



**GO BEYOND
ULTRA**
HUMAN ENDURANCE DEFINED



Round Ripon Ultra 2016 Race Report

On a day that had need perfect running conditions the 2016 of the Round Ripon Ultra saw the closest finish in the events eight history.

As usual the event was based in the very pretty village of Studley Roger and thanks must go to the villagers for putting up with us and in fact being very supportive with the use of the Hall, a field to park the cars in and even the use of WiFi so that we could get the results posted promptly!

To the racing, at the first Check Point 4 runners had

broken away from the field – in fact they did this right from the start as this picture shows, right to left Will Simmons, Andrew Dobby, Spike Ambery Smith and Norbert Mihalik.



By Check Point 2 Spike had dropped off a little but the other three were locked together for the rest of the race and left Check Point 4

ready to fight it out for line honours. In the end it was Norbert who stole the lead to win by just 15 seconds from Will in a time of 4:48:47 with Andrew just 19 seconds further back. Incredible after nearly 36 miles of racing.

While all this was going on Matthew Lynas and Mike Abel (seen leading a pack, right) were having very solid runs and were again in company all the way to CP4, Matthew pulled away in the last section of the race over taking Spike in the process to not only claim 4th place in the race but the overall win in the Scott Ultra Series counting top 6 results in his 3 counting races.



In the Ladies race Rachel Cassidy (24 in the shot behind Mike Abel) may have been guilty of going off a bit fast as she arrived at the first checkpoint with the overall leaders. Michelle Nolan made steady progress to close the gap and by CP4 they were together, in the last section Rachel's early pace caught up with her as Michelle was able to

open a gap of nearly 5 minutes by the finish as she crossed the line in 5:55:17. Rebecca Barnett was also going well in the second part of the race closing to within 5 minutes of Rachel by the finish with a time of 6:05:06.



Once again the team prize was claimed by Ripon runners with some really good results from all of their counting runners who were Spike Ambery Smith, Dave Binks, Heather Glegg, Anneke Imeson and Colm O’Cofaigh

2016 saw a record entry for the event and also saw the Great North Air Ambulance join as the event’s partner charity so happily the race looks set to go from strength to strength.

The Scott Ultra Series gets underway in 2017 with the Country to Capital and Thames Trot Ultras both of which are now open for entry, please see below: -

Country to Capital 45, Wendover to Little Venice: Saturday 14th January

- 8:30am start
- Start at Wendover, Bucks and finish in Little Venice
- Time limit 11 hours
- Chip Timed
- Entry fee £49:00

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Thames Trot 50 "The Boat Race" Oxford to Henley: Saturday 4th February

- 8:30am start
- Start at Iffley (nr Oxford) and finish at Henley
- Time limit 11 hours
- Chip Timed
- Entry fee £49.00

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See you all in 2017 I hope – stay fit

Yours in Sport

Steve Adams, Race Director