

Pocklington Runners out in force at three major events

11/9/08

ONCE again last Sunday Pocklington Runners were out in force at three different events producing some excellent times and performances.

At this year's Great Yorkshire 10K run at Sheffield two Runners were flying their colours for Pocklington and it was Steve Spruyt who came through the finishing area first for the club in an impressive time of 45-00.

Helen Reeveall was the other competitor on the day and as always she gave it all she had to finish just over the hour in a time of 60-18.

Over at the Tholthorpe 10K, three Runners did battle around this challenging and interesting course and it was Paul Sheridan who was first Runner back, continuing his excellent 10K performances as he cruised across the finishing line in 44-55.

Next to enter the finishing area after completing this popu-

lar outing was Brian Dobson who delivered the goods when asked and charged around on the day in 50-30.

Helen Crowle was the only female Runner racing on the day and she did herself proud by recording a fantastic time of 55-12.

Meanwhile at the Major Stone Half Marathon a little cluster of eight Runners came away with some very good results too.

It was the in-form Denis Speck who was first back to record an impressive time of 81-44.

Hot on his heels came Paul Tatterton who is proving to be the running club's latest revelation as he is making short work of all his races. On the day he clocked up a time of 84-15.

First lady finisher was Helen Cross and despite a hiccup at the first water point she was still able to produce a first class time of 86-34.

Clive Reid, a veteran of countless races, proved he's still got it when he cruised around the day's course producing a good solid performance to finish in 97-25.

Paul Holmes was the next Runner to finish and only a little way behind Clive, his time of 100-00 was a credit to all his hard work recently.

Next two Runners home Alison Thornton and Howard Cross ran the race together and were each able to come away with an impressive time of 103-00.

Sue Vicary made up the day's cluster of athlete's as she made her way around to finish the race in 127-00 and in so doing the club's three ladies, Helen, Alison and Sue secured the second ladies' team prize.

Well done to each and every one of the club's athletes - you all produced some first class performances and did Pocklington Runners proud!