History of Tring	Running	Cluk
Chapter		

The Ridgeway Run

"I see you stand like greyhounds in the slips, straining upon the start" Henry V

"A challenging trail run of approximately 15 kilometres over a scenic route mainly on footpaths and bridleways with stunning Chiltern views"

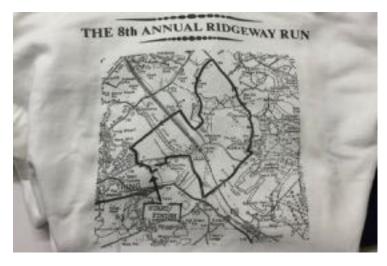
This is the 2018 description of TRC's flagship race which can trace its origins back to the earliest days of the club. The stunning views haven't changed over the years (apart from the welcome disappearance of the Pitstone cement works) but many other aspects of the race have changed dramatically.

Tring Jogging Club started life in Spring 1981 as part of the Athletic Club of Tring (ACT). The 'jogging section' of ACT was barely mentioned in its committee minutes. ACT focused on track, field and cross-country for both juniors and seniors. Indeed, the minutes refer somewhat dismissively to "the Joggers". But in that first year the Joggers were busy planning their own destiny and one of their first decisions was to organise an event, albeit under the auspices of ACT.

Is it a third? Is it a race?

Founder member Jen Elliott, recalls club members sitting down at the Rugby Club to discuss what kind of event to put on. ACT was already holding 5k and 10k races so the Tring Joggers wanted to do something different. No doubt inspired by the marathon fever that had gripped the running community but wanting to distinguish itself from other events, they alighted on... a third of a marathon! Ken Laidler devised a circular route to start and finish at Pendley Manor. A date in October was set and the "Ridgeway Run One-Third Marathon" was born.

Unlike today, much of the original route was on the road. The start was on the driveway at Pendley Manor, near to the Cow Lane entrance. From there the runners headed out to Station Road, right at the canal bridge into Beggars Lane, turned left at Newground Road to follow this through Aldbury village, continuing up the lane to the Pitstone Hill car park. Turning onto the Ridgeway Trail, the route now followed the familiar line over Pitstone Hill, down through Aldbury Nowers to return to Tring via Marshcoft Lane and Grove Road, finishing at the Rugby Club on Cow Lane. Although advertised as a third of a marathon (8.74 miles) the distance was somewhat shorter by about half a mile!



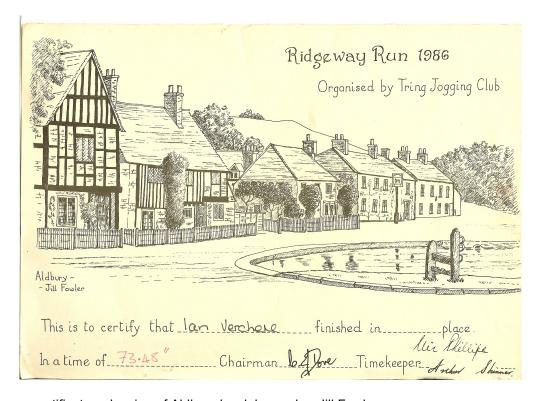
Brenda Barlow, the club Social Secretary, was the first race director, a role she successfully filled for the next seven years. There is no record of how the Joggers arranged or advertised the first Ridgeway but on Sunday 24 October 1982, 96 runners turned out to complete the run.

TJC member Dave Manning ran it as his first race and waxed poetic in the club newsletter:

"Picture one of those sharp, bright autumn mornings when the red and yellow leaves are enjoying their last few days... and the unusually bright sun beamed down from a cloudless sky... A 100 or so men and women runners stepped out from the Tring Rugby Club changing rooms... the strong aroma of body-rub wafted with the excited chatter as the runners gathered in a tight group on the start line."

Dave concluded his report "A great day! A great run! And enjoyment for all".

The race was not without incident. The lead motorbike, ridden by club legend John Boielle, took a wrong turn and ended up surrounded by bemused pigs in a farm off Marshcroft Lane. Fortunately, the lead runner knew the route and sailed past unperturbed.



