

# Pocklington runners spread their wings

## Pocklington Runners

10/3/11

A BUSY running weekend with club members entered in six different events.

Heavy snow and icy conditions on December 24th caused the 24 mile Rudolph Romp to be postponed until March 5th.

A drizzly, dull and chilly morning greeted the participants who congregated in Brantingham to start out on a formidable route across the Wolds taking in North Cave, South Cave, South Cliffe, North Cliffe, Sancton, Newbald and Drewton Woods. Biting headwinds and an overcast sky did not dampen the efforts of the runners and walkers as they pushed up the hills and through the dales.

All four of the Pocklington Runners that took part are training for the London marathon and would have found this a useful stamina builder after the speed session of last week's Snake Lane.

Helen Cross and Warwick Anderson finished to-

gether in 3:37 with Marcus Bourne and Patrick Piggott getting rounding the course in 4:30.

Sunday saw the final race of the East Yorkshire Cross Country league take place at Sewerby. Pocklington Runners started the day with the Men in 5th position and the Ladies in 7th.

First to finish for Pocklington was Steven Worth in 35:53 just ahead of Simon Rycroft in 35:55 then Patrick Piggott 39:06, Richard Ramshaw 41:53, Stuart Evans 42:11, Paul Sheridan 44:24, Alan Kendra 44:24, then the first Pocklington lady Debbie Rycroft in 51:35, Helen Crowle 54:16, Di Thompson 63:36 and Tracey Baty 66:33.

The results of this final race saw both teams consolidate their opening league positions.

Mike Pullon travelled to Lancaster to take part in the Trimpell 20 mile road race as part of his spring marathon preparations. The conditions were ideal for fast running, bright, crisp and no wind. The event



started with a lap of the track and then out onto a course that was largely footpaths and cycle tracks and which included long stretches alongside the River Lune which gave great views of Lancaster Castle. After two crossings of the river by way of the im-

pressive Millennium Bridge and a 7 mile loop along a wooded river bank the race ended with another lap of the track. Mike managed to reduce his PB by around 9 minutes by recording a time of 2:30:59.

Gary Tebbutt (pictured) was also in the North West undertaking his second half marathon in two weeks. Gary completed the undulating Hawswater Half in 1:38.31 coming 149th out of 510.

Helen Reeve ran the hilly Norton 9 mile race on Sunday and recorded an impressive PB of 1:28 which is 11 minutes faster than Helen ran last year.

Three weeks after his 60th Birthday Steve Fletcher ran the Silverstone Half Marathon in support of Diabetes UK. Running on the famous F1 racing circuit on a cold and gloomy morning Steve ran his fastest Half Marathon for two years recoding a time of 2:28:18.

For details of how to join Pocklington Runners please visit [www.pockrunners.com](http://www.pockrunners.com)