



Pocklington Runners report: Thursday, 02 February 2012

Fast times at Ferriby

10 Pocklington Runners lined up in a field of 559 to take on the hilly Ferriby 10 mile road race in cold, bright, windless conditions that were ideal for fast times.

Kevin Norman had a strong run in 65:35 (4th in category) with Alan Kendra maintained his form from last week's Brass Monkey Half with a pacey 66:37, Stuart Evans' run of good times continued with 69:08, Mike Pullon in 72:05 paced Alison Thornton to a big PB of 72:16 (awarded category 1st prize), Sara Stead made a welcome return with a run of 74:12, Jill Dowson had a PB of 76:14 and Paul Sheridan's 77:48 was also a PB, Adele Shipley ran in with 80:00 and Sue Vicary with 85:59.

Debbie Rycroft took part in the Park Run in York and despite icy conditions chalked up a time of 25:28 for the 5K race around the Knavesmire. This gave Debbie 1st in category and 11th lady overall. Pocklington Runners are reminded that on the first Saturday of each month we will be visiting York Park Run for a club run.

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