

Pocklington Runners report: Monday, 01 August 2011

## Podium spot for Dennis

---

A busy week of running for Pocklington Runners started on Tuesday with the YDRRL 10K series handicap. PBs on the night for Patrick Hough, Richard Ginn, Patrick Piggott and Sharron Anderson who took 2 minutes of her previous best time.

Others running were Alan Kendra, Steven Worth, Dennis Speck, Patrick Piggott, Tracey Baty, Di Thompson, Helen Pickersgill, Steve Eastoe, Steve Ferre, Lindsay Cameron, Adel Shipley, Brian Perkins, Mike Siddall, Alison Thornton, Clive Reid, Clive Jeffery, Sue Vicary, Andrew Gill, Colin Shipley, Sarah Hargreaves and Warwick Anderson.

After the race awards for the series were made by Cliff Simm the league's oldest competitor who is still running at 80.

Dennis Speck was 2<sup>nd</sup> male, Helen Cross 1<sup>st</sup> lady, Rachael Houseman 3<sup>rd</sup> V35, Alison Thornton 1<sup>st</sup> V45, Jackie Robinson V55 and Richard Ginn 2<sup>nd</sup> in the handicap race. The Ladies team were 2<sup>nd</sup> and the Men's 3<sup>rd</sup>.

On Wednesday a number of Pocklington Runners took part in the Laxton 10k a well organised fast flat race.

Kevin Norman, making a strong come back from injury, was first for the Club in 38.27, Steven Worth 39.07, Alan Kendra 41.52, Jill Dowson in her final pre Iron Man event, 47.27, Sarah Hargreaves 48.51, Linda Harvey 49.20, Deborah Cahill and Patrick Piggott 50.39, Sue Vicary 54.06 and Faye Jessop making a welcome come back to running, 58.45.

York staged the 10K Jane Tomlinson's Run For All on Sunday which was well supported by Pocklington Runners who joined a field of more than 4500.

Dennis Speck produced an outstanding run to finish 3<sup>rd</sup> in a superb Personal Best time of 34.17.

Next back for the Club was Stuart Evans in 43.07 then Adele Shipley 44.42 (PB), Simon Weedy 52.59, Steve Eastoe 53.09, Drew Gill 53.54, Mark Williamson 55.10, Helen Reevell 55.25, Helen Crowle 56.55, Brain Dobson 57.33, Paul Miller 58.41, Faye Jessop 60.46, Rebecca Witty 64.20, Di Thompson 62.49, Nicola Fletcher 63.04, Sue Kemp 64.44 and Kath Bee and Wendy Taylor who is the Club's only lady life member 78.00. Kath and Wendy had a particularly enjoyable day enjoying VIP hospitality and having the opportunity to chat with Mike Tomlinson.

Also on Sunday the UK Ironman took place in Bolton. Pocklington Runners' were represented by Jill Dowson and Paul Sheridan.

This Ultra event consists of a 2.4 mile swim in open water, a 112 mile bike ride and then a marathon run (26.2 miles). Paul completed the event in 12 hours 46 minutes and Jill in 11 hours 50 minutes which gained her 3<sup>rd</sup> in Category.

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