



POCKLINGTON Runners who took part in the recent Beverley 10k
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Three races to test the Pock Runners

ONCE again Pocklington Runners have had a busy week starting last Wednesday at the Laxton 10K, then the Scunthorpe 10K on Friday and finishing off with the Eccup 10 Miler on Sunday.

At the Laxton 10Km Road Race on Wednesday evening the club had three Runners taking part and it was Alison Thornton who made her way round first for Pocklington to finish as fourth female in a very good time of 45-26. Only a little way behind was Darren Reeve (47-09) while Sue Vicary made up the little cluster on the night, stopping the clock at 53-57.

On Friday evening at the Scunthorpe 10Km Road Race three more Pocklington Runners represented the club and this time it was Pat Stanford who was first Runner to battle his way around this

hilly course in a creditable time of 45-04. Darren Reeve had returned home to race on home soil and despite racing twice in two days he was till able to produce a good solid time of 47-58. Next finisher Helen Reeve was also racing on home soil and for some time now she has been chasing her goal of breaking the 60 minute barrier and there was no better place to achieve it, so her time of 59-54 is a credit to all her hard work and dedication.

At the Eccup 10 Miler on Sunday four of Pocklington's racing stalwarts made their presence felt and came away with some impressive times to boot, first Runner home and with a new personal best time to go with his efforts was Steven Worth, who is steadily rising up the club's rankings as on

the day he finished with a time of 70-03.

Next two finishers Paul Sheridan and Jill Dowson often have battles over various distances to the finishing line, with Jill always coming out on top, but on the day Paul dug deep and managed to register a new 10 mile personal best and also find a way past Jill to record a time of 81-40 with Jill only a matter of strides behind him and finishing in 81-40. Their next encounter could be very interesting.

Making up the little posse on the day was Sue Vicary who notched up another race to add to her vast collection already this year as she cruised through to the finish and stopped the clock with a time of 91-30.

Well done to all of the Runners for turning out and producing some excellent performances.