

Sunday 4th October - Liverpool 10km

Chris Ryan made his annual trip for this "home town" race and came back with a decent performance recording a time of 44 minutes 53 seconds, which earned him 302nd place in a field of approximately 3000 runners, Chris also managed 8th place in the over 55 age group.

Sunday 11th October - Merrill College 10km

Grand Prix Leg 8

Retford were represented by five runners in this event which featured as the eighth race in the Grand Prix series. The contingent were led home by Peter Tallents who claimed an impressive 4th place overall in a time of 33 minutes 26 seconds. Simon Lord (44:01) and Rashaad Gossiel (44:18) finished close together with the former finishing just 17 seconds in front of his younger rival, their positions 112th and 122nd respectively. Not far behind these two came Chris Ryan in a time of 46:42, placing him 164th, comeback kid Ken Neal completed the Retford finishers taking 60:52 for the distance with a position of 355th from the 401 runners.

Sunday 11th October - Leicester Half & Full Marathon

Retford had five members in Leicester for these races, four of which were taking on the full distance. In the half marathon Martin Stanton was both surprised and delighted to record a personal best time of 1:48:56 in what amounted to a quick training run for Dublin marathon, Martin was placed 551st amongst a field of 1646 runners.

In the full marathon it was Becky Duggan who turned out to be the star performer, finishing in 3:43:43, a time which propels her into the national rankings for ladies at the distance, Becky's position was 290th in the race. Ollie Lord was also pleased to complete his first ever marathon in a more than respectable 3:35:07, a time which he will surely better with the advantage of this experience, especially after finishing looking comfortable in 233rd place. Andy Sly had a good performance, though just missed out on a top ten place after slipping into 11th position in the last 2 miles, producing a time of 2:51:14. Iain Storey will have better days after suffering badly with cramps in the second half of the race to finish way down on his previous time in 3:51:30 with a final position of 360th, though this was still creditable in a field of over 700.