

Hi Rutlanders

Leicester may have won the Premiership but we have plenty of against the odds winners in our club. This week we have a new Marathoner, a new member of British Triathlon's Team GB plus another great performance from our ultra-specialist. We also have some sad news too ... read all about it below.

Happy Swimming, Cycling, Running Richard Evans

Here is this week's news ...

Dr. Sue's Run For The Train

Huge congratulations to **Sue Barrow** after successfully completing her very first full 26.2 mile marathon. Sue took part in the Mannheim marathon in Germany finishing under 5 hours with a time of 4:45:03.

Afterwards Sue posted on our facebook forum page:

"Many thanks to Richard for his training plan and to everyone for their amazing support. Thx too to all those German runners who kept me going, - the 15-18 mile pacer who decided I was able to do this and ran with me before their team swap, the runner who handed me a gel in the last few miles and said – Can I help you – you need this – I must have looked bad, but I did it. Anything is possible for the Rutland Runners!"

Brilliant result Sue. However that's not quite the end of the story:

"Even more challenging, it transpired that I had to be back in time to get the last train from Mannheim, so absolutely had to do it in less than 5 hours. There were times when a park bench in Mannheim seemed a likely option!"

That's no exactly the text-book way to approach your first marathon – you definitely don't need that added pressure. So hats off to you Sue ... awesome result. Here's to the next one :)

Bryan Loses To Panda!!!

Last Saturday (14.May), Bionic **Bryan Clary** was in ultra-action once again! This time at Sherwood Forest for The Dukeries 40 miler. Set in the heart of the forest, competitors navigate either a 30 or 40 mile loop along the Robin Hood Way National Trail starting and finishing at Walesby.

Bryan took part in the event last year but had struggled with problems with his hip flexor for the last 9 miles ... so this time he had some unfinished business with the course. So I'm happy to



report that he came through unscathed this time with an improved time of 5:59:39 thus averaging 8:48 minutes per mile for the distance. He was happy with is result ... however from the photo that **Chris Jones** posted it does seem like he was beaten by someone dressed in a giant panda costume!!! Congratulations Bryan, well done mate.

🏆 2016 Club Championship: Race #5 - Wymeswold Waddle Update

The results have now been announced so I can now reveal the results from the Wymeswold Waddle – and it seems the ladies were showing the way for the club (again!)

As reported last week, **Helen Pape** was first home for the club and third lady overall with a time of 34:28. Next to finish was **Saya Harvey** with **Dave Summers** the first to finish for the lads a couple of minutes later. Here are the official results:

Pos	Name	Time
40	Helen Pape	34:28
50	Saya Harvey	35:23
72	Dave Summers	37:17
89	Chris Jones	38:51
97	Emma Potter	39:31
113	Sue Fulbrook	40:40
145	Sue Barrow	42:24
164	Clare Dorman	43:58
181	Kate Howes	45:17
194	Felicity Crotty	46:52
228	Amanda McPherson	51:34
231	Jo Smith	51:40

Well done everyone :)

Helen Pape is now also leading the ladies table closely followed by **Jo Smith** and **Helen Duncan**. Meanwhile **Chris Jones** has taken the lead for the Men with **Paul Rogerson** and **Simon Murton** in second and third places. Here are the latest Championship standings.



Rutland Running & Triathlon Club Racer

The Premiership Edition: 102

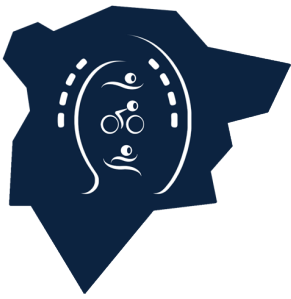
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Ladies Championship

	Brass Monkey	Belvoir Challenge	Bradgate Park xc	Belvoir Half	Wymeswold Waddle	Beacon Hill Solstice Northumberland Coast	Whissendine 6ix	parkrun	Cransley 10k & half marathon	Great Eastern Run	Remembrance 11k	Nene Valley 10	TOTAL
Helen Pape	3	2	25	1	2								33
Jo Smith	2	25	2	2	7								38
Helen Duncan	5	5	3	4	25								42
Tracey Poole	11	8	6	7	25								57
Kate Howes	6	25	1	25	5								62
Emma Potter	25	4	4	25	6								64
Megg Humphrey	7	6	5	25	25								68
Saya Harvey	25	1	25	25	1								77
Sue Fulbrook	25	3	25	25	3								81
Andrea Gordon-Kerr	4	25	25	3	25								82
Clare Dorman	25	25	25	5	8								88
Jenny Pearson	9	25	25	6	25								90
Felicity Crotty	10	25	25	25	9								94
Amanda McPherson	12	25	25	25	10								97
Lara Kristiansen	1	25	25	25	25								101
Sue Barrow	25	25	25	25	4								104
Claire Adams	25	7	25	25	25								107
Sue Fulbrook	25	7	25	25	25								107
Celia Bloor	8	25	25	25	25								108
Dawn Morris	25	9	25	25	25								109

