

Pocklington Runners report: Wednesday, 24 August 2011

## Simon and Debbie Idle

---

Simon and Debbie Rycroft took part in the Idle Trail race and along with 228 other runners they splashed their way around the mixed terrain course clambering over gates and other obstacles. Simon finished in 40.52 and Debbie in 62.22. Debbie then ran another 13 miles as part of her marathon training.

A field of 392 set off from Elloughton in the Jim Dingwall 10K road race. Representing Pocklington Runners were Sue Vicary 55.11, Johanna Vicary 56.25 and Sally Utley 57.44.

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 18:30. For full details visit [www.pockrunners.com](http://www.pockrunners.com)