

# Stalwarts keep Pock Runners off bottom in Cross Country League

SUNDAY 8th March saw four cross country stalwarts of the Pocklington Runners club brave the wind and rain to try and keep the club from sinking to last place in this year's penultimate race in the East Yorkshire Cross Country League at Sewerby.

Darren Williams of Beverley A/C was first home in a winning time of 32:10.

Kev Norman was first to cross the line for Pocklington with an excellent effort in twenty seventh place with a time of 38:01.

Keeping up the pace in thirty seventh place was Steven Worth in with 39:31 and Patrick Piggott finished in forty fourth place in 40:34.

Last for Pocklington, but keeping the team's head above water was Alan Kendra with a solid performance running

44:07.

The League for 2008/2009 was won outright by City Of Hull A/C, very well done to them.

Congratulations also to the women's winning team which was Scarborough A/C.

Pocklington's men and women's teams were both placed in sixth place overall, so well done to all who represented the club.

Jill Dowson travelled to Gloucester to run the Gloucester 20. Joining the other five hundred runners in the wind and rain Jill recorded a very rewarding P.B time of 2hrs 53 minutes for the twenty mile course.

Finally congratulations to Helen Cross who earned her Humberside Vest and competed in the Inter Counties Cross Country Championships

12/3/09



**HELEN CROSS** - happy to earn her Humberside vest

in Nottingham on Saturday.

Anyone interested in seeing what Pocklington Runners is all about visit the website [www.pock-runners.com](http://www.pock-runners.com).