

Runners in popular races

4/11/10.

McCain Yorkshire Coast 10K Road Race

SUNDAY morning saw arguably two of the most popular races of the month with nearly 2,000 runners participating in two races.

Scarborough Spa Complex was the starting line for over a thousand budding athletes to race the six point two miles around the bay of Scarborough. First home for Pocklington Runners came Rod Robinson with a great run finishing in 51 minutes with his wife Jackie completing the race in 52:37. Brian Dobson crossed the finish line in 55:57 and Pock new comer Steve Eastoe ran a great time in 57:44. Dave Barker and daughter both had a great day finishing in 66:10 and 66:09.

Not forgetting Pocklington junior lady runners Megan Morris who was in fine form finishing in 12:50 for the 2.5K fun run. Well done to all.

Meanwhile over at Ripley Castle near Harrogate the autumn sunshine shone on this years Guy Fawkes 10 mile road race. The race distance of ten miles and described as a hilly course with first and last miles on trails and bridleways.

This tough race saw 22 of Pocklington Runners come away with some great times with Dennis Speck being the first to finish for the Pocklington team with thirteenth place overall in 61:47. Simon Rycroft on his third outing in succession already with excellent times at Bridlington Half, Wistow 10 and this week Simon finished in 65:49. Richard Ginn completed the ten miles with some 6:40 minute miling in a very impressive time of 66:41.

Helen Cross mixed it up with some of the top lady runners from the region showing her strength and talent to finish fourth lady overall in an excellent time of 68:23. Pocklington Runner Kevin Norman glided his way to the finishing line in a excellent time of 68:50.

The rest of Pocklington s times were Jim Holding 70:03, Simon Richardson 70:47, Patrick Piggott 71:11, Alan Kendra 71:36, Richard Ramshaw 73:37, Howard Cross 74:11, A brilliant performance by Clive Reid finishing in second V60 place on the day in a smashing time of 75:05.

Sarah Stead 78:19. Brian Perkins 80:41, Marcus Bourne 81:02, Paul Sheridan 81:10, Adele Shipley 87:14, Jill Dowson 87:14, Sue Vicary 92:54, Debbie Rycroft 93:49, Steve Ferre 94:03 and well done to the ever smiling Charlie Hope who finished in 1:48:54, well done to all.

Congratulations too to Helen Reevell who completed another challenging race over at The Worksop half marathon .The one mile uphill start made for a gruelling thirteen point two miles but Helen completed the challenge crossing the finish line in 2:08:56.