

Demanding tests for Runners

ROAD racing, triathlons and cycle races have been on the agenda for members of the Pocklington Runners this week.

Askern 10 mile Road Race

OVER in South Yorkshire, at Sunday's Askern 10 mile Road Race, Mike Pullon stayed with tradition knocking no less than 26 seconds off his personal best on a tough undulating course.

Mike finished 54th out of over 300

runners, crossing the line in a time of 68:20.

Outlaw Iron Man Triathlon

JILL Dowson, Darren Jackson and Warwick Anderson decided to take their fitness to the extremes competing in arguably one of the toughest events of endurance.

Through the forests of Nottingham the infamously named "The Outlaw Iron Man", a mere 2.4 mile swim, 112 mile cycle race then a

26.2 mile run, saw Darren Jackson reach Iron man status in a fine time of 10 hours 40 minutes.

Warwick Anderson completed the course in 11 hours 43 seconds, finishing 51st in his age category.

And Jill Dowson claimed second place in her age group with a finishing time of 12 hours and 11 minutes.

Yorkshire Rumble Cycle Sportive

12/8/10.

CONGRATULATIONS also go to Pock Runner Paul Sheridan who completed The Yorkshire Rumble Cycle Sportive this weekend.

The 71 miles of serious road cycling through some of the toughest climbs over the North Yorkshire Moors including Rosedale's chimney bank and Blakey Bank didn't deter Paul who completed the course in the gold standard finishing time.