

Hi Rutlanders

Welcome to a very exciting special edition of The Racer!

Yes – I've managed to get to 100 editions and to celebrate this landmark I thought I would re-brand the weekly newsletter to coincide with the launch of our new club website. Hope you approve ... and please keep me updated on what you are up to so I can fill these pages each week (otherwise I will just have to make it up ;)

Happy Swimming, Cycling, Running Richard Evans

Here is this week's news ...

New Club Website

The new club website (<http://www.rutlandrunandtri.co.uk>) has now gone live!!!

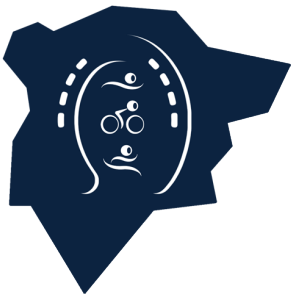
The site contains latest news posts plus links to the latest edition of The Racer. It also included a Calendar section, which provides details of upcoming races, club sessions and events. I hope you like the changes.

A lot of time and effort has been put into the new website so I want to pay special thanks to **Simon Murton, Dawn Morris, John McCrone** and of course our club founder & president **Paul Rogerson** for all their support in putting all this together. I know that many of you enjoy my weekly club communications and I'm not changing things in terms of content. I will still try to report on club members news and there will still be the Events Section providing details of upcoming local events and Championship Races that might be of interest and of course the Tunes Section is staying :) However the aim is that a lot of this information will constantly be available and regularly updated on the new club website ... and of course there is also our facebook forum page.

Club Championship 2016: Update

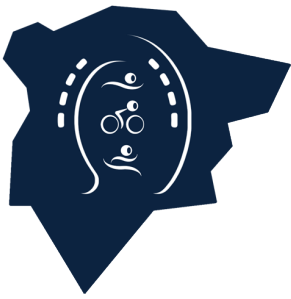
Just a quick update on the Club Championship. This month's race is the very popular Wymeswold Waddle is next Sunday (08.May). Online entries close today but they have stated that entries will be available on the day. Seems one of the local pubs are gearing up some quacking fun: <https://www.facebook.com/windmillwymeswold/>

Just for information the latest standings are as follows which are also available to view on the club website:



Ladies Championship

	Brass Monk ey	Belvoi r Chall enge	Bradg ate Park xc	Belvoi r Half	Wym eswo ld Wad dle	Beac on Hill Solsti ce North umbe rland Coast	Whiss endin e 6ix	parkr un	Crans ley 10k & half marat hon	Great Easte rn Run	Remem branc e 11k	Nene Valley 10	TOTAL
Helen Duncan	5	5	3	4									17
Helen Pape	3	2	25	1									31
Jo Smith	2	25	2	2									31
Tracey Poole	11	8	6	7									32
Megg Humphrey	7	6	5	25									43
Andrea Gordon-Ker	4	25	25	3									57
Kate Howes	6	25	1	25									57
Emma Potter	25	4	4	25									58
Jenny Pearson	9	25	25	6									65
Lara Kristiansen	1	25	25	25									76
Saya Sheridan	25	1	25	25									76
Sue Fulbrook	25	3	25	25									78
Clare Dorman	25	25	25	5									80
Claire Adams	25	7	25	25									82
Sue Fulbrook	25	7	25	25									82
Celia Bloor	8	25	25	25									83
Dawn Morris	25	9	25	25									84
Felicity Crotty	10	25	25	25									85
Amanda McPherso	12	25	25	25									87



Men's Championship

	Brass Monk ey	Belvoi r Chall enge	Bradg ate Park xc	Belvoi r Half	Wym eswo ld Wad dle	Beac on Hill Solsti ce North umbe rland Coast	Whiss endin e 6ix	parkr un	Crans ley 10k & half marat hon	Great Easte rn Run	Remem branc e 11k	Nene Valley 10	TOTAL
Paul Rogerson	1	2	25	1									29
Chris Jones	25	3	1	3									32
Simon Murton	3	6	2	25									36
Martin Gordon-Kerr	2	4	25	25									56
Bryan Clary	25	1	25	25									76
Richard Evans	25	1	25	25									76
Dave Summers	25	25	25	2									77
Steve Griffiths	25	5	25	25									80
Damian Wilkins	25	7	25	25									82

🇬🇧 2017 London Marathon: Ballot Open

The ballot is currently open for next year's Virgin Money London Marathon. You can enter the ballot here: <https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/ballot-entry/>

The ballot is open until 17:00 on Friday 06.May so get your application in before the cut off. You will find out in October whether you have a place.

