

### **Nottinghamshire Track and Field Championships 2009**

Peter Tallents added to his impressive tally of County awards recently earning a bronze medal in the senior men's 5000 metres, recording a time of 15:51, while in the 3000 metres Peter took the gold in the veteran mens race with scintillating run of 9:19, which was less than a second outside the Championship record. Congratulations to Peter on another fine achievement.

### **Larwood Healthy Hearts 10km- 10th May**

Three Retford runners attended this upcoming local event with Rob Lord leading them home in a time of 46:32, his position 119th. Following him across the line was Simon Lord (155th) who recorded 48:29, with Sunil Vidhani (174th) completing the trio in 49:48.

### **Holme Pierrepont Road Race - 13th May**

The second leg of the Notts summer league series took place at Holme Pierrepont, and although the conditions on the night were not conducive to fast times there were several notable performances from Retford athletes. Retford were represented by 11 runners, although the split of 10 men and 1 lady meant that the club were again unable to field a female team. The race route took in a lap of the Holme Pierrepont watersports centre which made an exact 5 mile. Peter Tallents was as usual the first finisher even though he was again running within himself, Peter finishing 33rd in 28 minutes 40 seconds. Andy Sly was next through the tape having been accompanied by Peter for the majority of the race, Andy was 36th in 28:48 a massive improvement of 46 seconds on his previous best at the distance set last year on this course. Iain Storey(117th) became the third man home in 32:29, while Ollie Lord (136th) continues to progress, his time 33:21. Chris Ryan (165th) was timed at 34:29, with Rob Lord (181st) in 35:42, just edging out Becky Duggan 35:42, Becky was 30th in the female race. Giles Harrison (199th) 36:22 performed well, with behind him Martin Stanton(227th) and Simon Lord(228th) finishing in 37:38 and 37:41, while Ken Neal brought up the rear for the club finishing 275th in 49:49.

As a team Retford claimed 15th position out of 26. In the overall individual male standings Peter Tallents is 19th, with Becky Duggan 16th in the female competition. Andy Sly is 11th in the over 40 category and Chris Ryan lies 14th in the over 50's.

### **Great Manchester Run - 17th May**

Andy Sly took part in this race for the third year running, hoping to maintain his impressive record in this event, having finished 3rd and 4th in his age group in the last two years. Despite the very strong wind, Andy recorded 36:28 to finish 101st in the 33,000 field, once more taking an impressive 4th place age group position, but just missing out on the prizes.