

Hi Rutlanders

It's June and you know what that means ... yes it's the start of The Rutland Round season. Yes another chance to tour the county whilst enjoying the beautiful views but at the same time negotiating the challenges along the way including nettles, mud (it makes an appearance somewhere during the series), the weather, livestock etc. This year sees us run in an anti-clockwise direction so if you haven't experienced the delights of the Round book your Thursday evenings up now for the next 11 weeks (we miss a week for the Whissendine 6ix) and come and enjoy visiting parts of the County you don't normally get to see.

Elsewhere in this week's edition of The Racer we are looking for more of you to get involved with club sessions ... PLEASE!!!

Happy Swimming, Cycling, Running Richard Evans

Here is this week's news ...

London2Brighton Challenge For Alastair

Firstly belated congratulations to **Alastair Kerr** for successfully completing the London2Brighton Challenge on the May Bank Holiday weekend. Over 2,500 people walked or ran the 100km from the Capital to the south coast.

For Alastair this was his first dip of the toe into the Ultra scene and he was especially motivated by hearing about Paul Rogerson's experiences in these newsletters. Added to this achievement was the fact that Alastair was involved in a car crash back in November of last year and sustained whiplash and lower back injuries – so completing this London2Brighton is an awesome achievement!!!

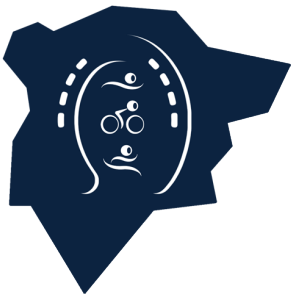
Sadly I think Alastair's ultra career ends here. He completed the distance in 17hours 39mins having slowed down due to stomach issues and not being able to take on food or fluids for some time after mile 43 and so ended up walking the rest. I'll spare you the photos of his feet post-run too.

Meantime Alastair's next challenge is The Dambuster in a couple of weeks time so good luck and hopefully we'll see you at some club sessions again in the very near future. Well done :)

We Need You - Club Coaches Wanted!!!

First off I want to wish **Zoe Smith** a very Happy Birthday for today :)

Sadly Zoe has decided to step down as Club Coach. She wants to focus on her own training more as she heads towards the Ironman World Championship. On behalf of everyone at the



club I want to say a HUGE HUGE Thank You to Zoe for giving up her time especially during the dark cold months to put us motley crew through our paces over the past few years. Cheers Zoe :)

Zoe will continue the sessions until the end of June but this leaves a big hole to fill with regard to Tuesday night training sessions. Therefore we are looking for a team of coaches to help lead Tuesday night sessions from July onwards.

Initial thoughts is that the format of the sessions will be no different to what we are doing now with a 3 weeks set of fun-packed progressive training sessions (i.e. 3 weeks of track or 3 weeks of hill reps etc) followed by an end of month Time Trial. What we are hoping is that each set of 3 sessions will be led by 1 member of the new coaching team. We are also in discussion with Zoe to see if she would consider staying on behind the scenes as an advisory Head Coach (fingers crossed)

Could you let Paul or myself know if you are interesting in joining the coaching team or you have any questions ... PLEASE!

We Need You – Rutland Round 2016

As mentioned this year's Rutland Round begins on Thursday (09.June). This first leg involves a very gentle, short 5 miles from Oakham to Braunston. The route takes out of town and across the fields to Egleton then over the railway line and up & over the hill to Brooke followed by a short run into Braunston. The weather forecast is looking good so why not join us for the start of another wonderful series of runs round the County.

