



Pocklington Runners report: Thursday, 15 December 2011

## Mud and rain for runners

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13 of Pocklington Runners' hardiest members travelled to Scarborough for race 3 of the East Yorkshire Cross Country series which was staged at Langdale End.

This tough course was made more difficult by driving rain and wind over the tops and by the slippery muddy conditions underfoot and by the steep climbs through the woods. At least the river crossing was not too deep this year.

First to finish for the club was Simon Rycroft in 42:15, then Kevin Norman 44:36, Alan Kendra 49:39, Stuart Evans 49:57, Paul Sheridan 51:17, Clive Jeffery 52:56, Jill Dowson 55:07, Lindsay Cameron 55:10, Brian Perkins 58:09, Deborah Cahill 61:25, Debbie Rycroft 61:55, Patrick Piggott 61:52 and Steve Ferre 66:33.

Icy conditions hampered the participants in the 5K Hull Park Run. Stephen Worth ran his debut Park Run in 19:02 and was well placed in 8<sup>th</sup> position. Mike Pullon finished in 20:51; a small improvement on the previous week's run, giving him 2<sup>nd</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)