

# PB for Mike

SUNDAY morning saw Pocklington Runners battling it out with an array of athletes over at Kirbymoorside.

The carnival like atmosphere made this race one not to be missed.

The tough uphill start and mainly undulating course make this a tough 10k.

Runners are rewarded for their efforts with a fast downhill mile to the fantastic town centre finish. Simon Rycroft flying the flag for Pocklington finishing in 39:22. Alan Kendra, still showing good form, crossed the finishing line in 40:26. With Paul Tatterton a little under par so far this year but still running well in around 45minutes.

Meanwhile over at The Rothwell 10k which is renowned for being a very fast course Mike Pullon (pictured) managed to negotiate a last minute change of course by the organisers, but still managed to come away with a P.B for his efforts. Breaking the 40 minute barrier for the first time Mike's time was 40:26. Debbie Rycroft ran a great time of 52:40 and Helen Pickersgill rounded the six point one miles in 57:02.

Very well done to all runners from Pocklington.



6/5/10