If you are unsuccessful, the club does have 1 automatic place available due to its membership to England Athletics. It has been suggested that any club member who is unsuccessful in the main ballot can be entered in a club draw at the end of the year for a second chance. Good Luck everyone :)

🇬🇧 Vote For Cheryl

As some of you may know, **Cheryl Rogerson** is planning to do a 9 day cycle tour this year from Bordeaux to Narbonne – in spite of her recent injury woes. Rutland Cycling are currently running a competition to win £1,350-worth of cycling equipment and our Cheryl has been shortlisted to win. So she now needs your support. Please vote for Cheryl at <http://www.theactivemag.com/vote/> Votes close on Friday 13.May. Good Luck Cheryl :)



📌 and Finally ...

Good Luck to everyone taking part at the Wymeswold Waddle next Sunday ... :)

📌 Events Section

Some upcoming events that might be of interest:

Race/Event

Local parkruns

Saturday 07 May 2016 9:00am

Distance: 5k

Cost: Free

Every Saturday at 9:00am

Rutland Water parkrun: Normanton, Rutland Water, LE15 8HD

Belton House parkrun: Belton House, Belton, Grantham, NG32 2LS

Corby parkrun: West Glebe Recreation Ground, Cottingham Road, Corby NN17 1SZ.

Market Harborough parkrun: Welland Park, Market Harborough, LE16 9DR

Melton Mowbray parkrun: Melton County Park, Wymondham Way, LE13 1HX

Peterborough parkrun: Ferry Meadows Country Park, Ham Lane, Peterborough, PE2 5UU

Free event but you do need to be parkrun registered at <http://www.parkrun.org.uk> first and have your printed personal barcode before your first run. You only need to register once and after that you can turn up at any parkrun event across the country.

For more details about parkruns take a look at website: <http://www.parkrun.org.uk>

Wymeswold Waddle [CLUB CHAMPIONSHIP RACE]

Sunday 08 May 2016 10:30am

Venue: Wymeswold, Leicestershire, LE12 6TU

Distance: 5 Miles

Cost: £6 affiliated, £8 unaffiliated

A regular club favourite this is a very popular out and back road race. The first half of the race involves climbing a long hill out of the village and the second half rolling back down the hill to the village. Online entry is now open at:

<http://www.runbritain.com/race/wymeswold-waddle-wymeswold-waddle>



St. Neots Standard Distance Triathlon

Sunday 08 May 2016

Venue: Regatta Meadow, Riverside Park, St. Neots, PE19 7LH

Distance: Standard (1500m swim - 45k bike - 10k run)

Cost: £40

Whether you are an experience triathlete looking for a very fast time or a complete novice looking for a safe and friendly venue, then this is the triathlon for you. The swim takes place in the River Ouse followed by a simple out and back bike ride through scenic villages with a final run leg involving a 4-lap course round the Riverside park. More information and online entry at: <http://nicetrievevents.com/events/st-neots-triathlon-standard-distance-triathlon-2016-itu-standard-distance-triathlon-qualifier/>

Dukeries 30 or 40

Saturday 14 May 2016 09:00am

Venue: Caythorpe Playing Field, Caythorpe NG32 3FD

Distance: 30 or 40 mile ultra options, trail

Cost: £35-£42

Circular 30 & 40 mile loops take in some of the most beautiful and undiscovered villages and historical sites in England. Starting in heart of Sherwood Forest and keeping mostly to the forest trails and footpaths the 40-mile option also passes the Major Oak. More details and online entry available here: <http://hobopace.com/dukeries/>

Skegness Triathlon

Sunday 15 May 2016

Venue: Richmond Holiday Park, Skegness, PE25 3TQ

Distance: Sprint (400m swim - 18k bike - 5k run)

Cost: £36-£41

Organised by SBR Events, the Skegness Tri is part of the Lincolnshire Triathlon Series. For more information: <http://www.sbrevents.co.uk/events/skegness-triathlon-2016>

Grafman Middle Distance Triathlon

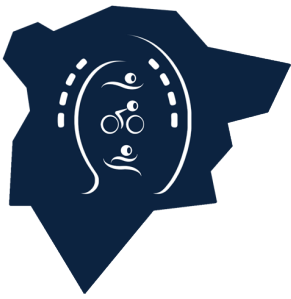
Sunday 22 May 2016

Venue: Marlow Car Park, Grafham Water, PE28 0BH

Distance: Middle (1.2mile swim - 55mile bike - 13.1mile run)

