



Hi Rutlanders

First off a very warm welcome to **Ellie Lovett** and **Chris Foley** who have both recently joined the club.

Last weekend's Anniversary Games in London provided a great final athletics spectacle before the Rio Olympics. There were some brilliant performances not least from young Laura Muir who broke Kelly Holmes' 1500m record with a stunning 3:57.49. Mo Farah also looked on top of his game with the fastest 5,000m of 2016 with a time of 12:59.29. Coupled with the other great performances, August is looking great for some inspirational sport ... and let's not forget Chris Froome's amazing third Tour de France win!!!

The club has had its share of superstars in action last weekend too :)

Here is this week's news ...

2016 Club Championship: Race #6b – Northumberland Coastal

July saw 2 club championship races selected as original last weekend's Northumberland Coastal Run had been the designated run. Unfortunately due to the race entry closing before more members had opportunity to sign-up, it was then decided to also the Whissendine 6 that was run a couple of weeks back.

So last weekend, 5 intrepid club mates journeyed up to the North East. I'll let our club president Paul Rogerson take up the story:

*"The race starts on the sandy beach in Beadnell and follows the glorious Northumberland coastline for 14 miles of southerly running finishing on yet another sandy beach in Alnmouth. The route offers a mix of terrain and started on wet sand this year as the tide had just gone out, this was followed by some running though sand dunes, a bit of quiet country lane, back onto the beach at Low Newton and then up onto the grassy links alongside the stunning site of Dunstanborough Castle. A short trip through the small village of Craster (not a kipper in sight) and then back on the links for more beautiful views of the now rocky coastline until hitting the road for a trip through Embleton and then finally back onto the beach for the last 1.5 miles to the finish line on Alnmouth Beach. Superb marshalling and great organisation from Alnwick Harriers saw a lot of tired but happy runners reach the finish line. First home for the club was **Chris Jones** in 1:51:24, followed by club president **Paul Rogerson** in 1:58:07. **Kev and Nikki Loomes** ran together finishing in 2:16:05 and **Clare Dorman** completed the race in 2.28:43. All agreed it was a great event and look forward to running it again in the future."*

Sounds like everyone had a great time and congratulations all :)

The results of this race have now been combined with those from the Whissendine 6 thanks to **John McCrone**. There are no major changes to the championship tables but for more details take a look at the club website: <http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>



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The championship challenge for next month is to run any parkrun during August ... so there are multiple opportunities to bank a qualifying time ... and also let's see who can participate in the parkrun furthest from Oakham :)





🏆 Martin Smashes His Outlaw Record

Its not often in triathlon that you can improve your times in all 3 disciplines but that is exactly what **Martin Gordon-Kerr** achieved last Sunday at The Outlaw Triathlon at Nottingham. In roasting temperatures he managed to record a sub-14 hour 140.6 triathlon distance beating his 2015 time by an incredible 56 minutes!!!

His times were: [last year's time in brackets]

2.4 mile Swim: 1:33:04 [1:55:41]

T1: 11:45 [8:05]

112 mile Bike: 6:49:02 [7:08:15]

T2: 9:04 [15:09]

26.2 mile Run: 5:17:32 [5:21:58]

Total: 13:56:47 [14:52:48]

What an amazing achievement and proves that all Martin's hard work in training this year has truly paid dividends. Sadly Martin sustained a knee injury in the latter stages of the race so was nursing this at the end so this makes these times even more awesome.

Martin wishes to thank all his club mates for their support and also to **Mary Hardwick** at Inspire2Tri for her swim coaching over the winter months.

🏆 Andy's Antella Adventure

Antella is a beautiful Spanish town about 50k south east of Valencia. Each year the whole town comes out to setup and support it very own triathlon that it has held for the past 27 years. The event involves a 1.2k river swim followed by a 32k bike ride with an 8.4k run to finish. **Andy Slater** took part in this year's event keeping a promise to a friend Juan and his family that he would one day take part. I'll let Andy provide the details:

"Antella is Spain's best kept secret a small town obsessed with triathlon ... Juan gave me the royal tour of Antella, quiet roads no pot holes and smooth tarmac surrounded by hilly mountains. The river that runs through the town is the jewel in the crown ... I've never swam in a river so crystal clear it was like swimming in an aquarium. The average water temperature was 25 degrees so no need for a wetsuit.

