



Pocklington Runners report: Sunday, 28 October 2012

Helen wins in Bridlington

816 runners took on the challenging Bridlington Half marathon on a cold and foggy morning. Pocklington Runners Helen Cross stormed to victory in the women's race in a superb time of 82:10 which gave her 22nd position overall. Next home for Pocklington was Howard Cross, making a return from two wheels to two feet, with an excellent 91:14. Despite having a cold and dodgy knee Paul Sheridan ran a PB of 104:03. Michael Smith ran a strong 110:51 and Jill Dowson finished the 13.1 miles in 121:44.

Richard Ginn travelled to his old home town in Norfolk to run the inaugural Great Yarmouth Marathon. The race conditions were favourable with light winds and overcast mild conditions to start, turning progressively wetter from about 1 hour into the race. The course was 3 laps along the seafront, with good sea views to one side and amusement arcades and caravan parks to the other.

From the start the lead split into 2 groups, a very fast 3 in the lead, followed by a group of 6 a bit behind, followed by Richard a couple of hundred meters back. Running a very steady and consistent 6.40min/mile pace, he was in 10th place at the half way point, in a time 1.27.30. Richard was then able to slowly work his way past 5 of the 2nd group and increase his pace slightly to run a 1min negative split for the 2nd half of the race. Richard finished the 26.2 miles strongly in 5th place overall and 1st in category with an impressive PB of 2:53:55.

Helen Reevell continues to improve her come back times with a good Park Run 5K time of 30:38.

Helen together with Daz Reevell ran the Worksop Halloween Half-Marathon which is a cracking run on an undulating course with a one mile climb at the start. The race was Halloween themed taking the runners out from Worksop to Clumber Park and back. Helen who was dressed as a black cat and Daz as a skeleton crossed the line together in 2:29:04.

Alan Kendra was the club's only representative at the Yorkshire Coast 10K which takes place along Scarborough's sea front. Alan was well placed with a time of 42:44 finishing 144th in a field of 1200.

Paul Sheridan completed the Harewood 10 mile trail race despite difficult boggy conditions and knee pain in 84:00.

Lindsay Cameron took on the friendly and hilly Haltemprice 10K amongst a field of 222. Lindsay was placed 12th in category with a good time of 47:26.

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.