

The sun shone on Sunday 24th May for the runners taking part in the Melmerby 10k race, part of the Black Sheep series. There was a good turn out by Ripon Runners for this local race, Iain Wallace was first Ripon Runner home in a time of 39.21 with Lisa Quinn first Ripon lady home in a personal best time of 44.15. The other Ripon Runners taking part were Mike Appleton 40.27, Andrew Turner 41.25, Chris Brown 43.04, Ray Johnstone 43.37, Lisa Quinn 44.15, John Ward 44.51, Scott Wray 46.13, Jo Wallace 48.38, Suzanne Rickard 49.03, Matthew Holt 49.06, John Grundy 49.27, Robin Kehoe 49.55, Mel Dutka 49.57, Dave Nicklas 50.14, Penny l'Anson 52.28, Steve Parkinson 53.09, Chris l'Anson 54.25, Tracey Baldwin 57.10, Sharon Stoker 57.36, Heidi Jones 59.07, Lynda Ryan 59.08, Helena Conlin 60.12, Victoria Clayton 61.33, Helen Maguire 63.16, Gillian Marston 63.46, Doug Tooth 69.15, Trish Garbutt 78.49.

Ripon Runners headed for Wetherby on the evening of Wednesday 20th May for a 5.7 mile race as part of the Harrogate and District Summer Road Race League. The course is an out and back style along an old railway embankment. First to finish for Ripon was James Raper in a time of 33.24, he was followed by Pete Chapman 33.31, Mike Appleton 33.34, Dave Jelley 34.24, Bill Forman 35.02, Iain Wallace 36.06, Gary Wilks 36.37, Richard Timms 36.49, Ray Raper 37.25, Bruce Symonds 39.14, Simon Merrin 41.52, Scott Wray 42.18, Dave Nicklas 42.44, Suzanne Rickard 43.01, John Grundy 43.18, Martin Hope 43.57, Matthew Holt 44.11, Claire Mumford 44.11, Michelle Needham 44.54, Anna Ashfield 45.08, Stella Morgan 45.37, Steve Parkinson 45.41, Mel Dutka 46.20, Andy Matheson 47.18, Lester Pickard 48.10, Penny l'Anson 48.25, Rob Exley 48.29, Helen Pickard 49.09, Karen Cooper 50.17, Toya Bastow 51.29, Helena Conlin 52.26, Victoria Clayton 52.39, Caroline Bentham 54.21, Doug Tooth 62.12.

Newby Hall was the location for the Cystic Fibrosis Trust Yorkshire 10k on Sunday 17th May. The views of the hall on this run are great and almost make up for the uneven terrain underfoot. Michelle Needham was first Ripon Runner to finish in 51.05, she was followed by Andy Matheson 52.53, Mel Dutka 52.29, Stella Morgan 55.40, Heidi Jones 59.51, Helena Conlin 60.43, Victoria Clayton 60.46, Joanne Smith 67.24, Pauline Kilburne 68.14, Lorraine Matheson 72.38, Eleanor Hartas 75.29.

Ripon Runners are now meeting at Ripon Rugby Club for the summer at 6.30 on Tuesdays and Thursdays and our new website can be found at www.riponrunners.org.uk