



Pocklington Runners report: Tuesday, 01 November 2011

## Alan runs in the sun

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Alan Kendra flew the flag for Pocklington at the Palma half marathon in Majorca. The 3,330 runners enjoyed sunny conditions with temperatures in the mid 70s. The course followed the seafront with the harbour and marina as a back drop and then, as the heat rose, went through the shaded streets of the city finishing at the cathedral.

Alan's swift time of 1:33:22 put him in 241<sup>st</sup> position for a race that measured .25 miles longer than the regulation 13.1 miles.

Mike Pullon was the lone Pocklington Runner to participate in the Haltemprice 10K which was well organised by Haltemprice RRC. As the 261 runners lined up for the start some persistent rain started to fall which cooled the unseasonably warm conditions. The race which is largely uphill for the first 5K takes in the West Hull villages of Kirk Ella, West Ella and Swanland. The final 4 K is downhill and gives the opportunity to make up some of the time lost on the uphill section. Mike's time of 42:38 gave him 40<sup>th</sup> position.

Warm and dry conditions with a slight breeze made for ideal conditions for the 1097 runners at the Scarborough 10K race which the seafront. This is a fast flat course which helps those going for a good time although the cobbled surface on sections of the promenade can be a hazard.

Alan Kendra was the first Pocklington Runners to finish with a solid time of 40:50 giving him 67<sup>th</sup> position, Clive Jeffery had a good run in 42:11, then Steve Eastoe 52:26, Road Robinson 53:39 and Jackie Robinson 55:17 (5<sup>th</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)