

There was plenty of support on Sunday from the Ripon Runners for the few members who were brave enough to enter the Ripon Triathlon. This fantastic family day out accompanied the Olympic Distance race. The participants started in wet suits with a 1500metre swim in the race course lake before transition to a 44 kilometre cycle then a 10k run. In her first attempt at this event Christine Orr was the first Ripon Runner to complete this testing challenge in an overall time of 2.52.50 placing her 34th in her wave of over 200 competitors. She was followed by Richard Timms in 2.58.22, Ellie Pocock 2.59.14, and John Bull 3.59.22.

The Stadium of Light in Sunderland was the location for the start and finish of the first Great North 10k. Almost 4,500 participants lined up for Sunday's race along this flat course. Helena Conlin was the first Ripon Runner to finish in a personal best time of 57.42, Vicky Clayton finished in 60.03, and Eleanor Hartas in 72.35.

The Harrogate District Summer Race League has now come to a conclusion with just the 'fun' handicap race left. Many Ripon Runners have participated in the races over the summer and the highest placed Ripon Runner was Pete Chapman who finished 11th out of the 500 people who have competed in at least one of these races. Pete achieved 376.91 points with his best four out of five races. James Raper finished 14th, Mike Appleton 22, Bill Forman 23, Andrew Turner 49, Ray Raper 56, Richard Timms 66, Ben Imeson 80, Gary Wilks 94, David Jelley 148, Simon Merrin 153, Michael Hall 163, Suzanne Rickard 183, John Rowley 184, John Grundy 195, Matthew Holt 196, Claire Mumford 197, Scott Wray 204, Bruce Symonds 219, Ray Johnstone 227, Michelle Needham 228, Andy Matheson 234, Lisa Quinn 236, Mike Pennock 245, Mel Dutka 248, Lester Pickard 265, Johnny Lacken 284, Iain Wallace 289, Helen Pickard 309, Steve Parkinson 313, Mark Pocock 331, Stella Morgan 335, Chris Brown 337, Ian Walker 350, John Ward 351, Anneke Imeson 353, Robin Kehoe 363, Penny l'Anson 370, Rob Exley 379, Dave Nicklas 383, Karen Jones 387, Karen Cooper 391, Jo Wallace 394, Martin Hope 395, Martin Cummins 397, Helena Conlin 402, Anna Ashfield 410, Caroline Bentham 427, Marie Marston 429, Victoria Clayton 431, John Stead 454, Sharon Stoker 465, Lesley Willoughby 472, John Welch 473, Toya Bastow 475, Doug Tooth 478, Tim Tribe 479, Eleanor Hartas 486.