



Hi Rutlanders

The dark nights are with us so please wear some reflective stuff if you are out running in the dark and consider carrying a torch if your route is not well lit – please stay safe out there. Meantime this week we have the results from the latest Club Championship race and how did Zoe get on at the Ironman World Championships?

Here is this week's news ...

2016 Club Championship: Race 10 – Great Eastern Run

So the latest round of the Club Championship was held last Sunday as thousands of runners descended upon Peterborough for the Great Eastern Run. 13 miles around the city and although it may not be the most picturesque half marathon you could ever run, it is one of the flattest and the support from the crowds is amazing.

We seem to have had a low turnout this year as I could only find 4 club members in the official results. If I have missed you please let me know.

Overall, **Lara Kristiansen** showed that she is still in fine form being the first club member to finish in an excellent time (although I suspect those 53 seconds will be annoying to her). Lara was followed by **Sue Fulbrook** who was running with **Bryan Clary** whilst **Jane Hales** completed the trio of ladies. The final results were:

Ladies Results	
Lara Kristiansen	1:30:53
Sue Fulbrook	1:52:44
Jane Hales	2:14:38

Men's Results	
Bryan Clary	1:52:45

Well done all of you :)

I don't see these results having much bearing on the Championship standings which John will be updating hopefully later this week. So with only 2 races remaining, not sure anyone can mount a challenge to **Jo Smith** on the ladies side. Slightly closer situation in the Men's Championship with either **Chris Jones**, **Paul Rogerson** or **Dave Summers** in the running to lift the trophy at the end of the year.

The next race is the Shepshed 7 on Sunday 06.November. For more information on the race take a look here: <http://www.shepshedrc.org.uk/shepshed-7-and-fun-run.html>



📌 Zoe's Hawaiian Ironman World Champs

Don't suppose many of you watch the live coverage of this year's Ironman World Championships last Saturday evening, but you missed an amazing spectacle. For me the highlight was a stunning display by Switzerland's Daniela Ryf who successfully defended her 2015 title and broke the course record in doing so. She dominated the female race and was nearly 25 minutes ahead of 2nd place lady, Mirinda Carfrae. In the men's elite race it was a German 1-2-3 with a dominant performance by Jan Frodeno to take the win.

However the main focus of attention for this race was on our very own **Zoe Smith**. Two years ago Zoe successfully completed the course in 13hrs 20mins whilst suffering from a nasty flu cold caught a couple of days beforehand.

This year it was a totally different story. She's been training hard all this year having qualified for the World Championships at Ironman Wales in 2015. Also there was no repeat performance with cold bugs ... so Zoe was primed to exorcise the ghosts of 2 years ago.

I'm proud to report that Zoe blitzed her previous performance with the following amazing result:

Zoe's Results	
Swim [2.4 miles]	1:05:38
Bike [112 miles]	6:16:55
Run [26.2 miles]	3:46:37
TOTAL	11:19:20

That's 2 hours off her 2014 time and she finished 1253rd overall and 48th in her division. What an awesome result and why we are very proud to have Zoe in our club. Truly inspirational. Congratulations Zoe :)

📌 Club Social – Reminder

Last Sunday, **Emma Potter** became the latest member to have completed this year's Rutland Round after a nice morning run from Empingham to Pickworth with myself and **Becky Murton**. Well done Emma.

This leads nicely to a reminder that on Thursday (13.Oct) there is a club social evening at the Lord Nelson in Oakham to celebrate this year's Rutland Round. Doesn't matter if you didn't run any of the legs, this is just an excuse to have a drink with your club mates ... starts from 7:30pm so pop in if you are around :)



📍 and Finally ...

for those of you that entered in the ballot for next year's London Marathon I expect you will be looking out for the postman to deliver the In or Out magazine over the next week or so. Fingers crossed its good news ...

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

The ladies seem to be dominating the news this week so let's have some tunes from the Sugababes... enjoy :)

Running Track #1

Sugababes: Run For Cover
"sometimes we run for cover"

Spotify <https://open.spotify.com/track/7fu0m6r3wpnTJ2H3t5lg7e>

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

Running Track #2

Siobhan Donaghy: 12 Bar Acid Blues
"If you try to run before you crawl"

Spotify <https://open.spotify.com/track/5TAJRKnYTysKhon3pEvhgp>

YouTube <https://www.youtube.com/watch?v=t1sdFgTL7po>

Swimming Record #1

Mutya Buena: Strung Out
"I'm running out of words to say"

Spotify <https://open.spotify.com/track/4ZQQ203fHX9GXRpzrVWJcs>

YouTube <https://www.youtube.com/watch?v=B3PtRdq5pfc>