

Hi Rutlanders

Not a lot of news this week so this edition is like a HIIT session ... short and sweet :)

Here is this week's news ...

Felicity's EMA Take Off

Last Sunday, East Midlands Airport hosted a 10k running event taking advantage of the fact that the airport is currently closed at weekends to allow for runway repairs. The 10k course involved a trip round the perimeter of the airport including the airport fire station.

Amongst the 2 thousand runners that took part was our very own **Felicity Crotty** who finished in 54:03 – nice one. Did you buy any duty-free?

County Standards – Final Reminder

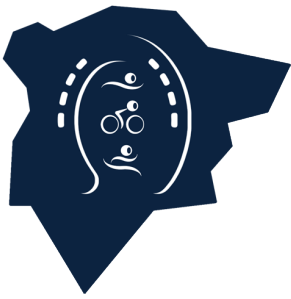
This is a final shout-out for you to apply for your County Standard award for 2016. So if like Felicity you have finished in 5 different races with 5 different distances this year then you will have qualified for an award – and depending upon your age-graded times that award could be gold, silver or bronze but at the very least you will have earned the right to a lovely certificate to hang on the wall.

So please send the details of your 5 races with the best times for each distance to **John McCrone** and myself by end of tomorrow (Wednesday 30.Nov) to give us time to collate the results and produce the certificates in time for next week's Club Christmas Dinner.

New Race Secretary: Chris Jones

On behalf of myself and the Committee please give a big Thank You to **Chris Jones** who has volunteered to be the club's Race Secretary. The aim is that he will keep an up-to-date list and link for all races both running and multi-discipline on the club website that may be of interest to everyone and to keep the diary on the website current including all the club sessions.

During the next week we will be including a list of race details that hopefully you be interested in. If you know of any races that should be included then please let Chris know.



📌 and Finally ...

it's getting chilly out there and the roads and paths are getting a bit slippery, so please be careful and make sure you warm up properly ...

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

Felicity's airport romp gave me a challenge to find some tunes with planes and the usual triathlon disciplines within the lyrics... enjoy :)

Swimming Record #1

Daniel Powter: Next Plane Home

"I'd swim across the sea to be with you for a while"

Spotify <https://open.spotify.com/track/0TVf7uMQ2eqIysOyIFDgz7>

YouTube https://www.youtube.com/watch?v=5E4j_n17cTI

Bike Track #1

The Vaccines: Wolf Pack

"You took a plane I'll take a push bike"

Spotify <https://open.spotify.com/track/54J8iMBKqNdfHc9RELpJ2S>

YouTube <https://www.youtube.com/watch?v=0-Jmmd6zKf0>

Running Track #1

Scorpions: Running For The Plane

"running for the plane"

Spotify <https://open.spotify.com/track/3OeIA2LGA8xStRJyAQUtg9>

YouTube <https://www.youtube.com/watch?v=C5H4M3jry1M>