

Hi Rutlanders

We have a number of new members to introduce this week which is great news. So a very warm welcome to **Nichola Resoli**, **Nigel Broadbent** and **Rebecca Halford**. Nichola recently moved back to the area and has been a regular at our Tuesday and Wednesday sessions for a few weeks now. Nigel is **Jenny Pearson's** better half whilst Becky is Jenny's best mate. Both have been meaning to join a club for a while. Welcome aboard all of you and we very much look forward to seeing you at our club sessions and socials in the future :)

Elsewhere in this edition, we have Zoe in action plus news on some club sessions this coming week ... oh and some of the new club kit has arrived!!! :)

Happy Swimming, Cycling, Running Richard Evans

Here is this week's news ...

If Only At Grafman For Zoe

Following her great performance at London Marathon, **Zoe Smith** was back in action last Weekend at the Grafman Triathlon at Grafham Water and pulled out another fantastic result in spite of only having a few days of "proper" training.

Here is Zoe's account of the race:

"It was absolutely brilliant yesterday. I loved the race. I had only managed about a week and half of 'proper' training since London so I was super pleased with how I went and my overall result. Being the British Middle Distance championships all of the 'Big Guns' were out in force and to be honest, stood on the start line I felt really intimidated.

I had a solid swim exiting in 30.36 which I thought was a good performance for me especially given the arctic temperature of the water!

The bike course had been altered for this years event making it a single loop course and adding a significant amount of elevation to the route.

Unfortunately, with so many competitors there was not a lot of room on the bike course and it allowed for some really large draft packs to form (which is illegal in these races, but people were blatantly drafting!). So quite a few times I had to sit up and stop riding so that I didn't get caught in them, inevitably this has a negative impact on your bike time. Given this, I'm really excited that there is potentially more to come on this leg if I can get a better course.



Finally on to the run, my favourite discipline I found my run legs straight away and once I got into a nice rhythm I started to reel in quite a few competitors. I managed to run up into 8th from 13th off of the bike. I also took a lot of the men back that had been drafting on the bike ;-)

Unfortunately I never spotted the lady who was leading my age group out on the run, nor did I know I was lying second. If only.....”

Here are Zoe’s results:

Result Details

Zoe Smith

Stage	Time	Female Rank	Split	Pos	+/-	Gap	Speed	Pace
Swim	0:30:36	8.	Swim	8.	-	+2:28	3.7km/h	01:36min/100m
T1	01:56	20.	Transition1	11.	+3	+2:50	-	-
Bike	2:44:19	19.	Bike	13.	+2	+14:00	20.7km/h	02:53min/km
T2	01:27	49.	Transition 2	14.	+1	+14:33	-	-
Run	1:33:52	4.	Finish	9.	-5	+9:51	134.8km/h	00:26min/km
Finish Time	4:52:12	8.						

Zoe finished 8th lady overall and 2nd in her age category and was only about a minute behind Melissa King who came in first. In fact it was clear from the timings that Zoe was much faster on the run. Still another fantastic results – Awesome Zoe :)

New Club Kit Is HERE!!!

Yes ... some of the new club kit has arrived – and I think it looks brilliant. I’m proudly wearing my new top as I write this and I’m really pleased with the results from Scimitar.

The short-sleeved T-Shirts will be coming soon, but if you ordered a running vest or long-sleeved top then these are ready to be collected from me. I’ll be at both club sessions this week (Tonight and Tomorrow) so see you there if you want to pick up your order.

If you ordered a top and haven’t paid yet then please pay as soon as possible into the club bank account (details below) and put your name + “KIT” in the payment reference so that new Club Treasurer **Jenny Pearson** can see who’s paid.

Sort Code: 30-95-47 Account No: 00758135

Looking forward to seeing you proudly wearing the club colours from now on :)



📍 Wednesday's Gentle Run: Exton

Following the successful if slightly damp tour of Exton Estate a couple of week's ago, Tomorrow's (25.May) regular gentle paced run will once again be around Exton Estate. Seems this may become a regular routine, certainly during the Summer, that we alternate between the Peninsula and Exton – so keep looking at the Club Calendar on the website to confirm where the Wednesday night run will be held.

Anyway for Tomorrow's evening run, meet at 7pm outside the Fox & Hounds pub in Exton village for a gentle poddle around the estate.

