

Hi Rutlanders

Welcome to the 2nd Birthday edition of the Racer ... two years!!! Back Issues are available :)

Hopefully many of you managed to get out and enjoy the mainly nice weather over the Bank Holiday weekend (Saturday was a cracker). The weather might be pants today but here's The Racer to provide a little ray of sunshine ... enjoy :)

Happy Swimming, Cycling, Running Richard Evans

Here is this week's news ...

Becca Avoids Getting Goosed

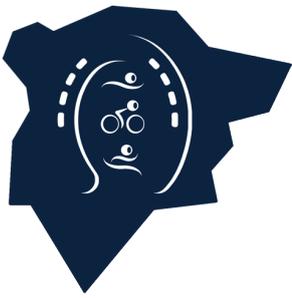
Last Sunday I managed to run round the puddle again for the first time since February (after problems with my quads). You know how it is sometimes when you go for a run and you just get into a zone and block everything else out (Well I do sometimes). Anyway I was just focusing on trying to get round so I want to apologise to **Sean McAuliffe** (who was near Whitwell) and **Becca Watt** for separately not seeing them during my run. I did manage to realize that the streak of red that passed me at speed (in the other direction I will add) near Barnsdale was Becca and shouted hello but I'm not sure if you heard me. So it was great to get the following message from Becca yesterday ...

"Hiya Richard. So nice to see you run by me yesterday at the water. Although not been to club runs recently, I continue to keep track of the goings on of everybody. Between my glutes and my husband being out of town it's been difficult to get there on Tues or Wed. Hopefully soon though!

I have been busy tri racing....

On Saturday managed to qualify for the 2017 European TU Sprint Distance Championship to be held in Dusseldorf. 3rd lady home in my age group :) with a time of 1:11:56. I managed to avoid the goose poo in the water and geese on the bike/run track and was also 5 mins faster than my time 2 weeks ago at the Big Cow British Age Group Championship (where I was 2nd) so I was pleased. I'm beginning to like the short distance ... all the pain over in <1.5 hours! (Not like our Zoe!)"

Brilliant results Becca and you certainly were looking strong on Sunday (when I did see you!). Will be great to see you at some club sessions again when you can ... but meantime Good Luck for later in the year at Dusseldorf :)



📌 Andy Has Been Outlawed

Talking of great results, Congratulations to **Andy Slater** for successfully completing the Half Outlaw that was held at Nottingham last Sunday. Here's Andy's report ...

"Training has been hit and miss for me in 2016 injuries, starting a new job, a new addition to the family and if I'm honest a lack of motivation to commit to the training. Going into the weekend I felt completely under prepared but was determined to enjoy the race and not worry about times.

The swim was enjoyable no real argie bargie which makes a change.

The bike route was pan flat with a slight incline at 20 miles they said it was a hill but compared to some of the hills in the Welland valley it was a little bump. 13 miles into my ride I felt a twinge in my left hamstring which didn't go away for the rest the ride.

Onto the run my hamstring was really starting to give me grief I had to knock back the pace and manage it to the end of the race. Thankfully it didn't get any worse and eased up near the end.

The good thing about the Outlaw events they let you take your children down the finish shoot. I took Ethan with me for the final 100m's and got a nice farther & son photo :)

Swim 35:12

T1 3:09

Bike 2h:49

T2 2:20

Run 1h:55

Total 5:25:05

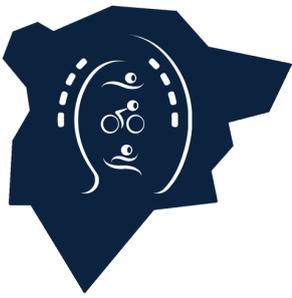
Considering the hit and miss training I'm happy with the result. Bit of rest for the hammy then wimbleball in 4 weeks."

