



Hi Rutlanders

Well we seem to be experiencing an Indian Summer with temperatures this week expected to reach their highest in the month of September for 50 years! It certainly wasn't like that last Saturday for the brave souls competing during the downpours in the Vitruvian. Fortunately next weekend the weather should be more typical for Autumn which hopefully should suit those of us taking part at Equinox24 and the club championship race at Cransley. Enjoy the warm sun while it lasts :)

Here is this week's news ...

Sean's parkrun Ton Up

Congratulations to **Sean McAuliffe** who is the first member of the club to have completed 100 parkruns! Running at Bushy Park parkrun (where the movement all started almost 12 years ago) with fellow club mate **John McCrone**, they were among the 1110(!) other parkrunners at event number 643(!) and flew the Rutland flag high. John finished 138th with a time of 21:04 with Sean finishing 153rd in 21:16. As well as being Sean's 100th parkrun it was also the 20th different parkrun venue that he has visited. Well done guys and well worth the trip... look forward to seeing you sporting the black 100 parkrun t-shirt soon Sean :)



Meanwhile with Rutland Water parkrun cancelled last Saturday due to the Vitruvian, I've spotted that a number of you took the opportunity to do some parkrun tourism as well.



First off let's go South West, where **Felicity Crotty** finished the Exeter Riverside parkrun in 26:37. Great stuff Felicity ... and also next in line to gain the black 100 t-shirt as she is sitting pretty on 98 parkruns completed :)

Next let's head up to the Lake District, with **Amanda McPherson** completing the Keswick parkrun in a new PB for the course of 34:52 (knocking a whopping 4 seconds from her time last year!) ... well done Amanda

A bit nearer to home, **Gary Kirk** headed over to picturesque Belton House and ran a new PB for the course of 30:48. If you can do that at Belton, then a sub-30 time at Rutland must be on the cards very soon. Nice one Gary :)

Finally back down South again to the Portsmouth area, with **Martin Gordon-Kerr** knocking out a 22:20 time at the Lee-on-the-Solent parkrun.

Well done all ... a reminder that Rutland Water parkrun is back on this coming Saturday.

Vitruvian Podium Finish For Zoe

With the run-in to her target event for this year at Kona and the Ironman World Championships, our head coach **Zoe Smith** clearly wanted to finish the training with a gentle run out to ensure that the training is all on track. So the obvious choice for the final lead-in event had to be last weekend's Vitruvian at Rutland Water – a mere 1900m swim, an 85k bike ride finished off with a 21k run (that's just half the distance she will be doing at Kona). As mentioned, in spite of the recent warm weather we have been experiencing, last Saturday was a complete wash-out adding to the challenge and also making conditions for the bike tricky to say the least.

Irrespective of the weather, Zoe clearly demonstrated that the hard work in training all this year has paid off as she finished 3rd lady overall (2nd in age category) in a total time of 4:37:52. For the statisticians amongst you, Zoe's swim was 31:42, bike ride took 2:33:34 and a stonking 1:27:59 half marathon to finish. Fingers crossed (in fact everything crossed) that next month's Kona trip all goes according to the plan. Awesome Zoe :)

Our club secretary also sneakily took part without letting me know! **Saya Harvey** finished in a brilliant time of 5:23:41 (Swim: 41:53/Bike: 2:54:47/Run: 1:41:37) and was 5th in her age category.

Dylan Bogg was also in action fresh from his exploits last week. This time he captained one of the relay teams. Not sure which discipline Dylan took part in but his team finished 8th out of the 30 teams that finished in a total time of 4:23:05

Brilliant stuff all of you :)



🏆 GNR Result for Paul & Caroline

Last Sunday saw **Paul Rogerson** and **Caroline Elliot** take part in The Great North Run alongside Mo Farah (although I expect you didn't see much of him due to all the other 41000 runners getting in the way).

This was the 28th time that Paul had run “The World's Favourite Half-Marathon” and was pleased to finish in a time of 1:50:36. Caroline rocked home in 2:58:51.

Caroline stated after her run:

“I can't claim to have put in the storming performance of Paul but I did finish.... A pretty shabby time (was doing ok at the halfway point!) but a great experience in such a massive field. Just goes to show that you can still get round with not enough training – but not to be recommended!”

Brilliant stuff and nice of you both to let Mo win his 3rd consecutive GNR :)



🏆 It's Equinox24 Time!

Yes – next week sees the 24hour challenge return to the grounds of Belvoir Castle. This year we have **Martin & Andrea Gordon Kerr**, **Emma Potter** and **Megg Humphrey** running as a relay team. **Paul & Cheryl Rogerson** will be running with friends and family in another relay team whilst **Chris Jones** is running solo!!!



Rutland Running & Triathlon Club Racer

The “Indian Summer” Edition: #119

13.September.2016

Take a look here: <http://www.equinox24.co.uk> for more information on this fabulous event that each year gets bigger and better. In fact this year is the first time that the event has sold out for both solo and team entries. Should be an awesome weekend.

Martin and his team are trying to raise money as part of this event for a family friend called Eddie Gardner who has recently been diagnosed with Motor Neurone Disease (MND). If you would like to kindly sponsor them then please do so via this link:
<https://www.gofundme.com/2kwab8c>

Bryan Clary is not officially running this year (following his massive solo success last year! But I suspect he'll end up doing some laps to support some of those running) but he has signed up to man the halfway station (that's the one at the top of the main hill) from 3am – 6am on Sunday morning. No promises that it will be the fabulous light and sound show that Andrea provided a couple of years ago, but it will be comforting to see a friendly face on those dark laps. If anyone else in the club fancies helping Bryan (he would very much appreciate the company) then please email him via bry.clary@googlemail.com

Good Luck to all our Equinoxers this year. Hopefully the weather gods will be kind and you all have an amazing weekend. Look forward to reporting on your exploits next week.

Rutland Round Re-Runs

As an alternative to all that Equinoxing (I think I've created a new verb!) and club championship stuff, next Sunday **Becky Murton** and I are planning to run leg 10 (Whissendine > Oakham: 6 miles) and leg 1 (Oakham > Braunston: 5 miles) of the Rutland Round.

If you fancy joining us for a gentle cross-country run then you are most welcome. You can run either both or just one of the legs. We will be starting outside Whissendine church around 9:30am. I expect we will be starting the second leg around 10:45am from the Buttercross in Oakham.

Please email me via clubruns@rutlandrunandtri.co.uk and let me know if you plan to join us. Thanks :)

and Finally ...

Good Luck to anyone taking part in the Club Championship race (The Cransley 10k or HM) on Sunday.

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

About time we had a bit of punk ... that should keep the Equinoxers going ... enjoy :)

Running Track #1

Sex Pistols: No Feelings

"Hello and goodbye and a run around Sue"

Spotify	https://open.spotify.com/track/5Pl46yccvPXXcliXps3qHl
YouTube	https://www.youtube.com/watch?v=wHiGR0iuTUo

Cycling Track #1

Stiff Little Fingers: At The Edge

"and I'm running at the edge of the world"

Spotify	https://open.spotify.com/track/3pcSSuVqF658fIFJbGXDoR
YouTube	https://www.youtube.com/watch?v=P0l_UzVjplY

Running Track #2

Buzzcocks: Ever Fallen In Love

"I run the risk of losing you and that's worse"

Spotify	https://open.spotify.com/track/0bHm2wFL0m7qZllhO7PQu5
YouTube	https://www.youtube.com/watch?v=terg_LPT3X0