

A group of five Ripon Runners travelled to Pocklington for the nineteenth annual Snake Lane 10 mile road race on Sunday. Conditions were on the blustery side for this surprisingly undulating but quick race on the edge of the Yorkshire Wolds. Mike Appleton performed strongly amongst a quality field to finish in 13th place out of 666 with a time that once again broke his personal best time for the distance by several minutes going under an hour for the first time by over two minutes in 57.49. John Ward also put in a strong performance to finish sixth in his age group in 1.09.20, with Vicky Clayton in 1.35.38, Lena Conlin 1.36.14 and Eleanor Hartas 2.17.35.

Mike Appleton was the first Ripon Runner to participate in a Parkrun event on Saturday 13th February. The free to participate weekly five kilometre time trial is around Hyde Park in Leeds and Mike broke the 17 minute mark to finish in 16.58 and first place out of a field of 201 runners.