

Two Ripon Runners joined the other competitors at Bolton Castle for the James Herriot County Trail Race on Sunday 26th July. The weather was fine for this off road race of approximately 14 miles. Paul Morgan was first home for Ripon in a time of 65.58 followed by Ray Raper in 68.31.

By contrast the Harrogate Town 10k was run on the same day on a tarmac course with a new route for this year making it a suitable course for fast times and personal bests. Ripon Runners coach Sheila Boyde was first home for the club in a time of 40.07, comfortably winning her age group she was followed by Richard Timms 41.19, Bob Mundy 56.37, Vicky Clayton 59.10 (pb), Helena Conlin 59.49, Ann Collier 1.04.05, Eleanor Hartas 1.14.40.

Ripon Runner John Grundy took part in the Kilburn Feast 7.2 mile Road Race on Sunday 12th July. John finished first in the O65 category in 58:23, on this beautiful course with great weather. The event also had lots for the family to do and a superb tea provided after.