

Three teams participating in the Allerthorpe Triathlon had participants from Ripon Runners in the first team was Catherine Greensit (swim), Steve Oates (bike), Richard Ebbage (run) who achieved the amazing feat of being 2nd overall team in 2.17.08, the second team consisted of Karen Thomas (s), John Bull (b), Emma Oates (r) completed the course in 2.43.10 with the third team comprising Lizzy Morrell (s), Matt Morrell (b), Anna Ashfield (r) finished in 2.49.15. Tim Tribe acted as team organiser and came to support but couldn't compete as he's not been 100% healthy, but played a vital role nonetheless. The race is described as classic distance and comprised of a 1500m swim in the lake, a 40km bike ride and a 10k run in flat but hot conditions.