



Hi Rutlanders

Nobody's told me about any specific races that they have been involved in the past week so a short edition of The Racer this week ... but don't forget the 1st Anniversary Rutland Water parkrun this coming Saturday (hopefully see you there)

Here is this week's news ...

📍 Beginners Sessions

There was a nice turn out of 9 new runners at last Tuesday's first Beginners Session. It's not too late to get your friends, family or work colleagues to join us. Meet at Catmose Sports Centre at 6:30pm tonight where **Paul Rogerson**, **Claire Adams** and I will give them a warm welcome.

Talking of beginners, well done to a bunch of our graduates from the Spring Beginners Session. As part of their preparation for next month's Shepshed 7, they successfully completed a 7.1 mile training run last Monday (17.Oct) – the furthest some of them have ever run. Well done to **Lyndsey Phillips-James**, **Hannah Tee**, **Gary Kirk** and anyone else that I've missed including **Jenny Pearson** – a 2015 graduate who tagged along like she does ;)

📍 parkrun News

Bit of parkrun tourism happened last Saturday. Club Secretary **Saya Harvey** was at Edinburgh parkrun recording a fast time of 20:48. EI Presidente **Paul Rogerson** was at Newbury parkrun with a time of 24:51. **Claire Adams** recorded a 35:05 at Great Notley parkrun whilst **Felicity Crotty** ran a time of 26:56 at Burnham and Highbridge parkrun. Meanwhile **Chris Jones** (22:28) and **Clare Dorman** (25:56) were at Poolsbrook parkrun. Closer to home **Jo Smith** was at Belton House with a time of 33:33 and back at Rutland Water we had **Sean McAuliffe** (20:43), **Martin Gordon-Kerr** (22:21), **Helen Duncan** (23:51) with **Lyndsey Phillips-James** and **Hannah Tee** running together in 30:29

Rutland Water 1st Anniversary – plus guest celebrity

Don't forget that this coming Saturday (30.Oct) will be Rutland Water parkrun's first anniversary coinciding 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.

Plus there will be a celebrity runner in attendance in the form of **Fauja Singh** – the British Sikh centenarian marathon runner and the oldest marathon runner in the world. He's 105 years old now and is a world age group record holder and in 2012 he completed the London Marathon in 7hrs 49 mins at the age of 101 (<https://www.youtube.com/watch?v=gCY0Xx92YvQ>)



📌 and Finally ...

talking of age graded world records, congratulations to English-born Canadian Ed Whitlock who at the age of 85 is the new world record holder for the marathon having completed the Toronto Waterfront Marathon last weekend in under 4 hours!!! More details here:
<http://www.bbc.co.uk/sport/athletics/37708265>

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

Here are a few age-graders in this track list ... enjoy :)

Running Track #1

Bee Gees: Run To Me

"run to me whenever you're lonely"

Spotify <https://open.spotify.com/track/6PKczzvzoe7ORitUh9Qqet>

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

Running Track #2

Rod Stewart: Run Back Into Your Arms

"I wanna run back into your arms tonight"

Spotify <https://open.spotify.com/track/6PKczzvzoe7ORitUh9Qqet>

YouTube <https://www.youtube.com/watch?v=1BpZ5T5Mgpc>

Swimming Record #1

Elton John: The One

"running fast along the sand"

Spotify <https://open.spotify.com/track/6PKczzvzoe7ORitUh9Qqet>

YouTube https://www.youtube.com/watch?v=85B_REWeNcM