

Hi Rutlanders

There was nice small turnout at last Thursday's Rutland Round social evening at The Nelson in Oakham. Congratulations to **Jo Smith, Becky Murton, Emma Potter, Paul Rogerson (& me)** for completing the full set of 10 legs ... Paul just scraping in by running his final leg that afternoon :)

Here is this week's news ...

📍 2016 Club Championship: Race 10 – Great Eastern Run – Take 2

Well it would seem that I made a boo-boo last week regarding the Club Championship results. Thanks to **Sue Fulbrook** for her honesty but it would appear that **Lara Kristiansen** was the sole club representative at last week's Great Eastern Run. Somehow I'd managed to include the results from 2015!!! Nevermind ... so the revised results are:

Ladies Results

Lara Kristiansen	1:30:53
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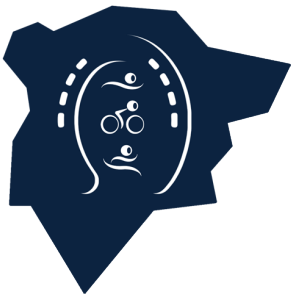
Well done again to Lara :)

Shame there wasn't anyone else running from the club but I do know that it does sound like that there will be a great turnout for the next race - 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>

📍 Spires & Steeples For Martin

Since 2008 the Spires & Steeples Challenge has been a charity walk/run following the Arts & Heritage Trail from Lincoln to Sleaford. Covering 26 miles the route follows public footpaths and bridleways taking in the sights of the local villages. The name refers to the Spires of the churches being the landmarks to follow and to the rural sport of Steeple chasing.

Last Sunday (16.Oct), Martin Gordon-Kerr took part in the marathon challenge. Apparently the route this year was 26 miles of mud, mud, rain and mud. So understandably this wasn't a day for PB chasing but Martin successfully completed the challenge in 5:24. Well done Martin sounds a lovely way to spend a Sunday ... well maybe not with the mud & rain ;)



parkrun News

Well done to Tracey Poole who smashed her parkrun PB by over last Saturday at Rutland Water. Her triathlon training is clearly paying dividends as she came under the 30minute barrier for the very first time beating her previous PB by over 90seconds.

Don't forget that Saturday 30.Oct will be Rutland Water parkrun's first anniversary co-inciding with the 50th event. Paul Rogerson will be Run Director on the day so it would be great to see a big club turnout to support that one. Cake is planned and there is a theme around the numbers 1 and 50 if you want to wear something that fits with that.

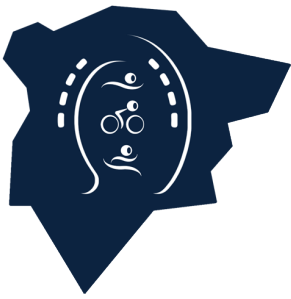
There has also been a call for a revival of the monthly parkrun where we nominate a local parkrun for us to visit. So to kick this off, a number of us including **John McCrone, Sean McAuliffe, Amanda McPherson** and **Paul Rogerson** are off to the new Kettering parkrun on 12.November ... if you want to put that into your diaries :)

and Finally ...

the Autumn Beginners Sessions start tonight for the next 10 weeks. If you know any family, friends or work colleagues that want to get into running get them to Catmose Sports Reception for 6:15pm tonight. Hopefully we will have another awesome set of newbies like the previous bunch that we are now proud to have as club mates :)

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

Green Day have gone to number 1 in the charts with their new album Revolution Radio ... and guess what the opening line is of the first track ... enjoy :)

Running Track #1

Green Day: Somewhere Now

"I'm running late to somewhere now"

Spotify <https://open.spotify.com/track/4UGWMzkmEPpYoS9myk8IAG>

YouTube <https://www.youtube.com/watch?v=5Abh7rNKPu8>

Running Track #2

Red Hot Chili Peppers: Slow Cheetah

"why try and run away"

Spotify <https://open.spotify.com/track/06wTEKL2rSrSaOjFtgG8fj>

YouTube <https://www.youtube.com/watch?v=lc0iAM0oVDk>

Swimming Record #1

Lenny Kravitz: Always On The Run

"But I'm always on the run"

Spotify <https://open.spotify.com/track/3xxBAMUVusDLjLFwwL9qoY>

YouTube <https://www.youtube.com/watch?v=em8JuUW-OOE>