

Pocklington Runners shine in the East Yorkshire Cross Country Championship 8/1/09

POCKLINGTON Runners shone in the East Yorkshire Cross Country Championship fourth leg at Thixendale on Sunday.

Competing against strong teams from Hull, Selby, Scarborough, Driffield and Beverley, Pocklington's mens team came away with overall

third place on the day, with some excellent runs on the challenging 10k course.

Pocklington Runners times returned were: Steven Wood 41:46, Ed Rawlings 42:11, Kevin Norman 42:38, Patrick Piggott 45:47, Howard Cross 46:43, Steven Worth 47:35, Paul Sheridan 53:44 and

Alan Kendra, returning after illness, a very creditable 54:24.

The women's race was won outright by Pocklington Runner Helen Cross in a time of 43:18.

Fay Jessop ran well to finish in 55:34 with Sarah Hargreaves returning well after injury in a well

earned 60:37.

The next race in the series is to be held at Welton, near Hull, on 15 February.

A very well done to Darren and Helen Revell who travelled to the Cleethorpes 10k on New Year's Day to stake their claims to Pocklington

Runners very first 'PBs' of 2009, with Darren timing 45:49 and Helen 57:59 to show they mean business in 2009.

Good luck to all Pocklington Runners for 2009 and for anyone wishing to join the club, please visit the club website pockrunners.com