

# Another top effort from runners



● Club chairman Alan Kendra gives it his all.

## McCain Yorkshire Coast 10K Road Race

BRIGHT and early on Sunday morning, no less than 12 Pocklington Runners travelled to Scarborough to run in the very first Yorkshire Coast 10K Road Race.

A fantastic turn out for this new event with over 800 athletes completing this flat and fast 10K course.

Paul Tatterton was once again first back for Pocklington in 38:03. Mike Pullon's hard work brought him an

15/10/09  
excellent time of 41:16 whilst Alan Kendra made the trip worth while with a time of 42:50. Paul Holmes still showing a little form with 44:17 and first lady home for Pocklington. Adele Shipley, having to work hard in the second half of the race, brought her a brilliant 49:36.

Pocklington runners' times were Brian Dobson 50:43, Dave Barker 53:50, Tracy Batey 56:11, Colin Shipley 58:03, Beverly Varley 57:56, Helen Reeve just over the hour in

60:36, and Shanie Young bringing up the rear in 68 mins dead.

Pocklington junior Megan Morris competed in the 2.5k fun run in a time of 12:05 well done once again to Megan.

Ampleforth College provided a scenic off road race of around seven miles through the estate for around 150 runners, who all helped raise money for the village hall restoration fund!

Paul Sheridan had an excellent

run in a time of 59:40 just pipping Sue Vicary by two seconds. Jackie Robinson was this week's lone rageress at The Howden 10k, Jackie rounded the six point two miles in 52:52.

Well done to all this week's Pocklington runners.

● Anyone interested in joining the club then go along to the rugby club, Percy Road on Wednesday evenings at 6:30pm or visit our website [www.pockrunners.com](http://www.pockrunners.com) for information.