

The Help the Aged Leeds Abbey Dash took place in on Sunday in cold, blustery conditions. The out and back style 10k course ran from Leeds town hall to Kirkstall Abbey with nearly 6,000 runners taking part. The fast nature of the course together with accurate chip timing gives runners the opportunity to aim for personal best times and three Ripon Runners achieved this. Mike Appleton was first home for Ripon with yet another personal best time of 36.54 with Ben Imeson hot on heels only one second later at 36.55. John Ward was second in his age category in 41.05, Leah Horner 53.41(pb), Lena Conlin 54.32 (pb).