What blew me away this weekend was the sense of community everyone lives and breathes triathlon. The whole town sets up the race. From setting up the transition areas to the registration points to handing out the water bottles and sponges ... No corporate machines out to earn a fast buck just a community that wants to put on a great race! And boy what a race!

A non wetsuit swim for the majority of athletes, I was told if you wear neoprene you are a pussy :). The bike course tested your all round skills with 3.5k climb up one of the mountains with a fast decent back to transition. Finished off with a run through the orange tree plantations. Truly



stunning location ... the atmosphere during the race was something else. The whole town and surrounding villages come out to cheer on the athletes making for a great occasion.

After having a bit of a melt down at Wimbleball, this weekend had reaffirmed while I fell in love with triathlon. You meet so many like minded people wanting to race and test themselves from the winner who was a professional triathlete to the solo guy in the 70+ category. I might not have been able to understand the language this weekend but every one of us understood the love and passion we share for the sport.

To everyone in Antella (especially Juan and his family) I salute you all thank for an unbelievable weekend"

Andy completed the event in 2:15:16 (Swim: 26:22/Bike: 1:05:52/Run: 39:20). Fantastic report, congratulations and thanks for sharing ... sounds like a great race :)

Free Robin Hood Marathon Places!!!

The club has been contacted by a local education charity called TwentyTwenty that gives a second chance to the most disadvantaged young people in Leicestershire and Rutland who have had a difficult time at school. They have been selected as a local partner charity for the Robin Hood Marathon & Half Marathon on 25th September 2016. As part of this they ave some free places for the race (either distance) and are seeking people that take one to kindly do some fundraising for TwentyTwenty.

If you are interested please contact them for more details. Information below:



ROBIN HOOD
MARATHON &
HALF MARATHON
25TH SEPTEMBER 2016



**TWENTY
TWENTY**
Bright futures for young people

We have 10 FREE places up for grabs for the famous Ikano Robin Hood event. Run for TwentyTwenty to support young, disadvantaged people & be a star of the race. If you're interested in running for free & fundraising for local young people, please contact us!

E: Danielle.desimone@twentytwenty.org.uk T: 07495055460





📍 Rutland Round 2016 Leg 6: Ketton > Empingham

I was back in action this week to help lead the 6th leg in this year's Rutland Round that involved a steady 6 miles from Ketton to Empingham. Apart from the jaunt through the quarry in Ketton and a couple of fields, most of this leg was on firm tarmac road or cycle track as we also touched the shores of Rutland Water. Thanks for your company **Beck Murton, Emma Potter, Jo Smith, Bryan Clare, Lee Collins, Ian Prendergrast & Paul Rogerson** – a total of 8 of us (numbers are hopefully picking up again!)

Leg 7 this coming Thursday (28.July) will see us head to the Far East of the county with the 6.75 miles from Empingham to Pickworth via Tickencote. At the end of this leg will we have reached the furthest Eastern point of the Round after which we start head west and the final few legs. Sadly there is no pub in Pickworth (there's not much in Pickworth actually these days although in days gone by it was a very important settlement) ... so I can see us heading back to The White Horse in Empingham for the post-run Rutland Round of Beer :)

Meet on the grass by the church in Pickworth at 7pm ready to head back to the start by the White Horse in Empingham at 7:30pm.

📍 and Finally ...

If anyone is running at the Welly 5 on Sunday, good luck, otherwise whatever you are running or training for, 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

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

Tunes Section

To celebrate Martin G-K's brilliant result let's have a Tri-theme to the tunes this week ... enjoy :)

Swimming Record #1

Harry Nilsson: Jump Into The Fire
"you can swim the sea"

Spotify	https://open.spotify.com/track/05Yv5shaMJ0SZ0HTKmrEYI
YouTube	https://www.youtube.com/watch?v=8QghwNqlCRE

Bike Record #1

Turin Brakes: Painkiller
"cycle on your bicycle"

Spotify	https://open.spotify.com/track/4aCJ4X3U1EtkH9IGsgvmuh
YouTube	https://www.youtube.com/watch?v=GklZXKJmZ38

Running Track #1

Tourists: Cut and Run
"all I can do is hope you don't cut and run"

Spotify	https://open.spotify.com/track/2JG5TZv42UjvrvxXhvg2bP
YouTube	https://www.youtube.com/watch?v=a6WgzpE6XJg