

Dash across Leeds

AN immense 6,417 runners took part in the ever-popular Leeds Abbey Dash on a chilly, foggy Sunday morning on a flat and fast course that finishes in the city centre.

Dennis Speck was first back for Pocklington Runners in an excellent 34:29 giving him an impressive 109th position. Club chairman Alan Kendra recorded the highly desirable sub 40 time of 39:48, next was Harry Bryan 41:14, Paul Sheridan 46:01 and Sarah Hargreaves 46:44 (a big PB). Darren Reeve overcame breathing difficulties and got round in 46:59, Simon Weedy was another runner getting a PB with 47:49, Helen Crowle 54:07, Faye Jessop 55:02 and Mathew Sawyer 61:45.

Gary Tebbutt travelled south to join a field of 490 to run the Luton Marathon along a course that was undulating, with some long climbs, taking in a mixture of rural Bedfordshire and urban Luton. This was Gary's fourth 26.2 mile race of 2011 and he put in another solid run, finishing with a time of 3:38:20 and an excellent fourth in category placing.

Di Thompson and Sharron Anderson completed the Rosedale Ultra half marathon in a time of 2:53. They had a fantastic day, really enjoying the run which started from Hutton-le-Hole at 8:30am in mist. By the time they got to the top of the moors the sun was burning the mist off and they ended up in lovely mild conditions of 12 degrees for the rest of the run. There were some serious hills to contend with, not least scaling the path parallel to Chimney Bank. The reward was copious amounts of tea, lovely hot soup and crusty bread at the finish which they found thoroughly enjoyable.

Mike Pullon visited a foggy, cold and damp South Yorkshire to run the Barnsley 10K. This hilly run proved quite a test and Mike was pleased to get round in 43:09 giving him position 133 in a field of 669.

Late results are in from the mixed terrain Dalby Dash 10K where Stuart Smith ran 39:01 and Liz Johnson 56:46.

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