

East Retford Rugby Club Half Marathon - Sunday 21st March

A fine spring morning awaited the 337 runners at this year's East Retford Rugby Club Half Marathon, the entrants were also met with a highly enthusiastic and well organised ensemble of volunteers who manned the water station and performed the necessary marshalling duties, thanks to all concerned for a good race.

Retford AC contributed eleven of the runners in the event and it was good to see such a high turn out for the first Grand Prix event of the season, this year the race also had the prestige of being nominated as the Nottinghamshire Half Marathon County Championship race.

The race got off to a prompt 10.00 am start and the front runners soon settled into a sharp pace with sizeable gaps created amongst the leaders as early as the 2 mile mark. Retford's two leading male runners Peter Tallents and Andy Sly were just in the top 10 at this early stage with the former shadowing his clubmate they stayed in tandem until the 10th mile. At this stage Andy began to feel the effects of a hamstring problem and fell back slightly as Peter pulled away, Peter himself was not at his usual best due to nagging injuries and finished in for him a relatively sedate 1 hour 19 minutes and 33 seconds, claiming 7th place overall and also winning the County Championship Bronze medal. Andy crossed the line in 8th position just 13 seconds behind his rival, although just edged out by his clubmate in the overall County medals, Andy was rewarded with a County Championship Gold medal for winning the over 40's age category.

Retford's third finisher was also their first lady across the line, Becky Duggan just missed out on a personal best time with 1:37:37 her result gave her 90th position overall, and a very creditable 11th place amongst her own gender, although not in the frame for County honours Becky was 6th Nottinghamshire lady in itself a huge achievement.

Closely following Becky was Rob Lord, completing the race in 1:37:59 for 93rd position, Rob was first of the trio of Lord family runners, with Simon finishing 140th in 1:43:16, while Ollie, fresh from holiday finished 181st in 1:46:54, this family rivalry looks set to be good competition for all three throughout the season.

Rashaad Gossiel split the Lord's, finishing 134th in 1:42:28 in a decent start to his season, the next man to cross the line was Sunil Vidhani completing in 1:52:27 for 216th position.

There were two other Retford ladies competing, the first of which was Helen Crossley who made a rare appearance on the road race circuit and was rewarded with a time of 2:01:01 for 266th place, while just as rare a sighting on tarmac rather than the fells was Charmain Heaton who finished in 2:15:30 claiming 321st position. Dave Wright managed to finish between the two ladies, placing 276th in a time of 2:03:35, Dave will take some confidence for the forthcoming London Marathon from this run.

Again it was a good turn out for the club and one it would be great to maintain through the season, there were also some very creditable runs and people can feel justly pleased with their efforts.

Lincoln 10km - Sunday 21st March

Having already signed up for this popular 10km prior to the decision to use the Retford half for GP purposes Chris Ryan felt compelled to compete in the shorter event, and due to the numbers involved at the aforementioned Chris found himself the lone runner in Retford colours.

Chris made a good start to the 2010 season, finishing 524th in a field of just over 4,000, his time of 44:44 just getting him underneath the 45 minute barrier.

This Thursday will be the monthly time trial, with runners setting off at 18:45 for the usual 5 mile circuit before taking some liquid refreshment and sandwiches at the Flying Scotsman pub. All members are welcome, as are any other runners who are interested in joining what is a sociable club with training groups suitable to all as seen in the above results.

Training nights are Monday and Thursday, starting at 19:00, except for the above, meeting at the Elizabethan School on Hallcroft Road. See the website for further details and contacts.

www.retfordac.co.uk