

Hi Rutlanders

First off, a warm welcome to our latest new member, Imogen Walker. Imogen has been coming to a few Tuesday night sessions and has proved to be a very good young runner. Look forward to seeing you at more club sessions and hopefully reporting on some fine race results in the future :)

As the title of this edition states, WELL DONE all of you. What a fantastic turnout during the month at parkruns in order to score Club Championship points. We also have news on Cheryl's French Odyssey :)

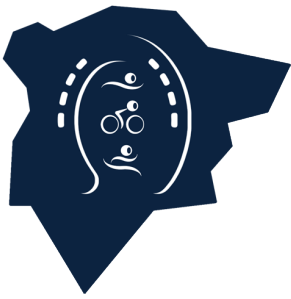
Here is this week's news ...

🏆 2016 Club Championship: Race 7 – parkrun week #4

Give yourselves a well deserved pat on the back. What a brilliant club turnout to last Saturday's final Club Championship scoring parkrun. The final standings are below with not much change in terms of the top 3 in both the Ladies and the Men's standings. However I do want to congratulate **Martin Gordon-Kerr** on a fantastic new parkrun (and 5k) PB with a sub-20 time of 19:43. Well done Everyone :)

The following is the final consolidated results from the past 4 weeks with your best performance:

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
Emma Potter 22:52 (66.91%) – Rutland Water 27.Aug
Joanne Shore 24:19 (66.62%) – Rutland Water 27.Aug
Mary Hardwick 27:55 (64.84%) – Rutland Water 20.Aug
Claire Adams 24:25 (64.44%) – Rutland Water 27.Aug
Helen Duncan 24:21 (62.42%) – Worthing 27.Aug
Felicity Crotty 26:18 (56.53%) – Rutland Water 27.Aug
Sian Finney 26:48 (55.22%) – Rutland Water 06.Aug
Sam Jeffries 30:26 (55.09%) – Rutland Water 27.Aug
Tracey Poole 30:43 (52.20%) – Rutland Water 27.Aug
Hannah Tee 30:57 (48.30%) – Rutland Water 27.Aug
Lyndsey James 31:09 (48.15%) – Rutland Water 13.Aug
Sarah Reeves 37:58 (41.83%) – Rutland Water 27.Aug
Andrea Gordon-Kerr 47:52 (33.18%) – Rutland Water 20.Aug



Rob King 21:30 (77.98%) – Rutland Water 13.Aug
Sean McAuliffe 20:47 (73.94%) – Rutland Water 27.Aug
Paul Rogerson 23:31 (72.64%) – Rutland Water 06.Aug
Martin Gordon-Kerr 19:43 (72.44%) – Rutland Water 27.Aug
Dave Summers 23:03 (72.09%) – Rutland Water 13.Aug
John McCrone 20:41 (70.75.35%) – Peterborough 27.Aug
Rob Wright 22:50 (69.94%) – Rutland Water 27.Aug
Chris Jones 22:05 (68.45%) – Rutland Water 27.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
Gary Kirk 31:06 (47.80%) – Rutland Water 27.Aug

Check out the Club Championship tables on the club website:
<http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>

These are provisional results at the moment, but **John McCrone** will be updating very soon (Thanks John).

There are just 4 races left of this year's Championship so make sure you get your entries in. For confirmation the races are:

18.Sep - Cransley Hospice 10k or Half Marathon

http://www.cransleyhospice.org.uk/CRANSLEY_HOSPICE_ROAD_RACE.aspx

09.Oct – Perkins Great Eastern Run

<http://www.perkinsgreateasternrun.co.uk>

06.Nov – Shepshed 7

<http://www.shepshedrc.org.uk/shepshed-7-and-fun-run.html>

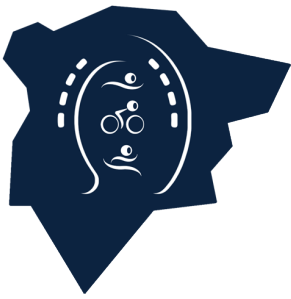
11.Dec – Keyworth Turkey Trot

<http://www.turkeytrot.org.uk>

I will send a reminder nearer the time as entries for the Turkey Trot do not open until 19th September – however this is an extremely popular race and fills up fast so you will need to be quick in order to secure an entry. I can see an exciting finish to this year's Championships :)

Fancy running the parkrun where it all started?

Following on from last week - **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. A change of plan means that he now intends to travel to Bushy Park parkrun on **Saturday 10th September**. This is the largest parkrun in the country and where it all started from 12 years ago! He has space for 1 more in the car if anyone is mad enough to want to keep him company (his words!) as **Sean McAuliffe** has taken the other place that was going. 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 :)



📌 Cheryl's French Odyssey

As I mentioned a few weeks ago, **Cheryl Rogerson** was embarking on a 9 day cycling tour in France. Well Cheryl is back and here in her own words is the story of her adventure ...

"I have wanted to do the Woman's French Adventure since I heard about it on my first Breeze bike ride in 2010. It seemed quite ridiculous to be on a little coffee shop ride from Whitwell to Normanton and talking about a 9 day long self-supported ride from Bordeaux to Carcassonne but the seed was sown and finally earlier this month I joined a small group of 15 women travelling to Bordeaux by coach early on a Friday morning.

