

## **Sherwood Pines 10km Sunday 18th July**

With 250 all-rounder points up for grabs it came as somewhat of a surprise that only three Retford members made the relatively short trip to join the assembled field of 348 at Sherwood Pines for this off road 10km.

Two of the three runners in attendance were making tentative reappearances on the racing scene after injury lay-offs, with Becky Chadwick out of action since the Edinburgh marathon in May, while Martin Stanton hadn't raced since the Watford half way back in February. With that in mind both these two should be pleased with their runs in the event, Becky finished 203rd in 52 minutes 53 seconds, Martin was close behind in 53:38 in 225th position. Chris Ryan was the race ready runner from the club and although he was running on unfamiliar racing terrain he was well clear of his two club mates with a finishing position of 101st, with a time of 47:41.

## **Great North 10km Sunday 18th July**

The Great North 10km in Sunderland saw Andy Sly also make a return to racing after his injury enforced break, and his lack of race pace training showed as he ran his slowest 10km in over 3 years, although his time of 37:53 was good enough for 39th position overall in a field of well over 3,000 finishers and a 2nd place prize in his age group.

Members are reminded that next up in the club diary are the monthly time trial on Thursday 29th July, with the club 10 mile race on Thursday 5th August, followed very quickly by the next leg of the Grand Prix series, the Newark half marathon on Sunday 8th August.