

The Staveley Stampeed took place on Saturday 20th June. Conditions were slightly breezy but with sunshine making conditions warm for the 130 competitors of this scenic 10 mile multi terrain course. Keith Hawkins was first home for Ripon in a time of 1.12.33, he was followed by Dave Cooper 1.18.24, John Rowley 1.19.27, Cedric Christie 1.21.55, Anneke Imeson 1.28.28, Robin Kehoe 1.34.30, Vicky Clayton 1.35.45, Lena Conlin 1.36.25, Doug Tooth 1.54.50.

Further afield Mike Appleton took the opportunity of being in Normandy to compete in Les Foulees Gibervillaise in the pretty French town of Giberville. The race of approximately six and a half miles took place on a four lap circuit on a multi terrain course that took in the town and local park as well as woodland. Mike was rewarded with a trophy for his third placed effort finishing in 36.38.

Congratulations go to Ripon Runner Stella Morgan on the safe arrival of her first child Alfie Lee Morgan on Friday 18th June.