



Pocklington Runners report: Monday, 17 September 2012

## Pock Runners join the Olympians

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A good number of Pock Runners managed to get a much coveted place in in the Great North Run half marathon and joined around 40,000 other athletes to be set on their way by Olympians Mo Farah, Greg Rutherford, Nicola Adams, Ellie Simmonds and Kat Copeland.

The 13.1 mile course is always a stiff test for club runners who have to contend with the crowds, undulations and, this year, rain.

Alison Thornton ran her fastest time for the GNR in 1:37:36 followed by Daz Reeve 1:42:11 just ahead of Drew Gill in 1:42:50, Matthew Sawyer 1:55:27, Sharon Watt 1:58:57, Simon Weedy 1.58.34, Tracey Holden in 2:13:31, Adrian Holden 2:13:31 and Emma Baker 2:27:23. Congratulations to all our runners for their times and for the money being raised by those of you that were running for a charity.

Park Running this week was Helen Reeve with 31:15 which was just outside her PB.

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](http://www.pockrunners.com).