



Hi Rutlanders

Thanks to **Paul Rogerson** and **Bryan Clary** for providing input into this week's edition. Everyone keep those reports coming ... saves me having to make things up ;)

Here is this week's news ...

🏆 2016 Club Championship: Race #6 – Whissendine 6

13 members made the trip to Whissending last Friday (08.Jun) for the annual Whissendine 6 road race. The weather was warm and dry with little wind to bother the runners, so almost perfect conditions. This was the latest round of the club championship so there was plenty of pressure for a strong performance from the competitors. First home for the club was **Martin Gordon-Kerr** in an excellent 41:36. **Chris Jones** followed Martin home in 43:56 with **Mark Pell** (44:01) and Whissendine local **Ian Prendergrast** (44:32) close behind. **Emma Potter** produced a strong performance to be first club lady home finishing in an excellent 45:59, followed by club president **Paul Rogerson** (47:51) and **Claire Adams** (48:06). Next home was the club's senior member, **Michael Johnson**, in 48:57 who was followed by **Sue Fulbrook** (49:40), **Jane Hales** (55:22) and **Amanda McPherson** (56:07??). The current leader of the ladies championship **Jo Smith** was next home in 59:48 followed by **Nichola Resoli** (65:52). A mention also for one of the attendees of the club's last beginner running sessions, Sam Jeffries, who completed the race in 65:16 ... great effort Sam.

A great evening's club racing at a local event and thanks go to the organisers for putting on a superb event.

Thanks Paul for the write-up. I did notice 2xAmanda McPherson's in the results list and if the above time is correct for Amanda that I want to say what a fantastic result as I believe that this is a massive PB. Secondly I also want to mention Martin turned out a great time and his training for the up-coming Outlaw Triathlon towards the end of this month is clearly paying dividends.

Club Championship Standings

Unfortunately it wasn't quite good enough with regards to the club championship points. After age grading his time only secured 5 points but is in 3rd spot in the men's table that is still headed up by Chris but Paul is sitting pretty in second.

Meanwhile in the ladies table, Jo Smith is the first lady to have completed 6 races and is also sitting pretty at the top of the table followed by the 2 Helen's (Helen Duncan & Helen Pape)

For details of the latest standings take a look at the club website:
<http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>

We have a second Championship qualifying race this month with the Northumberland Coastal Run on Sunday 24.July. Entry has closed for this race but for those that have entered there is a chance to improve on your points – Good Luck :)



The Chained Ultra

Last weekend was the first running of a new ultra challenge in our county – The Chained Ultra. **Bryan Clary** was tempted by this one but unfortunately he is currently injured (wish you a speedy recovery Bryan) but he did turn in this report that you might be interested in:

"from the village hall in Barrowden two laps of the Rutland Round (the first clockwise the second anti-clockwise) in under 35 hours. The catch being that you are chained in pairs drawn from the hat at the start. Its disqualification if you don't want to pair with anyone or if the chain has to be opened at anytime. No leniency for mixed pairs and toilet breaks either..."

The chain is 1m from wrist to wrist. The problem is you can't change clothes not even take a rucksack off properly. I didn't really consider that until I saw them starting and finishing in exactly the same layers..."

Saturday 9am weather was fine for the 10 starters / 5 pairs. By 10am the heavens had opened. To be fair it didn't phase them but for a few pairs the navigation errors started to mount up. By the end of the first 66 mile lap and the cut off at 17.5 hours there were only two pairs left. Two pairs had timed out and one pair had to retire due to injury (recurring groin strain). The final two pairs plodded on through the night and one pair stopped at the checkpoint at Teigh (around 100 miles in) and the final pair got as far as the checkpoint at Wardley (115 miles). I believe they gave up but wouldn't have made the cut off at 35 hours anyway :-)

As daft as the event sounds I think next year it will attract more people especially as no one completed it. The race director has humorous dark side as his events are basically advertised as ones where the failure rate is high or inventible. I think he was hoping for the situation of where one person wanted to quit but the other didn't and to see how that dynamic played out. He will have to wait now until next year! Slightly evil but a totally new slant on creating good camaraderie and making what usually is a personal experience into a shared one.

So get training guys there is a local challenge up for grabs next year!

Bryan"

Rutland Round 2016 Leg 5: Barrowden > Ketton

Talking of The Round ... it is back this week for Leg 5. I can promise you that you will not be chained to another run (unless that floats your boat in which case make your own arrangements ... and bring your own chain). Secondly I can promise that there will be a post-run re-hydration session so bring some pennies.

Leg 5 involves a lovely 6.5 miles (or thereabouts) from Barrowden with a lovely trail alongside the river Welland until we reach the hamlet of Tixover. We pass under the A47 and head across more fields for the finish in Ketton. Meet on the main street in Ketton outside the post office at 7pm ready for a 7:30pm start from Barrowden.



📌 Reminder: Club Mini Tri 2016

Ever fancied triathlon, but don't know where to start?

On Sunday 7th August the club's annual mini triathlon is being held in the glorious village of Braunston at Paul & Cheryl's house starting from 1pm.

No fancy kit necessary, just turn up with your bike, a pair of running shoes, a swimming costume and a savoury dish to add to the buffet.

A perfect race for beginner triathletes, you can choose the order of the disciplines (120 metre swim, 7 mile bike ride and 3.5 mile run) and have a rest in-between if you like. Families of club members welcome, including children and non-runners (especially if they help with timing!)

RSVP to clubsec@rutlandrunandtri.co.uk and let us know that you are coming ... and what delicious nosh you're bringing.

Dawn & Becky

📌 and Finally ...

Whatever you are up to this week have fun :)

... 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 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

These cropped up on my music playlist shuffle during my long run last Sunday so ... enjoy :)

Running Track #1

Genesis: Mama

"Oh its got me running and I just can't brake"

Spotify <https://open.spotify.com/track/4q6bSpQPptaC9ulqmu5GEw>

YouTube <https://www.youtube.com/watch?v=Ccs2rt0oSzQ>

Running Track #2

Yes: Run Through The Light

"Run thro' the light of day"

Spotify <https://open.spotify.com/track/1Ad4iJenWzboLleUdQX0ss>

YouTube https://www.youtube.com/watch?v=p5wQV7_Sfyw

Running Track #3

Marillion: The Uninvited Guest

"And I fronted you the money that you ran away and blew"

Spotify <https://open.spotify.com/track/2z9goRFivw8NNrJo4AUpdn>

YouTube <https://www.youtube.com/watch?v=1ofNev8GtVw>