

# ***POCKLINGTON RUNNERS***

Pocklington Runners report: Monday, 30 May 2011

## **Runners take on the Mucky Duck**

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With few races taking places over the bank holiday weekend a number of Pocklington Runners opted for a trip to Driffield for the, off road, Mucky Duck 8.5 mile race. Weather conditions were close to perfect for the 158 runners as it was cool and the moderate head wind for the first half became a useful tail wind for the already fast, largely downhill, second half.

Steven Worth led the Club's runners in 15<sup>th</sup> place with a fast time of 55.21 followed by Warwick Anderson 55.54 (PB), Patrick Piggott 58.15 and Clive Jeffery 63.44. Jill "Iron Nan" Dowson's come back from injury continued with a strong performance of 67.17 (2<sup>nd</sup> in Cat.). Also running from Pocklington were Steve Eastoe 73.14, Sue Vicary 79.16 and Brian Dobson 79.16.

Also in Driffield and representing the club in the 1 mile fun run was junior Megan Morris in a very quick 5.56 (4<sup>th</sup> Girl).

Paul Sheridan stepped up his preparation for the UK Ironman Triathlon which is taking place at the end of June by participating in the Beaver Half Ironman Triathlon at Belvoir Castle (1900m swim, 90km bike ride and 21.1km run) which he completed in 5.25.32.

Mike Pullon joined 219 other runners in the increasingly popular Hull Park Run and finished in 19.59 (3<sup>rd</sup> in Cat.). The 5K race is staged in East Park each Saturday morning and provides runners with a good opportunity to test their speed in a friendly race environment which has the added benefit of being free!(details at [www.parkrun.org.uk/hull/home](http://www.parkrun.org.uk/hull/home)).

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 18:30 (Please note that ,during the summer, on the first Wednesday of the month most of the club's runners travel for an out of area run). For full details visit [www.pockrunners.com](http://www.pockrunners.com)