

## **Sherwood Pines 10km - 19th July 2009**

The club took the unusual step of including a trial race in the Grand Prix season which has always been based on road running, and Sherwood Pines was the venue for this the sixth event in the club GP calendar. Retford had seven runners in attendance amongst the 640 starters for the 10km race who had an undulating two loop course to contend with, there was also a 5km race over the first loop which added another 100 or so to the start line. The race got underway promptly and frantically with runners vying for positions in the early stages. By the end of the first kilometre the race had settled down and Peter Tallents found himself in a leading pack of six runners while Andy Sly was further back in a group of another six runners, once these groups had been established there were no major movements towards the front of the field. Peter Tallents maintained his position near the front and finished in second place overall in a very creditable time given the conditions and terrain of 34:23, Andy Sly seemed to cope fairly well with the change in running surface to claim 9th position overall and 2nd in the over 40's age group, his time 37:01.

Matthew Stanton was 44th in 41:33, while Chris Ryan was 107th in 45:31, Chris was 7th in the over 55's age category. Becky Duggan was first of the Retford ladies to finish, her time 47:19 good enough to earn 141st place and 16th female. The Husband and Wife running team of Paul and Susan Geldeart both competed in this event with Paul finishing 300th in 53:23, while Susan came 516th in 63:05. A good mornings racing from all concerned, with thanks to the very good organisation of the event.

## **NORTHUMBERLAND COASTAL RUN 2009- 12TH JULY 09**

The first run of this event was in 1979 when 12 runners ran from Beadnell beach and finished at the beach in Alnmouth. The route takes in some spectacular scenery of this most beautiful part of the English north east coastline. The route is partly beach, tracks, off road footpaths and some road.

Retford A.C. have in the past had numerous runners attending this race, this year 3 `senior` club members tackled this 13 to 14 mile course (depends on the tide situation) with over 1000 initial entrants running into a strong headwind most of the way;- Derek Marsh finished in 739th position in a time of 2hrs 21mins 28secs. Godfrey Tallents 786th in 2hrs. 27mins 46secs. Keith Revill 846th in 2hrs. 50mins 22 secs.

A good weekend was enjoyed by family and friends of the club runners.