

Pocklington Runners

9/9/10

Middlesbrough 10k 2010

AFTER a relatively quiet August in the racing calendar the first Sunday of September came alive and produced some excellent results by Pocklington Runners.

2600 runners joined eight of Pocklington's best road racers at the Middlesbrough 10k of which Tom Danby ran an excellent fifteenth place overall covering the six point two miles in 33:20.

Alan Kendra returning from a bit of a summers rest from racing managed not trip up over the sleeping policeman that has plagued him in previous years, crossing over the finishing line in 42:26.

Meanwhile further South Rachael Harrington battled the tough and hilly race at The Lincolnshire Wolds Ten Mile Road Race. Rachael finished in a great time setting a P.B in a time of 1:32:36.