

Helen takes the top spot

Round 5 of the YDRRL 10K summer series, which was staged at Bishop Wilton, attracted a field of 177 runners including 33 from Pocklington Runners. The overall turnout was the lowest so far this series but this was probably explained by the monstrous hill that had to be conquered in the early stages of the race.

In 4th place Denis Speck was the first finisher from Pocklington with a time of 37.26, Richard Ginn 39.15, returning from his multi Iron Man exploits, was next back followed by Helen Cross in 39.24, again winning the Woman's race, then Stephen Worth 40.40, Warwick Anderson did not let the previous weekend's TRI slow him down as he came home in 40.55, Patrick Piggott 41.10, Alan Kendra, having his strongest result of the series, 43.12, Mike Pullon 44.30 (3rd in category), Mike Siddall 44.53, Howard Cross 45.14, Clive Jeffery 45.19, Stuart Evans 45.30, Harry Bryan 45.55, Alison Thornton (1st in Category) 46.24, Rachael Houseman 47.04 (1st in Category), Paul Sheridan 47.40, Adele Shipley 49.48 (3rd in Category), Brian Perkins 50.06, Colin Shipley 50.19, Lindsay Cameron 50.47, Drew Gill 50.48, Mick East 52.44, Deborah Cahill 53.11, Rod Robinson 55.24, Sue Vicary 55.57, Steve Eastoe 56.10, Helen Pickersgill 56.30, Jackie Robinson 57.58 (2nd in Category), David Barker 61.53, Gordon Mellor crossed the line with Di Thompson in 65.30 and Sharron Anderson 69.15.

With the final race in Wistow on July 12th and the best 4 results from the 6 race series to count the following Pocklington Runners will hope that their final run is strong enough to let them hold, or improve on their, current overall position. Denis Speck (2nd Open Male), Richard Ginn (5th Vet 40), Mike Pullon (3rd Vet 50), Helen Cross looks to be in an unassailable 1st position in the Open Female Category, Rachael Houseman (3rd in Open and 2nd in Vet 35), Alison Thornton (5th in Open and 1st in Vet 45), Adele Shipley (3rd in Vet 35), Sue Vicary (5th in Vet 45) and Jackie Robinson (2nd Vet 55).

In the team events the Women's A team is in 2nd place and the B team in 7th and the Men's A team are in 3rd place and the B team in 10th.

Warwick Anderson seems to be on a one man mission to spread the word about Pocklington Runners throughout the UK. Having run an Olympic Triathlon in Liverpool last week this week saw him travelling east to Norwich to participate in another Olympic Tri. Warwick completed the 1.5 Km swim, 39 Km bike ride and 10 Km run in a time of 2.33.27 which placed him 38th in a field of 159.

Helen Cross and Simon Rycroft took on the challenge of the Osmotherley Phoenix 33 mile endurance race which they ran together finishing in 6 hours 30 minutes. Simon reported "that he loved every minute (well nearly)" and that "it was very hot, endless hills, but the fantastic views made up for the pain".

Pocklington Runners welcomes new members who can find club details at www.pockrunners.com.