

Two teams of Ripon Runners participated in the 45th Great Knaresborough Bed Race on Saturday. There was a blistering performance from the Ripon Runners Men sponsored by Harrogate Printing Limited, who set off for the 2 mile course complete with river crossing in second position. However the gusty performances by Ben Imeson, Richard Watson, Joe Lofthouse, Mike Appleton, James Raper and Simon Merrin together with the skill and bravery of bed rider 10 year old Robert Appleton meant the team had overtaken the Harrogate Harriers on Bond End and entered the River Nidd first. This proved enough for Ripon to be first across the line and to take first place and the coveted shield in a time of 13.56. The Ripon Runners Girls team of Chris Orr, Claire Mumford, Jo Wallace, Emma Oates, Caroline Lambert, and Suzanne Rickard together with bed-rider Henry Way put in a strong performance to finish as second placed ladies team in a time of 18.11.

The previous Wednesday evening was the hilly Otley 10mile race. A total of 392 runners braved the wet and windy weather to take part in the race well organised by Otley Athletic Club. The runners, who were started by the Town Mayor at Otley Cricket Club, followed a route through the villages of Pool in Wharfedale, Leathley, Lindley and Farnley before making their way back into Otley. A solid performance in by Ripon's Mike Appleton saw him finish in 9th position overall in a time of 59.31, he was followed by Anneke Imeson in 1.27.58, Leah Horner 1.31.58, and Graham Green 1.39.24.