

Runners give their all

YET another busy Sunday morning's running was had by a small group of Pocklington Runners at both the Wakefield 10Km and also the Hornsea 1/3 Marathon.

Despite some mixed weather of late, the Runners were blessed with some ideal conditions and even the sun came out to greet them.

At the Wakefield 10Km two club members were strutting their stuff and it was Simon Richardson who was first back through the finishing area after making his way around the undulating course in a time of 38:00.

The other Runner on the day Paul Sheridan produced a fantastic performance and has put it down to his recent bout of intensive speed training sessions, so his time of 44:52 is a credit to all his hard work.

Meanwhile over at Hornsea, Faye Jessop was the only competitor for Pocklington and after cruising around this scenic seaside course Faye came away with a very creditable time of 74:00 and a new personal best time to boot.

Well done to each and every one of the Runners - as always everyone produced the goods on the day and gave it their all.

3/4/08