

Hi Rutlanders

I have to confess that I didn't watch that much Olympics coverage but I do think that Rio was much better than many were expecting. Certainly the events I did catch were brilliant and Team GB's performance exceeded my expectations and finishing 2nd in the medal table. There were some fabulously inspiring results from the likes of the Brownlee brothers, Laura Trott, Adam Peaty and topped off for me by Mo Farah's emphatic defence of his double double from London 2012. Plenty of inspiring action to motivate our own mere mortal efforts for the next four years.

Before we continue just want to extend a warm welcome to **Lyndsey James**, the latest of the recent crop of graduates of the Beginners sessions from earlier this year to have decided to join the club. Lyndsey has been joining the Wednesday evening sessions at Hambleton and Exton. Hope you enjoy your time with the club and your running career continues to bring you enjoyment.

Here is this week's news ...

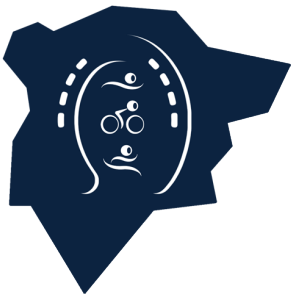
🏆 2016 Club Championship: Race 7 – parkrun week #3

My recent holiday schedule didn't allow for a Lake District parkrun but I have now caught up with the results from the past 2 weeks. I see that on the 13th August we had 11 did a parkrun and then last Saturday (20.Aug) there were 8 of us.

In terms of the contest to partake on the furthest parkrun from Oakham is concerned, **Nikki Loomes** ran at Barnstaple parkrun last Saturday recording a time of 26:17 but it seems our Club President **Paul Rogerson** has sights on the award this year as he was at Bournemouth with a time of 24:17.

The following is the consolidated results from the past 3 weeks with your best performance to date:

Saya Harvey 21:07 (75%) – Rutland Water 20.Aug
Sue Fulbrook 24:12 (70.11%) – Rutland Water 06.Aug
Jo Smith 29:01 (68.81%) – Rutland Water 06.Aug
Nikki Loomes 26:17 (67.98%) – Barnstaple 20.Aug
Mary Hardwick 27:55 (64.84%) – Rutland Water 20.Aug
Emma Potter 23:48 (64.29%) – Rutland Water 13.Aug
Claire Adams 24.38 (63.87%) – Rutland Water 13.Aug
Felicity Crotty 26:54 (55.27%) – Rutland Water 06.Aug
Sian Finney 26:48 (55.22%) – Rutland Water 06.Aug
Lyndsey James 31:09 (48.15%) – Rutland Water 13.Aug
Hannah Tee 31:16 (47.81%)
Andrea Gordon-Kerr 47:52 (33.18%) – Rutland Water 20.Aug



Rob King 21:30 (77.98%) – Rutland Water 13.Aug
Sean McAuliffe 21:06 (72.83%) – Rutland Water 13.Aug
Paul Rogerson 23:31 (72.64%) – Rutland Water 06.Aug
Dave Summers 23:03 (72.09%) – Rutland Water 13.Aug
John McCrone 21:06 (69.35%) – Rutland Water 20.Aug
Martin Gordon-Kerr 21:25 (66.69%) – Corby 13.Aug
Tom Stokes 19:22 (66.61%) – Rutland Water 06.Aug
Kevin Loomes 22:52 (63.48%) – Rutland Water 20.Aug
Andrew Slater 24:10 (56.07%) – Corby 13.Aug

Next Saturday is the final parkrun day in order to gain a time or improve on your existing performance to count for this month's Championship points. Both the Men's and Ladies' times are close so the final results are still all up for grabs for this month ... Good luck and happy parkrunning :)

Fancy running the parkrun where it all started?

John McCrone is aiming to complete 50 parkruns before he turns 50 later this year. He needs to complete 6 more in the next 9 weeks, so hopefully you may bump into him over the next few weeks. On **Saturday 17th September**, he is planning to travel and take part in the original and largest parkrun at **Bushy Park**. He has space for 2 in the car if anyone is mad enough to want to keep him company (his words!). It would be a 6am start and a breakfast somewhere before returning by approximately 1pm. Please contact John if you are interested in this kind offer :)

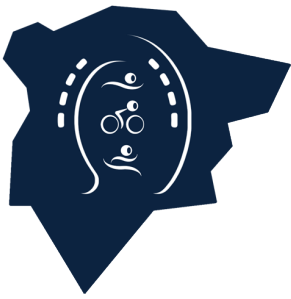
🏆 Martin Bags New 10k PB

One of the benefits of training for an endurance event is that you can find that your performances in other shorter distances are greatly enhanced. This is a case in example with Martin Gordon-Kerr who recently successfully completed The Outlaw Triathlon last month. Now a month later he has successfully beaten on of his longest standing running PBs. Last Friday (19.Aug) was the Sleaford Striders 10k and Martin blasted out a time of 42:39 and finished 23rd overall (out of a field of 201 finishers) and 6th in his age category. Congratulations Martin – brilliant running.

🏆 Rutland Round 2016: The Final Legs

So the Rutland Round season for 2016 has now finished. Congratulations to **Jo Smith** as this year's sole "Ever Present" and completing each of the 10 legs – another running ambition crossed off her bucket list :)

A few of us are only missing a couple of legs and we usually arrange to do some re-runs. I know I have to Leg 5 (Barrowden > Ketton) and Leg 10 (Whissending > Oakham). If you did do most of this year's Round and need to add a few legs to complete, then please let me know. I will then organise a short series of re-runs (probably on Sunday mornings to give more members the opportunity to join us). I'll keep you all posted.



📌 November/December Club Championship Races

The races originally chosen in November (Remembrance 11k) and December (Nene Valley 10) for this year's Championship have both been cancelled. John McCrone is asking for help to find suitable replacements. So far the contenders are The Robin Hood 10k in Sherwood Forest for November and the Keyworth Turkey Trot for December.

If you have any other suggestions please contact John asap so that the races can be confirmed so all members have a chance to enter (for example the Turkey Trot is very popular and sells out very quickly) ... so John will confirm in due course.

📌 Equinoxers Required

This is your last chance to join a club team for the Equinox24 event in September. We have originally entered 2 teams but so far only 4 members have entered. So unless there are any more takers then the 2 teams will be merged into 1. For more information on the event see this website: <http://www.equinox24.co.uk/equinox24/> ... and if you fancy taking part then please contact **Martin Gordon-Kerr**.

📌 and Finally ...

Late news, congratulations to **Felicity Crotty** who successfully completed the Kimbolton Castle Half Marathon last Sunday (21.Aug) in a time of 2:08:48 ... excellent :)

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

These should you get you moving ... enjoy :)

Running Track #1

Nickelback: Got Me Runnin' Round

"She's got me runnin' round and round"

Spotify <https://open.spotify.com/track/3LgSTGS9zcJikAwXvCB5KJ>

YouTube <https://www.youtube.com/watch?v=3uyKF1SOKR4>

Cycling Track #1

Suede: To The Birds

"Don't take your life 'cause your bicycle won't fly"

Spotify <https://open.spotify.com/track/1fZu5UnUcWWKXrDerYkVUj>

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

Running Track #2

Garbage: Empty

"Everyone that I run into"

Spotify <https://open.spotify.com/track/2Qypz4SJmX4V8i4GA95ksk>

YouTube https://www.youtube.com/watch?v=hSa_hbutFt0