

Ladies show Runners the way home

THE busiest week to date in the 2009 race calendar saw Pocklington Runners Ladies show the way.

The Wakefield Hospice 10k Road Race saw over one thousand runners taking part to raise money for the said charity. The predominantly undulating new course was won by Andy Pearson of Longwood Harriers in a time of 31:25.

After a great performance in her previous race at The Lytham St Annes 10, it was win number two for Pocklington's Helen Cross in the ladies race. Helen held off the challenge from Jane Ayres of Doncaster AC with an overpowering sprint fin-

ish to claim the first prize. Helen's time for the 10k distance was 37:55, another excellent performance.

Helen's husband, Howard Cross, had an epic run, ducking under the forty minute barrier for the first time ever with a new PB in 39:56.

Darren Reeve, brandishing some new super light footwear, dazzled the crowds, finishing in 44:37 and Paul Sheridan made a very sustained effort to achieve an excellent 47:14.

The Hornsea 1/3 Marathon yielded more success for Pocklington runners. Paul Tatterton Pock men's team captain ran the 8.75 course well, coming away with seventh

position overall.

Jill Dowson came away with the V45 ladies prize in a time of 1:06. Jackie Robinson claimed the V55 prize whilst Alison Thornton ran away with the second place ladies prize. Jackie's husband Rod also ran the course well.

Rachael Harrington, competing at this distance for the first time ever, with Keith Thompson, both crossed the finish line hand in hand in a time of 1:22:43.

Congratulations to all the runners who represented Pocklington Runners on a fantastic weekend for the individuals and for the club.