

GOOLE VIKING STRIDERS

HUMBER BRIDGE HALF MARATHON

The Humber Bridge Half Marathon course is always testing, undulating being possibly the kindest description. There is a killer hill at about eight miles which is enough to make most runners wish that their preferred sporting activity was something like snooker, which is generally played on the flat and uses marginally less energy.

Last weekend however the delights of the green baize were ignored in favour of the pleasure and pain of pavement pounding. Pat Harness led the Striders in, despite being some way off his best, followed closely by the ever consistent Martin Booth. Steve Cowling and James Williamson both came away with personal bests, James knocking an enormous twelve minutes off his debut time at North Lincs.

But the Striders' star of the day has to be Debbie Andrew, whose sub two hour time was her best for 10 years. To be a decent runner you need the capacity for hard work but above all you need the enthusiasm for the sport to drive you on to be the best you can be. Debbie has both those qualities in abundance.

Striders times: Pat Harness 91.12, Martin Booth 91.41, Steve Cowling 94.44, James Williamson 96.04, Mark Johns 101.12, Steve Whitlam 100.39, Debbie Andrew 119.07, Alison Hoggarth 123.54, Nicole Masterman 127.54, Steve Dixon 146.08.