Cost: £100

The Grafman is well established in the triathlon community and continues to grow after being voted National Event of the Year in 2016 and was also selected for the Triathlon England Middle Distance Championships in 2015. Have you got what it takes to complete a 1.2mile swim, a 55mile bike ride and a 13.1 run in less than 8.5 hours? More information and online entry at: <http://nicetrievevents.com/events/grafman-middle-distance-triathlon-2016/>



Bradgate Park XC Run #2

Sunday 12 June 2016

Venue: Bradgate Park, Leicestershire

Distance: 5k, 10k or 15k options

Cost: £15

This race is organised by RaceTime Event, the same people who organise the Equinox24 so we know we should be in good hands. This is a cross-country race within the stunning grounds of Bradgate Park and includes stunning views from the Old John Tower which sits on top of the park's highest hill which also happens to be the second highest point in Leicestershire ... so be warned this won't be a flat course!!! More details here <http://www.racetime-events.co.uk/events/bradgate-park-xc-run/> including online registration

Beacon Hill Solstice Run [CLUB CHAMPIONSHIP RACE] RACE ENTRY FULL

Friday 17 June 2016 7:30pm

Venue: Beacon Hill Country Park nr Loughborough

Distance: 5 Miles Trail Run

Cost: £10 affiliated, £12 unaffiliated

Now in it's 4th year, this is a wonderful mid-summer's 5 mile evening trail run within the boundaries of Beacon Hill Country Park. Includes a couple of hills, woods, fantastic views and a fast 1-mile downhill stretch to finish! Pre-run briefing at 7:15pm with the main start at 7:30pm. Every finisher will receive a custom made commemorative medal. For more details take a look at JackRabbit Events website: <http://www.jackrabbitevents.co.uk/beacon-hill-solstice-run.asp>

Dambuster Triathlon

Saturday 18 June 2016

Venue: Rutland Water

Distance: 1.5k swim - 42k bike - 10k run

Cost: £66 (BTF member) £71(non-BTF)

First established in 2002 the Dambuster Triathlon is a well-recognised feature of the triathlon calendar. For more details see <http://www.pacesetterevents.com/dambuster-triathlon.php>

Road2Recovery Half Marathon

Sunday 19 June 2016 10:30am

Venue: Eye Kettleby Lakes, Melton Mowbray, LE14 2TD

Distance: Half Marathon

Cost: £22-£25

A new event starting and finishing at Eye Kettleby Lakes near Melton Mowbray and includes scenic country roads in Leicestershire. More information and online entry at: <http://www.clairechallenge.co.uk/-!melton-mowbray-half-marathon-/cn0g>



Tallington Lakes Triathlon

Sunday 26 June 2016

Venue: Tallington Lakes Leisure Park, Tallington, Lincs, PE9 4RJ

Distance: Super Sprint, Sprint & Olympic

Cost: £36-£65

Organised by SBR Events, the 3 Tri options include an open water swim in one of the lakes. For more information:
<http://www.sbrevents.co.uk/events/tallington-lakes-triathlon>

St. Neots Triathlon Series Race 2

Sunday 26 June 2016

Venue: Regatta Meadow, Riverside Park, St. Neots, PE19 7LH

Distance: Standard, Sprint & Super Sprint options available

Cost: £37-£57

Whether you are an experience triathlete looking for a very fast time or a complete novice looking for a safe and friendly venue, then one of these triathlons is ideal for you. The swim takes place in the River Ouse followed by a bike ride through scenic villages with a final run involving multiple laps round the Riverside park. More information and online entry at:
<http://nicetrievents.com/events/st-neots-triathlon-series-race-2/>

Whissendine 6ix Road Race [CLUB CHAMPIONSHIP RACE]

Friday 08 July 2016

Venue: Whissendine Village near Oakham

Distance: 6 Miles

Cost: £7.50 AAA registered, £8.50 unregistered

Historically this is the race that attracts the largest turnout from club members. Starting and finishing in Whissendine, the course follows a natural circuit bordering Stapleford Park. All entrants receive a race memento and a bottle of beer supplied by the Grainstore Brewery in Oakham. There will also be a BBQ organised by the village Brownies. For more details visit: <http://www.grainstorebrewery.com/event/whissendine-6ix/> for online registration

Tunes Section

... as this is a very special edition of The Racer I can't just select the usual 3 tracks. A few weeks ago a couple of members did request that I should set up a Spotify playlist with all the past tracks that have graced the previous 99 editions!

So I can hereby unveil the official club playlist with all 292 (and growing) tracks so far:

<https://open.spotify.com/user/richard-evans%3B%29/playlist/3nPs1ZleVXCd4ztBX72MWW>

... that should keep you going ... enjoy :)