

## Hi Rutlanders

So this week we have news on **Bryan Clary's** latest epic challenge and Three Go To Beacon Hill :)

Here is this week's news ...

### Bryan's Great Escape

Last week I mentioned **Bonkers Bryan Clary** was planning another epic challenge. Well this week I can let Bryan tell you how he got on at the Escape From Meriden, a 24 hour running challenge to get as far away from Meriden, as the crow flies. Over to Bry ...

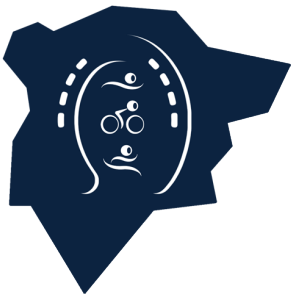
*The start was very odd. 100 people at 00:01 Saturday on the village green in Meriden, some in orange 'prisoner' boiler suits. There was a countdown then people pegged it off running in all directions to their own finish line. **Chris Jones** kindly gave me a lift and watched the start so he saw really how random the race was. I ran east with about 30 people for 1/2 mile before some turned off. After a mile there were three of us before I turned off. Thereafter I saw no other competitors for 100 miles...*

*Chris stayed with me through Coventry until 3.30am before he went home to get two hours sleep before work. I plodded through the frost and was met with a perfect sunrise. I had the company of El Presidente from Great Easton to Kings Cliffe who joined me across ploughed fields, then helped me steer away from them as they were not welcomed! I think Paul left me around mile 55-60. After that things got a bit blurry. I remember a Dominos pizza in Peterborough and a work colleague scaring the wotsit out of me 8 miles east of Whittlesey (it was dark and I wasn't expecting to see anyone as I hadn't seen anyone for 1.5 hours). Sue and Chris then met me for the last 4 hours. We gained some police interest about 5 minutes from the end - they proper confused me by saying the road ahead was closed - ha ha very funny!*

*Anyway, 101 miles in 24 hours. 83.5 miles as the crow flies. I didn't make the 90 mile target but at least my injury didn't get any worse. Just one blister. Job done. I checked my sat nav today and it said it would do the entire route in 105 miles so I beat that by 4 miles - get in!*

*The solo winner reached the 90 mile boundary with only 1 minute and 15 seconds to spare! He headed south west towards, then past Bristol. The Pairs winners reached 90 miles with about 1.5 hours to spare, and carried on until they ran out of land. They didn't stop there. They then waded out to sea to end on Hilbre Island, which confused everyone looking at the trackers!*

*It looks like a lot of people simply ran home. For some it was an nice ultra of 30-40 miles. For others it was a bit longer. It was all about the efficiency of the route and with hindsight the fields of cabbages, recently ploughed fields and wiggly roads all added up as I ran just one mile less than the winner. I'm so chuffed! Its a crazy event and it sounds like its going to be run twice next year as it was so successful.*



Thanks again to the legend that is **Chris Jones, Paul & Cheryl and the Susan!**

All the best

Bryan

I know a number of us were using the online GPS tracker and it was interesting to see where the competitors were heading. Bryan was the only 1 that seemed to head for the flat fenlands ... however as Bryan mentioned there was some tougher terrain to tackle beforehand. Next time and with more route prep I reckon Bryan could win that challenge. Congratulations Bryan ... Great stuff :)

## The Rutland 3 Climb Beacon Hill (& again & again & again)

The Beacon Hill Half Marathon took place last Sunday. This is a toughie trail run within the boundaries of Beacon Hill Country Park and involves 2 laps of a similar course to the Solstice Run (held in June by the same organisers) and hence 4 stiff climbs to the top of Beacon Hill ... that's over 1700ft of climbing!!!

We had 3 club mates taking the challenge. First home was **Damian Wilkins** (nice to see your name on here again!!!) in a time of 2:05:24. Next was **Becky Murton** in 2:13:57 with Dawn Morris finishing in **2:33:29**.

Brilliant effort on a challenging but beautiful course. Entries have opened for next year's race and details can be found here: <http://www.jackrabbitevents.co.uk/beacon-trail-half-marathon>

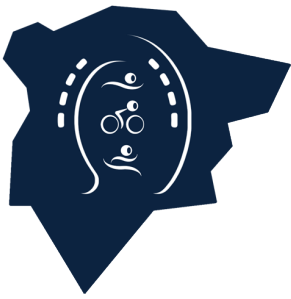
## and Finally ...

our club president **Paul Rogerson** will be Run Director at Rutland Water parkrun if you want to show your support and fancy a Saturday morning wake-up 5k

Seems to be going a bit quiet on the news front as we head into the cold months so let me know what you guys are up to and planning for next year ...

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

Not done this for a little while so let's have 3 from the same artist with Ian McCulloch ... enjoy :)

### Running Track #1

**Echo And The Bunnymen:** Nothing Lasts Forever  
*"time's running out the door you're running in"*

**Spotify** <https://open.spotify.com/track/7qCGI58Fhy0XFZ4JtcKmfa>

**YouTube** <https://www.youtube.com/watch?v=GPJHA4TgtIM>

### Running Track #2

**Ian McCulloch:** Sliding  
*"come with me now as now I run"*

**Spotify** <https://open.spotify.com/track/4WUEKfkVkLa0MXglv299Tq>

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

### Running Track #3

**Ian McCulloch:** Proud to Fall  
*"and then I saw you in the distance off and running"*

**Spotify** <https://open.spotify.com/track/0xk7pyx1v9Qzm4xCzM15fi>

**YouTube** <https://www.youtube.com/watch?v=Am8OuREtww8>