

Pock Runners shine in London Marathon

29/4/10

Virgin London Marathon

THIRTEEN Pocklington Runners were among a record field of more than 37,000 for Sunday's Virgin London Marathon.

All the athletes had trained hard through the winter for the big day and that was reflected with the results recorded on a near perfect day for running.

Tom Dandy led the way home with a new club record of two hours, 38 minutes, 16 seconds which saw him home in 142nd position.

Dennis Speck came home 345th in 2:46.29, while Richard Ginn recorded a time of 3:03.49.

Relatively new member Simon

Rycroft had a fantastic run, finishing with an excellent time of 3:20.50, while the ever smiling Warwick Anderson showed he's fast becoming Pocklington's distance man with a brilliant effort in 3:21.54.

Alison Thornton, supported as ever by her family, recorded a personal best of 3:25.32 to finish 56th in her category.

Clive Reid was also in the top 100 in his category with a smashing time of 3:27.35 and Adele Shipley ran a brilliant time of 3:40.17, which qualifies her for next year's race.

Jill Dowson enjoyed every minute of her 3:46.02 run and Sue Brown time of 3:51.32 was a fantastic effort.

As ever, many of the field were

running for charities, including Pocklington's Dave Wragg whose efforts have so far helped to raise more than £500 for Children with Leukaemia and over £300 for Help For Heroes.

He recorded a time of 3:51.32, despite suffering with cramps from around the midway point.

But he said seeing his family on the route had given him an enormous lift.

He described the experience of running with the masses as "amazing" and thanks everyone who has supported him and donated.

Dave Barker completed the course in one minute over five hours, while Diane Thompson showed true grit and determination

to finish in 6:20.44.

Congratulations to all Pocklington Runners who made the journey to the capital.

Sheffield Half Marathon

WHILE the London Marathon undoubting took centre stage on Sunday, the 13 mile race in the Steel City probably scooped up the remainder of runners in the country as around 4,500 runners participated.

Pocklington Runners had Mike Pullon rounding the course in 1:33.49 with Ed Rawlings 1:45.09 and Steve Fletcher finishing in 2:26.58.