

Retford Athletics

Time Trial

Members of Retford Athletics running club senior section ran the monthly time trial on Thursday 28th July. Five runners made the usual five miles blast around the roads of Ordsall and then out towards Eaton and back round to the training ground at the Oaklands field. The first back was Andy Kinsley in a time of 33m:19s, followed by Olli Stanser with a time of 34m:52s. Next home was Becky Chadwick with a time of 36m:54s followed by Dave Corbett and Iain Storey in times of 37m:18s and 37m:29s respectively.

Retford Athletics Club would also like to congratulate Ollie Lord for completing the Nottingham Outlaw Iron Man triathlon. The Iron Man consists of a 2.4 mile swim, 112 mile bike ride and a 26.2 mile run. Ollie completed the grueling course in a total time of 15hrs:20m:52s in the aid of local charities. Of particular note was his spectacular swim time of 1h:1m:8s which put him in 27th place as he left the water.

All the members of the club would like to say WELL DONE – you are an Outlaw.

Also in action this weekend were the local Howard family who travelled up to Cumbria for the Lakeland 100 and 50 mile races. Sisters in law Lynda and Helen Howard completed the 50 mile course in 12 hours 31 mins. They were the first female pair to finish and 60th overall. Meanwhile Lynda's husband Max completed the full Ultra Tour in 32 hours 57 mins. This was a great result and earned him 54th place. Also completing in this tough 100 mile race was Steve Battle from Worksop Harriers who finished in just over 38 hours.