

Lynda takes the honours at Tideswell Fell Race

Nine Retford AC athletes braved the wet weather to line up at the start of the recent Tideswell fell race in the Peak District. This race is short and sharp with a very fast start down Tideswell Dale following the river for about a mile. Then it was a calf burning steep ascent of 850 feet to take in a loop above Monsal Dale before plunging back down to the river and back up Tideswell Dale to the finish. First man home for Retford was ultra runner Steve Wathall in a time of 35:08 and closely followed by Andy Kinsley in 36:21. Next home was Dave Corbett in 38:02 with Becky Chadwick just 16 seconds behind in 38:18 having been more cautious on the steep descent. Lynda Howard finished next in a time of 40:05 to take the Lady Vet trophy for the second year running and nearly two minutes ahead of her local rival Charmian Heaton who finished in 41:52. Terry Lovett finished next in 45:14 followed by Ollie Lord who ran with Becky Tong on her first fell race following her debut run in the Lincoln 10k. A brilliant effort from all concerned – WELL DONE!!



Lynda Howard proudly holds her unique trophy