



Pocklington Runners report: Sunday, 22 January 2012

Strong wind at the Brass Monkey

Strong blustery winds provided a stiff challenge for the 1671 runners who took on the Brass Monkey Half marathon which was staged at the York Knavesmire.

The conditions caused some Pocklington Runners a few problems but other managed to push through the wind and a number of impressive Personal Best times were set on this fast flat 13.1 mile course.

Four of our Club's runners managed to finish in the top 100 with Dennis Speck crossing the finishing line in 23rd place, picking up the prize as first local male runner, in an excellent 1:17:13, Simon Rycroft broke off a tough marathon training schedule to race to a PB of 1:21:25, Ultra runner Richard Ginn ran 1:22:00, Steven Worth 1:24:25, Alan Kendra's training plan for this race worked as he hit his target of 1:28:45, Richard Ramshaw broke 1:30 for the first time to get a PB of 1:29:07, Warwick Anderson, in his on road come back race, offered support along the way to a time of 1:29:29, Simon Drew moved well through the field with a time of 1:32:33, Ed Rawlings looked comfortable in 1:32:36, Mike Pullon found the going tough in the wind and limped back in 1:34:13, Simon Richardson was happy to finish his longest run in a year in 1:35:15, Clive Jeffery worked hard to get a PB 1:35:44, Drew Gill got a big PB of 1:40:18, Darrell Reevell started towards the back and worked his way through the pack in a steady 1:43:42 the same time as for Jill Dowson who was paced round by Alison Thornton, Patrick Hough ran 1:44:33, Paul Sheridan and Brian Perkins both recorded 1:46:35, Marcus Bourne used the race as part of his training for the London Marathon and enjoyed his run of 1:47:33, Adele Shipley and Deborah Cahill ran together in 1:50:14, Helen Pickersgill was delighted with her massive PB and on her improvement on last year's race as she shared a finishing time of 1:52:20 with her pacer Rachael Houseman, Sarah Hargreaves and Mathew Sawyer crossed the line together in 1:53:08, Debbie Rycroft fought the conditions to get a time of 1:56:44, Gordon Mellor had a strong run of 2:21:17 and Sharron Anderson was very happy with a big PB of 2:22:18.

Meanwhile in the south west Garry Tebbutt, Pocklington Runners' marathon specialist, took on the Gloucester Marathon a challenging hilly course through the countryside which was made harder by strong winds. Garry recorded a time of 3:41:44 an impressive 2 minute improvement on the same event in 2011. This was Gary's 5th run over the classic 26.2 mile marathon distance in the past 8 months and the first of four he will be running before the end of May a feat only made possible by a punishing training schedule in which Gary ran over 2000 miles in 2011.

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