

The village of Arkendale provided a friendly welcome the 324 participants of the Arkendale 10k on Sunday. Recent wet weather had made the car parking field too wet and many villagers allowed runners to park on their driveways, this together with a free fun run for children, and fantastic catering made for a great atmosphere around the race. The multi-terrain course was made all the more challenging by muddy conditions and blustery weather. It was a successful race for Ripon Runners with two finishers in the top five, Richard Watson made a welcome and much anticipated return to racing, finishing in third overall in 35.55 proving that he has returned in great form, he was followed by fifth placed Mike Appleton in 36.30, Steve Oates 40.13, Joseph Lofthouse 41.48, Keith Hawkins 44.15, Scott Wray 46.15, Matthew Holt 49.05, Emma Oates 49.13, Suzanne Rickard 50.12, Anneke Imeson 50.28(pb), Jo Wallace 50.39, Lester Pickard 54.15, Helen Pickard 54.31, Lena Conlin 56.20, Hillary Gilliam 57.04, Vicky Clayton 58.28, Julie Merrin 58.38, Jack Curley 1.00.15, Doug Tooth 1.11.46, Eleanor Hartas 1.21.05.

Also on Sunday new member Adam Johnstone, son of men's captain Ray, competed in the Wakefield Hospice City 10k Road Race, the race started from Thornes Park and followed a route around the town. Adam completed the course in a time of 42.28.

On Saturday 17 intrepid Ripon Runners ran the Blubberhouses moor 25 setting off from Bland Hill village hall on a sunny spring day. The run took them along the Washburn valley towards Thruscross reservoir. The long climb over Rocking moor was made harder with a very strong headwind. The route then dropped the runners down into the shelter of Bolton Abbey. The runners crossed the A59 and then had the long climb up to Beamsley Beacon but were rewarded with far reaching views. The next energy sapping section was across very wet boggy moorland and onto Timble and a sharp uphill finish back to Bland hill. First runner home for Ripon was Martin Gabriel 4.08, Fred Clapham, Tony Hughes, Andrew Turner, Stuart Wallace, Iain Wallace, Chris Bennett 4.52. Ray Raper, Paul Morgan, Allan Hansen 4.59. Chris l'Anson, Chris Brown 5.14. Mike Pennock 5.20. Anna Ashfield, Fiona Prestwich 5.40. Mel Dutka, Jackie Turner, 7.22.

New club Chairman Gary Bastow headed to the Causey Pike fell race on Saturday in the Lake District for the first race of the fell racing season. The 3.69mile race starts in the village of Stair near Keswick and takes a 1780ft straight climb out onto the Causey Pike summit and back down the valley to the Village. 169 runners set out on the course and international athlete Rob Jebb was the winner, Gary came in 61<sup>st</sup> overall and second over 50 in 46.50.

The Lake District was also the location for the Coniston 14+ on Saturday. It is normally a 14 mile route but this year due to a bridge being washed away this winter it was extended to 16.7 miles. The weather remained good with some sunshine but a cold northerly breeze blowing over an undulating tough course made for a testing run but it also had some beautiful scenery along the way. First home for Ripon was Karen Jones in 2.29.11 followed by Joanne Hope 2.36.50, Martin Hope 2.39.21, Elaine Clarke 2.50.56

