

Ripon Runner Gary Bastow took part in the challenging Scarfell Pike Fell Race in Cumbria on Saturday 26th September. Gary reached the summit of the race in 51 minutes and finished the whole course in 1.11.45 which placed him first in his age category.

The same day also saw a handful of Ripon Runners take part in the John O'Gaunt Challenge. A either 10, 20, or 25 mile walk/run from Norwood Social Club, Norwood Edge, Harrogate, in the picturesque setting of the Washburn Valley and around the nearby reservoirs. Doug Tooth and Fred Clapham opted for the 10 mile walk route and Doug was first to finish this course in 2.29, with Fred second in 2.36. Others opted for a 25 mile route with Mike Pennock finishing in 13th place in a time of 5.38, John Grundy 5.42, Helena Conlin and Victoria Clayton in 8.23.

The seventh annual Sutton Seven took place in the pretty village of Sutton on the Forest near York on Sunday 27th September. The event was well organised and the proceeds go to the playing field where the event finishes. The course itself is seven mostly flat and fast miles with sunny but breezy conditions particularly on the more open sections of the race. Mike Appleton was the only Ripon Runner to participate but finished in a time of 41.56, a personal best for the unusual distance and in 6th place overall.

Graham Greene completed the P Company PARA 10 mile challenge at Catterick Garrison also on 13th 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.

Amongst those taking part in the Great North Run were a number of Ripon Runners and friends who joined for the day. Sue Crowley finished in 2.29, Tim Crowley 2.39, Lerae Dodds 2.15, Mike Clayton 2.32, Carrie Murphy 2.18, Emma Hayter 2.30, Louise Wright 2.04, Alex Veakins 2.30, Sharon Porter-Grainger 2.48. Chris l'Anson son of Ripon Runner Chris l'Anson also took part in the Junior Great North Run completing the course in an impressive time of 15.48.