

Hi Rutlanders

Welcome to the Eleventy First edition of The Racer and so we are now officially the same age as Bilbo Baggins at the start of the Lord of the Rings. Absolutely nothing to do with running or triathlon but sometimes training for a target event is like going on a journey or quest with all the inherent challenges that we have to face along the way ... and although there might not be a Master Ring to destroy, you do sometimes come away with a nice "precious" medal ;)

Here is this week's news ...

Martin Crowned Catmose Champion

Martin Gordon-Kerr's training for next weekend's Outlaw triathlon is certainly paying dividends at the moment. I'll let Martin provide the following run report :)

"The Catmose 5K Charity Fun Run was held for the first time on Saturday morning - its the first time Catmose Sports have organised anything like this. All entry fees were going to charity. Andy and I have been members of the gym since it opened, so we decided to support this as a family rather than parkrunning on Saturday. Unfortunately, Andy twisted her ankle on Friday and wasn't able to start, so it was just Sam and myself.

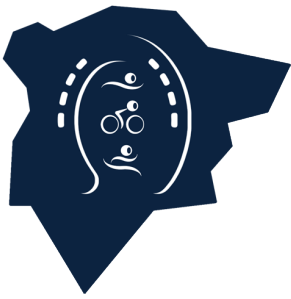
The race was a simple right handed circuit - out of Catmose onto Cold Overton Road, up to the radio tower, down the Barleythorpe road and back into Catmose from Melton Road for a final run up the paving to the finish by the gym reception. It made for an interesting course that reminded me of the Beacon Hill run - how much can you push on the hill early on without leaving the tank empty for finishing?

The race was well organised, signed and marshalled, with a water point half way round. There were about 50 entrants in total, a lot of whom were new or less experienced runners. Sam got away in the lead, with one other runner (who turned out to be a former Rutland Runner called John, who ran with us about 10 years ago) passing me on the way up the hill, and then leading us up. Sam pushed at the top to take the lead by the tower, but I managed to pass both him and John by the water station and held the lead down the hill and to the finish in 24:12 - total distance was actually just over 5.5km. John took second and Sam third.

Its a race I'd certainly recommend to anyone as a first race, and I enjoyed another battle with Sam. For the first time they have run it, the organisation was excellent, and I hope they do it again next year"

Congratulations Martin (and Sam) on flying the club colours high on the local scene. Good Luck next weekend for the Outlaw at Nottingham :)

I also want to wish Andrea a speedy recovery.



📌 Rutland Round 2016 Leg 5: Barrowden > Ketton

Sadly I wasn't able to attend last Thursday's 5th installment of this year's Round. I thought I was developing a bout of the gout (again!!!) last week :(

Fortunately **Paul Rogerson** was back from his Turkish Delight holiday and was able to lead the small but lovely band of die-hards on a lovely 6.5 miles (or thereabouts) romp across the fields from Barrowden to Ketton.

This coming Thursday (20.July) is Leg 6 taking us the 7 miles from Ketton to Empingham via Ketton quarry and Rutland Water. Meet on Main Street in Empingham near The White Horse pub for 7pm ready to travel to Ketton for a 7:30pm start. I quickly got onto some medication and I seem to have shaken off it off quickly whatever was causing my foot problem (may not have been gout!), so I am hoping to re-join the journey this week. Hopefully see you there :)

📌 Final 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.

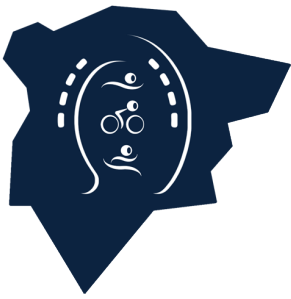
Dawn & Becky

📌 and Finally ...

Good Luck to those of you travelling up to Northumberland for the Coastal Run on Sunday (24.Jul) – someone please provide a run report and some piccies would be good too. Have a great time :)

... 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. 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

A bit of post-punk rock to celebrate our eleventy first edition methinks ... enjoy :)

Running Track #1

Stranglers: Golden Brown
"Lays me down with my mind she runs"

Spotify <https://open.spotify.com/track/2AX5E86cn9n2dgioZEjirl>

YouTube <https://www.youtube.com/watch?v=f3hCn8kS2Ps>

Running Track #2

The Clash: London Calling
"Engines stop running, but I have no fear"

Spotify <https://open.spotify.com/track/5jzma6gCzYtKB1DbEwFZKH>

YouTube <https://www.youtube.com/watch?v=EfK-WX2pa8c>

Running Track #3

The Undertones: Get Over You
"Always running up the alley trying to get home"

Spotify <https://open.spotify.com/track/1Qks7wY5GDEHtUOq7ciSy4>

YouTube https://www.youtube.com/watch?v=7_Axli2C5ew