Ridgeway certificate – drawing of Aldbury by club member Jill Fowler

The press reports ranged from describing it as "quite a success" to "an outstanding success". The ACT minutes briefly mention that "the one-third Marathon organized by the Jogging Club was very successful". The first man was Mike Dixon in 49.38 and first woman P Fidoe in 65.18, both from Verlea AC of St Albans

The club took in £65 in entry fees and made a profit of £32 from the first Ridgeway – entry fees must have been at rock-bottom prices!

It's an ill wind.....

Roll the clock forward five years and the Ridgeway Run had become a fixture in the calendar with numbers steadily growing. Brenda Barlow had planned the 6th Ridgeway Run, organising volunteers, arranging advertising and again lining up local company, The Grass Roots Group, as sponsor for the medals and prizes. Everything was set for the run on Sunday 18th October. What no-one could have anticipated were the events 48 hours before race day.

Few in Tring will forget the morning of Friday 16th October 1987. Rain had been lashing down during Thursday but, by dawn on Friday, Armageddon arrived. A full-blown hurricane was laying waste to the south of England. 15 million trees were flattened. Trees which had stood for three centuries were torn from the ground and lay forlorn, their rain-sodden roots pointing in all directions. The planned Ridgeway route through Aldbury Nowers was strewn with fallen trees and debris.

There had been over 500 postal entries. This was before the days of the internet so there was no way of communicating with runners ahead of the Sunday. Undaunted, TJC decided to go ahead with the Ridgeway. Chris Dove, chairman at the time, recalled:

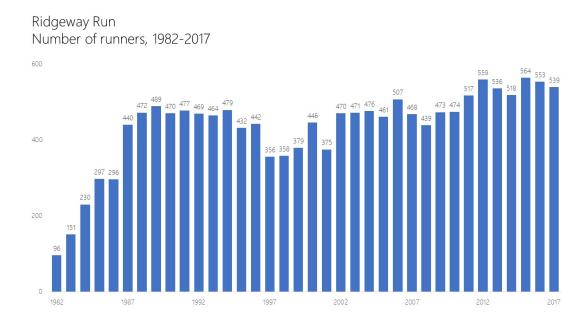
"The wind blew, the trees fell... there was flooding in places BUT the weather cleared up in the nick of time for our Ridgeway Run as it always has done. A team of members cleared new paths through the woods and drained puddles in Marshcroft Lane. A record number of runners, almost 450, turned up... and to our great surprise new course records were set for both men and women".

And the surprises of the 1987 event didn't end there. Afterwards, it was found that the winner "was not the person he said he was nor whose number he ran under". The rogue runner had taken part and accepted the prize under the name of the original entrant, contravening AAA rules. TJC notified the club to which the two runners belonged and resolved that, if they applied to run in the following year's Ridgeway, they would be banned!

The 1990s: All Change on the Ridgeway Run!

As the 1990s dawned, the Ridgeway had entered the modern era with its first 'computer programmed' entries and results. Club member and technical-whizz Bob Garland had blazed the trail by developing the programme. A typewriter or word processor had been used until then.

Numbers completing the Ridgeway continued to be around 450. Watford Harriers runner, Julian Critchlow, won the race eight times in the 1990s, sharing the win in 1992 in a dead heat finish with his team mate, Kevin O'Connor. Critchlow had also set the course record of 43.16 in 1989. The women's record was set in 1996 at 49.58 by British international marathon runner, Danielle Sanderson, also of Watford Harriers.



Some of the women in the 1992 Ridgeway challenged the sanctity of a significant male bastion. The showers at Tring Rugby Club were always filled with mud following Saturday rugby matches so on the Sunday of the Ridgeway Run, club members Mike Blake and John Boielle would dig the mud out to make the showers half-decent.

Unfortunately, there was only one set of showers and these were designated for the men. One woman pointed out that if there were only showers for male runners, female runners should pay a reduced fee (which by this time had reached the princely sum of £3). On being told that nobody would mind if she joined the men, three women stripped off and went ahead. The club newsletter recorded that anyone wanting more information should ask Alan Williams for a first-hand account.

