

Pock Runners in capital show at London Marathon

30/4/09

POCKLINGTON Runners were once again out in force with ten runners participating in this year's Flora London Marathon.

As with any marathon it requires a lot of guts hard training and determination to successfully conquer the twenty six

point two mile distance, yet two of their number still broke the magic three hour figure in completing the blue riband event.

Dennis Speck was in the forefront for the Runners with an excellent race in which he put all his hard training to the good with an elite and a very memorable

PB time of 2:44:40.

Congratulations also go to Simon Richardson who despite having calf problems in the latter stages of his race was rewarded with sixth in his age category and a remarkable time of 2:57:56.

Richard Ginn who is likewise no stranger to the distance ran an excellent 3:04:21 and Warwick Anderson showed that hard work pays off with a brilliant PB of 3:07:32.

Graham Murdock, despite a very limited training plan had an excellent run around with a time of 3:31:36.

Pocklington's Clive Reid, running for the David Shepherd Wildlife Trust, came away with a well earned 3:42:27, and the first of the ladies from Pock was Rachel Houseman, coming home well in 3:47:20.

Adele Shipley ran her socks off to finish in 3:57:31 and was closely followed in by Stuart Evans in 4:01:04.

Helen Reeve made the trip to the big city worth while with a very courageous time of 5:01:21.

Whilst all the fun in the capital city was taking place Megan Morris again shone through in the fun run at the Fountains 10K winning her age group. In the main event Brian Robson cruised home for Pocklington in a time of 58:49.

The heat was on over at The Sheffield Half Marathon where Pock's Steve Fletcher navigated his way around the streets of Sheffield in a sizzling time of 2:22:15 - well done to him.

Well done to all the Pocklington Runners who took part in the show piece of the racing calendar, the Flora London Marathon.

The race times show that Pocklington Runners have some great talent who are an inspiration to the rest of the club. Congratulations and very well done.

MONTAGE: Pocklington Runners in action in London photo submitted