Post-run we could all trundle round to Mika's leaving do at the Lord Nelson in Oakham from 7:30pm ... so bring some dosh :)

📍 Chris' Yet Another Sunday Cycle Ride :)

It appears a number of you turned up and enjoyed last Sunday's cycle ride. So much so that **Chris Jones** is offering to lead yet another of his Sunday cycle rides next Sunday (29.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.

📍 Fancy A Dip In The Dark?

Cue Jaws Theme music (der dum der dum ...). Just when you thought it was safe (and warm enough) to dip your toes into the murky depths of Rutland Puddle, **Mary Hardwick's Inspire2Tri** in partnership with the Rutland Marathon team are organising **SwimRutland 2016**.

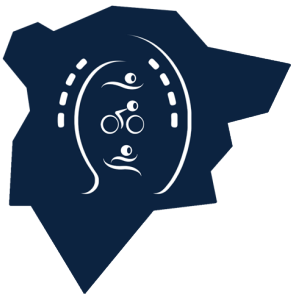
This is a 2km (1 way) or 4km (2 way) swim in Rutland Water. On 14th August is the 2nd time that the event has been held following last year's successful launch. For more details including registration take a look here:

<http://www.therutlandmarathon.co.uk/ - !swimrutland/cbn3>

However for the braver souls amongst you, there is also a NIGHTSwim planned on 3rd September. Entries are opening soon but take a look here for more information:
<http://www.therutlandmarathon.co.uk/ - !nightswim/rpeq1>

Here's a nice video to put you in the mood ... although I think the Jaws music would have been better, and watch out for the Pike!!! :)

<https://www.youtube.com/watch?v=EDAXwccOYk0>



📍 and Finally ...

Good Luck to **Alastair Kerr** who is tackling the London2Brighton Ultra next weekend ... hope you have a great day and look forward to reporting on how you got on next week :)

Talking of ultra-distances, I've mentioned Nicky Spinks before in The Racer. If you recall she is an ultra-runner and cancer survivor who broke her own women's record for The Bob Graham Round. Well on the weekend of 14th-15th May she only completed a Double Bob Graham Round, running the 66-mile, 42 peaks route twice back-to-back in a new record time of 45 hours 30 minutes beating the previous record that had stood since 1979. She is only the second person to event complete the double in under 48hours and the first female. Take a look here for more details: <http://www.grough.co.uk/magazine/2016/05/16/runner-nicky-spinks-completes-double-bob-graham-round-in-record-time>

Oh and next week is The Racer's 2nd Birthday ... any excuse for a party :)

📍 Events Section

Some upcoming events that might be of interest:

Race/Event

Local parkruns

Saturday 28 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



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

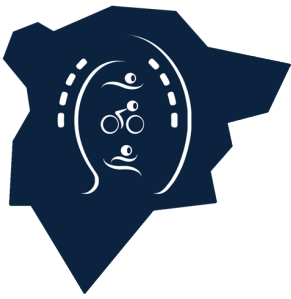
Sunday 19 June 2016 10:30am

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]

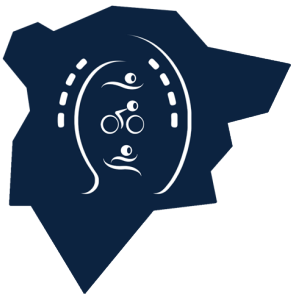
Friday 08 July 2016

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

I fancy running up and down the ivories this week, don't know why just the sort of mood I'm in. So here's 3 tunes from some piano maestros ... enjoy :)

Running Track #1

Tom Odell: Sirens

"All run – run – running away"

Spotify <https://open.spotify.com/track/4Qsbh3hrrJLuI6FAINIHQz>

YouTube <https://www.youtube.com/watch?v=ql47JmX2c7w>

Running Track #2

Billy Joel: Pressure

"You've only had to run so far"

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

YouTube <https://www.youtube.com/watch?v=oupnEyd2Jp4>

Running Track #3

Evanescence: Bring Me To Life

"Bid my blood to run"

Spotify <https://open.spotify.com/track/646J2jOtUe4Jflrmh6JFjN>

YouTube <https://www.youtube.com/watch?v=i3MKTm-49ul>