

Dragons Running Club hosted the latest edition of the Harrogate and District Summer Race League on Thursday 3rd June. The race in Yeadon, Leeds took place in hot conditions on a multi terrain course. Ripon once again had a fantastic result with two runners making the top three, due to the performances of Richard Watson and Mike Appleton. Richard came in second with a time of 32.09 with Mike close behind in third in 32.13, they were followed by Richard Schofield in 35th in 36.10, Dave Jelley 37.00, Ben Imeson 37.30, Andrew Turner 39.28, John Ward 44.38, John Rowley 44.44, Rebecca Turner 44.48, Matthew Holt 45.31, Edward Greenwood 46.33, Mike Pennock 37.41, Chris Bennett 46.57, Suzanne Rickard 47.35, Gary Wilks 47.35, Anneke Imeson 47.44, Steve Parkinson 50.34, Mandi Ross 50.48, Jill Holt 50.49, Lesley Willoughby 51.20, John Grundy 52.23, Hilary Gilliam 53.04, Michelle Needham 54.01, Mel Dutka 55.43, Lena Conlin 58.58, Vicky Clayton 58.59.

Saturday saw the village of Kirkby Malezard host its annual 10k race in hot and sunny conditions. Part of the Black Sheep Series the race is run on a hilly road course. Richard Watson once again put in a strong performance to finish second overall in 35.21, he was followed by Joe Lofthouse in 23rd position in 39.48, Adam Johnstone in 38th in 40.11, Simon Merrin 42.32, Keith Hawkins 43.30, Ray Johnstone 44.57, Matthew Holt 49.10, Jo Wallace 50.49, Mike Pennock 52.58, Bridget Baldwin 53.04, Chris l'Anson 53.40, Anneke Imeson 54.02, John Grundy 54.52, Jill Holt 55.52, Graham Green 57.23, Robin Kehoe 58.06, Hilary Gilliam 58.09, Mel Dutka 1.00.09, Louise Ball 1.01.04, Vicky Clayton 1.01.36, Julie Merrin 1.01.41, Lena Conlin 1.03.42, Diana Williams 1.12.38,