

Very blustery conditions greeted the competitors on Sunday when the village of Melmerby held its 26th annual 10k race, despite this there was still a good turnout of Ripon Runners amongst the 280 participants for this favourite local event. The race is part of the Black Sheep Series and is regarded as one of faster events, being run on a gently undulating tarmac road course. There were many personal best times from the Ripon Runners despite the windy weather. First home for Ripon in 5th place was Richard Watson in 34.23, Mike Appleton finished 7th with a personal best of 35.21, Joe Lofthouse was 33rd in 39.45, Steve Oates 39.58, Adam Johnstone 40.18, Keith Hawkins 41.40, Paul Munson 41.48, Ray Johnstone 43.18, Chris Brown 44.05, Dave Cooper 44.55, Matthew Holt 45.45, Dave Nicklas 46.13, Emma Oates 46.52 (pb), Nigel Bower 46.53, Matt Newsome 46.59, Suzanne Rickard 47.52 (PB!), Chris Bennett 48.32, Steve Parkinson 48.41, Jo Wallace 48.49, Edward Greenwood 48.53, Chris l'Anson 49.45, Anneke Imeson 50.26, Penny l'Anson 50.35, John Grundy 51.04, Jill Holt 51.37(pb), Leah Horner 52.07 (pb), Lesley Willoughby 52.43 (pb), Mandi Ross 53.37 (pb), Pam Dean 55.08 (pb), Vicky Clayton 56.47 (pb), Lena Conlin 58.32, Karen Hanton 66.50, Doug Tooth 68.12, Trish Garbutt 77.41.

Ripon Runner Matt Newsome was amongst the runners braving the heat in the Edinburgh Marathon last week, he completed the challenge in 3.58.56 raising funds for SDBTT Shaun Lee Johnstone Fund (for brain tumour research).