



Hi Rutlanders

Another new member to welcome to the club this week (this is great – may they keep coming). Please welcome **Jonathan Winn** who has been making regular appearances to the Wednesday night gentle runs :)

Plenty of action again this week. We have another 100 parkrun finisher, a 4x Ironman, a pair of Belvoir Blasters plus some social events for your diaries and more ...

Here is this week's news ...

Ton-up parkruns For Felicity

Congratulations to Felicity for completing her 100th parkrun at Rutland Water last Saturday. Felicity is the second member (Sean McAuliffe got there 2 weeks ago if you recall) and the first lady to achieve this auspicious milestone. Felicity was first club lady home with a time of 26:26 and was 13th lady to finish. What was especially nice were the toffees she provided for all the other parkrunners and volunteers that were handed out with the finish tokens. Well done Felicity and look forward to seeing you sporting the black 100 parkrun t-shirt very soon :)





Dylan “Boom” Bogg – 4 x Ironman

Congratulations to **Dylan Bogg** once again having successfully completed his 4th Ironman. On Saturday (24.Sep) he was in action at the Mallorca Ironman based at Port d’Alcudia and the surrounding area in the north of the island.

Dylan completed the 3.8k swim in 1:13:57, the bike in 5:35:13 and finished with a stunning 42.2k run in a of 3:48:35. His overall finish time was 10:49:50 which smashed his target time.

An outstanding finish to an impressive year that has included 2 Ironman 70.3 events (Mallorca & Staffordshire) and representing TeamGB at the European Middle Distance Tri Championships at the beginning of this month. Outstanding result Dylan – Brilliant :)

A Pair of Belvoir Blasters

No its not quite what you might think. Last Sunday saw the Belvoir Blast cycle sportive take place. Based from the village hall in Hose the event had 3 distances on offer for cycling around the Vale of Belvoir and beyond (28miles, 58miles & 100miles).

We had 2 ladies from the club take part. **Becky Murton** opted for the longest distance which not only took her around the Vale but also down to our neck of the woods in Rutland (in fact **Emma Potter** and I spotted in at Market Overton after our Sunday run). The route also included over 5,100 feet of climbing so not an easy course. Becky successfully completed the distance in 6:39:35 (but I trust there was also time to take in some of the cake available at the feed stations).

Tracey Poole was also in action but in the 58 mile option. As the event is not officially timed (well I couldn’t find any official timings), I don’t know what time Tracey actually took as her strava account states 5:01:08 but she did comment that she had forgot to start her watch!!!

Great effort both of you :)

Press Secretary Wanted

Sadly due to other commitments, Tracey Poole has stepped down as the club’s Press Secretary. On behalf of the club members and the committee we would like to thank Tracey for her support & efforts in getting club press releases and general publicizing the club over the past year.

Therefore the club is seeking another keen and enthusiastic ~~victim~~ member to join the committee in this capacity. If you are interested then please contact **Paul Rogerson** or any other member of the committee – Thanks :)



Club Social Reminders

A couple of dates for your diaries:

13.October: Rutland Round Pub Night

On Thursday 13.October we have the Rutland Round Pub Night at the Lord Nelson in Oakham to celebrate the end of another season of runs round the County. Unfortunately Jo Smith the sole ever-present on the 10-week run series can't make it (see reason below) but hopefully due to some re-runs we will have a few others that have completed the full set for this year. Everyone is welcome to pop in irrespective if you ran any of the legs – its just an excuse for a get-together with your club mates. If you want food you can order on the night. Meet from 7:30pm

08.December: Club Christmas Dinner

A correction to last week's committee meeting minutes - this year's Xmas Dinner will be at The Barn in Oakham on Thursday 8th December (the 9th was fully booked up). Thanks to social secretary Dawn Morris we have once again booked the whole upper floor to ourselves and we have 30 places available.

To book your place please transfer your full payment of £25 to the club bank account (see Dawn's email last night for details) or give cash/cheque to a committee member. As mentioned numbers are limited to 30 – so its first come, first served

and Finally ...

Good Luck to club head coach Zoe Smith who flies out today to Hawaii in preparation for the Ironman World Championships in Kailua-Kona, Hawaii on 08.October. On behalf of everyone in the club – go smash it Zoe :)

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

Ok its not Hawaii and I probably should have had this selection for one of the Olympics editions but here are 3 tracks from the 80s seminal album Rio by Duran Duran... enjoy :)

Running Track #1

Duran Duran: Rio

"hey now woo look at that did she nearly run you down"

Spotify	https://open.spotify.com/track/43eBgYRTmu5BJnCJDBU5Hb
YouTube	https://www.youtube.com/watch?v=e3W6yf6c-FA

Running Track #2

Duran Duran: Hungry Like The Wolf

"all running inside and I'm hungry like the wolf"

Spotify	https://open.spotify.com/track/39lSeqnyjZJeiRuaREfyLL
YouTube	https://www.youtube.com/watch?v=oOg5VxrRTi0

Swimming Record #1

Duran Duran: New Religion

"there lying in a swimming pool"

Spotify	https://open.spotify.com/track/2SnSo9yC5KWXDEI91NgbZ4
YouTube	https://www.youtube.com/watch?v=iWM-d8Mp3bA