I was pleasantly surprised to find that most of the others on the adventure were also ladies in their late 50s/early 60s and like me not keen about cycling trailing behind husbands speeding off into the distance.

On arrival in Bordeaux on Saturday morning our first challenge was being able to move enough to start cycling after nearly 24 hours on a coach. We cycled about 25 miles from the north of Bordeaux to the centre where we cycled along the banks of the Garonne before joining the "Piste Cyclable Roger Lapebie" a trail following an old railway line through the vineyards to our first campsite at Creon. The next day we continued along the trail as it wound its way past sunny meadows, nice shady areas and the Bordeaux vineyards. Like the cyclable railway trails in the UK, some of the old stations are cafes and ice-cream parlours but one was a Cave open for wine tasting although I declined the offer as we passed it at 8am.

At Sauveterre du Guyenne we headed south through a hilly section on minor roads around the vineyards. Sadly every downhill seemed to end with a sharp bend round the corner of the vineyard so not much opportunity to use the momentum to get up the next uphill. At La Reole we picked up the Canal du Garonne and my first views of the curving plane trees arching over the canal, these provided very welcome shade finally reaching the next campsite at Meilhan sur Garonne (45 miles).

The route continued to follow the canal, with camping stops at Agen (45 miles) and Moissac (35 miles), then to Toulouse where we joined the Canal du Midi travelling on to camp in a tiny village 11 miles south of Toulouse (50 miles) then on to Castlnaudary (40 miles) and Carcassonne (35 miles).

You might think that riding along canals is flat but each road bridge provided a challenge of how to get up the slope and yet be ready to stop if there was any traffic.

The ride leader had provided us with maps with a broad pink highlighter line indicating the general route which given we were mainly travelling along the canal cycle route seemed quite reasonable, we then had a web address for each nights campsite and often the postal town was quite distant from the campsite. I guess hunt the campsite being part of the adventure. The indicative distances for each days ride ranged between 25 miles and 50 miles, totalling 275 miles although the ladies with GPS recorded in excess of 300 miles. What ever distance it is by far the furthest and most sustained piece of cycling I have experienced to date.

What would I do differently?

Take less "stuff" I had far too much load for my size bike at the start and after a couple of bucking bronco falls needed to rationalise my load, ditching and posting home nearly 5Kg of items to improve my bike handling.

*Practice packing , I seemed to be one of the first awake and last to load the bike
Take longer lunches to avoid the peak heat of the day"*

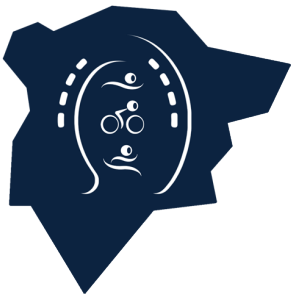


Brilliant Cheryl – what a great adventure!!! If anyone is interested in following in Cheryl's cycle trails then I'm sure she would be willing to provide details.

Rutland Round 2016: The Re-Runs

For the next few weeks I'm going to lead some re-runs of the Rutland Round in order to allow some of us to complete the full set for 2016. I'm going to run these on Sunday mornings so giving more of you the opportunity to sample the delights of the Round. I know a number of you have said you would be interested in this. Some weeks I will be "doubling-up" so running 2 legs back-to-back but if that is too far for some of you then just join us for whichever of the legs you prefer – I will give expected meeting times. I'll publicize the specific leg(s) we will be running each week as I need to factor in the "Completers" availability, so these re-runs will not be run in any particular order.

Anyway this coming **Sunday (04.Sep)** I plan to do a re-run of **Leg 4 (Lyddington > Barrowden) & Leg 5 (Barrowden > Ketton)**. Please meet in Ketton at 08:30am outside the Post Office. We will then drive in some of the cars back to Lyddington for a 9am start outside The Old White Hart pub. I expect we will get to Barrowden (outside The Exeter Arms) for around 10:10am so we will be aiming to start Leg 5 around 10:15am if you prefer to only run this leg. Everyone welcome :)



📌 and Finally ...

Late news, congratulations to **Chris Jones** who finished last Sunday's Severn Bridge Half Marathon in an excellent time of 1:42:21 ... nice one Chris :)

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

A blast of 80s past with the artists for this week's selection ... enjoy :)

Running Track #1

Johnny Hates Jazz: Shattered Dreams
"feel like I could run away, run away"

Spotify [_ https://open.spotify.com/track/03Y9Gez0KGG8zYY3KWLqdk](https://open.spotify.com/track/03Y9Gez0KGG8zYY3KWLqdk)

YouTube [_ https://www.youtube.com/watch?v=ctwqa3QCwMw](https://www.youtube.com/watch?v=ctwqa3QCwMw)

Cycling Track #1

China Crisis: Diary Of A Hollow Horse
"I will run into your arms"

Spotify <https://open.spotify.com/track/6dC9w6Qpo1mslxwKlpSu65>

YouTube <https://www.youtube.com/watch?v=YEZfqw7WT0w>

Running Track #2

Phil Collins: Nowhere To Run
"got nowhere to run to, baby"

Spotify [_ https://open.spotify.com/track/4OGme3eGFczryW9bWHnMeU](https://open.spotify.com/track/4OGme3eGFczryW9bWHnMeU)

YouTube https://www.youtube.com/watch?v=nRZG_w9mI4Q