



Pocklington Runners report: Saturday, 22 October 2011

## Helen sets a new club record

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Three Pocklington Runners travelled west to take on the Chester Marathon which turned out to be a little more undulating than the advertised flat course and the breezy wind would have adversely affected less well prepared runners.

Helen Cross recorded an outstanding PB, and club female runner record, time of 2:57:57, becoming the first female Pocklington Runner to go sub 3 hours, giving her a 3<sup>rd</sup> in Category place (5<sup>th</sup> female and 54<sup>th</sup> overall), regular ultra-runner Richard Ginn had another impressive run finishing in 3:06:38 and Sarah Hargreaves broke through the 4 hour barrier with an excellent PB of 3:56:31. Sarah was running her second marathon of 2011 and has, in the process, raised £3,000 in donations for her chosen charity.

All three runners were grateful to Howard, Chrissy and John their support crew at the event.

The East Yorkshire Cross Country League race 1 took place at Bishop Wilton.

Kevin Norman led the Pocklington Runners home with a time of 43:12, followed by Simon Rycroft 43:37, Warwick Anderson 43:49, Stephen Worth and Jim Holding 44:58, Clive Jeffrey 46:38, Richard Ramshaw 47:01, Stuart Evans 48:53, Graeme Shaw 49:22, Paul Sheridan 51:16, Marcus Bourne 52:21, Brian Perkins 54:48, 1<sup>st</sup> female from the club Lindsay Cameron 55:10, Paul Holmes 55:32, Abby Huxtable 55:56, Steve Eastoe 59:47, Jill Dowson 60:34, Steve Ferre 63:56, Sara Stead, Adele Shipley and Deborah Cahill finished together in 65:26, Faye Jessop 68:14, Di Thompson 70:11, Charlie Hope 71:41 and Sharron Anderson 71:43.

The team results after the 1<sup>st</sup> race see Pocklington Men in 4<sup>th</sup> place and the Female team in 6<sup>th</sup> place.

Runners in the Bridlington Half Marathon enjoyed bright sunshine and were untroubled by sea breezes throughout the undulating course that started and finished on the promenade.

A field of 700 included 13 from Pocklington many of whom put in strong runs and came away with impressive PBs.

First back was Simon Drew, running in the Pock vest for the first time after training with the club over the summer, in 1:34:46. Simon has asked that club members know how much he appreciates the welcome he has received since joining Pocklington Runners.

The next back was Stuart Evans who was delighted with his 1:35:56, next a jet lagged Mike Pullon in 1:36:56, Alison Thornton held her pace to get back in 1:40:35, Clive Reid 1:42:24, Drew Gill slashed 9 minutes off his PB as he finished in 1:42:51, Paul Sheridan 1:46:10, Jill Dowson shook off her marathon legs with a run of 1:46:47, Colin Shipley had made an impressive half debut with 1:48:30, Lindsay Cameron crushed her PB with a time of 1:48:31, Adele Shipley suffered in the heat but managed to complete the event in 1:51:06, Michael Smith 1:52:11 and Steve Eastoe debuted with a solid 2:00:20 .

Simon Rycroft and Stuart Smith went north to run the Richmond 10K where they took on a hard as nails hilly course in ideal conditions. Simon reports that Stuart is probably regretting buying cheap shoe laces as he had to stop to retie them letting Simon come in one place and five seconds ahead of Stuart. Simon came 34<sup>th</sup> in a field of 462 in 41:00 and Stuart 35<sup>th</sup> in 41:05

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)