

Ripon Runners hosted the final event of the HDSRL on Thursday evening with a handicap race starting and finishing on Hell Wath. 156 runners completed the 5 mile course with Ripon's Mike Appleton being the fastest runner to cover the course in 29.52, finishing in 50<sup>th</sup> position despite being the last runner to set off, the highest placed finisher was Edward Greenwood in 15<sup>th</sup> in 40.56, followed by Julie Merrin 17<sup>th</sup> 46.02, Rebecca Turner 39.10, Jackie Turner 51.60, Matthew Holt 41.09, Andrew Turner 34.45, Simon Merrin 36.21, Scott Wray 38.38, Hillary Gilliam 46.43, Dave Jelley 33.59, Lesley Willoughby 46.36, Helen Pickard 47.11.

After the Handicap race was a presentation of awards from the league, Ripon took two prizes with Mike Appleton finishing second overall and Dave Jelley first in the over 50 age group. The final places in the league were Mike Appleton 2<sup>nd</sup>, Richard Schofield 15<sup>th</sup>, Dave Jelley 20<sup>th</sup>, Andrew Turner 38<sup>th</sup>, Richard Watson 40<sup>th</sup>, Ben Imeson 60<sup>th</sup>, Simon Merrin 99<sup>th</sup>, Rebecca Turner 137<sup>th</sup>, Ray Johnstone 140<sup>th</sup>, Matthew Holt 158<sup>th</sup>, Scott Wray 160<sup>th</sup>, Gary Wilks 182<sup>nd</sup>, Suzanne Rickard 189<sup>th</sup>, John Rowley 192<sup>nd</sup>, Mike Pennock 221<sup>st</sup>, John Ward 227<sup>th</sup>, Claire Mumford 243<sup>rd</sup>, Mandi Ross 269<sup>th</sup>, Jill Holt 271<sup>st</sup>, Helen Pickard 306<sup>th</sup>, Edward Greenwood 313<sup>rd</sup>, Chris Bennett 329<sup>th</sup>, Hilary Gilliam 335<sup>th</sup>, John Grundy 336<sup>th</sup>, Steve Parkinson 344<sup>th</sup>, Julie Merrin 352<sup>nd</sup>, Michelle Needham 378<sup>th</sup>, Lesley Willoughby 389<sup>th</sup>, Lester Pickard 392<sup>nd</sup>, Anneke Imeson 422<sup>nd</sup>, Lena Conlin 429<sup>th</sup>, Vicky Clayton 441<sup>st</sup>, Mel Dutka 449<sup>th</sup>, Jackie Turner 467<sup>th</sup>, Leah Horner 480<sup>th</sup>, and Doug Tooth 488<sup>th</sup>.

The Ripon Triathlon presented a challenge of a 1500m swim in the racecourse lake followed by a 26 mile bike ride and then completed with a 10km run for several Ripon Runners taking part in this multi-event race. Steve Oates was the first to finish for Ripon in 187<sup>th</sup> place in an overall time of 2.37.11; he was followed by Chris Orr 33<sup>rd</sup> female in 2.46.11, Dennis Connor 2.57.46, Emma Oates 3.04.39, Dave Nicklas 3.07.22, John Bull 3.15.23 and Penny l'Anson 3.20.23.

Gary Bastow participated in the Alva games as part of the British Hillclimbing Championships. The course was 1.5miles long with 1800 ft of climb over a steep ascent and slippery descent. Gary finished in an excellent 17<sup>th</sup> place and was 3<sup>rd</sup> in the v50 putting him in 3<sup>rd</sup> for his group in the championship after the Sedbergh Gala, Kettlewell and Coniston Gullies races.

Sean McKeag has been flying the Ripon flag in the Lakes again, taking part in the third race of the long Lakeland classics with Wasdale (21m 9000ft) in very windy, wet and cloudy conditions. He was glad just to have finished (6h34) a couple of hours after the winner without getting too horribly lost, a fantastic achievement considering over a quarter of the field (46/167) didn't finish!

Many Congratulations go to Ripon Runner Richard Watson and his wife Tina on the birth of their first child, Jasmine.