

Pock Runners had glorious sunshine for Jane Tomlinson York 10k

6/8/09.

BRIGHT and early on Sunday morning Pocklington Runners' finest joined over 4,000 other runners to run in the Jane Tomlinson York 10K, which started and finished in glorious sunshine at York Racecourse.

They were cheered around the city centre course by thousands of spectators.

The very first York 10K was started by former Olympic athlete Steve Cram, who set the runners off through the very heart of the city.

Pocklington's Dennis Speck, brushing aside injury, still raced home in fifth place overall in a time of 35:25 - an excellent run from him.

Stuart Smith ran a time of 39:11 and next home for Pock was Jim Holding running in 40:15.

Howard Cross finished in 40:49 with Mike Pullon rounding the course in 41:55.

First lady home for Pocklington was Vicky Whitelock in 43:41.

Pocklington's other times were Gill Dowson's new P.B of 45:39 with Darren Reeve 46:00, Adele Shipley 46:47, and Sue Brown 46:49.

Sarah Hargreaves put in a brilliant performance, pipping Helen Cross to the line in a stunning new PB time of 47:20.

Other times included Linda Harvey 49:36, Brian Dobson 51:47, Paul Miller 54:32, Helen Reeve 56:02, Simon Weedy 54:45, Helen Crowle 55:41, Tracy Baty 56:48, and Diana Thompson 1:01:14.

Brian Perkins guided his son round his very first 10k road race in 1:05:53, while Diane Thompson ran a superb 1:10:54, and Kate Blake crossed the line in 1:10:25.

Very well done to all Pocklington Runners who performed well on an excellent day for running.