

Hi Rutlanders

After a promising start June proved to be a complete wash-out so I'm going to be brave and predict that Summer proper starts here :) Just be careful when you are out racing or training and make sure you stay well hydrated and don't forget the suntan lotion too ... don't want to see any lobsters at any club sessions :)

Last Sunday was certainly a scorcher and there were some scorching performances over the weekend especially at Holkham Hall in Norfolk for the inaugural running of the Half Outlaw and other supporting events ...

Here is this week's news ...

Hokum Fun @ Holkham Hall

North Norfolk was the setting again last weekend (following Super Saya's Superhero the previous week) for more club action. This time with the inaugural running of The Half Outlaw even at Holkham Hall organised by OSB Events. However there was some preliminary action to celebrate before the main event too:

Jo Awarded parkrun 50 T-Shirt

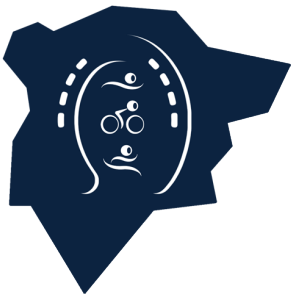
Things kicked off on the Saturday firstly with **Jo Smith** running her 50th parkrun. Jo was accompanied by **Chris Jones** and **Richard Evans** and cheered on by husband Peter and Zoe (and Lilly the dog) and earned her 50 club t-shirt in a time of 28:33 for the 5k distance. This parkrun does have on quite a challengingly hilly but very beautiful course with Holkham Hall as a lovely backdrop on the descent to the finish. Well recommended if you are in the area on a Saturday morning and Congratulations Jo on being the first lady in the club to earn her 50 parkrun shirt :)

Martin's Nearly 10k PB

Next up was **Martin Gordon-Kerr** in the Holkham Hall 10k organised by OSB Events as the pre-cursor to following day's triathlon. The course in the stunning estate grounds was deceptively tough with a steady climb away from the start by the Hall. In spite of this Martin posted a very solid performance and was not far away from a personal best time after finishing with a chip time of 43:59 and was 14th overall and 6th in his age category. Congratulations Martin – excellent running.

Half Outlaw Action

Sunday started bright and early with the competitors gathering for final preparations before the transition area closed at 6:15am. In action for the club were **Zoe Smith**, **Andrea Gordon-Kerr** and **Chris Jones** in the Half Outlaw event. This is a 70.3 middle distance triathlon comprising a 1.2mile swim in the estate lake, a 56mile bike ride on the rural roads of North Norfolk including passing the gates of Sandringham, culminating in a 13.1mile half marathon involving 3 laps of a tough course within Holkham Hall's beautiful landscaped estate grounds. This is the first time



the organisers have staged the event at this venue. Also in action were **Clare Dorman** and **Richard Evans** who were doing the run phases for a couple of relay teams.

It was a gorgeous backdrop and the weather was perfect making it a fabulous scene for the spectators to watch the action. The first wave of competitors started at 6:30am followed by 4 more waves based on age category. The relay teams started at 7am before Zoe and Andrea kicked off at 7:15am whilst Chris started at 7:30am.

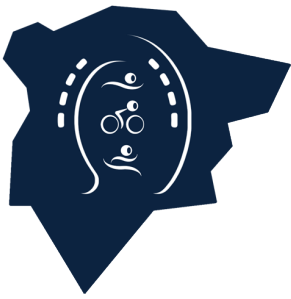
Zoe was once again star of the show completing all 3 disciplines in a stunning performance that placed her 3rd lady overall with a time of 4:56:55 (Swim: 32:59 Bike: 2:48:31 Run: 1:32:12). Zoe was less than 2 minutes behind the 2nd placed lady ... and this was merely a practice event and clearly shows that her training towards the Ironman World Championships later in the year is well on course. Exceptional result Zoe and you made it look so effortless (especially when you overtook me on the last lap of the run course) and I know that she was pleased with that performance and who wouldn't :)

Chris was next to finish in the main event with a very strong performance. Chris had a brilliant swim completing the 1.2 miles in 33:25. Chris also had a very good bike ride (2:52:11) but by the time the competitors got to the run phase the temperatures had risen considerably and with the tough run course the run took its toll (and not just on Chris). He managed to complete the half marathon distance in a solid 2:06:32 giving him a total time of 5:35:50. Chris finished 258th overall (out of 941 finishers) and 29th in his age category. An excellent and strong performance from Chris which I know that behind the scenes that he is quite pleased with although he may not say that to you ;)

Andrea was also in fine form and managed to shave off 2 minutes from her previous 70.3 triathlon distance set 2 years ago. She finished in a total time of 6:51:14 (Swim: 51:54 Bike: 3:32:09 Run: 2:22:10) and finished 21/34 in her age category, 137th lady and 782nd overall. A great performance especially the final run phase :)

Meantime in the relay teams, Clare and I having waited around for our respective team mates to arrive back off their rides, we started our runs between 10:30 and 11:00am. With the temperatures soaring and not much tree cover it was an oven at times. I have to say I was disappointed with my performance with my pace dropping off after the first of the 3 laps ... but it was a deceptively tough course. I did succeed in clocking a sub-2hr time of 1:56:52 and also managed a sprint finish to fend off the challenge from another relay team at the line. My team finished in a total time of 5:21:46 and was 18th team out of 57. Clare was not far behind with a strong performance of 2:10:47 with her team finishing 26th.

