

Helen and Simon flying the flag for Pock Runners

19/3/09

LYTHAM St Anne's over on the west coast was the venue for two Pocklington Runners this weekend.

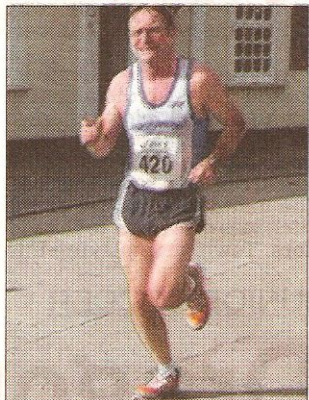
The very windy sea front course made it tough going for the three hundred and eighty five runners taking part at the resort.

Paul Merchant of Rothwell Harriers was first to finish in a time of 53:46 but leading the ladies home and flying the flag high for Pocklington Runners was Helen Cross, brushing the wind aside and flying to her first road race victory of 2009 with an outstanding 63:15.

Helen's husband Howard Cross also ran well, digging into his Edinburgh marathon training to record an excellent time of 68:06.

Meanwhile over in Liversedge Simon Richardson was tackling the Spen 20 mile Road race.

Climbing over 1150 feet in the hills up and around Wakefield Simon again showed top form on the back of a seventy mile marathon



Simon Richardson

training week to round the course in 2:17:29.

Congratulations also to Kevin Norman who won the V45 category prize at the East Yorkshire Cross Country League last week, and to Jill Dowson who set the Pock runners club record for twenty miles at the Gloucester 20 mile race.

Good luck to all the runners in training for this year's London Marathon.