

Pock Runners leading the way in the 10k summer league

THE summer league 10k series is here once again giving Pocklington Runners the opportunity to race against other clubs in the region.

The start of the competition was held at Pocklington. Pocklington's Tom Danby took 1st place in 34.26. Dennis Speck, Simon Richardson, Ed Rawlings, Steven Woods, Paul Tatterton, Kev Norman, Richard Ginn and Jim Holding all ran excellent times well under the forty minute mark.

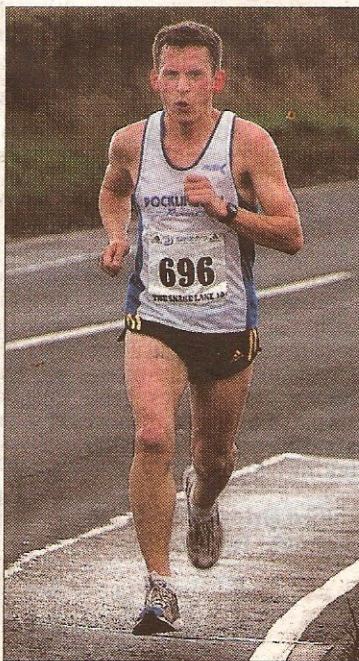
Race two was held at Tadcaster and again the competition was blown away by Tom Danby who won in a time of 33.51, two minutes ahead of second place Johnny Parsons of Tadcaster Harriers.

Helen Cross, again coming back to form, finished in third place in the ladies race in 39.18.

Pocklington had nine of its thirty four runners in the top twenty five.

Race three was held at Easingwold and Pocklington

Runners held on to the top positions, and maintain their domination of the series.



Tom Danby once again emphasised his superiority over the rest of the field, and finished first in 34.14.

Dennis Speck was 4th overall in 36.15 while Helen Cross was second lady in 39.29, placing the Pocklington ladies team in third place in the competition.

For the first time in this competition and in its club history Pocklington Runners 'A' team now lead the series open male, open team race, and Male 50 categories, leaving the previously dominating York clubs behind.

□ The next race is to be held at Bishop Wilton on the 17th June 2008 at 7.30 pm starting from the playing fields.

RUNNER IN FORM: Pocklington's Tom Danby, pictured left in the Snake Lane 10 earlier this year, has won the first three races in the Summer League 10k series and now looks as if he will be hard to catch.