There is no suggestion of any connection between this incident and the report from the 1993 Ridgeway of "the fun and games as Harry Blake attempted to get his leg over".

The 16th Ridgeway in 1997 saw a dip in numbers to 356 and the club newsletter asked for suggestions about how to arrest the slide. The dynamic duo of chair Bob Ford and vice chair Clive Cohen duly shook up the format.

1998 was the first year that the new Tring Park Cricket Club (TPCC) pavilion was used as race HQ. The route was changed and more generous sponsorship was raised so that valuable prizes could be offered. Rick Ansell took on the role of race director (and filled it successfully for the next 12 years).

Apart from refreshing the event, Bob Ford remembers that there were several reasons for changing the course. Firstly, safety of the runners on the road was becoming a concern. Secondly, until 1997 the police had been very supportive and provided up to 11 police officers to monitor the road crossings, including a motorbike rider. All this had been free of cost but changes to the way that the police were funded meant that in future the police would charge up to £160 per officer! Finally, Bob pointed out that the race name was not a strictly accurate description of the event: only about 1.5 miles of the race, and the only off-road section, was on the Ridgeway National Trail.

Bob devised the new, mainly off-road route with the start in Marshcroft Lane. It now turned right onto Northfield Road and then left up the avenue of trees to Aldbury Nowers, around the Stocks Golf Course, climbing to the Bridgewater Monument, turning left along the main Ashridge path towards Ivinghoe Beacon but dropping left into Incombe Hole to join the Ridgeway Trail and then re-joining the original route over Pitstone Hill and through the Nowers returning on the diagonal path. For a few years, the 'new' route also finished in the field next to Marshcroft Lane until the landowner withdrew agreement and the finish was moved to the cricket club.

This first race over the new course was billed as the "Solgar Ridgeway Run". In a moment of inspiration while out on a Wednesday night run, Clive had seen the Solgar building beside the canal at Cow Roast and thought that a local supplier of nutritional supplements was the ideal partner and sponsor for a running event. The firm paid for the run T-shirts, emblazoned with their branding. The relationship with Solgar lasted many years, albeit that the Solgar name was later dropped from the event name. Champneys Health Resort donated a prize of a two-day spa retreat and Hertford's McMullen Brewery agreed to fund half a pint of beer for all finishers. Over the years, other sponsors who were badgered to stump up prizes and funders have included Saucony, Dennis' Sports shop in Tring, Kodak, Chiltern Hills Water, Apex Sports and, how could we forget, Piggotts Greengrocers. The Grass Roots Group was an enthusiastic supporter. Its leading light, David Evans, was asked about his recollections of the Ridgeway:

"What do I remember? My amazement, watching so many people wanting to run the Ridgeway! I remember standing at the finish in sheer admiration, handing out prizes. The Ridgeway isn't an easy run by any stretch of the imagination and I was giving prizes to people of varied ages from the relatively young to the relatively old. It made me feel incompetent! I didn't take up running, but it did make me get on my bike"

The 21st Century

In the new millennium, numbers taking part in the Ridgeway continued to rise. There were consistently 400 plus finishers, topping 500 in 2006 and then averaging out at about 530 in the 2010s. Needless to say, the funds raised continued to support the development of the club, but the entry fee was kept relatively low compared to similar races.

An outbreak of foot and mouth disease in 2001 forced the closure of public rights of way across land. For the running community, this meant that many off-road races were

cancelled and there were fears that the Ridgeway would have to follow suit. However, the disease was under control by the summer and the restrictions lifted by October so the Ridgeway continued its unbroken 19-year streak.

James Buis from Northumberland's Heaton Harriers won the Ridgeway every year between 2008 and 2013, setting the record of 54.47 for the new course in 2011. There is absolutely no truth in the rumour that James's success was due to his father-in-law, Peter Hamson, being race director. In fact, in an exclusive interview for this book, James attributes his success to 20-mile training runs before breakfast and wearing 'racing flats' shoes for the Ridgeway. He took up running when living in New Zealand in a house with no heating; running was the only way to keep warm.

