

Huge PB for Simon in Stamford 30k

Pocklington Runners

A MUDDY course and an overcast and blustery winter morning was the setting for the Welton leg of the East Yorkshire cross Country league. 12 Pocklington runners took on runners from seven local clubs.

With only one race to go Pocklington Men sit in fifth place only two points behind Driffield Striders whilst the Ladies team are in seventh place, 198 points above Selby Striders.

First home for Pocklington, in 8th place, Warwick Anderson (35:33) followed by Patrick Piggott (38:24) Jim Holden (40:00), Richard Ramshaw (40:58), Stuart Evans (43:01) Alan

Kendra (43:52), who had to pick himself up after a fall that left him with a gashed knee, Paul Sheridan (with a course PB 44:07).

First Pocklington lady home was Sara Stead (47:12), followed by Jodie Tate (57:41), Helen Crowle (59:07), Di Thompson (69:21) and Bev Varley (76:45).

Three Pocklington club members travelled down to a cold and windy Stamford, Lincolnshire, to be part of a field of 619 taking on the formidable St Valentine's 30K 2011 road race. This event has a well-earned reputation for being a tough, hilly, stamina builder and is considered ideal for

those taking on spring marathons.

Simon Rycroft was the first Pocklington club runner to finish, in an impressive 2:08:06 (a massive PB by nearly nine minutes). Mike Pullon was happy with his 2:27:09 (PB) marathon pace training run, whilst Debbie Rycroft (pictured), undertaking her longest run to date, came back in 3:02:09 (PB)

As well as being given the usual T-shirt and goody bag, the race organisers gave every runner a pack of Love Heart sweets to mark the date.

If you would like to see if membership of a running club is for you do call in to the Pocklington Rugby



club on any Wednesday evening at 6.30pm and have a chat with Kath or Rocky and join in on a training run.