

Newstead Abbey Dash and Grimsthorpe Castle 10k

As the season draws to an exciting climax the August bank holiday weekend took Retford Athletics Club to two historical landmarks this weekend in pursuit of points for the club Grand Prix and All Rounder competitions.

The first fixture of the weekend was the Newstead Abbey Dash 3 mile race in the grounds of the once Augustinian Priory now best known as the ancestral home of Lord Byron. Ten Retford hopefuls toed the line and the start proved to be fast and furious as the first mile or so was downhill and past the lake before the route took an upwards turn. A relatively level section followed to the turnaround point and then it was dig deep and kick hard for the finishing line in front of the Abbey.

First man home for Retford and in fourth position overall was Peter Tallents in a time of 16:03. Next was Steve Firman in his first season racing for the club in a time of 18:45 with Ollie Lord and Steve's father in law John Sinclair battling it out for third and fourth in times of 19:17 and 19:22 respectively. Dave Corbett (another athlete in his first season for Retford) was next in 20:28 with Dave Pickering (who is more accustomed to off road running) hot on his heels in a time of 20:34. Becky Chadwick was first lady for Retford in 21:36 followed by Dave Windle in 22:12, Kath Cook 25:07 and Charmian Heaton 25:57.

With everything to play for five of these athletes were out again and joined by Andy Kinsley at Grimsthorpe Castle in Lincolnshire for the annual 10k on Bank Holiday Monday. Although this race would attract a flat 250 points each it was still a fiercely competitive race and it was Steve Firman this time who took first place for Retford closely followed by Andy Kinsley and John Sinclair. Dave Corbett was placed next followed by Dave Windle and Kath Cook.



Pictured from left to right: Andy Kinsley, Dave Windle, John Sinclair, Kath Cook, Dave Corbett and Steve Firman

So now with just three races left in the Retford AC Grand Prix fourteen athletes have accumulated the 2,000 points required to be eligible for the end of year awards. A maximum of five scores are to count from GP races and the current standings are as follows:

Pos	Name	Score	Races
1	Peter Tallents	4,932	5
2	Becky Chadwick	4,449	5
3	Ollie Lord	4,326	5
4	Charmian Heaton	3,636	4
5	Terry Lovett	3,496	4
6	Andy Kinsley	3,404	4
7	Andy Sly	2,828	3
8	Dave Corbett	2,801	4
9	Kath Cook	2,738	3
10	Dave Windle	2,733	3
11	John Sinclair	2,372	2
12	Peter Hepton	2,273	3
13	Steve Firman	2,271	2
14	Nick Sears	2,127	3