



Hi Rutlanders

The June weather might be a wash-out but what an incredible action-packed week the club had last week!!! Every day there was something happening and we have a load of things to celebrate and also to look forward to now that Summer is supposedly upon us. There's something for everyone and hopefully this week's news will give you the motivation to lace up your running shoes and get involved ... otherwise you are missing all the fun :)

Here is the club news ...

Tuesday: Successful Beginners & Club Sessions

The latest 10-week course of Beginners Sessions finished last Tuesday (14.Jun) with a triumphant 5 new runners successfully achieving the target of 30 minutes non-stop running. Brilliant result and **Paul Rogerson, Claire Adams** and myself must congratulate all the beginners on their brilliant result and for being a lovely group of positive people to coach. Also thanks to **Jenny Pearson** who joined us on last week's final session to provide encouragement and to give the newbies an insight of the club. Hopefully today a number of them will turn out for tonight's club session which will be on the track again where we hope to do a buddy-up system to ease them into the club sessions. A number of them also want to move up to running round Hambleton Peninsula with our Wednesday gentle runs and Jenny & Claire have kindly agreed to help them make that transition starting tomorrow evening (Thanks ladies).

Meantime the Tuesday training sessions are still being well attended and we have another month on the track at Catmose to look forward to. Please join us if you can as these have been great sessions thanks to **Zoe Smith's** brilliant coaching and support.

An update on the coaching front:

From the beginning of July our new team of club coaches (**Paul Rogerson, Chris Jones** and **Richard Evans** ... seems everybody else took a step back when I asked for volunteers a couple of weeks ago!) will be leading the Tuesday night sessions. Even better news is that Zoe has agreed to stay on as Head-coach but may not be at Tuesday sessions for the time being so she can concentrate on her own training for Kona. She will be controlling things behind the scenes and organising the sessions that a member of the coaching team will deliver – so there will be no major changes in terms of the structure, content and how the sessions will be run. The intent is that one of the club coaches will lead a set of 3 club sessions with an end of month time trial.

See you there :)



Wednesday: Gentle Runs & Whissendine 6 Recce

Last Wednesday (15.Jun) 10 of us took a gentle run round Hambleton Peninsula. Tomorrow (22.Jun) we are planning a recce of the Whissendine 6 course as familiarisation for next month's Championship Race. So if you are interested meet just before 7pm at the sports centre in Whissendine. This will be run at a gentle pace based upon the slowest runner on the evening. Meantime as mentioned Jenny & Claire will be running with some of the graduates from the Beginners sessions at Hambleton Peninsula. I believe the intent is to run in an anti-clockwise direction (so flat side first) and not running the full-circuit but running up the road at the half-way point making it a 3.5 mile or so run. If you fancy joining them instead contact Jenny for more information.

Thursday: Rutland Round 2016 Leg 2: Braunston > Uppingham

Last Thursday's weather wasn't as good as the previous week but that didn't prevent 8 of us heading out on the 8 miles from Braunston to Uppingham - the longest leg of this year's Round. It certainly was a soggy, damp and very muddy traipse across the fields following the heavy rain earlier in the day but we did manage to avoid getting too wet (unlike our shoes). This was also certainly the hilliest section of the Round in my opinion with the long slog up and out of Braunston towards Belton-in-Rutland. Once across the A47 we headed into Wardley Wood which was a mud-bath. There has also been a lot of tree-felling in the wood and it looked like dinosaurs should have been roaming about (well worth a visit if you don't mind nettle stings and mud).

Well done to **Jo Smith, Emma Potter, Bryan Clary, Lee Collins, Ian Prendergrast, Paul Rogerson, Steve Tee** and me for a very enjoyable run rounded off by a nice drink back at the Blue Ball at Braunston.





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The next leg on Thursday (23.Jun) is the 6.5 miles from Uppingham to Lyddington. This leg includes the delights of the other Rutland water, Eyebrook and is one of the most scenic. This leg also has a reputation for having some feisty livestock which we will be very careful not to over-excite. I will be leading the run so meet by the village green outside The White Hart in Lyddington at 7pm before heading back to Uppingham (on Leicester Road opposite the sports centre) for a 7:30pm start. Expect post-run re-hydration will be at The White Hart so bring some pennies :)

🏆 2016 Club Championship: Race #6 – Beacon Hill Solstice Run

Friday (17.June) was the latest round of the Club Championship at the Beacon Hill Solstice Race. Set in the beautiful grounds of the country park at Woodhouse Eaves near Loughborough, this is a tough 5 miler involving two stiff climbs up the hill (the second highest point in Leicestershire) and a fast 1 mile downhill to the finish.

Unfortunately due to the popularity of this race there was a low turnout from the club due to the race filling up early on the year before more members had chance to enter. In any case first to finish was the club's sole male participant **Martin Gordon-Kerr** in 37th place overall in a time of 38:01. Next to finish was **Helen Duncan** (43:41) followed by **Kate Howes** (48:35) and **Jo Smith** (standing in for **Tracey Poole**) in a very creditable 55:57. Well done everyone :)



From the Club Championship standpoint after age-grading was applied, **Jo Smith** was awarded top marks and is now leading the Ladies championship table from **Helen Duncan** in second spot. Martin's performance pushes him in to third place in the Men's championship.

