

Notts Road Race League Race 4

The fourth leg of the Summer League was held at Worksop College on the 7th July, where a warm evening and a near 5 mile route awaited the assembled athletes.

There was a smaller than normal field probably due to a combination of a World Cup Semi-Final that night and the holiday season, with 180 male runners setting off alongside exactly 100 ladies.

Retford's contingent was a team of 6 men, with no ladies in attendance, with as usual Peter Tallents leading the squad home taking 16th position in 28 minutes 22 seconds.

Ollie Lord was next to finish, his time 33:01 placing him 83rd in the men's race, close behind him was the improving Ollie Stanser in 33:22 and 88th position.

Another close race emerged between Dale Holland and Simon Lord with just 12 seconds separating the pair; Dale finishing in 34:30 and 103rd, while Simon was timed at 34:42 for 108th place, Chris Ryan completed the team, his time 35:37 earning 118th position.

Retford have just three athletes to have completed all four races so far and in the league standings Ollie Lord is 37th overall, and 15th in the senior men's category, Simon Lord lies in 53rd place overall with Chris Ryan 55th. Simon and Chris are also vying for position in the over 50's category with them 9th and 10th respectively.

Full Results can be found at

<http://www.nottsaaa.org>