



Helen heads for the winning line.

Picture by Paul Atkinson

Helen Cross leads the ladies home

22/10/09.

SUNDAY morning on the sea front at Bridlington saw nearly 700 runners complete the Bridlington Half Marathon.

Among them were many Pocklington runners, with Helen Cross stealing the show, winning the ladies race in some comfort, unchallenged and in an excellent time of 1:22:44 – an absolutely brilliant display of road running

A fantastic effort saw Tom Danby slice over 30 seconds off his PB time, flying the flag for Pocklington Runners finishing in fifth place overall in 1:12:49.

Steven Worth ran in third place for Pocklington, crossing the line in 1:27:59 with Warwick Anderson having a fine run in 1:29:56. Alan Kendra managed a safe return to the half marathon distance covering the 13.1 miles in 1:32:13 and Clive Reid finishing just behind with an excellent 1:33:50.

Sue Brown raced around, second lady for Pock in 1:44:38 just in front of Jill Dowson who cracked off yet another PB time of 1:44:58. Pocklington's other times were Mike Smith 1:46:38, Paul Sheridan 1:47:48, Sue Vicary 1:47:50, Debra Cahill 1:53:54 Marcus Bourne enjoyed the course in 1:55:56, and finally a brilliant effort saw Keith Thompson cross the line in 2:03:43.

● Over at The Richmond Castle 10k Steve Woods completed the tough hilly course in a fantastic 39:59 placing him 25th overall, and Helen Reeve completed the Bradford 10 mile race in 1:50:01 well done to them both.

Finally over the water in Holland Pocklington Runner, Helen Crowle completed her second Amsterdam Half Marathon in a fantastic PB time of 2:05:20 knocking no less than nine minutes off her previous Great North Run time, a brilliant achievement, very well done to Helen.



● Left, Pocklington's Keith Thompson on his way to a superb time of 2:03:43.