



Race Report

There was no sign of the Beast from the East in Pocklington on Sunday as nine Viking Striders took to the streets of Pocklington for the Snake Lane 10-mile race.

In fact, conditions were almost ideal for running, with a little sun on the back an added bonus.

Jonny McFaul made the best of the day, putting in a terrific performance to come back as the first Strider in 64 minutes and eight seconds.

Patrick Harness was next back in 66 minutes and 10 seconds, with James Williamson third in 69 minutes and 24, a personal best over 10 miles.

Wayne Gardiner also recorded a best over the distance in 72 minutes and 15, while Mike Harvey ducked 26 seconds under 80 minutes on his first race back in Goole colours.

There was a 10-mile best for Philippa Oldridge – 93 minutes and 24 – while Sophie Booth ran in 98 minutes and 55 seconds and Gemma Oughtred – as part of a longer training run – in 99 minutes six seconds.

Snake Lane results: Jonny McFaul (64:08), Patrick Harness (66:10), James Williamson (69:24), Wayne Gardiner (72:15), Mike Harvey (79:34), Neil Stead (84:58), Philippa Oldridge (93:24), Sophie Booth (98:55), Gemma Oughtred (99:06).