We will initially meet in Braunston outside the Blue Ball pub at 7pm. We will then take half the cars back to Oakham for a 7:30pm start from the Buttercross. Bring some dosh for a post-run re-hydration session at the Blue Ball afterwards :)

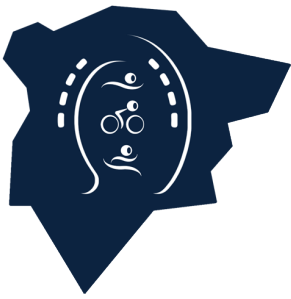
Rutland Round Leaders Wanted

The club is looking for volunteers to lead Leg 3 (Uppingham > Lyddington 23.Jun) & Leg 4 (Lyddington > Barrowden 30.Jun). If you are willing and able (and ideally know the route – although we can provide help with that) then please contact Paul.

We Need You – Beginner Buddies Wanted

Our latest crop of new beginners are coming to the end of their 10 week series. We have a regular group of about 8 and today will be week 9 so next week will be their final session which will see them reaching for the target of running for 30 minutes non-stop. They are a really nice positive bunch and I've no doubt that they we succeed.

As was mentioned at the AGM it would be great if we could encourage a few of them to come and join us once the series has completed. To that end we will be inviting them to join us for our regular Tuesday training session on the following week (21.Jun) after they have "graduated".



What we want is to pair up each newbie with a “buddy” for the session. So this is an early heads up and I’ll send a reminder nearer the date and once we know how many of them we can expect. If you are willing to help out please let Zoe or Paul know at the next Training session – Thanks :)

We Need You – Have You Paid Your Subs Yet?

A gentle reminder (actually it should be a great big kick in the rear!!!) ... but you really should have paid your 2016 subs by now. If you haven’t please do so as soon as possible ... PLEASE :) otherwise we’ll set **Jenny Pearson** loose after you

and Finally ...

The date for the annual club Mini-Tri has been set for Sunday 7th August, so get that penned into your diaries. Once again **Cheryl & Paul Rogerson** will be opening up their home (and pool) for an afternoon of friendly competitiveness where you can sample the delights of triathlon. More details will follow from our lovely social secretaries Becky Musson & Dawn Morris.

If you are racing this weekend then Good Luck but whatever you do enjoy yourselves ... and don’t forget the suncream :)



📌 Events Section

I'm going to cut back on publishing events in the newsletter as the aim is to keep the Calendar regularly updated on the new website (<http://www.rutlandrunandtri.co.uk/calendar/>) So I will provide reminders of the main events at the beginning of each month but otherwise I recommend that you consult the calendar on the website regularly for details of Club sessions (including The Rutland Round) and future local races and events.

Also if you have details of any events or races that you think your fellow club mates would be interested in then please let me know at clubruns@rutlandrunandtri.co.uk

Some upcoming events that might be of interest:

Race/Event

Local parkruns

Saturday 11 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

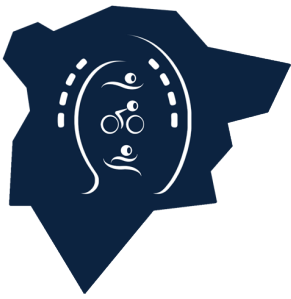
Sunday 26 June 2016

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.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

A bit of style and sophistication this week. I see ABC have released a sequel to their seminal 80s classic album The Lexicon of Love. So there appears to be a nice running track on the inspiringly named The Lexicon of Love II that is suitable for the club playlist. Also Bryan Ferry is playing at Burghley House on Saturday so let's have a couple from him too ... enjoy :)

Running Track #1

ABC: Confessions Of A Fool

"run to discover, run to uncover"

Spotify <https://open.spotify.com/track/5fNtMwumSE80vTdUMQaYDs>

YouTube This is so new there is no video available yet on YouTube ;)

Running Track #2

Roxy Music: Running Wild

"running wild – like you do"

Spotify <https://open.spotify.com/track/14AFZjBt8B9PKGsB7PZHxJ>

YouTube <https://www.youtube.com/watch?v=LXadkyG38JE>

Running Track #3

Bryan Ferry: Slave To Love

"You're running with me"

Spotify <https://open.spotify.com/track/1c9dnQbOzw01ID7X2IsYOE>

YouTube <https://www.youtube.com/watch?v=9kp3N3wQPO0>