

Retford AC, 10 Mile Race - 21st May

Races are seemingly coming thick and fast at the moment, the latest event being the annual club 10 mile, this time for added interest it formed the third leg of the Grand Prix series. With GP points at stake twelve athletes were encouraged to take part, despite some of these having already taken part in a fell run the previous evening, though with weather conditions favourable a good race seemed likely.

Immediately the race began it became evident that Andy Sly would take the honours as winner, and he duly obliged returning a personal best time of 59:47 in doing so. Behind him a few personal battles were taking place, in one of these Matthew Stanton kept Ollie Lord at bay by 2 minutes, this pair finished 2nd and 3rd in 67:54 and 69:53 respectively. Another rivalry was taking place immediately after these two with Chris Ryan eventually managing to pull away from Becky Duggan to take 4th position, this particular contest will be close all season and make for some interesting racing between the two. Chris's time was 73:10, while Becky returned in 73:26, a huge improvement on last year of over 6 minutes, which probably made her the star performer on the night.

Further back Simon Lord just edged out Max Howard who in turn held off his brother Ross, the three of them finishing within 31 seconds of each other, times being 75:29, 75:35 & 76:00. Giles Harrison was next home in a more than respectable 77:55, while Martin Stanton finished comfortably in 79:19. The field was completed when Bob Clapperton and Frank Bird crossed the line together in 90:21, to close a successful run. The event culminated in drinks and a buffet at the Flying Scotsman, where it seemed everyone was happy enough with their performances. Finally thanks must be given though to all the volunteers who gave up their time to officiate and marshall the race which enabled it to go very smoothly.

The next club event is the monthly time trial which will take place tonight (Thursday 28th), all are welcome to attend this 5 mile training run, and post run social. The next leg of the GP season is the Notts AC 10 mile race, which is being held as usual at the Holme Pierrepont watersports centre, this event also doubles as the Nottinghamshire County Championship 10 mile race.