Men's Championship

	Brass Monkey	Belvoir Challenge	Bradgate Park xc	Belvoir Half	Wymeswold Waddle	Beacon Hill Solstice Northumberland Coast	Whissendine 6ix	parkrun	Cransley 10k & half marathon	Great Eastern Run	Remembrance 11k	Nene Valley 10	TOTAL
Chris Jones	25	3	1	3	2								34
Paul Rogerson	1	2	25	1	25								54
Simon Murton	3	6	2	25	25								61
Dave Summers	25	25	25	2	1								78
Martin Gordon-Kerr	2	4	25	25	25								81
Bryan Clary	25	1	25	25	25								101
Richard Evans	25	1	25	25	25								101
Steve Griffiths	25	5	25	25	25								105
Damian Wilkins	25	7	25	25	25								107



🏆 Bon Voyage Mika

So for the sad news. As many of you will know, we are losing one of our popular members from the club. **Mika Skodova** joined the club back in June 2015 (along with Helen Pape) and she has been a regular at Tuesday night training sessions and has always been a pleasure with plenty of laughs and fun. She's off to pastures new for a new position somewhere in Derby (not sure where that is!) and will be missed. So from everyone in the club I want to wish Mika a fond farewell and best wishes for the future ... and maybe we may still run into her occasionally on some of our club races.

Meantime, Mika is having a leaving dinner on 25th May at the Lord Nelson in Oakham from 7:30pm. Everyone is invited for a couple of drinks and/or dinner (food will need to be pre-ordered. So if you want to let Mika know if you are going (including your food orders) by this coming Friday (20.May) that would be excellent. Mika can be contacted on miskodova@yahoo.com

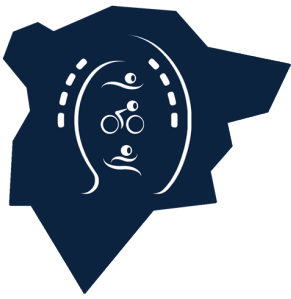
🏆 Chris' Sunday Cycle Ride

Chris Jones is offering to lead another of his Sunday cycle rides next Sunday (22.May) for anyone interested. Meet at Catmose for 9:00am. He will be going out for about 3 hours which will include a coffee and cake stop (so bring some dosh). The route will be different to the previous session. If you are interested in joining Chris, could you please email chrisinlangham@hotmail.com beforehand so that he knows who to expect on the day – Thanks Chris.

🏆 and Finally ...

LATE BREAKING NEWS: Congratulations to **Dylan Bogg** who has been chosen by British Triathlon to be part of Team GB in his age group for the European Triathlon Championships in Lisbon at the end of this month. Dylan will be competing in the 70.3 event ... Fantastic news :)

Good Luck to Zoe (and anyone else) who is taking part in The Grafman next weekend :)



📌 Events Section

Some upcoming events that might be of interest:

Race/Event

Local parkruns

Saturday 21 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 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: www.parkrun.org.uk

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

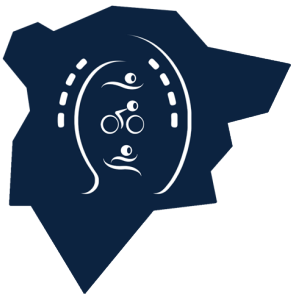
Sunday 12 June 2016

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

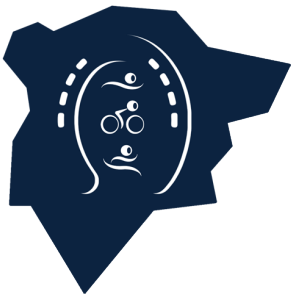
Sunday 26 June 2016

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.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://nicetrievevents.com/events/st-neots-triathlon-series-race-2/>

Whissendine 6ix Road Race [CLUB CHAMPIONSHIP RACE]

Friday 08 July 2016

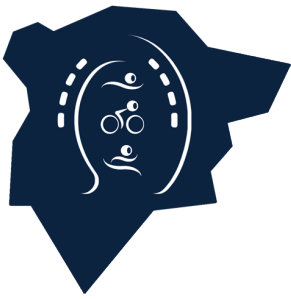
Venue: Whissendine Village near Oakham

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

It was Eurovision last weekend so as a complete antidote to that musical travesty here are 3 tracks from Radiohead who have just released a new album and also feature as music in the brilliant Peaky Blinders - yay ... enjoy :)

Swimming Record

Radiohead: Bloom
"Jellyfish swim by"

Spotify <https://open.spotify.com/track/6tLALP9mi7VbNC7s16iBRK>

YouTube <https://www.youtube.com/watch?v=D2084nQbmvk>

Bike Track

Radiohead: You and Whose Army?
"We ride tonight"

Spotify <https://open.spotify.com/track/6UFvGJalSngqprmUJd59Eo>

YouTube <https://www.youtube.com/watch?v=c8ilZUx1LIY>

Running Track

Radiohead: Cuttooth
"Run until your lungs are sore"

Spotify <https://open.spotify.com/track/6SpiFBcx6AnV3hJIAH6dLy>