

Clowne Half Marathon 29/11/09

Six hardy Retford runners turned out in typical November weather, cold, wet and breezy summed it up as the record 700 entrants lined up at the start for this end of season 13.1 miler. The Clowne half is well known for it's hilly, challenging course, and as was the case last Sunday it is quite often the last leg of the Retford club grand prix.

Andy Sly led the contingent home, though his 1:21:48 was somewhat down on his best it was good enough in these conditions, and gave him 14th place overall, after moving up eight places in the last three miles, also claiming 3rd in the over 40's age group. It was Becky Duggan who was the next to cross the line and she was the most pleased of all the six, her time of 1:39:19 smashed her previous best by over a minute, and has added a touch more gloss to what has been a season of huge improvements in all distances, Becky finished 124th overall and was 14th lady on the day.

Simon Lord completed the course in 1:43:18 for 187th position, this result represents a solid return to running this season and a gradual improvement throughout following injury. Next to finish was Raashad Gossiel who had a steady run to take 311th position in a time of 1:51:02, Raashad overtook clubmate Martin Stanton with just over half a mile to go with Martin finishing 34 seconds and 8 places behind his rival. Martin was also a little slower than his last half but conditions were not as favourable as they were at Leicester, and he can be pleased with a season full of pb's.

Last but not least came Ken Neal (523rd) in his comeback at this distance, Ken was disappointed with his 2:25:13 finishing time but should take the positives from getting round such a tough course after his long layoff through illness, hopefully with a good winter's training he can get back to breaking club records again next season.