



Pocklington Runners report: Sunday, 25 September 2011

Gary takes to the lakes

Gary Tebbutt travelled to the lakes again; this time to take on the Great Langdale marathon. This hilly run took place in typical wet and windy Lakeland weather. Gary thoroughly enjoyed the event finishing in 4:05:20 which was 15 minutes inside his target time.

Sue Vicary and Sally Utley went to the seaside to participate in the Filey Beach 10K. A head wind made going tough along the beach and then they had to cope with a steep incline away from the beach followed by a lap of the Country Park. Sue finished in 54:17 and Sally in 61:37.

Easingwold Running Club promoted the Sutton 10K race on a mixed terrain course through the Sutton Park Estate starting and finishing on a playing field where entertainment was put on for the spectators. The runners had to deal with a breeze in open areas conditions and some difficult conditions underfoot which the organisers had done their best to highlight. First to finish from Pocklington Runners was Steven Worth, in his final race before the Mablethorpe marathon, followed by Kevin Norman and Simon Rycroft 40:29 who are both on the road back from injury, Paul Sheridan 46:20, Rod Robinson 53:02 and Jackie Robinson 55:04.

A missing result from the Great North Run is for Harry Bryan who completed the half marathon in a cracking time of 1:41:57.

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