



Pocklington Runners report: Monday, 03 October 2011

Marathon runners outrun the sun

Two Pocklington Runners took part in the Brigg Sprint Triathlon with Jill Dowson just missing out on 1st place in her category, by only 10 seconds, in a time of 1:10:57. Charlie Hope, in her debut Tri, came 10th in her category in a creditable time of 1:22:41.

Wet and cooler than expected weather was gratefully received by the runners in the Foston & Thornton Le Clay 10K. Stuart Evans ran his fastest 10K of the year with a time of 42:47.

Jill Dowson and Kevin Norman took part in the Middlesbrough Duathlon (3 mile run, 9 mile bike ride, 3 mile run). Jill was first in her category and 2nd lady overall with a time of 50:55 and Kevin finished in 48:22.

Searing heat made for tough going in the Mablethorpe Marathon.

Steven Worth made short work of the undulating rural course with a time of 3:30:41, Jill Dowson had a strong run with a time of 3:48, next was Paul Sheridan 4:02:20, then Marcus Bourne 4:21:13, Rachael Houseman 4:36:02 ran with training partner and debut marathon runner Helen Pickersgill 4:36:03, fellow first timer Debbie Rycroft was delighted to beat the heat and complete the run in 4:40:26.

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 18:30. For full details visit www.pockrunners.com