

Worth and Cross lead runners at Ferriby 10

3/2/11

Pocklington Runners at Ferriby 10
ON A bright, crisp Sunday morning that was perfect for distance running City of Hull AC staged the popular and well organised but oddly named Ferriby 10 mile road race; given that it starts and finishes at Skidby mill and goes nowhere near Ferriby.

At 11am a field of 503 set off along an undulating circular course across the Wolds through Little Weighton, Raywell, and Eppleworth and finally up a tough half mile hill back to Skidby mill.

This race is a renowned early season stamina tester with the first 5 miles ascending by around 350m. The second 5 miles offers the opportunity to get in some speed work as it is largely downhill or flat until the cruel uphill finish.

The first Pock runner home was Stephen Worth who came 31st in an impressive 62:01; Helen Cross was 33rd overall and 2nd female in a blistering 62:27.

Patrick Piggot, who was one of a number of club runners using this race as a marathon training run, was next back in 68:17 followed by Alan Kendra 70:22, Howard Cross put in a solid marathon training session of 71:21, Mike Pullon, recovering from injury, was another marathon trainer 72:18, Sarah Stead was the second Pock lady in 72:40 (PB), Alison Thornton, nursing a sore ankle, 76:09 ran in a pacing group with Adele Shipley 76:14 (PB) and Jill Dowson 76:48 who crossed the line with Kevin Norman who was also credited with 76:48 despite losing his bearings on a 2 mile pre-race warm up which left him starting 3 minutes after everyone else. Kevin's unconventional marathon training session saw him pass 280 runners to finish in position 223. Linda Harvey recorded 82:18, Sue Vicary 95:15, Helen Revell 99:09 and Gordon Mellor 102:56.

Club members are reminded that the annual awards night is taking place at the Feathers on Saturday 5th. Contact Kath for



Stephen Worth (529) was the first Pocklington runner home on Sunday.

further details.

Late results from Sunday 23rd: Brass Monkey Half Marathon Sue Brown 1:46:39 and Helen Pickersgill's 1:58:59 was a PB.

Pocklington Runners meet every Wednesday evening at 18.30 at the Rugby Club in Percy Road. Training runs of differing lengths and speeds take place which accom-

modate those just starting out through to more experienced runners. Anyone training for a spring marathon would find this a good time to join the club as many members are running long training runs on most Sundays for the next 10 weeks. New members are always welcome. Further details can be found at www.pockrunners.com