

Runners tune up for London at East Hull

26/3/09

L A S T S u n d a y Pocklington Runners battled through windy conditions at The East Hull 20 road race.

The race is renowned for its pre-London Marathon status, reflecting how much hard work and energy goes into training for the 26.2 miles of a marathon.

The results on Sunday were excellent with many of Pocklington's runners coming away with some impressive times.

First to cross the finish line for Pocklington was Dennis Speck in eighth position overall in a time of 2:03.

Simon Richardson won the V55 category with 2:12 and Richard Ginn came home with a P.B time of 2:13.

Warwick Anderson was some thirty seconds faster than his 2008 time, finishing in 2:18:23. Steven Worth with a time of 2:25 and Stuart Evans found the wind a little tough

coming back but still managed an incredible time of 2:39.

Gill Dowson was all smiles with her 2:49 time, closely followed by Adel Shipley who ran an excellent 2hrs 56min. Alison Thornton raced well with a time of 2:35 while Paul Sheridan, Marcus Bourne, Sue Vicary, Sue Brown and Sue Dawson all ran excellent times. Steve Fletcher was last man standing for Pocklington with a time of 3:39.

Meanwhile over at The Stokesley Duathlon it was all in a day's work for Brian Perkins who ran 5k, cycled 30k and ran another 5k. Brian came away with a very creditable time of 2:24 which included giving first aid to an injured cyclist!

Well done to all who represented Pocklington Runners.

THREE AMIGOS: Marcus Bourne, Stuart Evans and Paul Sheridan on the Hull course. *Photo submitted*

