

10/11/11

Rocket power for Pock Runners

THE scenic and hilly Guy Fawkes 10-mile mixed terrain race in Ripley attracted a large field of 791 athletes, including an impressive 27 from Pocklington Runners who enjoyed the dry, bright and chilly conditions.

Leading the Club's runners was Richard Ginn in 65:51, followed by Simon Rycroft 66:49, Steven Worth 68:33, Ed Rawlings 68:47, Alan Kendra 70:34, Jim Holding 71:25, Clive Jeffrey 71:48, Patrick Piggott 72:03, Simon Drew 73:52, Richard Ramshaw 76:13.

The first female back for the club was Alison Thornton 79:59 (fifth in category), Andrew Gill 81:15, Paul Sheridan 82:31, Marcus Bourne 83:16, Brian Perkins 83:44, Lindsay Cameron 84:44, Linda Harvey 86:26, Sarah Hargreaves 88:10, Deborah Cahill and Sara Stead 88:33, followed by Adele Shipley 88:34, Jill Dowson 92:02, Debbie Rycroft 92:31, Steve Eastoe 93:24, Sue Vicary 94:05, Lisa Walker 111:29 and Emma Baker 114:51.

Paul Sheridan also took part in the Holmfirth 15-mile race which took place in the Last of the Summer Wine countryside of West Yorkshire. Paul enjoyed the event despite the tough hills and was pleased with his time of 2:03:00

Mike Pullon went over the Humber Bridge for the second running of the 10K Deepdale Dash which is staged by Barton & District AC. This hilly race was made tougher by the unseasonably hot weather. Mike was pleased to improve on his time from last year by 25 seconds to finish in 42:50 (44/214).

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 6.30pm. For full details visit www.pockrunners.com.