

Thirsk 10 Mile – Sunday 16 March 2025



Run by Thirsk and Sowerby Harriers from Thirsk racecourse.

<https://tasharriers.club/thirsk10/>

Way back in 2008, this was my first race as a Ripon Runner. Having completed The Yorkshire 10km in Sheffield in September of that year, I joined Ripon Runners in October 2008. I was encouraged by Helen and Lester to enter the Thirsk 10 which was then run in November. I managed the run and it then encouraged me to see just how far I could run. Therefore this race does have a special place in my heart.

The route is fast and quite flat, so it sells out due to people wanting to get good times and it is also a good first 10 miler for someone just stretching to the distance. There is also a wheelchair race, which starts a little earlier as well as a 1.5 miles children's funrun.

It was a cool sunny day on 16 March. I also run with Bedale and Aiskew Runners (BAR) for social and training but race as a Ripon Runner. I got a lift with BAR friends and collected my number and chip and caught up with RR's and other friends from a variety of Clubs. These local races are great for a catch up.

My sock was bothering me, it felt creased under my foot, so I changed socks. We were walked to the start, a good 5 mins away. I got separated from my friends and just went down the verge till I could see someone I knew was a similar pace.

I ended up too far forward and standing with Angie. I looked around and realised I was too far forward for my pace. It was very crowded and I had to accept that I would be overtaken by hundreds of runners in the first couple of miles.

I was hoping for around 1 hour 38 minutes - my Race the Machine target

<https://racethemachine.co.uk/>



I could hear there was a race brief but couldn't hear the words then suddenly we were off. I tried not to get carried along, I tried to stay within my comfort zone, but it is difficult to run by feel when you are in the wrong pace.

I knew I was working hard, the miles were passing, and at 3 miles we turned right rather than the traditional left. New route this year running towards Northallerton for 1 mile, this section was gently undulating. It felt like forever to reach the turn cone.

I like out and backs, you get to see your friends and where you are in the group. I didn't feel that I was too far forward any more, but I was already running out of steam.

At 5 miles we were back at the 3-mile marker, now straight back to the Thirsk Racecourse. I was already hanging on, I took each mile at a time. I couldn't look at my watch because I might trip, I just worked as hard as I could to each mile marker.

By 8 miles it was a struggle, there was a fresh wave of overtakers, 9 miles where I should have been able to push on, I was empty, nothing left, just hanging on, on feature at a time, wooden fence, green fence, (There was Julie taking pics, I had to force a smile) roundabout 1, roundabout 2, pedestrian crossing the corner.



One last effort, I could hear someone on my shoulder and had one final burst left in my legs.

I was stunned to see 1:32 on the race clock.

I looked at my watch. I was absolutely spent, but pleased that 2 weeks after 105 miles in the Tunnel, that I could hit one of my fastest 10 mile times.

Out of 1,100 places, there were 919 finishers for this year's race (there are often up to 10% no shows on the day)

Search: Ripon									
Pos.	Bib	Name	Club	Chip Position	Category	Category Position	Chip Time	Gun Time	Share
17	1018	Hugh Watkin	Ripon Runners	17	M40	(6/130)	00:56:23	00:56:25	🔗
29	55	Jamie Baker	Ripon Runners	29	MS	(7/91)	00:57:27	00:57:30	🔗
38	571	Ted Leahy	Ripon Runners	38	M50	(1/149)	00:58:45	00:58:48	🔗
146	188	John Chatwin	Ripon Runners	147	M40	(41/130)	01:06:27	01:06:36	🔗
162	42	Simon Arnold	Ripon Runners	160	M50	(24/149)	01:07:36	01:07:53	🔗
200	557	Alan Kyle	Ripon Runners	201	M40	(60/130)	01:09:46	01:10:01	🔗
240	115	Paul Brazier	Ripon Runners	243	M50	(43/149)	01:11:57	01:12:15	🔗
379	1025	Andrew Webster	Ripon Runners	385	M50	(77/149)	01:18:50	01:19:09	🔗
421	235	Geoff Crutchley	Ripon Runners	420	M70	(6/18)	01:20:19	01:21:04	🔗
463	1072	Sarah Woffinden	Ripon Runners	469	F40	(30/102)	01:22:37	01:23:08	🔗
490	79	Angela Benson	Ripon Runners	501	F60	(8/39)	01:24:28	01:24:52	🔗
527	754	Joanna Pears	Ripon Runners	528	F50	(28/111)	01:25:30	01:26:13	🔗
582	869	Cathy Simpson	Ripon Runners	584	F50	(41/111)	01:28:56	01:29:41	🔗
617	214	Helena Conlin	Ripon Runners	630	F50	(47/111)	01:31:48	01:32:13	🔗
670	189	Anne Cheeseman	Ripon Runners	673	F60	(15/39)	01:34:50	01:35:39	🔗
790	22	Fiona Alder	Ripon Runners	779	F60	(24/39)	01:41:37	01:43:06	🔗
826	423	Caroline Harland	Ripon Runners	826	F60	(28/39)	01:47:03	01:48:02	🔗