James also retains his course record for posterity as the route was slightly shortened in 2014 for safety reasons. Rather than running along Northfield Road to turn left up the avenue of trees, the course now took the diagonal path up through the lower slopes of Aldbury Nowers towards the golf course gate.

In 2010 the race was scheduled for 10th October. The date was too tempting to ignore. The traditional start time for the Ridgeway was 11am but, for one time only, it was brought forward to ten minutes past ten, giving rise to the T-shirt design 10/10/10/10. We missed a trick by not delaying the start for another ten seconds.

Chip timing was used for the first time in 2016 but the Ridgeway continues to spurn mile markers, preferring instead that the club marshals let runners know how far there is to go.

Club members and the Ridgeway Run

In fact, runners in the Ridgeway Run always comment approvingly on the quality and quantity of marshals and the words of encouragement they proffer. In one rare instance of negative feedback on the Runners World website, a participant testily reported "the marshal at the top of Incombe Hole said that it was downhill all the way from there – he was lying and he knew it!"

Speaking of marshals, the organization of the Ridgeway Run always brings out the best in the club by way of teamwork. It is notable that there has been equality in number between women and men as race directors for the Ridgeway (see appendix). As well as the race director, a horde of club members join in to make the event a perennial success. Before the days of the internet, a lot of publicity was by way of flyers distributed at other running events where club members were racing. This was also the era when entries were submitted, and running numbers sent out, by post.

For a long period, in the week before the Ridgeway, a gang of club members stuffed goodie bags with drinks bottles, energy bars and T-shirts for handing to runners as they finished. On the day of the event, it's an army of car park attendants, field set-up teams, marshals, drinks dispensers, timekeepers, finish line monitors, results processors not to mention the club members who venture out at dawn to check and mark the route.

The need for the club to pull together to make the Ridgeway work means that few from the club actually take part in the race though a dispensation is usually given for members in their first year with the club. The Ridgeway has never been won by a club member, with one exception. In 1995, Paul Allen (then a member of Gade Valley Harriers but now a ten-year member of TRC) was first over the line. Paul is modest enough to admit that it was a year in the Nineties when Julian Critchlow didn't turn up.

Another novice club runner took part in 2012. Judi Hopcroft described it like this:

"Some time in the last century, I stood at Ashridge with two small children and a sign that said "Come on Daddy!" as Martin took part in the Ridgeway Run. I was so impressed that people could run that far (through mud, no less) and never dreamed that one day I would do the same. But here I was, years later, with a Start To Run course and a year of Verna's encouragement behind me, waiting at the start line of the same race. A wonderful day. I was both proud of myself and proud to be a member of Tring Running Club"

Why the Yacht?

Despite most not running in the Ridgeway race itself, club members have the opportunity to compete across the course a month later in the club's annual handicap race.

It was inaugurated in 1992 and variously described at the time as the "Ridgeway Handicap Club Run" or, more mysteriously given our land-locked location, the "Ridgeway Yacht Handicap". Brenda Barlow, who was responsible for the smooth



Ridgeway Handicap Club Run

Sunday 15th November

A new annual club event

For all club members, and especially those who will be helping on the Ridgeway Run and not running.

The Ridgeway Handicap Club Run is open to all club members and will take place over the Ridgeway Run Course. John Boielle will calculate the handicaps and a special trophy for the winner to keep for the year will be donated by Brenda Barlow who was responsible for the smooth running of the Ridgeway Run from its start in 1981 up to 1990.

Ask J.B for details and make a note in your diary

running of the Ridgeway from its start, donated a special trophy. Sadly, Brenda died in November 1992, a few days before the first handicap race (see Brenda's profile in TJC/TRC personalities). Ever since, the event has been known as the Brenda Barlow Handicap and the trophy is named in Brenda's honour.

