



Pocklington Runners report: Monday, 24 September 2012

Helen gets in the miles

Helen Reevell got in another two races this week. Park Run York saw Helen join other Pocklington Runners take on the fast 5K Knavesmire course. Richard Gill had another strong run with a time of 17:42, Warwick Anderson was again under 20 minutes in 19:52, Sharron Anderson came home in 30:22 with Helen recording 31:08.

Helen then took part in Spensborough AC's 10K Greenway 10K, a friendly there and back run on a footpath, finishing in 64:35.

Richard Ramshaw made a return to competitive running with a time of 41:02 at the Thornton Le Clay 10k.

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.