

Notts AC 10 mile - 5th June

The 38th annual Notts 10 was the stage for the 4th round of the Club Grand Prix, and seven members made the trip to Holme Pierrepont in search of points. As is usual at this venue there was an element of wind around the lake though it appeared to be mainly across the runners and not too strong, and although cool at the outset the temperature was pretty good for road running. The starting field comprised 318 club runners making for a highly competitive and high quality race, a measure of this quality was that 30 athletes beat the elusive hour mark for the distance. Retford's number one Peter Tallents has a tremendous record at this event with top three finishes in the past three years in which he has earned 2 County Gold medals and 1 Silver, this year it was to be another Silver to add to his haul, while his final position of 7th was a great effort in such a strong race, for the record Peter's time was 54:38. Andy Sly nailed another personal best just two weeks after his last one at this distance, recording 59:27 to take 24th position, Andy also gained County recognition, winning the Bronze medal in the over 40's category. These County medals are a credit to Retford's ability to punch above it's weight in the County Championship when up against competition from very large clubs from Nottingham & Mansfield and their surrounding areas, whilst not forgetting larger towns such as Worksop who also compete at this level.

Ollie Lord continues to improve as a runner, and his time of 70:19 and position of 118th put him firmly in the top half of the race, despite him saving himself for a triathlon two days after this. Chris Ryan was pleased to have run slightly faster than he managed two weeks previously at the Club 10 and finished 143rd in 73:05. Simon Lord is another who continues to improve as the season wears on, and was happy with his 74:31 and 153rd place. Becky Duggan (182nd) was probably the only disappointed runner, after running a couple of minutes slower than the Club race, though it must be said her 76:11 was over 3 minutes quicker than she was running last year, and she also earned a 22nd place in the female race. Sunil Vidhani gained some valuable Grand Prix points with his run finishing 242nd in a time of 81:59 to complete another successful night for the club.

Woodhall Spa 10km 7th June

Four club members decided against the previously mentioned race to take to the roads of Woodhall Spa for the very popular 10km, where 1033 runners took part. With such a large number running it is with some credit that Rashaad Gossiel returned in 173rd position clocking 43:47, while Martin Stanton(296th) ran another solid race to finish in 47:13. The other two Retford runners were husband and wife team of Paul and Susan Geldeart, Paul finished 561st in 52:41, Susan taking 61:01 and a position of 848th.

Rother Valley Triathlon 7th June

Ollie Lord and Iain Storey both took part in this event, with Ollie doing particularly well, placing 18th overall and also 3rd in his age category. It was an Olympic distance event, with a 1500m swim, 40km bike ride followed by a 10km run, this distance took Ollie just 2 hours 20 to complete. Iain in his first try at this sport finished 44th in a time of 2 hours 49, a creditable effort by any standards.

Another Retford runner Derek Marsh has been noted to be on the comeback trail recently, and has completed two races this past few weeks. Derek ran the Beverley 10km in 57:51 on 10th May and then the Goole Riverbank 1/3 marathon on 7th June in 85 minutes.