

# ***POCKLINGTON RUNNERS***

## Pocklington Women take 2<sup>nd</sup> Spot

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The final race of the 2011 YDRRL 10K summer series took place at Wistow, near Selby, and saw a number of Pocklington Runners achieve Personal Bests. The conditions were cool with an occasional head wind which did slow some runners.

Denis Speck completed a successful series by finishing second with a PB of 34.27(1<sup>st</sup> in Category); Richard Ginn was 11<sup>th</sup> with a PB of 37.05 (3<sup>rd</sup> in Category) followed by Steven Worth 38.43, Warwick Anderson 39.35, Mike Pullon 41.28, Mike Siddall 41.44, Richard Ramshaw 42.00, Gary Tebbutt 42.02, Harry Bryan 42.03, Alan Kendra 42.11, Alison Thornton was the first Pocklington woman back in a PB of 43.07 (1<sup>st</sup> in Category), Clive Jeffery 43.21, Patrick Hough 43.34, Adele Shipley with a PB of 44.52, Paul Sheridan 44.52, Colin Shipley with a PB of 45.59, Brian Perkins 46.22, Andrew Gill with a PB of 47.18, Marcus Bourne 47.37, Lindsay Cameron 50.26, Deborah Cahill 50.26 and Sarah Hargreaves 50.27 were paced round by Patrick Piggott 50.27, Rod Robinson 50.29, Sue Vicary 51.32, Steve Eastoe 52.20, Helen Pickersgill 52.36, Jackie Robinson (2<sup>nd</sup> in Category) 52.46, Stephen Ferre 54.07, Sharron Anderson with a PB of 64.08 crossed the line with Di Thompson.

Pocklington Women's A team finished in 2<sup>nd</sup> place for the series with the B team in 8<sup>th</sup>. The Men's A team were 3<sup>rd</sup> with the B team 8<sup>th</sup>.

Individual top 5 positions were achieved by Helen Cross, 1<sup>st</sup> Open female, Rachael Houseman was 3<sup>rd</sup> V35 and Adele Shipley 5<sup>th</sup>. Alison Thornton was 1<sup>st</sup> V45 and Jackie Robinson 2<sup>nd</sup> V55. Denis Speck was 2<sup>nd</sup> Open male, Richard Ginn the 5<sup>th</sup> V40, Mike Pullon was 4<sup>th</sup> V50 and Rod Robinson the 5<sup>th</sup> V60.

A notoriously tough race was made even more challenging by the torrential rain that fell throughout the Bishop Wilton Half Marathon on Saturday. The large field of runners who were undeterred by the conditions and who splashed their way up and down the hills included a good turnout of Pocklington Runners.

Dennis Speck followed up his strong run at Wistow with a time of 78.46, making a comeback from injury was Simon Rycroft in 87.02 followed by Richard Ginn 88.51. Dennis, Simon and Richard won the men's team award. Breaking 1.30 for the first time at this event was Warwick Anderson with 89.31, Jim Holding 91.26, Patrick Piggott 92.50, Stephen Worth 93.01, Ed Rawlings 93.14, Stuart Evans 99.32, Paul Sheridan 108.04, Drew Gill 111.44, Brian Perkins 113.35, Marcus Bourne 113.40, Lindsay Cameron 116.32 (PB), Rachael Houseman 119.23, Helen Pickersgill 119.25 ( a big PB), Stuart Smith was struck with a hamstring early in the race and managed to struggle to the finish in 121.15, Clive Reid 123.05, then a group of Adele Shipley, Deborah Cahill, Sara Stead and Jill Dowson who seemed to thoroughly enjoy their run in the rain which lasted 127.33 ,followed home by, Charlie Hope 129.08, Helen Crowle 131.14, Jodie Tate 135.12, Liz Johnson 143.33 and Brian Dobson 144.30.

Pocklington Runners welcomes new members who can find club details at [www.pockrunners.com](http://www.pockrunners.com).