

# Helen is Pock's first lady again

14/8/08

ELLOUGHTON hosted their annual 10Km Road Race this last Sunday and as has been the norm recently, Pocklington Runners churned out some excellent performances and times to boot, around this flat two lap course.

The first Runner to show through the finish was leading lady Helen Cross who once again finished in first place amongst the ladies in a time of 38-23.

Still a newcomer to Pocklington Runners, Alison Thornton came home next and in so doing won her age group of the Ladies 40 section in a good, solid time of 46-46.

Paul Sheridan was the lone male Runner who on the day continued on his rise up the club's standings with yet another impressive time over this distance, crossing the finishing line in 47-28.



**Helen Cross**

Next Runner home was Jill Dowson who was a

little slower than usual on Sunday. She was still able to clock a good time however of 48-29 and in so doing, the club's first three ladies secured the third team prize.

Sally Uttley led home the next little cluster of three Runners as she crossed the finishing line after a fine race in an excellent time of 58-23.

Not too far behind and finishing just over the hour came Helen Reevell who put all her recent hard cross country training to good effect by crossing the line in 61-47.

Making up the group of Runners on the day came Jennifer Metcalfe who gave it her all to record a good time of 64-59.

As always, a very well done to all of the club's ladies and of course to Paul for their efforts and their excellent times and performances.