

Pocklington Post Sport



Stuart Evans.

Runners get PBs

AFTER a quiet Easter weekend, Pocklington Club runners got back into competition over the bank holiday.

On Sunday the popular Kirkbymoorside 10K took place.

The race started and finished in the town centre and featured a number of hilly sections, including a very fast downhill final sprint in front of a large crowd of loudly cheering supporters.

After the hard work of the London Marathon, Steven Worth found some speed to finish in an impressive 39:30.

Also recovering from London was Richard Ginn 41:22, then Ed Rawlings 41:46, Stuart Evans 44:38, then another London runner Linda Harvey 50:15 and Steve Eastoe, who set a PB of 52:38.

Monday saw the running of the Rothwell 10k which has a reputation for being a fast course.

On a warm, sunny and breezy morning, Simon Rycroft put in a blistering PB of 37:56 despite pulling a hamstring 10 metres from the finish.

Debbie Rycroft finished in 52:07 which is also a PB.

For membership details, please visit www.pockrunners.com