

Ripon Runners were busy on Sunday 9<sup>th</sup> August with three different events to attend. Firstly was the Darlington 10k Road Race. The weather was hot for the 1000 competitors who took part in this event. Ripon's Ben Imeson put in a superb performance to finish in 29<sup>th</sup> position in a time of 37.08 with Victoria Clayton finishing in 1.00.31, Ann Collier 1.01.10, Helena Conlin 1.03.01, Eleanor Hartas 1.12.49.

The second event had a different feel for those who took part in the Lowther Trail Race. This 12.5 mile route starts by Lowther Castle and has 1400ft of ascent. It is a mostly off road course with 3 miles of tarmac, 2 miles of rough pasture and the rest on open country with grassy and gravel tracks. Bill Forman was first Ripon Runner home in a time of 1.37.15; he was followed by David Jelley 1.42.31, Paul Morgan 1.43.12, Ray Raper 1.48.32, Iain Wallace 1.49.04, and Martin Gabriel 1.55.03.

The third event was the Wensleydale Triathlon in which several Ripon Runners took part in the team event with three participants each taking on one of the disciplines involved. This challenging triathlon comes with the warning 'enter with caution, this one's not easy' and starts with an 1800m swim, then a 42 mile hard bike concluding with a 12 mile hard fell/trail race which includes a run up and down Great Shunner Fell. The three teams with Ripon Runners had a great race and all finished within a few minutes of each other adding to the fantastic atmosphere. The first team in was Anna Ashfield (swim), Tony (bike), and Pete Chapman (run) who finished in a total time of 5.44.52, Then Liz Morrell (s) Emma Oates (b), and Lisa Quinn (r) in 5.45.12, and Catherine Greensit (s), Tony Morrell (b) and John Bull (r) in 5.46.25.