

London Marathon 25th April

Four Retford AC runners helped to make up a huge 36,542 participants in this the 30th London Marathon, they were also joined in the Capital by a vociferous group of supporters including fellow club members, whose backing was very appreciated. The day began with a heavy pre-race rain shower which soon cleared giving way to just about perfect conditions for distance running, although it did get a little warmer as the day progressed.

From a preferential starting position Andy Sly had no problems with the overcrowding that can affect some runners and ran an impressive personal best time of 2 hours 47 minutes 42 seconds, shaving 24 seconds off his previous best. Andy was placed 383rd in the race and achieved a very creditable 31st position in his age category.

Becky Duggan was next to cross the line, and also managed a personal best, Becky completed the 26.2 mile route in 3:43:15, making a 29 second improvement on her previous record. Becky finished in 6,704th position a very good effort in a field of so many runners, she will also be pleased that her placing in the female race was 1,027th.

Ollie Lord was the next to complete the race having been overtaken by Becky at the 24 mile mark. On closer inspection though Ollie had actually beaten his rivals time as the chip timing system disregards the time taken to cross the line, and as Ollie had spent longer actually getting started than Becky he prevailed by just 36 seconds. In just his second marathon Ollie carded a very respectable 3:42:39 to claim 6.593rd position.

All three of the mentioned athletes are running another marathon next month this time in Edinburgh, and it will be very interesting to see how Ollie and Becky fare as they go head to head again.

David Wright completed the set of Retford members and made for a very successful day as he completed a marathon for the first time and also achieved his stated aim of beating his 5 hour target finishing in 24,560th position with a time of 4:52:16.

Retford AC is keen to take on more members and if anyone felt inspired by the watching the marathon on TV and would like to join a club with a varied mix of abilities we have training nights on Mondays and Thursdays, meeting at 6:45 pm for a 7pm run. For the next five months the club meet at Oaklands sports field at the bottom of Caledonian Road.