



## **Hi Rutlanders**

Want to give a warm welcome to our latest new member in the form of **Nick Adams**. Many of you will know Nick as **Claire Adams'** better half ;) ... welcome to the club Nick, look forward to reporting on your achievements (like later in this newsletter!)

Last weekend was certainly a scorcher and the first weekend of the year where we needed to watch our hydration levels whilst out racing or training. Be careful out there and remember the sunscreen too. Meantime seems things were hotting up on the competitive front last weekend with the latest Club Championship race at the **Wymeswold Waddle** plus the triathlon season has kicked off in fine style with club-mates in action at **Grantham Triathlon, Peterborough Monster Mojo and Ironman Mallorca!!!**

Finally quick mention that tomorrow's Wednesday night easy pace run has a change of venue for this week. **Chris Jones** and **Clare Dorman** will be leading a run round Exton. Meet at the Fox and Hounds in Exton for a 7:15pm start ... and bring some money as they are planning to have post-run drinkies at the pub afterwards :) Check the Calendar on the club website for more details on club runs in the coming weeks.

## **Happy Swimming, Cycling, Running** **Richard Evans**

Here is this week's news ...

### **🏆 2016 Club Championship: Race #5 – Wymeswold Waddle**

There was a nice turn out last Sunday for the May round of the Club Championship at the Wymeswold Waddle – although the ladies certainly out shone the men in terms of attendance.

Unfortunately the results have not been published yet so I don't have a full picture of who raced and what their times were. I do know that **Helen Pape** won a trophy for finishing 3<sup>rd</sup> lady overall – Excellent result Helen. Unfortunately she left before the presentations so **Chris Jones** kindly picked up the award on her behalf (he was bragging to me that he'd been given an award when he contacted me later on Sunday!!!)/

So you will all have to wait until next week for the official results although John McCrone has promised to update the Championship Tables on the new club website once the results are released at Wymeswold.com (so watch that space).

Meantime here's a nice shot from Jenny Pearson (who sadly wasn't running due to an upset tummy!) of some of you that took part – Well done all of you. Another quacking good day :)



## Martin's Monster Mojo

Closer to home, last Sunday (08.May) was the Monster Mojo middle distance triathlon in Peterborough. **Martin Gordon-Kerr** was in action for this event that involved a 1.9k swim in the Peterborough Rowing Lake by the River Nene; an 82k bike that took the athletes out into the villages north of the city; followed by a 20k run again by the rowing lake.

The official results were not published at the time of writing but Martin did state on his facebook page that he finished in a time of 5hrs 52mins.

He said afterwards: *"Under 6 hours so happy, particularly in the heat. Poor swim (the slight excuse being that the lake is only 4 feet deep, so I'm getting caught in the weed on almost every stroke), decent bike and a run that wasn't going to get any faster in that heat! Good event, well organised - could have used another drink station on the run"*

There were some nice photos but unfortunately he seemed to be wearing a strange yellow outfit with skull and crossbones on it that is totally inappropriate for our club pages ;)

Congratulations Martin – great effort and like you said, Sunday was a scorcher so brilliant result.





## **Grantham Tri Trio Triumph**

Sunday was a busy day and it also saw **Tracey Poole**, **Paul Rogerson** and new member **Nick Adams** in action at the Grantham Sprint Triathlon. Comprising a 400m swim, an 18k cycle leg with a 5k run to finish. This year there were 183 participants with 157 finishers.

Nick was first to finish in a time of 1:02:43 (swim 8:31/bike 30:42/run 21:07) and was 30<sup>th</sup> overall and 4<sup>th</sup> in his age group.

Paul finished next in a time of 1:11:52 (swim 11:46/bike 32:27/run 23:25). He finished 88<sup>th</sup> overall and was 1<sup>st</sup> in his age group.

This was Tracey's first triathlon proper and despite still recovering from injury she finished in a time of 1:36:42 (swim 15:19/bike 44:28/run 33:30).

Excellent results all





## 🏆 Reign in Spain For Dylan

Last Saturday (07.May) whilst we were all experiencing a heat wave in the UK, **Dylan Bogg** had to endure damp conditions for the Ironman Mallorca 70.3 event.

The event took place in the northern part of the island with the 1.9k swim course located in the harbor area of the city of Alcudia. The 90k bike that followed took the athletes up the mountains of the North East with the final 21.1 (half marathon) run leg along the flat beach front back in Alcudia.

Dylan finished 48<sup>th</sup> in his division and 434<sup>th</sup> overall (out of 3419 athletes) with a total time of 5:18:28. He completed the swim in 36:08, the bike in 2:52:43 and the half marathon run to finish in 1:39:41. An excellent result considering the tricky conditions. Congratulations Dylan hope you had a great time in spite of the weather. Who says the rain in Spain falls mainly on the plain :)

## 🏆 and Finally ...

... Thank You for all the nice comments regarding the new website and the new formatting of The Racer. Its good to know that all the hard work by all involved is appreciated. Makes it all worth while :)

## 🏆 Events Section

Some upcoming events that might be of interest:

### Race/Event

#### Local parkruns

**Saturday 14 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>



## **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 on 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://nicetrievents.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.sbrents.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

Let's celebrate last weekend's triathletes with these selection of tracks (click on either the Spotify or YouTube link or Both) ... enjoy :)

### Swimming Record

**The Jesus and Mary Chain: Dirty Water**  
*"I've been swimming where the fish won't go"*

<b>Spotify</b>	<a href="https://open.spotify.com/track/3HXxzn9MIpecDygvfnlkWB">https://open.spotify.com/track/3HXxzn9MIpecDygvfnlkWB</a>
<b>YouTube</b>	<a href="https://www.youtube.com/watch?v=dP9m9V7YY84">https://www.youtube.com/watch?v=dP9m9V7YY84</a>

### Bike Track

**The Smiths: This Charming Man**  
*"Punctured bicycle on a hillside desolate"*

<b>Spotify</b>	<a href="https://open.spotify.com/track/1FvDJ9KGxcqwv1utyPL3JZ">https://open.spotify.com/track/1FvDJ9KGxcqwv1utyPL3JZ</a>
<b>YouTube</b>	<a href="https://www.youtube.com/watch?v=cJRP3LRcUFg">https://www.youtube.com/watch?v=cJRP3LRcUFg</a>

### Running Track

**Happy Mondays: Kinky Afro**  
*"You run around and groove like a baggy"*

<b>Spotify</b>	<a href="https://open.spotify.com/track/5PBMj0trVEBwaHpg0kz0Jz">https://open.spotify.com/track/5PBMj0trVEBwaHpg0kz0Jz</a>
<b>YouTube</b>	<a href="https://www.youtube.com/watch?v=bcn4UG6Jd0s">https://www.youtube.com/watch?v=bcn4UG6Jd0s</a>