

# Runners out in force

21/5/09.

POCKLINGTON Runners were out in force once again on Tuesday evening to defend their York & District Road Race title success of 2008. Pocklington started the first 10k race in the series of six with a record field of two hundred and forty five runners, with forty of them being Pocklington Runners!

Pocklington's fastest member of the club at present, Tom Danby, ran a very creditable second place on the night in a time of 34:14, only seconds behind the winner Cameron Brooks from York Knavesmire Harriers.

Denis Speck kept the opposition at bay claiming fourth place overall with 34:47 and Paul Tatterton ran an excellent 37:17. Richard Ginn gained a PB for the distance with 38:16 and Stephen Wood put in an excellent effort in 38:29.

Kevin Norman ran 38:53 whilst Steven Worth made 39:19 look easy after an epic off road marathon the previous Saturday - well done to him.

Warwick Anderson is getting back after a good London Marathon with 39:41 and Jim Holding had a solid run in 40:16.

Alison Thornton was first lady back for Pocklington with an excellent time of 44:52 closely followed by Rachael Houseman in 45:06.

Other Pocklington times were Gary Tebbut 41:33, Mike Pullon 41:40, Patrick Piggot 41:46, Stuart Smith 42:14, Clive Jeffery 43:22, Alan Kendra 43:27, Mark Roper 44:31, Steve Baker 45:02, Clive Reid 45:18, Jill Dowson 46:35, Liam Brown 47:06,

Adele Shipley 48:18, Sue Vicary 50:08, Linda McGregor 51:10, Rebecca Gibson 51:18, Rod Robinson 51:39, Brian Perkins 51:53, Jackie Robinson 51:55, Sharon Watt 54:36, Stephen Ferre 55:10, Brian Dobson 55:27, Keith Thompson 56:32, Rachael Harrington 57:03, Katie Tolomeo 57:46, Tracy Baty 59:40, Beverley Varley 64:13, Sally Utley 64:13, and Di Thompson 64:23.

The next race will be at Tadcaster.

Last Sunday eight runners from Pocklington joined forces with a field of over two hundred in the Drifffield Striders annual multi terrain "Mucky Duck" event. Pock's Warwick Anderson covered the 8.5 mile course in 60:25, with Clive Reid in 61:25, and Paul Sheridan coming back after a mystery illness on Tuesday in 65:48. First lady home for Pock was Sue Vicary in 72:15. Helen Crowle ran 78:17 whilst Sally Utley raced home in 90:54. Steve Fletcher managed a grand time of 92:15 and Jenny Metcalf cruised home in 94:34.

Award to Pocklington Runner of the week must go to Richard Ginn (pictured left) who set a new PB for his 10k on Tuesday evening and also ran a brilliant third place overall in The White Peak Marathon over in the Derbyshire hills on Saturday with a time of 3:02:27.

