

## Hi Rutlanders

Autumn definitely feels just around the corner and the nights are definitely drawing in. Along with this time of year we start looking to the end of the triathlon season and other Summer based events. However Autumn is also one of the best seasons for running with cooler temperatures and the glorious colours of the leaves providing picturesque backdrops. So get out there and make the most of this lovely season :)

Here is this week's news ...

### Dylan Flies Rutland Flag For TeamGB

To be able to wear the TeamGB colours must be a dream come true for many people. For such a small club we have had a fair share of club-mates that have had that distinction. The latest member with this honour being **Dylan Bogg** who proudly sported the red, white and blue at the Challenge Walchsee-Kaiserwinkle 2016 in Austria last weekend for the European Middle Distance Triathlon Championships.

Set in the heart of the Alps with more than 1,800 participants, the course was demanding and by all accounts the high temperatures also had a big bearing on the performances.

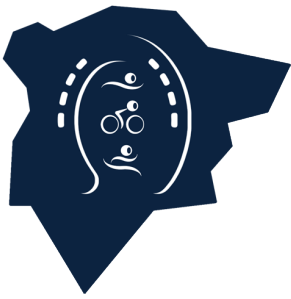
Dylan successfully completed the 1.9km swim in 35:22, the 90km bike ride in 2:39:23 and the 21km run took 1:50:58. Coupled with the transitions, Dylan's total time was 5:10:56. Ok no podium finish but a nice medal and what a proud moment in his triathlon career – congratulations Dylan, great stuff :)

### Successful Rutland Nightswim 2016

Congratulations to **Mary Hardwick** and the rest of the team that organised last weekend's Nightswim at Rutland Water. The event took place from 8pm last Saturday (03.Sep) at Whitwell Creek with a sell-out attendance. The swimmers had the choice of 500m, 1500m or 3000m swims and by all accounts it was a massive success.

Congratulations to **Becca Watt**, **Andrea Gordon-Kerr** and **Paul Rogerson** who all took part and thoroughly enjoyed the experience. I'm not aware of any other members who participated.

Last Sunday also saw the end of the Sunday morning open-water swims organised by Inspire2Tri but it sounds like its been another very successful season for Mary.



## 📍 Rutland Round 2016 Pub Night

Get your diaries out as the latest club social night-out has been set for Thursday 13.Oct at The Lord Nelson in Oakham in order to celebrate the end of this year's Rutland Round season. Whether you ran all the legs, only a couple or none at all, you are cordially invited for another great evening with your club mates.

Social Secretary **Dawn Morris** has booked a room specially for us. You can order your own food on the night or just stop by for a quick drink. I can see from the event posted on facebook that we currently have 11 confirmed attendees so we'd love to see you all there :)

## 📍 Rutland Round Re-Runs

Talking of the Rutland Round, I had a lovely run with **Emma Potter** and **Paul Rogerson** last Sunday as part of this month of Round re-runs. Although intended to allow members that missed a few of the legs to complete the full set, all members are cordially invited for a gentle plod across the Rutland fields and lanes. So it was a tad disappointing that only the 3 of us turned out last Sunday :(

I know Paul and Emma can't make it for the next few weeks due to other commitments, so this week I'm happy to lead another re-run but only if you can confirm that you actually intend to run. So please email me via [clubruns@rutlandrunandtri.co.uk](mailto:clubruns@rutlandrunandtri.co.uk) and let me know if you want to join me on Sunday morning (11.Sep). Based upon who responds I will then confirm which leg we will run. If no-one gets back to me by Friday then I will know not to bother this week – Thanks :)

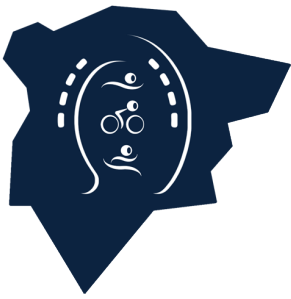
## 📍 and Finally ...

Just a reminder in case you were not aware and also for the recent batch of new members: the club has a members-only facebook page that is used to provide additional support and information and also to keep each other up to date on events, arrange ad-hoc runs and lifts to races and general stuff that we all might be interested in. Search for **Rutland Running and Triathlon forum** on facebook and request to join.

Good Luck to Club President **Paul Rogerson** who takes his annual pilgrimage North to take part in next Sunday's Great North Run – have a great run Paul :)

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

Some up-tempo tunes for this week’s selection to keep things up-beat ... enjoy :)

### Running Track #1

**Low Steppa, Kelli-Leigh:** Runnin’  
“*I feel you running through my veins*”

**Spotify** <https://open.spotify.com/track/4ta2AgTXW9HrT5lxzytP5j>

**YouTube** <https://www.youtube.com/watch?v=1CgU8wMEjY8>

### Cycling Track #1

**Pet Shop Boys:** West End Girls  
“*running down underground*”

**Spotify** <https://open.spotify.com/track/7FlwylpJSe3ea6m1IrkizS>

**YouTube** <https://www.youtube.com/watch?v=p3j2NYZ8FKs>

### Running Track #2

**Flo Rida (ft. Sia):** Wild Ones  
“*If I took you home it would be a home run*”

**Spotify** <https://open.spotify.com/track/1NpW5kyvO4XrNJ3rnfcNy3>

**YouTube** [https://www.youtube.com/watch?v=bpOR\\_HuHRNs](https://www.youtube.com/watch?v=bpOR_HuHRNs)