

Retford AC – Club 10km Thursday 6th May

This edition of the annual 10km race saw the best turn out for many years with a field of 22, including several new members setting out on the undulating course. With Grand Prix and all-rounder competition points at stake the runners were all committed to producing their best and to this end there were several notable performances including numerous personal bests reported, no mean feat considering the windy conditions and testing route.

The first three home were looking clear to pick after the first mile, Peter Tallents pulling away from Andy Sly who in turn was stretching a lead over Ollie Lord. These three maintained that order and finished in 36 minutes 38 seconds, 37:37 and 40:53 respectively.

With the field becoming strung out from an early stage there developed several races within the main race and the chasing pack behind the first three contained a group of seven runners who finished within 83 seconds of each other with Nick Sears the first of the new members to finish, placing 4th overall in 42:38, while Dale Holland took 5th position in 42:48. Becky Duggan was first of seven competing ladies finishing 7th in a pb time of 43:20.

Another tightly formed bunch followed behind this group with eight runners timed between 53 and 58 minutes, with Paul Geldeart showing the way home, also Dave Windle notably took 6 minutes of his recent 10km run at the Rampton event last month, a huge improvement by any standards. Dave Wright also finished well, his recovery from the London marathon seemingly complete.

Charmian Heaton took the honours as second lady with Louise Douglas and Kath Cook crossing the line together for joint 3rd. The other three ladies, Jilly Slater, Maria Needham and Sue Geldeart finished close together in just over an hour.

Following the event the majority of the runners reconvened in the Rum Runner for a thorough debrief of the evenings race and some much needed hydration to put the icing on the cake after a very entertaining, enjoyable and successful night for the Club.

As the results of this race show with times between 36 and 61 minutes the club caters for a wide range of abilities and is a very welcoming environment as the recent new members will testify. Training nights are Monday's and Thursday's at the Oakland 's sports field off Caledonian/Strawberry Roads with different paced groups setting off for runs of four miles upwards at 18:30. More details and contact lists are available at www.retfordac.co.uk.

Full Results

Peter Tallents	36:38
Andy Sly	37:37
Ollie Lord	40:53
Nick Sears	42:38
Dale Holland	42:48
Rashaad Gossiel	43:04
Becky Duggan	43:20
Iain Storey	43:36
Peter Hepton	43:49
Chris Ryan	43:51
Oliver Stanser	45:44
Paul Geldeart	53:43
Dave Windle	54:20
Dave Wright	55:03
Charmian Heaton	56:48
John Cooper	57:09
Louise Douglas	58:22
Kath Cook	58:22
Derek Marsh	58:48
Jilly Slater	61:23
Maria Needham	61:23
Sue Geldeart	61:37