

# Getting ready for Paris and London

LAST weekend turned out to be a busy one for some of Pocklington Runners as they were stretched far and wide from Cumbria, Lincolnshire and West Yorkshire reaching both on and off road.

First out of the blocks was Brian Dobson who travelled over to Cumbria to take part in the Grisedale 10 miler on Saturday. Despite the breezy conditions and the overcast sky Brian did himself proud as he recorded a time of 1:27:00.

On Sunday it was the turn of the Louth 10 Mile Road Race and the Runners' lone competitor

was Marcus Bourne and after having to endure a head wind for the first half of the race which made the going hard work, Marcus pushed through to finish in a time of 1:19:56.

Meanwhile, a small group travelled to Ackworth to run in their annual Half Marathon along with over 600 others around this undulating course.

First Runner home in unhelpful conditions was the ever impressive Tom Danby who finished in 22nd position following another fantastic performance which saw him record a time of 1:16:08. Ed Rawlings

was the next finisher in 1:23:30 followed by Mr Reliable - the Runners' very own Simon Richardson. Simon was a little under par on the day but still managed a first class performance of 1:25:05.

First lady Runner to finish was Jill Dowson who put in an impressive run yet came away a little disappointed with her time of 1:51:51.

Sue Vicary made up the little contingent on the day. In the last 8 days Sue has raced over 47 miles in just three races as her preparation for the Paris Marathon in only three weeks time hots up, so her time on the

day of 1:57:28 is a credit to all her hard work.

WITH the London Marathon only a few weeks away, an ideal test run to assess your progress is the East Hull 20 Mile Road Race. Despite the dramatic weather conditions on the day it turned out to be near perfect and some excellent times were produced, ensuring that for those running in this year's London event, a good bench mark was set.

Dennis Speck was the first Runner to make his way around this challenging course in a very respectable time of 2:13:00.

Hot on Dennis' heels came Simon Richardson in first place in the Over 55s age group with another remarkable time, this being 2:15:00.

Not too far behind the Runners' first two came the very in-form Warwick Anderson who made short work of the course to record an excellent 2:18:00.

First Pocklington lady home was Jill Dowson who is doing London for the first time - she managed to register an impressive 3:03:00.

Last home (but not the least) was Sue Vicary. As always Sue gave her all and achieved an excellent time of 3:10:00.