

Arkendale Runners

LAST Sunday whilst many Pocklington Runners were enjoying long marathon training runs out on the Wolds, there was still some racing to be done by what appears to be the only senior Pock Runner at the races.

"A scenic 10k run of gently undulating rural roads and trails, starting and finishing in the picturesque village of

Arkendale, near Harrogate" is how the race was described where Brian Dobson put in an excellent run to finish the 10k course in a time of 56:10.

Brian also ran the previous week at The South Leeds 10k where he also ran an excellent time of 48:19

There was a fun run dash, prior to the main race, in which Megan

Morris, Pock's up and coming junior star, won her age category outright.

Megan also had a brilliant race at the 5k fun run prior to The South Leeds five mile Road race the previous week, where she won the under ten years old trophy after running an outstanding 28:10.

Well done to Brian and keep up the excellent running Megan.

2/4/09