

Pock Runners join thousands more at the Great North Run

NINE Pocklington Runners joined the thousands of participants in the Great North Run (half marathon) that takes place in the North East.

Jill Dowson was the highest placed runner from the club with a time of 1:50:38.

She was followed by Rachael Bullock 1:56:31, Charlie Hope 1:58:52, Liz Johnson 2:04:15, Simon Weedy 2:12:56. Sally Utley took eight minutes off her personal best with a time of 2:17:02, then Sharon Anderson 2:25:15 and Lisa Walker 2:26:13.

Stuart Evans continued his international running tour by taking part in the Ras Fawr Llanddoged 12.5km race in North Wales.

The course featured three steep hills in the first 2K followed by undulations and a final hill just before the finish. Stuart was happy to record a time of 60.17.

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

22/9/11