

Runners at Redcar

POCKLINGTON Runners had no less than twelve of their finest runners taking part in this year's Redcar Half marathon.

Pocklington's Tom Danby found himself in the prize money, crossing the line in tenth position overall, in 1:15:18 Paul Tatterton ran an excellent 1:20:36 and Helen Cross was seventh lady in 1:24:55. Kevin Norman, running his first half marathon, came away with a excellent time of 1:26:38 whilst Steven Worth ran a brilliant 1:27:36 and Howard Cross stuck to his marathon training plan with a solid run of 1:29:02.

Mike Pullan set a PB time of 1:32:45 whilst Alan Kendra

found things a little tough in the latter stages still managing to churn out 1:35:23. Paul Sheridan knocked a minute and a half off his PB for the half marathon with a time of 1:45:41. Pock's second lady Linda Harvey ran a brilliant race in 1:47:51 and Michael Smith crossed the line in a very impressive 1:47:40. Last but by no means least Pock's Dave Barker ran a very impressive 2:04:30.

● Three Pock Runners tried their hand at the Guiseley Gallop with Simon Richardson winning the V55 prize in 41:11. Paul Tatterton was just behind in 41:32 and Brian Dobson finished in just over the hour.

23/4/09.