Hope the hamstring recovers quickly for you Andy ... but well done on a brave effort and Thanks for an excellent report. Good Luck for Wimbeball :)

📌 Rutlanders Trail Blaze @ Trailblazer

Following in the footsteps of Errol Flynn, Kevin Costner and Russel Crowe, new member **Nigel Broadbent** was the club's equivalent of Robin Hood for last weekend's Clumber Park Trailblazer event. The official results don't seem to have been posted yet but I believe Nigel completed the Half Marathon distance in 1:42

Rebecca Halford was also running but not sure if it was the half marathon or 10k event (let me know please Rebecca) and also **Tracey Poole** definitely completed the 10k event as she finished with a new PB of 1:09:54 ... Well done all of you :)



parkrun News

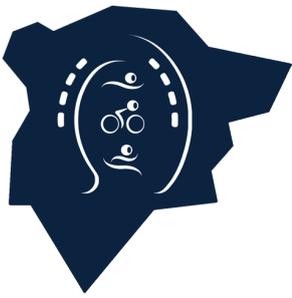
I was one of the Timekeepers at last Saturday's Rutland Water parkrun and conditions couldn't have been more perfect for the 138 parkrunners. Amongst them was **Clare Dorman** looking gorgeous in one of our new go-faster club vests and she proved that fact by gaining a new parkrun PB time of 25:38. Also in action (and looking equally gorgeous) were **Claire Adams** (24:20), **Felicity Crotty** (26:34) and **Mary Hardwick** (28:47) but as none of these ladies were in the go-faster club kit they unfortunately didn't gain PBs this week ... well done ladies :)

For information **Cheryl Rogerson** will be Run Director at this coming Saturday's parkrun at Rutland Water so please pop along if you can and run to show your support (or else opt to volunteer as we need a few more marshals for this week)

Elsewhere in parkrun world, we had a number of members on tour last Saturday so well done to **Amanda McPherson** for completing Sheringham parkrun in 31:37; **Paul Rogerson** was at Great Notley parkrun with a time of 23:42; but this week's winner of remotest parkrun goes to **Sean McAuliffe** for completing the parkrun du Bois de Boulogne, Paris with a time of 22:46 ... I hope you all enjoyed your trips :)

and Finally ...

June is soon upon us and that means amongst other things the start of the Rutland Round season ... Catch you all next week, meantime I'm off to eat some Birthday Cake :)



🏆 Events Section

Some upcoming events that might be of interest:

Race/Event

Local parkruns

Saturday 04 June 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

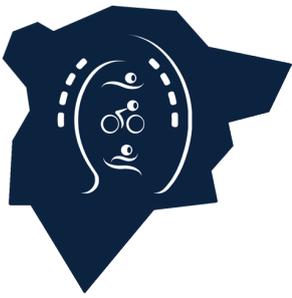
Friday 17 June 2016 7:30pm

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.sbrevnts.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

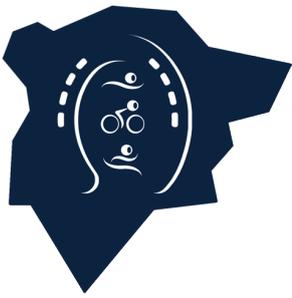
Venue: Whissendine Village near Oakham

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 go to the movies this week and have some music from films that have has some element of running within them ... enjoy :)

Running Track #1

Film: Chariots of Fire ... you might like to watch the YouTube video :)

Spotify <https://open.spotify.com/track/0JKaYO3e4sKgkshtuFqzqB>

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

Running Track #2

Film: Gallipoli

Spotify <https://open.spotify.com/track/0Tt2jli0yAD1MKSTb5MvS2>

YouTube https://www.youtube.com/watch?v=6jCJ_izsyzx8

Running Track #3

Film: Rocky II

Spotify <https://open.spotify.com/track/1BvpEyyfLyHySRMxsnGnXv>

YouTube https://www.youtube.com/watch?v=6-8yN_HUU9Y