Details of the current standings can be found on the club website (Thanks to **John McCrone** for getting the tables updated quickly) ... <http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>



The next Championship race is the club favourite Whissendine 6ix that usually attracts one of the higher club turnouts. For more information and online entry go to:
<http://www.grainstorebrewery.com/event/whissendine-6ix/>

🏆 Saturday: Dam Fine Dambuster For Becca & Andrea

It was a big day at Rutland Water on Saturday with the Dambuster Triathlon taking place. 1000 triathletes from around the country took part in the event that involves a 1.5k open-water swim in Rutland Water, a 42k bike ride through our glorious countryside followed by a 10k run to finish. Martin's wife, Andrea Gordon-Kerr was in action this time along with Becca Watt, Nick Adams and Alastair Kerr.

Becca was first to finish for the club and was 2nd in her age category finishing with an overall time of 2:39:31 (Swim: 26:54 Bike: 1:22:37 Run: 47:25). Becca was in 2nd spot in her age category after the swim but dropped to 3rd after the bike, but managed to regain 2nd spot during a very speedy transition from bike to run emphasising the importance of the 4th discipline of transition training for triathletes. Brilliant result and should once again earn Becca an age-group qualifying place for this year's World Triathlon Championships and considering this is only Becca's second year of triathlon competition.

New club member Nick Adams was next to finish and was only 24 seconds behind Becca with a time of 2:39:31 (Swim: 30:47 Bike: 1:22:59 Run: 42:06). In spite of taking a break from triathlons last year, Andrea Gordon-Kerr completed the course managing a massive PB in the process. Andrea's time was 3:15:30 (Swim: 40:27 Bike 1:34:03 Run: 57:30) that knocked a whopping 19 minutes 28 seconds off her time from 2014.

Sadly Alastair had to retire during the bike ride having successfully ran his very first ultra-distance at the end of May at the London2Brighton run.





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parkrun News

The Dambuster meant that last Saturday's Rutland Water parkrun had to be cancelled. However there are still plenty of other local parkruns to fill the gap. Great to hear our club secretary **Saya Harvey** taking her daughter to run at Melton Mowbray parkrun for the first time. 33:41 might not be up to Saya's usual standard but for a 7 year old that's a great result ... hope you enjoyed it and you'll have to sample Rutland Water parkrun soon ... it doesn't have that hill :)

Also in parkrun action at the weekend was **John McCrone** (21:37) at Colwick parkrun near Nottingham whilst **Sean McAuliffe** (23:29) at Delamere parkrun. **Jo Smith** was also in action again (following 8 miles on Rutland Round on Thursday, Beacon Hill race on Friday!!!) and was also at Melton Mowbray parkrun with a finishing time of 31:28 along with **Felicity Crotty** (28:17). Well done all.

For information Rutland Water parkrun is back this coming Saturday (25.June).

Sunday: New PB for Emma at Melton Half Marathon

Rounding off a bumper weekend, Sunday saw the inaugural running of the Road2Recovery Melton Mowbray Half Marathon. This new event was held at Eye Kettleby Lakes and involved a scenic 13.1 miles around the local country lanes. **Felicity Crotty** was in action again along with **Emma Potter** and **Chris Jones**.

Chris was first to cross the line for the club with a time of 1:47:23 and 7th in his age category. Emma was next and finished 8th in her age category with a massive half marathon PB of 1:51:48 with Felicity successfully finishing in 2:13:51.

Well done everyone especially Emma on a fantastic result :)

and Finally ...

What a fantastic bumper week we had last week and congratulations to everyone who took part in racing at the weekend. Glad I don't have to pick an Athlete of the Week as I would be spoilt for choice 😊

Want to wish Good Luck to Saya and her partner Nic who are doing the Norfolk Super Hero event at the weekend. For everyone else there are plenty of club sessions available to pick from at the moment so hopefully we will see you out and about ...

... until next week

Happy Swimming, Cycling, Running
Richard Evans



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🏆 Events Section

Take a look at the calendar on the Website for upcoming races and club sessions. Couple of events to specially mention. Catmose College are organising a 5k fun run next month on Saturday 6th July. Also in October there are a couple of options for entering relay teams for the Leicester Marathon & Half Marathon if you fancy getting some teams together ... would be fun.

All details on the website: <http://www.rutlandrunandtri.co.uk/calendar/>

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

🎵 Tunes Section

Following on from last week's here is another track listing inspired from artists featured on the Peaky Blinders soundtrack ... enjoy :)

Running Track #1

PJ Harvey: My Naked Cousin
"running naked through the trees"

Spotify <https://open.spotify.com/track/52tg2s6lbGHbh9FbynJTkV>

YouTube <https://www.youtube.com/watch?v=V21H6-xaQCg>

Running Track #2

The White Stripes: Black Jack Davey
"Black Davey come running on back"

Spotify <https://open.spotify.com/track/1H2pLWWx63myKFG2v3Trtj>

YouTube https://www.youtube.com/watch?v=npJyTX_a41A

Running Track #3

UNKLE (feat. Nick Cave): Money and Run
"run little rabbit run"

Spotify <https://open.spotify.com/track/4AhjYSjtKcE3kPmJJJaPgjU>

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