

It was a family affair for Ripon Runner Chris l'Anson as he took part in the "Survival of the fittest" rat race around Edinburgh on Sunday 18th October. This 10k run takes in major attractions around the town but the runners are also given assault course type challenges at every kilometre. Chris completed this challenge together with his son and brother, there were 1510 taking part, young Chris came 354th in 1.02.50 beating his Dad 415th in 1.04.14..well he is 31 years younger! brother, Will finished in 1.04.41

The 27th Snowdonia marathon took place on the 24th October. Strong cold winds and driving rain made for a gruelling race for the 1300 runners who finished. Only 10 people managed to beat the sub 3 hr time, due to the bad weather and the 900metres+ of climbing involved over the course which surrounds Mt Snowdon. The winner completed the race in 2.47. Ben Imeson of Ripon Runners completed the marathon in 3.40.01 in 192nd position.