

There was a wide choice of events for Ripon Runners to participate in last weekend. The Tholthorpe 10k on Sunday provided runners with an undulating road race with ideal running weather. Mike Appleton took full advantage of the conditions to set a new personal best time for the distance finishing in 9<sup>th</sup> place overall in 37.11, shaving over two and a half minutes off his previous best recorded time. He was followed by Ben Imeson in 13<sup>th</sup> place, who along with Dennis Connor was competing at Tholthorpe having raced at Snape the previous day. Ben finished in 38.09, then Paul Morgan 40.00, Nick Wilson 41.30, Dennis Connor 41.59, Ray Raper 42.01, Ray Johnstone 43.28, Malcolm Render 46.03, Jo Wallace 47.53, Paul O'Rourke 48.09, Lynda Wilson 52.33.

Ripon Runners were also represented at the Bupa Great Yorkshire run on Sunday. Lena Conlin completed this 10k course at Sheffield in 59.32, a staggering 14minutes 21 seconds faster than last year, other competitors were, Carrie Murphy 56.39, Vicky Clayton 1.00.33, Eleanor Hartas 1.21.36.

Ben Nevis provided a different kind of challenge for two hardy Ripon Runners. Pete Chapman and Gary Bastow were amongst the 462 runners including athletes from across Europe competing in this 10mile race as part of the Sky Mountain Race Series. The race was described by Gary as having ascents that never ended but awesome descents, with 1406ft of climb and temperatures as low as -3 and strong winds on the top. Pete finished in 2.13.06 and Gary in 2.15.16, making the pair 13<sup>th</sup> and 16<sup>th</sup> in their age categories.

The village of Snape was the setting for their annual 10k on Saturday. Ben Imeson was first Ripon Runner to finish in 38.55 giving him 7<sup>th</sup> place overall for this flat but tough course. He was followed by Dennis Connor 44.30, Chris Brown 45.00, Karen Jones 48.28, Chris l'Anson 48.55, John Grundy 49.14, Stella Morgan 50.48, Anneke Imeson 51.47, Lynn Symmonds 52.18, Lester Pickard 54.11, Helen Pickard 55.37, Graham Greene 58.19, Monty Munson 81.55.

Entry forms for the Shaun Lee Johnstone Memorial Multi Terrain 10 mile and the Jolly Holly Jog, as well as information on the club- now meeting on Tuesdays and Thursdays at Ripon cricket club are now available on the Ripon Runners website [www.riponrunners.org.uk](http://www.riponrunners.org.uk)