

Runners find form in Bridging half marathon

21/10/10

ON AN UNSEASONABLY mild Sunday, the mid day sun shone on over approximately 700 athletes taking part in the ever popular Bridlington Half Marathon.

The fast undulating course saw some gutsy performances from Pocklington Runners, with Helen Cross (far right) finishing second lady overall with an encouraging return to racing Helen finished in 1:24:12.

Simon Rycroft (right) had a fantastic run crossing the line in 1:25:07, with Kev Norman finishing in 1:29:46. Alan Kendra made a great race of it with an excellent time of 1:30:43 with Patrick Piggott judging the pace just right with a time of 1:30:52.

Howard Cross was very happy with his time of 1:35:28, and Paul Sheridan ran a great P.B time of 1:44:34. Adele Shipley knocked a whopping two minutes off her recent half marathon time crossing the finish line in 1:44:46.

Sue Brown completed the 13.2 Miles in 1:45:32 whilst Mike Smith battled away to complete the course in 1:48:11. Debbie Rycroft crossed the finish line in 2:00:30 with Deborah Cahill in 2:03:16. Rachel Houseman finished in 2:03:27 and finally



for Pocklington Runners a great effort by Jody Tate saw her cross the finishing line in 2:13:51.

A quick mention to Pocklington Runners who competed over in Majorca at the weekend. Sarah Stead completed the 26.2 miles of the marathon in a fantastic time of 3:44 which gave her ninth place in her age category.

Sarah Hargreaves had a great race completing the 10K distance in 52 minutes, with her brother Andy Long who completed the Half Marathon in 1:50:02.

