

### **Appleton Sub 3 Marathon Success**

Ripon Runner Mike Appleton added to his recent trail of personal best times by running under 3 hours for the full marathon distance for the first time. Mike joined over 700 other runners to compete in the very well organised 26.2 mile Abingdon Marathon on Sunday. Weather conditions were crisp and cool for the race which went through the picturesque town as well as along the river Thames having started and finishing on the athletics track at Tilsey Park. Mike was delighted to finish in 2.59.47 slashing over 13 minutes off his previous time set earlier this year at the London marathon and giving him 'good for age' status.

Further afield Karen Jones joined 26,000 entrants to complete the Amsterdam Marathon. The race starts and finishes in the Olympic stadium and takes in many sights of the city. Karen completed the 26.2 mile course in an impressive 3.52.02.

Lena Conlin decided to celebrate her birthday in style on Sunday by joining fellow Ripon Runners Vicky Clayton and John Grundy as well as 670 other runners and running the Bridlington half marathon on Sunday. The weather was cool but bright, the course was on road and undulating. Both Vicky and Lena achieved personal best times for the distance with John finishing in 1.52.12, Lena in 2.07.33 and Vicky in 2.14.53.

Sunday's beautiful autumn day greeted a handful of Ripon Runners at the Hilly Richmond Castle 10K. This scenic but demanding 10k brought results from the following runners; Fred Clapham 44.49, Simon Merrin 47.54, Edward Greenwood 48.51, Matthew Holt 50.32, Robin Kehoe 57.48, Jill Holt 57.57, Leah Horner 58.55, Ann Collier 1.09.22.

Gary Bastow and Ben Imeson took part in the BOFRA fell race at Kirk Fell as part of the Wasdale show on Saturday 10<sup>th</sup> October. The race is 2 miles from the showground up the 2318ft climb to the summit and back. Of the 46 runners taking part Gary finished 14th in 47.47 and Ben in 50.14 in 19th position both doing well in the Championship event Caroline Lambert who trains with the club came in as 3rd girl in the u17's race which went half way up the fell side, a great achievement for her first fell race