

After a quiet spell the club Grand Prix switched into gear again on Saturday the 6th September when heavy rain was the predominate weather feature awaiting just three Retford runners as they took on the Lincolnshire Wolds 10 mile race.

This race was advertised as hilly, and didn't disappoint in that respect, with that in mind Becky Duggan did remarkably well to post a time of 79 minutes 43 seconds, just eleven seconds outside her recent PB performance. Becky's run resulted in a finishing position of 118th, which was only four places behind the dogged Chris Ryan, who completed the course in 78:54, putting in a burst of pace over the last couple of miles to shake off Becky as she closed on him.

Further down the field the redoubtable Ken Neal finished in 210th place with a time of 96:36, a tremendous effort for possibly the elder statesman of the event. Good performances for all, though again it was a shame only three runners were there for a Grand Prix event.

Andy Sly missed the Wolds in favour of the Great Yorkshire 10km in Sheffield, this was with next weeks Nottingham Marathon in mind. Andy achieved 42nd place in the race, a creditable performance amongst a starting field of over 4,000, which included several elite athletes, including recent Olympians, this performance also gained him 3rd place in the over 40 age group, with a time of 37:35, which although 30 seconds off his PB was a solid time on an undulating course.