

# Runners at their best in Leeds Abbey Dash

27/11/08

LAST Sunday when Pocklington was white all over with a dusting of snow, fourteen intrepid runners made the journey over to a wet and cold Leeds to race along with 6000 others in this year's Leeds Abbey Dash 10Km Road Race.

First Runner home in a new personal best time, with a finishing position of 31st overall was Tom Danby in 32:40.

Paul Tatterton is someone who only took up running earlier this year so to finish 134th on the day is a fantastic achievement and he was also able to lower his personal best to 36:28.

First lady home was Helen Cross who despite being a little under par was still able to record a very creditable time of 38:10.

Hot on Helen's heels came Kevin Norman who also registered a new personal best with another excellent time of 38:32.

Gary Tebbutt was making his debut in the club's colours in Leeds at the weekend and he came away after doing himself proud with a time of 42:17. Within sight of Gary came Patrick Piggott who was

literally strides behind him, in 42:26.

Yet another newcomer to the Pocklington ranks is Vicky Whitelock who burst onto the scene with a new personal best time over the 10Km distance which now stands at 43:06 - watch out ladies!

The next two finishers spend all year seeing who can beat the other and before the day's race the tables were even. This time however it was Paul Sheridan who showed Jill Dowson the way home as they recorded times of 47:10 and 47:28 respectively.

Meanwhile, Sue Brown has started on the long road to next year's London

Marathon by recording a creditable time of 48:52.

Sue Vicary was the next Runner in, performing as she does week in, week out, cruising round yet another course with dogged determination to register a time of 50:05.

Sarah Hargreaves was gracing the streets of Leeds this weekend and for once without her camera (as club photographer, she appears at lots of races to record events). She had to be content with a fine performance and a time of 51:16.

Next Runner across the finish line was Helen Crowle who once again produced a first class run amongst this very large field and cruised towards the finishing line in Leeds City Centre in a time of 54:14.

Making up the day's contingent of athletes from Pocklington Runners, and also making a welcome return to the results page was Kevin Kendall who proved he hasn't lost it on his way to stopping the clock at 54:28.

To all who produced personal bests, a special well done, and good luck for the future.



**TOM DANBY - new personal best**