

Ripon 10 mile :- Sunday May 2nd 2010

Lovely conditions welcomed the runners to North Yorkshire, and the Ripon 10 mile race. A very hilly course was prepared for the runners. **Gary Dunn** of Thirsk and Sowerby was the winner, thus marking his 2nd race win in 7 days. He won with a fantastic time of 54.26, In 2nd place was another Thirsk and Sowerby runner **Andrew Halliday**, with a time of 57.51. Just 9 seconds behind him was **Phillip Elliot-Dick** of York Knavesmire Harriers, which is a 1m 57sec improvement on last year.

The 1st Marsh House man was **Andy Chadfield**, who despite finding it tough finished 7th overall with a time was 59.27. **Phil Teece** was the 2nd Marsh House man, with a time of 61.48. Phil also won the over 50's veteran category. **Gary Carter** was 3rd Marsh House man and he delivered a time of 69.04. Carter was followed in by **Gary Dack** (71.38), **Gary Lynch** (76.15), and a clearly struggling **Tom Gale** (77.56).

The womens event was won by **Keziah Paxton** who represented Thirsk and Sowerby, and completed the course in 68.29, which is 37 seconds faster than last year. Paxton was followed in by **Issy Rowe** of Harrogate in a time of 72.04. **Zoe Chapman** was the 3rd overall women, who got a time of 63.40

Sally Dack continued her great form to be the 1st Marsh House woman over the line with a time of 87.54, The 2nd Marsh House women was **Fiona Sharpe** who finished in a time of 88.19, which was a 2 minute improvement on last year The 3rd Marsh House women was **Susan Walker**, who came home in a time of 88.31 which was a 34 second improvement. The 4th and 5th Marsh House women were **Christine Oliver** and **Deborah Davison** who completed the course with times of 96.07 and 96.52 respectively.

Category Results for Marsh House runners

Male:

1 st : Andy Chadfield	59.27 (5.56 m/mile)
2 nd : Gary Carter	69.04 (6.54 m/mile)
3 rd : Tom Gale	77.56 (7.45 m/mile)

M40:

1 st : Gary Dack	71.38 (7.08 m/mile)
2 nd : Gary Lynch	76.15 (7.37 m/mile)
3 rd : Craig Lightfoot	78.48 (7.51 m/mile)
4 th : Nick Lawton	99.29 (9.56 m/mile)

M50:

1 st : Phil Teece	61.48 (6.09 m/mile)
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F35:

1 st : Fiona Sharpe	88.19 (8.49 m/mile)
2 nd : Christine Oliver	96.07 (9.36 m/mile)
3 rd : Deborah Davison	96.52 (9.39 m/mile)
4 th : Vicky Carter	114.47 (11.27 m/mile)

F45:

1 st : Sally Dack	87.54 (8.45 m/mile)
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2nd: Susan Walker 88.31 (8.50 m/mile)
3rd: Judith Weston 98.25 (9.50 m/mile)
4th: Rosanne Lightfoot 102.19 (10.13 m/mile)
5th: Geraldine Boutelle 113.57 (11.21 m/mile)

F55:

1st: Christine Richardson 99.28 (9.56 m/mile)

**On Behalf of the club, I'd like to thank the 18 Marsh House Harriers
for competing on this very hilly course, and well done!!!!!!!!!!**