

Pocklington Running Club

SUNDAY saw the start of this year's Sutton Seven.

The course started from Sutton on Forest on mainly road with a little trail running thrown in saw eight of Pocklington Runners complete the race with Paul Tatterton showing no signs of fatigue in his post marathon legs.

Paul romped home in ninth position overall in a time of 42:51. Richard Ginn, Pocklington's Mr Endurance, was second over for Pock with an excellent 43:53. Alan Kendra returned back to form crossing the line in 48:34, whilst Liam Brown ran a comfortable 53:28. Paul Sheridan was delighted with a P.B for this distance 54:13 for Paul.



Tracy Batey, pictured, battled through the somewhat windy conditions in 1:03:14. With Beverley Barley running a great race finishing in 1:06:29. Finally a fine effort from Steve Fletcher, returning back to health with a fantastic time of 1:14:32.

Mike Pullon became this week's lone ranger over at Doncaster's Cusworth 10k. Mike on his first outing since his Ribin Hood Marathon, was the 43rd runner to cross the line in an excellent 41:56.

Well done to all runners who represented the club.

1/10/09