The format is that runners set off at pre-determined times according to their expected pace with the aim that most will finish within a short period of each other. The winner is the first person to finish. Today the target finish time is 11.45am and runners start between 10.00 and 10.45am. Most years, between 30 and 40

people take part. By design, the final stretch along Marshcroft Lane is where the field starts to bunch together and there sets in the twin fear/motive of being passed by/passing fellow competitors.

Someone in the club has the unenviable task of assigning handicaps. For many years this was John Boielle, more recently Peter Hamson and, from 2018, Martin Hopcroft.

Both John and Peter were steadfast about handicaps they had awarded. Despite many appeals and protests, only promises of copious amounts of beer could sway them. John was also meticulous in his timekeeping for the race. He would bring the clock from his kitchen wall – the one with the dodgy minute hand – and still record times to the nearest second.

The handicap format nearly always produces unexpected winners. It is rare for the faster club runners to win and only once has anyone retained the title in successive years – Alan Rosen in 1998 and 1999.

Of course, anyone who wins can expect a massive adjustment to his or her handicap for the following year. In 2017, Tom Sawyer as the penultimate starter had the satisfaction of passing the entire 39 strong field – bar one (Ross Langley) – to win the trophy. Tom couldn't defend his title in 2018 when the handicaps were set by Martin Hopcroft using a new, state-of-the-art, quantum computer programme. Deep controversy was narrowly avoided when handicap-setter Martin nearly won the race with Andy Neill coming in 14 seconds ahead! Martin will no doubt award himself a severe handicap adjustment in 2019!

Ridgeway Run Rewards

The best reward for taking part in the Ridgeway Run or Brenda Barlow Handicap Race is the sheer beauty of the Chiltern scenery that surrounds the course. However, Tring Running Club has sought to make the trip worthwhile for all Ridgeway finishers by providing goodies at the end. Apart from the generous money prizes to the leading runners, there has always been something extra.

In the early days when the Rugby Club was the race HQ, club members were asked to donate food to sell to runners at the end of the race.

The records from the first 15 years don't say precisely what else runners got but T-shirts and mugs get several mentions.



The earliest shirt we have is from 1988 featuring a very stylish acorn (left).

In 1989 the "8th Annual Ridgeway Run" shirt shows a map of the old course. The map design was used on T-shirts for several years up to 1997.

In 1990 the records suggest that medals were given to finishers and T-shirts were available for purchase. There had been a surplus of 1989

"8th Ridgeway Run" shirts and the plan was to overprint them for 1990 but this proved impossible.

1991 was the tenth edition of the Ridgeway and club secretary, John Shelton, designed a mug featuring the kingfisher logo. A similar design reappeared on mugs in 1997(see below).

TRING JOGGING CLUB

THE RIDGEWAY RUN 10TH ANNIVERSARY



SUNDAY 20TH OCTOBER 1991

1981 - 1991

Sponsored by

GRASS ROOTS GROUP PLC



John Shelton's design for Ridgeway mug

In 1999 the Ridgeway shirts featured the club's recently changed name and the new logo of the footbridge carrying the Ridgeway Trail over the A41 bypass (of course, the Ridgeway Run has never crossed the bridge).

Then in 2000, a series of T-shirts starts which came to typify the Ridgeway: original and different. From 2000 to 2010, the shirts were designed by club member Michelle Hadland. She had also designed the materials used to publicise the club's Tring Midsummer Fun Run (see TMFR chapter). In fact, the 2000 shirt features the Fun Run Five characters, one of whom sports the blue and white hooped TRC vest. The designs usually incorporated stylised elements of the Chiltern Hills with people running freely and, optimistically, a bright sun shining in the sky.



The 10/10/10/10/10 shirt was the last to be designed by Michelle and, unlike earlier designs, did not mention the number of the Ridgeway Run. This clearly confused things for 2011 as the shirt for that year boldly stated that it was the 29th Ridgeway Run when in fact it was the 30th. Seeking to correct matters for 2012 and to mark the significance of 30 years, the shirts for that year (the 31st Ridgeway Run) proclaimed it as the "30th Anniversary", which was numerically and grammatically correct. It was followed the next year, correctly, by a shirt for the 32nd Ridgeway Run. Some runners are still looking for the missing 31st Ridgeway Run.



