



## Hi Rutlanders

Its official (as I say so!) – we are an Awesome club. What a fabulous and frenetic weekend was had by many of you. We had the annual run-fest that is Equinox24, the latest Club Championship race at Cransley, the Rutland Marathon and other exciting news.

Before I get into the news however let's have a very warm welcome first to our latest new member in the form of **Zoe Lester**. Zoe has been to a few of our club sessions over the past couple of weeks and she is proving to be a very good runner – one to watch.

Grab a drink, fasten your seat-belts and enjoy this week's news ...

## Equinox24 2016

So another fantastic Equinox24 weekend comes to a close. From all accounts it was another brilliantly organised event which was sold out for both solo and teams this year for the first time. Johnny and Laura Nichol who head up Racetime Events that have created this wonderful festival of running deserve all the praise and awards they get.

From the club perspective, as mentioned last week, we had **Martin & Andrea Gordon-Kerr**, **Emma Potter** and **Megg Humphrey** entered as the sole club small team. Over the course of the 24 hours they managed to complete a total of 220km (22 x 10k laps) which is a fantastic effort especially as a few of them were nursing some niggles going into the event. Well done guys.





**Paul & Cheryl Rogerson** also took part as part of a 5-person team made up of close friends (non-club members) that also managed to complete 22 laps.

This year's star from the club though has to be **Chris Jones** running solo and who ended up completing 13 laps (that's 130k, over 80 miles in old money!!!) during the 24 hours. I did pop across on the Saturday evening and joined him for 1 lap (his 7<sup>th</sup>!) of the course just as it got dark and he was still moving quite nicely and in good spirits although he was having pain on the outside of one of his legs. Awesome effort :)

Just want to give a shout out to **Clare Dorman** and **Bryan Clary** who were also on-site providing support and cheering them on. In fact they were manning the feed station at the half way point between 3am and 6am on Sunday morning, so big kudos to you.

Well done everyone – you are all AWESOME :)

It is a fabulous event and it was a pity that this year the club wasn't able to raise more teams to enter. Quoting Paul:

*"This race is so unique in many ways from the festival type atmosphere and the friendliness of the competitors to the massive support from all the spectators in the camping field and the courage shown by the many runners attempting to do this solo. Please think about doing this race next year, I guarantee you'll have a great time"*

I'll second that.

## 2016 Club Championship: Race 8 – Cransley 10k or HM

Last Sunday was the latest installment in the club championship with 10k or Half Marathon options at Cransley. From the results I've seen we had 5 plucky members capitalising on the fact that many of their club mates were engaged with other events.

In the Half Marathon distance, **Lara Kristiansen** was first home for the club in a time of 1:34:00 with **Sue Fulbrook** romping home in 1:53:29.

In the 10k, **Dave Summers** was first to finish in 47:44, followed by **Kate Howes** (57:13) and then **Jo Smith** (1:03:26)

**John McCrone** hasn't had chance to update the championship tables on the club website yet but I suspect that these results may well have a bearing on the overall final championship standings.

The next championship race is The Great Eastern Run in Peterborough on Sunday 9<sup>th</sup> October.



## 🏆 Nichola Conquers Rutland Marathon

Congratulations to **Nichola Resoli** for completing last Sunday's Rutland Marathon in a time of 6:11:30. Nichola appears to have some great support from what I can gather. **Felicity Crotty** was cheering from the sidelines but then ended up joining her on running a lap of the peninsula (nice once Felicity!) Also Nichola's husband cycled alongside with her children sitting in the buggy he was pulling cheering her all the way. Fantastic – I think we all could do with support like that. Well done Nichola – hope you enjoyed it and recover quickly to be back out at some of the club sessions.

## 🏆 Tracey's Last Minute Triathlon

OSB Events (<http://www.osbevents.com>) host a number of triathlons during the season (including the infamous Outlaw events) but last Sunday was their final triathlon event of the season and is fittingly names the 'Last Minute' triathlon. The event is based at Southwell Rugby Club and involves a 400m swim, 17.6k bike ride finishing with a 5k run.

**Tracey Poole** decided to enter this event actually 'last minute' following a lot of training over the past few months (including her first sub 1hr run round Hambleton peninsula last Friday – way to go!). Tracey's times for the event were:

Swim: 14:38  
Bike: 44:39  
Run: 30:52  
Total Time: 1:33:45

Great result – well done Tracey :)

## 🏆 \*\*\*NEW \*\*\* Thursday Evening Runs

Last winter a number of members (mainly ladies) did meet up on Thursday evenings for a gentle run round Oakham. **Helen Duncan** is keen to start these regular runs again this year and has agreed to lead these runs. If you are interested please meet Helen at Catmose Sports Centre at 7pm on Thursday :)

## 🏆 and Finally ...

**Becky Murton, Ian Prendergrast** and I enjoyed a lovely 11mile re-run of legs 10 (Whissendine > Oakham) and leg 1 (Oakham > Whissendine) last Sunday morning. Ian and I have now joined Jo Smith in having completed the full Rutland Round this year. I do plan to re-run some more legs of the Round of the next few weeks to allow Becky and Emma Potter to complete the series. So if you are interested on a gentle x-country run next Sunday please email me ([clubruns@rutlandrunandtri.co.uk](mailto:clubruns@rutlandrunandtri.co.uk)) and I will provide the details.



# Rutland Running & Triathlon Club *Racer*

The “Awesome” Edition: #120

20.September.2016

Just one more thing, I just wanted to include a quote I saw from **Nichola Resoli** on the club's facebook forum page (Rutland Running and Triathlon forum) that I think sums up what this small but friendly inclusive club is all about and why if you haven't been to any club sessions for a while then you are truly missing out. I'll leave you with these words (nice one Nichola):

*“There's been lots of running this weekend and I just wanted to say no matter your challenge it's a blast meeting such kindly people who just want each other to reach their own goals. Today vey slowly I completed Rutland Marathon and without all your tips and encouragement I wouldn't have done it. Happy Running!!!”*

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 “Awesome” tracks for you the week... enjoy :)

### Running Track #1

**Sia:** The Greatest “uh-oh, running now”

<b>Spotify</b>	<a href="https://open.spotify.com/track/3XIIOCu6B8PuGq5j61asEM">https://open.spotify.com/track/3XIIOCu6B8PuGq5j61asEM</a>
<b>YouTube</b>	<a href="https://www.youtube.com/watch?v=GKSRYLdjsPA">https://www.youtube.com/watch?v=GKSRYLdjsPA</a>

### Cycling Track #1

**Twenty One Pilots:** Ride “taking my time on my ride”

<b>Spotify</b>	<a href="https://open.spotify.com/track/2Z8WuEywRWYTKe1NybPQEW">https://open.spotify.com/track/2Z8WuEywRWYTKe1NybPQEW</a>
<b>YouTube</b>	<a href="https://www.youtube.com/watch?v=Pw-0pbY9JeU">https://www.youtube.com/watch?v=Pw-0pbY9JeU</a>

### Running Track #2

**James Arthur:** You're Nobody 'Til Somebody Loves You “love run away”

<b>Spotify</b>	<a href="https://open.spotify.com/track/6rlgy1boD69A3mcV7VzPRL">https://open.spotify.com/track/6rlgy1boD69A3mcV7VzPRL</a>
<b>YouTube</b>	<a href="https://www.youtube.com/watch?v=IHjUuojffds">https://www.youtube.com/watch?v=IHjUuojffds</a>