

# Pocklington Post Sport Running

Email reports to the sports editor: [andy.stabler@yrnlt.co.uk](mailto:andy.stabler@yrnlt.co.uk) - For local sporting pictures visit [www.sportograph.co.uk/pocklington](http://www.sportograph.co.uk/pocklington)

## Hot conditions for Pock Runners



RUNNERS of the Humber Bridge half marathon had to contend with hot conditions over the 13.1 mile course.

Gary Tebbutt 1.40.45 was first back for Pocklington (first in category) then Paul Sheridan 1.48.23, Adele Shipley 1.49.13, Jill Dowson 1.53.25, Helen Pickersgill 2.15.25, Rachael Houseman, 2.15.30, Gordon Mellor 2.33.34 and Lisa Walker 2.34.28.

Stephen Fletcher travelled north to run the Rain-ton 10k in 28-degree heat which is, as Fletch commented, "not runner-friendly".

Warwick Anderson was a last-minute entrant for the Liverpool Olympic Triathlon event that started with a swim (1.5km) in the Albert Dock described by Warwick "as a melee which was more suited to a piranha kill".

After the shock of the swim Warwick had a more enjoyable time on the bike (40km) and then finished with a solid 40.52 10km run.

The Staveley Stampede 10 mile multi-terrain race took place in cool conditions over an undulating course.

Simon Rycroft was first home for Pocklington in 65.31 in 10th place.

Also running were Debbie Rycroft and Sue Vicary who finished together in a time of 91.48.

Membership details can be found at [www.pock-runners.com](http://www.pock-runners.com).

Pictured Left: Adele Shipley

Pictured Right: Gordon Mellor

30/6/11





Pictured Above: Jill Dowson



Pictured Above: Helen Pickersgill



Pictured Above: Paul Sheridan