

Runners beat rain

RAIN threatened to dampen the Walkington 10k which was staged around a hilly course on Friday evening.

Strong runs around the Wolds from all the Pocklington Club runners meant that they got back without getting wet.

Patrick Piggott continues his run of good form with an excellent 39.49 and was closely followed by Jim Holding in 40.12 then chairman Kendra 42.00, Adele Shipley 45.52, Colin Shipley 47.36, Marcus Bourne 47.41, Andrew Gill 48.52, Steve Eastoe 53.23, Helen Crowle 55.12, Kevin Kendall 56.15, Sue Vicary 57.07 and Sue Murphy 60.13.

Taking part in the 1.75 mile Walkington fun run, along with 200 others, was Pocklington junior Megan Morris who

was the 12th girl to finish, in 13.10.

Paul Sheridan took part in the Ripon Olympic distance triathlon (1.5k swim, 40k bike ride and 10k run) in a time of 2.37 in preparation for the UK Ironman on 31 July.

There were humid and overcast conditions for the runners who ran the Kilburn Feast 7 (7.2 miles).

Steven Worth came 28th in 46.38 just ahead of Simon Rycroft in 46.52 and Debbie Rycroft in 67.50. This was a good effort from Debbie, who ran the course immediately before the event because she needed a long training run.

Pocklington Runners welcomes new members, who can find club details at www.pockrunners.com.

14/7/11

Strength challenge for runners at show

THE Bishop Wilton Show, which takes place on 16 July, will provide local runners with an extra challenge this year.

The Yorkshire Wolds half-marathon will set off as usual from the show field at 10am and follows the usual tough, hilly, but picturesque 13.1 mile course around Millington and Givendale.

This year, having run the race, teams of runners will be

competing for a barrel of beer in a tug of war competition.

Pocklington Runners have already entered a men's team and is working hard to put up a woman's team as well.

Entries for both the half-marathon and tug of war can be made on the day, with entries from eight-strong amateur tug of war teams welcome.

Full details can be found online at <http://sites.google.com/site/bwshow2011/home>.