

*If you think you have already read this – some of it you have!! The Gazette failed to print it so I have updated it and resent it!! (fingers crossed for this week!!) – Emma*

A team of four intrepid Ripon Runners flew out to Southern Spain to take part in the Al Andalus Ultra Trail. A semi-supported run of 230km over five days in temperatures between 35-45C. The course proved to be very demanding and numerous tough climbs. 90% was off-road mountain and desert tracks.

The team consisted of Bill Foreman, Nick Wilson, Paul Morgan and Ray Raper accompanied by Lynda Wilson and Iain Wallace, who had volunteered to help on check-points during the course of the race.

The field of competitors turned out to consist of some world class runners, including the Moroccan World Champion Ultra Distance runner, Lahcen Ahansal (winner of eleven consecutive Marathon des Sables 1999-2009). Undeterred by the opposition our four lads – now known as “Team Ripon” lined up amongst them and put up a brilliant performance over the five days. The distance ran each day varied with Day One 37km, Day Two 42km, Day Three 42km, Day Four 61km and Day Five 34km.

“Team Ripon” finished in second place overall, out of ten competing teams, with their cumulative times being five hours ahead of the third placed team. Individual performances were also very credible especially in such a high class field. Nick Wilson 9<sup>th</sup> overall in 22hrs 46min 14sec, Bill Foreman 10<sup>th</sup> in 23hrs 41min 04sec, Ray Raper 16<sup>th</sup> in 25hrs 25min 44sec and Paul Morgan 19<sup>th</sup> in 25hrs 49min 04sec.

On Sunday 1<sup>st</sup> August was the Jane Tomlinson’s York 10k. The stunning York 10K course, which starts and finishes at the Racecourse, takes runners past York Minster, through the historic city centre streets and along the River Ouse. Hilary Gilliam finished in 54.06 with Vicky Clayton finishing in a personal best time of 55.20

Crescent Gardens in Harrogate was the start and finish for the Harrogate Town 10k race on Sunday 25<sup>th</sup> July. A high quality field turned out to complete the less than flat road course was run in warm and breezy conditions. Ripon’s Mike Appleton put in a good enough performance to finish in 8<sup>th</sup> position overall in 35.22 with Ben Imeson returning to form to finish in 21<sup>st</sup> place in 37.20, and Joe Lofthouse finishing making Ripon’s top three to finish in 70<sup>th</sup> in 41.26, they were followed by Keith Hawkins 43.05, Dave Cooper 46.16, Edward Greenwood 48.23, Matthew Chaplin 49.59, Pam Dean 55.49, Vicky French 56.47, Julie Merrin 57.27, Vicky Clayton 58.13, Lena Conlin 1.00.21, Ann Collier 1.11.28.

There was a plethora of prizes for Ripon Runners at the 25th anniversary edition of the Burton Leonard 10k on Sunday 18<sup>th</sup> July. The race was superbly organised by the village and in particular the Wilks family with celebratory pies and peas for all runners after the multi terrain course. Ripon Runner Richard Watson won for 5<sup>th</sup> placed male, Mike Appleton 6<sup>th</sup> placed male and together with 23<sup>rd</sup> placed Joe Lofthouse won the team prize. Becky Turner took the prize for first local lady and John Ward won as 2<sup>nd</sup> over 60 male. Richard Watson completed the course in 36.36 with Mike Appleton in 36.51, Joe Lofthouse 42.10, Andrew Turner 42.21, Dave Jelley 42.47, Adam Johnstone 42.54, Gary Wilks 44.57, Allan Hansen 45.25, Keith Hawkins 45.39, John Ward 46.53, Michael Wray 47.18, Ray Johnstone 47.22, Becky Turner 48.58, Dave Cooper 49.03, Nigel Bower 49.20, Matthew Holt 50.14, Matt Newsome 50.39, Jon Grundy 55.26, Jill Holt 57.36, Sue Hoering 57.57, Hillary Gillam 58.30, Mel Dutka 59.36, Andy Matheson 59.42, Caroline Slater 61.23, Lena Conlin 62.04, Vicky Clayton 62.12, Lorraine Matheson 64.42.

A small group of Ripon Runners headed to Northumbria to take part in the Coastal Race. The 14 mile course runs from Beadnell to Alnmouth across spectacular landscape finishing on the beach at Alnmouth. First of Ripons finishers was Dennis Connor in 1.43.26, followed by Chris Orr 1.56.42, Jo Hope 2.11.30 and Martin Hope 2.20.16.

Sunday 11<sup>th</sup> July was the Kilburn Feast 7 mile race. The course was undulating and the conditions were windy but fine. First home was 16 year old Joe Lofthouse in 48.01, followed by Keith Hawkins 50.47, Dave Cooper 55.45, Ced Christie 59.54 and John Grundy 64.02.