

Hi Rutlanders

The Olympics may have started but seems a number of you guys were busy with your own inspirational challenges. We had the club mini-tri, **Chris Jones** running a marathon in Gloucester, **Nigel Broadbent** doing an Iron-run, **Bryan Clary** taking on another bonkers challenge plus the first of this month's Club Championship updates :)

Here is this week's news ...

2016 Club Championship: Race 7 – parkrun week #1

So last Saturday was the first week of parkrun month for Club Championship points and its nice to report that 9 of you took part at Rutland Water parkrun to put a marker down. These are the age graded results as I see it:

Paul Rogerson 23:31 (72.64%)

Tom Stokes 19:22 (66.61%)

Rob King 36:36 (45.81%)

Sue Fulbrook 24:12 (70.11%)

Jo Smith 29:01 (68.81%)

Felicity Crotty 26:54 (55.27%)

Sian Finney 26:48 (55.22%)

Saya Sheridan 31:23 (50.61%)

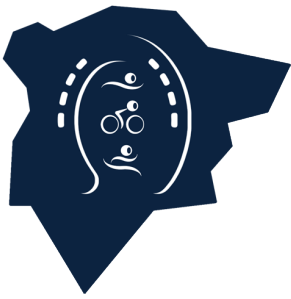
Hannah Tee 31:16 (47.81%)

Well done to Paul and Sue who currently hold maximum (or is that minimum) points but there are still 3 more qualifying Saturday's to go.

If I missed anyone please let me know. Can I ask a favour please. If you haven't already done so, on your parkrun profiles could you state 'Rutland RC' has your club. This would really help John McCrone and myself spot whether you have completed at a parkrun on a given weekend as there is a consolidated club report that we can use to see who has run, what time you achieved and where.

Nigel's is an IronRunner!

Nigel Broadbent was in action on Saturday (06.Aug) in the 12k IronRun in Kettering. This is an OCR (Obstacle Course Race) with over 40 obstacles including waterfalls, water slides, A-frames, cargo nets and much more. Nigel was running with friends in a team called the Mixed Bunch and Nigel finished in a time of 2:28:01 ... not that I think that matters one jot in an event like that. It's about having seriously good fun with your mates. Nice one Nigel :)



If this is something you fancy a go at (there is also a shorter 6k option) then there is another event scheduled for the 1st October. For more information take a look at:
<http://www.ironrun.co.uk>

🏆 Bonkers Bryan vs The Viking Way

Seems our **Bryan Clary** attempted a daring challenge last weekend. He attempted to do a solo unaided run of the whole 147 miles of the Viking Way from Barton-on-Humber to Oakham!!!

Sadly I have to report that Bryan was unsuccessful on this attempt as I understand that he bruised his instep and was forced to quit after covering nearly 78 miles in 16hrs 26mins (that's an average pace of 12:39/mile). He was just past Bardney and not far from Lincoln.

Awesome effort though Bryan ... I'm sure you'll crack it on your next attempt :)

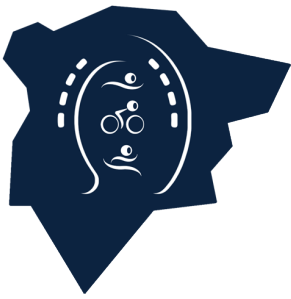
🏆 2016 Club Mini-Tri

One positive from Bryan's failure to complete the Viking Way was that he was then able to enjoy the club's annual Mini-Tri event on Sunday. Judging from the pictures I saw from Tracey Poole on the club's facebook forum page everyone that did turn up had a great time. I don't have any details on the results, not that they matter. On behalf of everyone that was there just want to say a big Thank You to **Paul & Cheryl Rogerson** for hosting the event and to **Dawn Morris & Becky Murton** for organising ... plus **Jenny Pearson** for arranging all the choccies that you all got in your goodie bags. Well done everyone.

If you are a club member and you are on Facebook, then why not request to join the club forum page. Search for **Rutland Running and Triathlon forum**. We only accept club members but it's a great way to keep in touch with some of the club events and for asking questions or organising ad-hoc runs :)

🏆 Gloucester Marathon Scorcher For Chris

Chris Jones was also in action on Sunday at the Gloucester Marathon. As you are all aware, the weather on Sunday was very warm with thankfully a cooling breeze so not ideal conditions for running 26.2 miles. Chris was supporting his niece Amy who in turn was supporting her friend in her very first marathon. Chris successfully completed the course in 4:15:07 and I'm pleased to also report that Amy and her friend also successfully finished. Well done Chris and co :)



📍 Rutland Round 2016 Leg 8: Pickworth > Thistleton

It was the fabulous 5 last Thursday for the latest leg in this year's Rutland Round. Jo Smith (who is the only one so far to have completed every leg this year), Ian Prendergrast, non-member Lee Collins, Paul Rogerson and myself headed across the fields and Clipsham Quarry on another lovely if somewhat muggy evening with a gorgeous sunset. There were all manner of farm animals along the way so it was appropriate that this week's Rutland Round of Beer at the end of the run was a pint of Black Sheep at the Black Bull in Market Overton.

So next Thursday (11.Aug) we come to the penultimate leg of this year's Round with the 7 miles from Thistleton to Whissendine. I think we should still be ok for daylight so let's meet at 7:00pm outside Whissendine Church before taking half the cars to Thistleton (outside the church) for a 7:30pm start (prompt!!!). Post-run re-hydration will no doubt be at The White Lion in Whissendine.

📍 and Finally ...

If you didn't see the excellent documentary on Mo Farah last Thursday on BBC then here's a link to it on BBC iPlayer: <http://www.bbc.co.uk/iplayer/episode/b07mzr7j/mo-farah-race-of-his-life>

Finally just want to wish **Cheryl Rogerson** good luck as she embarks on her cycle tour from Bordeaux to Narbonne along the Canal du Garrone and Canal du Midi. Bon Voyage and look forward to hearing how you get on with your French adventure.

... and to everyone else that turned up at a club session last week, Thank You and hopefully see you soon.

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

Right to give Cheryl a cycling inspired send-off on her French adventure ... enjoy :)

Running Track #1

Kaiser Chiefs: My Kind Of Guy

"as the bicycle race gathers speed, gathers pace"

Spotify <https://open.spotify.com/track/4WbiO1s5GuzVi1530opiOs>

YouTube <https://www.youtube.com/watch?v=xOgH9Acl9SM>

Running Track #2

Hootie & The Blowfish: Leaving

"rode home on my bicycle"

Spotify <https://open.spotify.com/track/3sDqrgCEDqNrcMxiPfal6H>

YouTube <https://youtu.be/UiES3xEIwjg?t=1788>

Running Track #3

The Courteeners: Will It Be This Way Forever?

"a bicycle shop at the end of the road"

Spotify <https://open.spotify.com/track/1RDIN5JV4HO1WMYdLK7eEx>

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