A brilliant weekend and it sounds like the event will definitely be returning next year so highly recommended as everyone thoroughly enjoyed themselves – Well done all :)



🏆 Andy Is No Quitter!!!

Wimbleball is not the nickname given to tennis balls used at Wimbledon but a lake on Exmoor in Somerset. Since 2006 it has been host to the Ironman 70.3 UK Exmoor triathlon which involves a one lap swim in the Wimbleball lake followed by a very tough two lap bike course in the heart of Exmoor National Park and finished off by a 3 lap run course that includes a short sharp climb. For **Andy Slater**, Wimbleball is a special race as it was where he completed his first half ironman in 2013. At the beginning of this year he had high hopes of finishing strongly at this year's event which was held a week last Sunday on the 26th June. Alas things didn't quite go to plan for Andy and I'll let him take up the story ...

"I read a great quote "pain is inevitable, suffering is optional" credit Colin Robertson for this. I chose not to suffer racing at Wimbleball, a lack of focus and drive to commit to the training my goals was to have fun and not worry about times... Wimbleball 2016 was my worst performance at racing the 70.3 triathlon distance. At points during the race I could have easily walked off the course as I had a mental battle with myself. The racer in me always wants to go harder, quicker faster but it just wasn't there. I conquered my inner chip and completed the race giving out as many high fives as possible."

Andy's overall time was 6:53:02 (Swim: 37:55 Bike: 3:44:54 Run 2:18:54) where he finished 690th overall.

"The five hour journey home tired and emotional I was pretty much ready to pack it all in and give up on triathlon. I just didn't have that focus and drive from previous years to push myself to the limit"

Fortunately following a hot shower and a good night's sleep (always does wonders) and a bit of reflection Andy has decided not to throw in the towel. Sometimes things don't work out and with a new addition to the family and a new job its been a busy time of adjustment ... but he's now completed two 70.3 triathlons this year.

So with his family's support, last Sunday Andy took part in the Ram Run. This is a 12k OCR mud run known as the Ram Run at Stoneleigh Park in Kenilworth.

"Still a bit tired from racing last week ... this is one of the best natural obstacle courses that I've ran. The organisers have made the most of the natural Touraine from a 20 foot water slide into the River Avon, a short swim followed by a cargo net climb out of the water. As always with these runs they had plenty of mud and bogs to wade through. This wasn't the most taxing of courses but was one of the most enjoyable mud runs that I've completed. One for the family to do together if you fancy taking part in a mud run"

Glad to hear you are not quitting the sport Andy, would miss your reports. Having seen first hand what it takes to complete a 70.3 distance triathlon I have just the utmost respect for anyone that takes them on ... whether they complete it or not. Good to have you still with us. Well done and thanks for the report :)



📌 Rutland Round 2016 Leg 4: Lyddington > Barrowden

Sadly the numbers turning up for the Round continues to fall :(

We had 15 of you come to the first leg and last Thursday's fourth leg saw just 5 stalwarts take to the fields and lanes from Lyddington to Barrowden. Again the weather gods were kind and the rain held off in spite of the dark clouds overhead that made everything a bit darker than it should be at this time of year.

During the run we had nice views of Harringworth viaduct near Seaton and then after climbing up to Morcott we passed the house that used to belong to the creator of the Rutland Round, John Williams. After re-crossing the A47 we passed the windmill for a lovely final mile downhill into the lovely village of Barrowden where a lovely drop of ale (and some highly recommended home-made pork scratchings) awaited our arrival at the finish at The Exeter Arms. Thanks to **Jo Smith, Emma Potter, Ian Prendergrast** and **Lee Collins** for excellent company and another pleasant run.

This week there is no Rutland Round due to the Whissendine 6ix race on Friday (want to keep you legs nice and fresh for that). So the next leg of the Round from Barrowden to Ketton is on Thursday 14th July. I'll provide a reminder next week.

📌 and Finally ...

Good Luck to everyone taking part in Friday's Whissendine 6ix club championship race. Sadly I can't attend but I hope the weather stay's kind for you all :)

... until next week

Happy Swimming, Cycling, Running
Richard Evans

📌 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 16th 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.

Also The Wellingborough 5 will be held at the end of this month on Sunday 31st July starting at 10:30. This year there will be NO entries on the day so if you want to enter take a look at this website where there is a link to enter online: <http://www.wdac.org.uk/wellingborough-5-race.htm>

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



Tunes Section

To (hopefully) celebrate the Summer proper here are 3 tracks from The Style Council which I think get you in the mood ... enjoy :)

Running Track #1

The Style Council: You're The Best Thing
"I could runaway but I'd rather stay"

Spotify <https://open.spotify.com/track/0SZIQOLgjT6awjwlnBsSjV>

YouTube <https://www.youtube.com/watch?v=0HMAVU1k7kg>

Running Track #2

The Style Council: My Ever Changing Moods
"But I know which way I'd run to if the choice was mine"

Spotify <https://open.spotify.com/track/0G0PxTCloi1JBCvc33eKmq>

YouTube <https://www.youtube.com/watch?v=bXWMtCpZH-o>

Running Track #3

The Style Council: Long Hot Summer
"I want to run but I can't hide"

Spotify <https://open.spotify.com/track/25GqfdWNqXW9uBfsp1w9if>

YouTube <https://www.youtube.com/watch?v=1CAzwewVjZ0>