The 2015 design commemorated the 700th anniversary of Tring as a charter market town and in 2017, in a throwback to the very early shirts, a route map featured once again, albeit that it indicated the start line had mysteriously moved to somewhere on Aldbury Nowers.

The full set of Ridgeway memorabilia can be found on the club's website at http://www.tringrunningclub.org.uk/ridgeway-run-archive/

From small acorns grow mighty oaks. The one-third marathon idea of 1982 has turned into a very popular and successful multi- terrain event. Tring Running Club members are rightly proud of their Ridgeway Run and can look forward to many more to come.



Footnotes

1 Other Ridgeways: The Tring Running Club's Ridgeway Run is not to be confused with imitators. The village of Ashbury in Wiltshire also hosts a Ridgeway Run over White Horse Hill. The Ridgeway Revenge is held near Swindon. Our Ridgeway is often confused with the Ridgeway Challenge, the 86 mile event which starts on Ivinghoe Beacon and follows the Ridgeway Trail all the way to Avebury. But there is only one real Ridgeway Run.

2 [consider inserting maps of original route and current route]

Appendices

Ridgeway Run winners and competitor numbers – 1982 - 2017 Race directors

Brenda Barlow Handicap Race winners - 1992 - 2017

Ridgeway Run

Original route mainly road approx 8.3 miles

Year	Winner-men	Club	Time	Winner-women	Club	Time	Finishers
1982	Mike Dixon	Verlea AC	49.38	P Fidoe	Verlea AC	65.18	96
1983	Paul Savage	Verlea AC	46.17	C Fowler	Barnet AC	65.14	151
1984	Paul Savage	Luton AC	46.16	Sharon O'Sullivan	Watford Harriers	58.59	230
1985	Mick Bradley	VOAAC/AAA	45.41	Stephanie Quirk	Kendal AAC	55.43	297
1986	Tony Stedman	Luton United AC	47.11	Jean Gillard	VOAAC	57.18	296
1987	Kevin O'Connor	Watford Harriers	45.34	Caroline Owen- Thomas	Chesham Harriers	56.37	440
1988	Andy Magnall	Luton United AC	44.41	Alison Wilsmore	Road Runners Club	55.35	472
1989	Julian Critchlow	Watford Harriers	43.16	Caroline Owen- Thomas	Chesham Harriers	53.31	489
1990	Julian Critchlow	Watford Harriers	44.34	Anne Smith	Chiltern	55.57	470
1991	Julian Critchlow	Watford Harriers	44.07	Danielle Sanderson	Watford Harriers	50.36	477
1992	J Critchlow/ K O'Connor	Watford Harriers	45.10	Anne Smith	Chiltern & Chalfont	57.23	469
1993	Mike Shevyn	Birchfield Harriers	45.52	Sue Barnaby	St Albans Strdrs	55.55	464
1994	Julian Critchlow	Watford Harriers	44.41	Mandy Ayling	RAF Halton	53.26	479
1995	Paul Allen	Gade Valley Harriers	48.31	Zoe Lowe	St Albans Strdrs	53.22	432
1996	Julian Critchlow	Watford Harriers	44.52	Danielle Sanderson	Watford Harriers	49.58	442
1997	Barry Goodman	Road Runners Club	47.51	Zoe Lowe	St Albans Strdrs	53.06	356
Route changed for 1998 - Marshcroft start, Ashridge paths, Marshcroft finish - 8.6 miles							
Year	Winner-men	Club	Time	Winner-women	Club	Time	Finishers
1998	Julian Critchlow	Watford Harriers	48.26	Zoe Lowe	St Albans Striders	59.47	358

Route slightly extended in 1999 between kennels and Incombe Hole - additional 0.4 mile to 9 miles

