

Runners at three different venues

16/10/08

LAST Sunday four women and one man from Pocklington Runners took to the streets at three different venues around North Yorkshire, producing some first class performances.

First Runners' report comes from the Castle Howard 10K and the first Runner home was making a welcome return to competitive running after a year's break, so Adele Shipley's performance and time of 49:30 was a credit to her determination - and her finishing position of eleventh female was an added extra bonus.

The club's other female Runner on the day was Faye Jessop who once again made short work of the course around the grounds of the historic Castle Howard as she cruised over the finishing line in 52:00.

Down at a very sunny Howden 10k Helen Reeve let her body produce the goods

and despite having a little pause around the course, she was still able to record a time of 60:27.

Meanwhile over at the Scarborough Seaside 10 Miler the club's two lone Runners both tackled this very scenic and undulating course with ease and returned some very creditable times.

First Runner to cross the finish line was Paul Holmes who in his own unmistakable style battled around the course in a time of 71:00.

Next to finish was someone who turns out most weekends all around this area and covers a variety of distances so it was no surprise to see Sue Vicary making her way towards the finishing line and stopping the clock at 85:00.

Well done as always to every one of the Runners who performed well last Sunday and for all those of you who have races coming up - Good Luck!