

Sunday 9th August - Newark Half Marathon

Club members had to choose between the prestigious County Championship Half Marathon at Newark or the chance of club Grand Prix points in the 10 mile event at Askern. As it was four runners headed South down the A1 to Newark to take part in this very popular 13.1 miler and had to deal with the return of the Summer as temperatures nosed towards 80 degrees by the start time of 10:30 am. There was a starting field of 1047 runners, with many entering on the day possibly encouraged by the thought of a nice run in the sun, these thoughts were probably soon banished and the vast majority of runners were looking mightily relieved to reach the finish line. Entrants were very much of the opinion that the heat had seriously affected times and this was borne out looking at the Retford contingent with the exception of Andy Sly who ran well to finish 32nd in the race with a quick time of 1:20:35, taking 4th place in the County Champs overall and 2nd in the over 40 age group in the Notts competition. Iain Story suffered badly with the hot weather, especially in the second half of the race, and finished 206th with a time of 1:36:28, some eleven minutes slower than his previous effort at the distance, disappointingly for Iain who had felt in pb form prior to the day. Nick Alexander(513th) put in a creditable performance given the circumstances and his time of 1:52:37 will be a good baseline for future attempts at the half marathon distance. Another runner to struggle on the day was Raashid Gossiel (680th), though he did dig in for the last few hundred yards to finish inside the two hour mark, his official time 1:59:38.

At the time of this report there were no results from Askern, hopefully they will follow next week.

Sunday 9th August - Askern 10 mile

Only two members attended this Grand Prix event, the seventh on the calendar. As with the Newark runners the heat played a huge part in the times, with Peter Tallents coming home in 11th place his time 59:34, while Chris Ryan maintained his GP and all-rounder challenge with a time of 79:11 for 173rd position. A disappointing club turn out, though Newark was an obvious distraction