



Pocklington Runners report: Monday, 08 October 2012

Big Marathon PBs

Long hours of lonely training paid off for Simon Rycroft and Stuart Evans who both improved their marathon PBs by 25 minutes at the Chester marathon. The organisers had issued the runners with individually named numbers, so the crowd were able to give the runners personal support, this obviously helped as Simon came in with a sub 3 hour 2:56:02 and Stuart hit his target with 3:24:51.

Richard Ginn ran another marathon, this time at Mablethorpe, in a solid time of 3:11:09.

Gary Tebbutt had a busy weekend. On Saturday, as a winner of Men's Running magazine competition which provided training and running kit, Gary took part in the 35 mile Round Rippon Ultra . This was Gary's first Ultra and he recorded an excellent 6:39:53. On Sunday Gary ran the Great Cumbrian Half marathon in 2:40:34 giving him a total of 48 miles for the weekend.

Helen Reeve took part in the highly enjoyable Cusworth 10Km finishing in her fastest "post baby" come back.

A good number of Pocklington Runners took on the muddy hills of the Bishop Wilton cross country which was the first round of the East Yorkshire XC series. A good time seemed to be had by all. Results are not yet available.

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 18:30 where Club Captains Marcus and Jill will be pleased to welcome you. For full details visit www.pockrunners.com.