Year	Winner-men	Club	Time	Winner-women	Club	Time	Finishers
1999	Julian Critchlow	Watford Harriers	50.30	Danielle Sanderson	Watford Harriers	60.04	379
Route	extended in 2000	to finish at TPCC -	previously M	1arshcroft Lane – ad	ditional 0.7 mile to 9	.7	
miles			, , , , ,				
2000	Justin Fowler	VOAAC	55.55	Amanda Yorwerth	St Albans Strdrs	63.30	446
	I						
Year	Winner-men	Club	Time	Winner-women	Club	Time	Finishers
2001	David Randall	Cheltenham & Cty	59.58	Michelle Lee	St Albans Strdrs	67.21	375
2002	Mark Draper	WSEHAC	55.35	Amanda Yorwerth	St Albans Strdrs	63.13	470
2003	Greg Dell	Woodstock Harriers	57.00	Zoe Lowe	St Albans Strdrs	68.03	471
2004	Paul Gregory	VOAAC	55.45	Michelle Lee	MKAC	60.57	476
2005	Alexander Bowden	MKAC	57.49	Claire Pusey	Burnham Joggers	64.26	461
2006	Paul Gregory	MKAC	56.38	Claire Pusey	Burnham Joggers	65.09	507
2007	Paul Gregory	MKAC	56.26	Philippa Prescott	Bedford & County AC	64.50	468
2008	James Buis	Heaton Harriers	56.03	Philippa Prescott	Bedford & County AC	65.27	439
2009	James Buis	Heaton Harriers	55.18	Kerri Renshaw	Unaffil	68.00	473
2010	James Buis	Heaton Harriers	55.41	Sally Onn	St Albans Strdrs	64.43	474
2011	James Buis	Heaton Harriers	54.47	Carloyn Busey	Unaffil	64.51	517
2012	James Buis	Heaton Harriers	57.19	Emma Curtis-Smith	Bearbrook RC	67.08	559
2013	James Buis	Border Harriers	55.41	Zoe Doyle	Unaffil	67.59	536
				Í			

Route adapted for 2014 - no longer using avenue from Northfield - 0.2m shorter to 9.5 miles

Year	Winner-men	Club	Time	Winner-women	Club	Time	Finishers
2014	Glen Watts	Shaftesbury Barnet	53.32	Wendy Webster	St Albans Strdrs	68.13	518
2015	Fabian Downs	Chiltern Harriers	52.40	Kate Rennie	Dacorum & Tring AC	62.55	564
2016	Stephen Buckle	St Albans Strdrs	55.50	Claire Hallisey	Bristol and West AC	64.17	553
2017	Stephen Buckle	St Albans Strdrs	55.32	Claire Hallisey	Dacorum & Tring AC	64.36	539
2018	Joe Dale	Victoria Park Harrs	56.55	Kate Rennie	Dacorum & Tring AC	65.26	476

Ridgeway race directors

Year	Race director
1982-1988	Brenda Barlow
1989-1995	Jenny Dunn
1996	Phil McHugh
1997	Kate and Scott Carter
1998-2009	Rick Ansell
2010-2012	Peter Hamson
2013	Jane Mitchell
2014 – 2017	Andy Collings
2018	Kim Reed

Brenda Barlow Handicap Race: winners

brenda banow riandicap reace. Winners					
Year	Winner		Year	Winner	
1992	Vicky Quincey		2005	Russel Baker	
1993	Roy Bride		2006	Michaela Colwell	
1994	Alison Harding		2007	Bob Ford	
1995	Chris Milton		2008	Cathy Court/Louise Berry	
1996	Jonathan Mulcahy		2009	Mandy Bonthrone	
1997	Bill Salkeld		2010	Mary Ward	
1998	Alan Rosen		2011	Rick Ansell	
1999	Alan Rosen		2012	Judi Hopcroft	
2000	Russel Baker		2013	Simon Jessop	
2001	Graham Deacon		2014	Martin Hopcroft	
2002	Annabelle Operman		2015	Celine Willcock	
2003	Dave Jones		2016	Rob Fletcher	
2004	Nick Pierpoint		2017	Tom Sawyer	
			2018	Andy Neill	

Ridgeway Run Winner's finishing times, 1982-2017

