

(I am aware that there may be some missing from the GNR section of this report but will put anyone who I have missed in next week (I don't have the list from the bus yet!) – I have sent this to the gazette in hope of getting something printed since they decided not to print it last week!!! This report does also contain a repeat of last weeks report too!! - Emma)

The spectacular that is the Great North Run took place on Sunday 20<sup>th</sup> September. Over 50,000 runners lined Newcastle central motorway for the start of this 13.1 mile run to South Shields. The sun was shining and the weather felt warm with very little breeze even on the sea front. A number of Ripon Runners took part in this event contending with crowds and a course that can feel surprisingly undulating. Mike Appleton was first Ripon Runner home in a personal best time of 1.23.42 giving him a finishing place in the top 200. He was followed by Gary Wilks 1.33.11, Bill Forman 1.38.27, Dennis Connor 1.38.54, Lisa Quinn 1.38.59, John Rowley 1.41.58, Robin Kehoe 1.49.50, Suzanne Rickard 1.55.04, Chris l'Anson 1.56.20, Claire Mumford 1.57.43, Jackie Turner 1.57.47, Andrew Turner 1.57.47, Stella Morgan 1.58.55, Anneke Imeson 1.59.03, Andrew Matheson 2.01, Helena Conlin 2.19.51, Victoria Clayton 2.20.57, Kevin Jackson 2.23.35, Maggie Driffield 2.28.22, Vicky Arden 2.28.22, Eleanor Hartas 3.04.45.

The previous day had seen the turn of the children of Ripon Runners to compete in the Junior Great North Run. Julia Morgan ran this before her mum Lisa Quinn completed the half marathon on Sunday. Julia showed true sportsmanship by helping a friend along the way and finished the course in 20.59. Dan and Sophie Connor also ran before dad Dennis completed the GNR, Dan completed the junior race in 21.56 with Sophie finishing the mini great north run.

The city of Nottingham was the location on Sunday 13<sup>th</sup> September 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.

Ripon Runner Fred Clapham opted for the same distance but on a very different terrain with the Yorkshireman Marathon. The weather was cold and blustery for this off road event starting from Howath. Fred completed this challenging marathon in a time of 4.42.48.

Graham Greene completed the P Company PARA 10 mile challenge at Catterick Garrison also on 13<sup>th</sup> September in 2.27.33. The time is explained by the fact it has to be done in army boots and carrying a 35lb rucksack! It is a 10 mile endurance run/march all terrain slog and was of course very well organised by the Para Regiment.

Meanwhile Wetherby held its annual 10k run. 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, Lena Conlin 8<sup>th</sup> O/40 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.