

Pock Runners take to the mountains

WARWICK Anderson and Graeme Shaw travelled to the Scottish Highlands to participate in the Lowe Alpine Mountain Marathon.

This is a two-day orienteering event that requires the runners to undertake two marathons and camp overnight. The Pocklington duo completed the first marathon in 5.01.43 (pos.5) and the second in 4.52.43 (pos.17) which gave them a total time of 9.54.23 and position nine out of 93 teams on the C course.

The hilly and testing Otley 10-mile was run by 257 runners including Pocklington's Steven Worth 67.30, Patrick Piggott

69.15, Jim Holding 70.27, Alan Kendra 71.01, Paul Sheridan 78.07 and Marcus Bourne 83.12.

191 runners gathered for the Burton Pidsea 10K where warm and breezy conditions increased the challenged offered by an undulating course.

Mike Pullon continued his search for some, increasingly elusive, speed, with 42.12 and Stephen Fletcher, running a rare 10k, finished in 65.29.

In sunny conditions, Simon Rycroft was the first Pocklington runner home in the Castle Howard 10K, which is a mixed ter-

rain trail race, in a time of 43.14.

Also competing were Patrick Piggott 44.16 (second in category), Alan Kendra 46.07, Sue Brown 50.16 (second in category), Marcus Bourne 51.11, Steve Eastoe 56.46 and Emma Barker 65.27.

Brian Dobson visited the Lake District to run in the National Trust Grasmere Gallop 10k Trail Race which he completed in 62.27

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 6.30pm.