

29/1/09



Runners at Ferriby 10

POCKLINGTON Runners were out yet again with some very good performances at this year's Ferriby 10 mile road race.

Paul Tatterton made six and a bit minutes a mile look very comfortable, over this undulating course, crossing the finishing line in 13th position overall in a time of 61:05.

Steven Worth who also ran the previous week's Brass Monkey half marathon, landed another brilliant time of 64:48.

The first lady home for Pocklington was Alison Thornton in 22nd place in the ladies race. Alison finished in 76:23 - a fantastic time which should see her

competing at the top in this year's summer league series.

Sue Vickery was next to finish in an excellent time of 87:56 which gave her a position of 71st lady overall.

Steve Fletcher also enjoyed the day's outing, running a superb race in a time of 106:56.

Well done to all who represented Pocklington Runners at this event. If anyone is interested in joining Pocklington Runners please visit the club website at www.pockrunners.com

RUNNERS AT THE READY:
Pocklington Runners pictured above at the Ferriby 10 mile race.