



Pocklington Runners report: Monday, 11 June 2012

Pock Runners go international

Di Thompson and Tracy Batty travelled north and crossed the border into Scotland to run the inaugural Strathern Marathon. Tracy and Di certainly didn't pick an easy debut marathon as the race is staged on the challenging hills of Perthshire. The runners did enjoy perfect conditions with the drizzle keeping them cool. Despite the tough course Pocklington's finest completed the 26.2 miles in 5 hours 11 minutes.

Simon Rycroft travelled to France to run the Sauternes Marathon which was staged amongst Chateaus and Vineyards 40 miles south of Bordeaux. Simon resisted the temptation to sample the wine being offered at various "water" stations. With temperatures peaking at 31 degrees and some tough multi-terrain sections (including running through a wine cellar) the scenic course was challenging and Simon was therefore pleased with his time of 3hours 21 minutes. After the race Simon, with his support team of Debbie and Megan, was finally able to enjoy the local produce at the Chateau Filhot.

The popular Goole Riverbank Challenge was staged in warm, humid, conditions over an 8.7 mile (third marathon distance) mixed terrain course. Paul Sheridan warmed up for the race with a 3 hour, 46 mile bike ride, but still completed the course in 69 minutes.

Clare Davison ran the inaugural Mulgrave 10k trail race, near Whitby, over a hard and hilly course. Clare achieved a time of 56:44 and a 3rd in category position.

Clive Jeffery took part in the Runner's World Trailblazer 10K race through Sherwood Forest. Clive maintained his strong road running form in this off road race finishing 18th overall in a time of 42:34.

This week's York Park runners were Richard Ginn (1st in Cat.) 18:35, Kevin Norman (1st in Cat.) 19:08 and Mike Pullon 20:38.

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.