

### **Notts Summer League Series Race 3 - Erewash - June 17th**

Unfortunately for Retford as a club, they were unable to field a team in either the male or female sections at this event, this was no surprise in the female arena as Becky Duggan has been the only Retford lady to run in any of the three races so far, which is more of a pity given the very good finishing positions she has achieved and these have deserved some back up to enable a good team effort. For the men, just five runners made the effort to attend leaving the team one short, with known absences due to holidays, and work commitments it was hoped that some other club members would step up to the plate and support the club but disappointingly this was not to be the case causing some disillusionment amongst the athletes who did run.

A cool and windy June evening lay in store for the gathered line-up, and beyond the start there was a very hilly 5.5 mile course to contend with. First back for Retford was Andy Sly who despite not having the best of runs finished in 33:15 for 35th place. Ollie Lord was next home, running well after his triathlon effort to complete the course in 36:30 and take 86th position. Chris Ryan battled well in the conditions to finish 134th overall in a time of 39:26, Chris just managed to hold off the ever improving Becky Duggan who finished in 39:49 and get 25th position in the women's race. Further back Martin Stanton finished 183rd in 42:46 a decent run on the back of his recent half marathon success. While Sunil Vidhani just made it into the top 200, grabbing 199th place, his time 44:33.

There are still four of the Retford team in contention for individual honours after completing all three races so far, these are:

Andy Sly 20th overall, and 12th in over 40's age group.

Ollie Lord 56th overall

Chris Ryan 76th overall, 9th over 50's age group.

Becky Duggan 13th in womens section.

The fourth leg of the five race series takes place at Worksop, Wednesday 8th July at 19:15.

### **St Albans Half Marathon - 7th June**

Martin Stanton continued his progress this season with a personal best at St Albans. In a field of over 2000 runners Martin finished a more than respectable 678th, with a placing of 181st in the over 40's category, his time 1:51:23 was a new personal best, which will certainly come under threat again before the year is out.

### **Windsor Triathlon - 7th June**

Ollie Lord again put himself to the test in his favoured event, an olympic distance triathlon, travelling to Windsor for this one. Almost 2000 athletes took part and it is to Ollie's credit that he managed to achieve a finishing position of 109th, Ollie completed the event in 2 hours 20 minutes and 44 seconds.