

POCKLINGTON RUNNERS

Pocklington Runners report: Tuesday, 24 May 2011

Denis wins for Pocklington

Round 2 of the YDRRL 10K series saw 233 runners gather on a cool evening in Tadcaster. Noted for a tough double hill at 7K this event is always a challenge.

Pocklington Runners' Denis Speck made it look easy by romping home in first place in 35.44. In 11th place was Ed Rawlings 37.20, then Richard Ginn 38.09, Helen Cross 38.16 (1st in Cat.), Steven Worth 38.37, Stuart Smith 38.41, Warwick Anderson having a strong run after injury 40.17, Patrick Piggott 41.10, Howard Cross 43.02, Keith Oliver 43.14 (2nd in Cat.), Mike Pullon 43.45, Alan Kendra 43.59, Stuart Evans 44.05, Alison Thornton 44.36 (1st in Cat.), Patrick Hough 45.13, Harry Bryan 45.24, Gary Tebbutt 45.32, Clive Reid 46.16, Clive Jeffery 46.23, Sara Stead 46.34, Adele Shipley 46.55, Marcus Bourne 47.07, Paul Sheridan 48.36, Drew Gill 38.37, Brian Perkins 48.49, Lindsay Cameron 48.50, Sarah Hargreaves 50.10, Craig Marshall 50.33, Colin Shipley 50.57, Paul Miller 51.29, Sue Vickery 52.44, Mick East 52.47, Rod Robinson 52.53, Steven Eastoe 52.58, Helen Pickersgill 54.35, Jackie Robinson 54.41 (2nd in Cat. to add to her 1st in Cat. in the last race), Jodie Tate 54.56, Stephen Ferre 57.25, Emma Barker 60.37 (PB), Gordon Mellor 60.37, Di Thompson 62.45, Tracy Batty 63.57, Sara Barker 64.45 (PB) paced by David Barker 64.45 and Sharron Anderson 69.26.

On Sunday the Windermere Marathon was staged. This difficult hilly event was even harder due to hail stones just before the start and the heavy winds on the course. Taking on the Lake District from Pocklington Runners were Simon Rycroft 3.28.20 and Gary Tebbutt 3.38.49 (2nd in Cat.).

The Edinburgh Marathon also took place on Sunday and taking part from Pocklington was Richard Ginn who reports "The morning started rather windy and rainy, fortunately by race time the worst of the weather had passed over.

Started on London Street in Edinburgh, rain just before the start, and then cleared up.

Good fast start mostly downhill for the first couple of miles, going through Holyrood Park under the shadow of Arthur's Seat, then out towards Leith and on towards Portobello Promenade next to the Forth River. Out through Musselburgh and on towards the turnaround point at Gosford House just past Longniddry.

The turnaround point at 17.5 miles then put us straight into a headwind all the way to the finish, at Musselburgh.

Felt good all the way to the turn point, going at a sub 3 pace, but the wind really played a big part in the last 8-9 miles with my pace slowing off in the wind. This made the last miles feel rather hard.

A few showers while on the course also helped to cool things down after the last couple of years which have been very hot” Richard recorded an excellent time of 3.04.20

Charlie Hope was another runner in this marathon, her first, and completed the course in a solid time of 4.32.22.

Also in Edinburgh, running the half marathon, were Alison Thornton 1.34.33 (PB) and Lisa Walker 2.15.29.

In windy conditions Helen Reevell ran the Normanby Park 5K, a mostly off road course, in 32min 30 seconds.

Mike Pullon went south to Nottingham and ran the, windy, Notts. AC 10 mile road race around the lake at Holme Pierrepont in a time of 71.14 (69/301 V50 9/47).

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 18.30. For full details visit www.pockrunners.com