



Pocklington Runners report: Monday, 15 October 2012

Warwick and Ed's big adventure

Ed Rawlings and Warwick Anderson completed the Adventure Hub Norfolk Ultra 62 miles on what was a lovely day for running with cool temperatures, light airs and plenty of sunshine, starting at 08.00 they ran from Kelling Heath Holiday Park along the Norfolk coast to Brancaster via Cley, Blakeney, Burnham Overy Staithe to return along much of the same route. Warwick picks up the story "There was a good atmosphere with some healthy banter and plenty of enthusiasm. As the day progressed the beach running in shale and sand took their toll and inevitably everyone slowed accordingly. With light fading and the sky turning from opalescent to pink and then a darkish indigo I resorted to running with my head torch for the last 3 miles over dunes with the waves crashing on my left and finally through dark woods with mist falling to the finish in 11 hours and 35 minutes. Ed, who'd experienced heavy legs, suffering the after effects of a cold and sleepless nights, not great preparation, stuck to his resolve and finished in a highly respectable 14 hours in weather that had finally deteriorated into driving rain and dropping temperatures. We had overcome a tough endurance test and enjoyed a great day in the process".

Closer to home the Wistow 10k was staged by Selby Striders. A field of 214 runners took on the flat, fast course. Alan Kendra came home in 42:56, Paul Sheridan 46:13 and Helen Reeve a fast 62:56.

Results of the first round of the cross country league saw the men's team coming 5th and the women's time 6th.

Stuart Smith had an excellent run finishing in 45:04, Kevin Norman 48:17 just ahead of Stephen Worth 48:20 who in turn held off Andy Fox, making his debut for the club, 48:59 then Paul Sheridan 53:23, Warwick Anderson 55:32, Graeme Shaw 55:48, Simon Weedy 56:59, first woman back was Lindsay Cameron in a strong 58:20 followed by one of a number of debutant woman club cross country participants Holly Davis 68:15, Giles Brighton 69:06, Kimberley Roper 73:18, Sharron Anderson 76:22, Lucy Hammond with 78:00 who was almost caught by Di Thompson in 78:01 who in turn was only 9 seconds ahead of Nadine Pennington who finished well in 78:10.

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.