

First lady home was Sara Stead with a PB of 1:37:35, Mike Pullon 1:38:27, second lady Alison Thornton with a PB of 1:38:44, Jill Dowson with a PB of 1:41:24 (if there was a style award it would probably have been won by Jill who was coloured coordinated right down to her purple leg warmers), Adele Shipley 1:44:08, Paul Sheridan with a PB of 1:44:20, Marcus Bourne 1:45:01, Clive Reid who was struck with a calf injury at five miles but who fought on to finish in 1:47:02, Deborah Cahill 1:49:30, Brian Perkins 1:53:48, Debbie Rycroft took more than five minutes off her previous

best time in a half marathon to PB in 1:55:19, Helen Pickergill 1:58:59, Sue Vicary 1:59:14 and Stephen Fletcher 2:30:28.

Next week sees a number of club members heading over to Skidby to take part in the tough, hilly, Ferriby 10 mile road race.

Pocklington Runners meet every Wednesday evening at 18.30 at the Rugby Club in Percy Road.

Training runs of differing lengths and speeds take place which accommodate those just starting out through to more experienced runners.

New members are always welcome.

Further details can be found at www.pockrunners.com



● Sara Stead – first Pocklington lady home.
● Top, Pocklington runners in the half marathon.