



# Helen cuts a dash at <sup>11/6/09</sup> Dorney lake

SATURDAY morning saw the Dorney lake near Winsor host The Dorney Dash 10k, where conditions were far from perfect with heavy rain and wind affecting the six hundred or so runners tackling the 10k course.

Pocklington's Helen Cross made the long trip well worthwhile, battling through to a comfortable victory in the ladies race to record her sixth win of the year in a time of 37:59 - a brilliant performance in the tough conditions.

Back home The Goole River bank Challenge multi terrain event of 8.75 miles saw Edinburgh Marathon man Paul Sheridan

cruise home first for Pock in 68:43 closely followed by Sue Vicary in 71:46.

Leanne Entwisle ran a solid 72:09 with Kevin Kendal making a guest appearance with a superb 74:55 and finally for Pocklington Runners came Maralyn Mannifield with an excellent effort in 97:13.

Finally Steve Woods completed The Wharfedale Off Road Half Marathon in a time of 1:48:23, a brilliant effort in tough conditions.

Well done to all who represented Pocklington Runners.

SMILING IN THE RAIN: Helen Cross pictured at the Dorney lakeside.