

Last Sunday saw many Ripon Runners head to Rainton for the ever popular 10K race, part of the Black Sheep series. The course is mostly flat but with an uphill off road finish that can seem to go on forever. Weather conditions were just about ideal being slightly overcast and dry. Ben Imeson completed an impressive run in 37.48 to finish first for the club and fifteenth overall. The other finishers were: Iain Wallace 39.08, Ray Johnstone 41.01, Gary Wilks 41.07, Steve Oates 42.18, Bruce Symonds 43.31, Kevin Jackson 43.52, Chris Brown 44.32, John Ward 45.02, Stuart Wallace 45.49, Chris l'Anson 50.03, Suzanne Rickard 50.59, Mel Dutka 52.23, Helen Pickard 57.03, Michelle Newsome 59.44, Tim Tribe 67.49, Doug Tooth 67.53, Monty Munson 79.24.

Tuesday night was the last race in the Harrogate District Summer Road Race League hosted by Swaledale Runners at Hudswell. The runners were pleased that the rain just managed to hold off long enough for the race. Andrew Steele was first home in a time of 32.43 followed by Andrew Turner 33.32, Gary Wilks 33.44, Martin Gabriel 33.53, Ray Raper 34.09, Allan Hansen 34.30, Fred Clapham 34.31, John Ward 36.36, Bruce Symonds 36.47, Paul Oldham 37.10, Ben Imeson 37.16, Helen Crompton 38.41, Barbara MacPherson 39.09, Mike Pennock 39.20, Andy Matheson 39.55, Jo Hope 40.20, Karen Jones 40.24, Suzanne Rickard 40.28, Claire Mumford 40.32, John Welch 43.44, Mel Dutka 43.56, Emily Walker 44.46, John Bull 46.16, Helen Pickard 46.45, Sharon Stoker 47.59, Michelle Newsome 48.37, Lorraine Matheson 54.02, Doug Tooth 54.42.