



Pocklington Runners report: Thursday, 15 March 2012

Marathon training on the hills

With the spring marathon season upon us runners travelled far and wide to get in long training run races.

One of the toughest 20 mile races in the area took place in West Yorkshire where the hills of the Spen 20, coupled with unseasonably hot weather, gave the runners a worthwhile workout.

Unofficial results show that Richard Ramshaw produced a strong PB run of 2:27:54, Jim Holden produced a good time of 2:30. Alan Kendra made a big step up in distance and after a fast 14 miles had a steady final 6 miles to record a time of 2:40. Alison Thornton, Jill Dowson and Mike Pullon had an enjoyable morning and finished together in 2:45:55. Paul Sheridan put in a solid run to finish in 2:50.

Gary Tebbutt went west to join a field of 425 runners taking on the Blackpool marathon. This was Gary's third time at this event and he recorded a fast time of 3:33:46 (5th in category).

Warwick Anderson and Richard Ginn took part in the 32 mile Howarth Hobble which they completed in an awesome 5 hours and 33 minutes which was only a min slower than last year despite grey, misty and blustery conditions.

The team results of the EYXCL saw the men take 5th place in the final race of the season, at Sewerby, and in the final league table. The women came 7th at Sewerby and 6th in the league.

If you are training for a spring marathon and would like the company and support of other marathon runners then joining Pocklington Runners could be for you. We meet for training runs on Wednesday evenings at the Rugby Club at 18:30 feel free to call in a join us for a run; ask for Jill Dowson or Marcus Bourne who will introduce you to those looking to run the same distance and pace as you. For full details visit www.pockrunners.com