

Welcome return 26/8/10 for Steve Fletcher

SUNDAY morning saw Steve Fletcher return to road after undergoing surgery to complete a rather hot Escrick 10K.

Steve crossed the finish line in a time of 69:53.

Meanwhile Mike Pullon, who is following a training plan in preparation for The Mablethorpe Marathon in October, travelled to Leek to take part in this year's Leek Half Marathon.

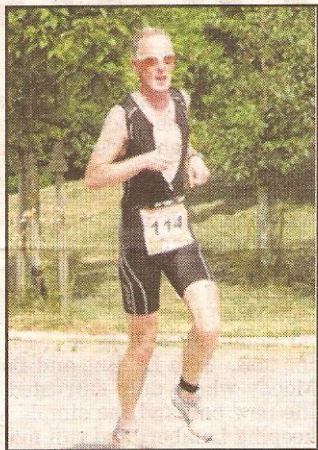
The entry form warned runners to expect their times to be a little slower than usual due to the nature of the hilly course.

Nevertheless Mike ran well and achieved a finishing time of 1:37:46 which gave him a third veteran fifty category place which shows Mike is on track for a good marathon time.

Congratulations to Helen Cross (above right) who was placed second lady in this year's Allerthorpe Classic Triathlon in a time of 2:20:35 for the swim/bike/run event.

Richard Ginn finished on the back of a triple Iron man event the previous week finishing in 2:21.50.

Pocklington Runners Brian Perkins (pictured right) had a great race crossing the finish line in 2:38:48 and Paul Sheridan who completed his very first triathlon last week



at the Beverley Triathlon, enjoyed the event so much completed the Allerthorpe event this week, and finished in a time of 2:52.09.