

The city of Nottingham was the location on Sunday for the Experian Festival of Running. Runners were given the option of a half or full marathon. Ripon Runners Lisa Sorby and Emma Appleton decided to take on the challenge of a full 26.2mile marathon. The first half of the course is undulating and fairly crowded as the 1,300 marathon runners are joined by nearly 10,000 competitors taking part in the half marathon. During this part of the race runners see the sights of Nottingham including a run up to the castle and around the town and university campus. Once they have run past all the supporters at the finish for the half marathon shouting 'nearly there' from about 12 miles and the half marathon peels off at 13 miles, the marathon runners carry on towards the National Watersport Centre and a huge lake to loop around. The weather had been almost ideal, but at the lake there was a headwind which gave resistance to already tired runners between miles 19 and 21, then the runners head back along the river Trent on an off road track back to the finish. Emma was completing her first marathon and finished in 4.42.22 with Lisa finishing in 4.44.36. James Brook completed the half marathon in 2.40.10.

Wetherby held its annual 10k run on Sunday. Ideal weather conditions together with a flat fast course gave Ben Imeson the opportunity to show his recent good form to its full extent by breaking his recent pb time yet again. Ben finished in 36.36, followed by John Ward 40.50, Ray Johnstone 43.14, Scott Wray 44.16, Michael Hall 44.50, Matthew Holt 46.45, Robin Kehoe 50.45, Anneke Imeson 52.12, Mel Dutka 52.30, Pam Dean 55.21, Lesley Willoughby 57.10, Helena Conlin 59.15, Victoria Clayton 59.43, Ann Collier 60.45, Eleanor Hartas 82.20.

Wetherby was also the final race in the Black Sheep Series for this year. Ripon Runners who completed the series now know their final positions; Eleanor Hartas was 9<sup>th</sup> U/35, Victoria Clayton 8<sup>th</sup> O/35, Mel Dutka 3<sup>rd</sup> O/35, Fiona Prestwich 6<sup>th</sup> O/45, Scott Wray 9<sup>th</sup> O/35, Michael Hall 8<sup>th</sup> O/40, Ray Johnstone 5<sup>th</sup> O/50, Robin Kehoe 6<sup>th</sup> O/50, John Ward 2<sup>nd</sup> O/60.