



Pocklington Runners report: Monday, 19 September 2011

Pocklington Runners at the Great North Run

Ten Pocklington Runners joined the thousands of participants in the Great North Run (half marathon) that takes place in the North East.

Harry Bryan was the highest placed runner from the club with a time of 1:41:57 then Jill Dowson 1:50:38 followed by Rachael Bullock 1:56:31, Charlie Hope 1:58:52, Liz Johnson 2:04:15, Simon Weedy 2:12:56, Sally Utley took 8 minutes off her PB with a time of 2:17:02, Sharron Anderson 2:25:15 and Lisa Walker 2:26:13.

Stuart Evans continued his international running tour by taking part in the Ras Fawr Llanddoged 12.5km race in North Wales. The course featured 3 steep hills in the first 2K followed by undulations and a final hill just before the finish. Stuart was happy to record a time of 60.17.

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