

Some great times for local runners

26/11/09

Pocklington Road Runners

THIS year's ever growing Leeds Abbeydash 10k road race saw nearly 8,000 runners compete in the 10k road race with the aim of raising around £200,000 for The Help the Aged charity.

The out and back course which is predominantly flat and fast attracts runners from all over the country.

Tom Danby mixed it up with some class runners coming away with a very creditable time of 32:59 in 42nd place.

Paul Tatterton performed well too with a class 124th place in 36:14. Pocklington's star lady runner Helen Cross chasing hard with an excellent 37:17 and Kevin Norman raced a solid 38:39.

Gary Tebbutt put in a great effort to cross the line in 41:03 with Patrick Piggott making the journey well worthwhile finishing in 41:50. Jill Dowson edged her way past Paul Sheridan earlier on in the race crossing the line in 45:17 with Paul just behind in 47:21. Sue Brown ran an epic 46:48 whilst Adele Shipley showed her Tuesday evening speed sessions paid dividends with an excellent 47:46.

Keve Kendall a V55 category runner ran a fantastic race crossing the line in 52:44 whilst Sue Vicary made it home in 50 min-



● Pictured are the top two Pocklington Runners – Helen Cross and Tom Danby who kept Pocklington runners in the top half of a top-class field.

Pictures submitted

utes dead. Di Thompson raced well in 55:14 closely followed by Helen Reevell racing well finishing in 56:31. Helen Crowle ran well to earn her a brilliant time of

59:33 and finally Pocklington's Victoria Haigh made six point two miles look easy crossing the line in 63:52. Well done to all Pocklington Runners.