

Denis takes first for Pocklington Runners at Taddy

ROUND two of the YDRRL 10K series saw 233 runners gather on a cool evening in Tadcaster - noted for a tough double hill at 7K, this event is always a challenge.

Pocklington Runners' Denis Speck made it look easy by romping home in first place in 35.44.

On Sunday the Windermere Marathon was staged. This difficult hilly event was even harder due to hail stones just before the start and the heavy winds on the course. Taking on the Lake District from Pocklington Runners were Simon Rycroft (3.28.20) and Gary Tebbutt (3.38.49 - second in category).

The Edinburgh Marathon also took place on Sunday and taking part from Pocklington was Richard Ginn.

A few showers while on the course helped cool things down after the last

couple of years which have been very hot, and Richard recorded an excellent time of 3.04.20

Charlie Hope was another runner in this marathon - her first - and she completed the course in a solid time of 4.32.22.

Also in Edinburgh, running the half marathon, were Alison Thornton 1.34.33 (PB) and Lisa Walker 2.15.29.

In windy conditions Helen Reeve ran the Normanby Park 5K, a mostly off road course, in 32 minutes and 30 seconds.

Mike Pullon went south to Nottingham and ran the windy Notts AC 10 mile road race around the lake at Holme Pierrepont in a time of 71.14 (69/301 V50 9/47).

Pocklington Runners meet for training runs on Wednesday evenings at the rugby club at 6.30pm.

For full details visit www.pockrunners.com