

## Hi Rutlanders

So it's coming to the end of the year and the festive season is upon us and there's not much racing left. So this is the perfect time to reflect on your past season and start to look ahead and make plans for next year's ambitions :)

Here is this week's news ...

### parkrun PBs

It might be coming to the end of the season, but some of our club mates aren't taking the foot off the pedal just yet. Congratulations to **Helen Duncan** who was first lady home at Rutland Water parkrun in a new PB time of 23:07 whilst **Paul Rogerson** appears to be rounding off a great year just by finishing just outside the top 10 also with a new PB of 22:50 – great running both.

### Reminder: London Marathon Place Draw

This is a final shout-out if you want your name in the draw for a chance to win a place in next year's London Marathon. The draw will be made at Thursday's club Xmas Dinner event ... so please let a member of the committee know before Thursday please (I'll also put a message on the facebook forum page so you can add your names there if you prefer)

### So What Are Your Plans For 2017?

So what are you planning to do next year?

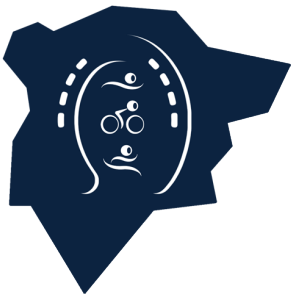
Whether it is to take part in more parkruns, increase your speed, try a new distance, dip your toe into triathlon, why keep it to yourself. Let's start a discussion on our club facebook forum page and you never know I'm sure there will be lots of offers of support and advice from your fellow club-mates to help you achieve your new targets :)

### and Finally ...

Good Luck to everyone taking part in the final Championship race of 2016 at next Sunday's Turkey Trot ...

Until next week ...

**Happy Swimming, Cycling, Running**  
**Richard Evans**



## 📌 Events Section

**Chris Jones** has been busy putting together an initial list of forthcoming races in the first half of 2017 to give you plenty of options and time to get training plans organised and started. 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/>

If you know of any events that you think should be included in the listing then please email Chris ([chrisinlangham@hotmail.com](mailto:chrisinlangham@hotmail.com))

The calendar on the club website has been updated with the following:

### Running

25<sup>th</sup> February

Belvoir Challenge – two distances either 15 or 26 miles, mainly off road with great checkpoints.

<https://www.belvoirchallenge.co.uk/>

18<sup>th</sup> March

Charnwood Marathon – two distances either 15 or 26 miles, mainly off road. You will have to read a map and instructions on this one.

<http://www.freewebs.com/charnwoodmarathon>

26<sup>th</sup> March

Canalathon – great introduction into ultra distance running, 3 distances along the Rochdale canal 50k,75k and 100k

<http://cannonballevents.co.uk/canalathon>

2<sup>nd</sup> April

Oakley 20 – ideal if you are planning in doing a marathon in the spring.

<http://www.bedfordharriers.co.uk/Oakley.htm>

10<sup>th</sup> April

Belvoir Half Marathon – good scenic course.

<http://hosevillage.org.uk/bhm.htm>

### Triathlons and Multi Sports Events

18<sup>th</sup> March

Clumber Duathlon – fairly local event and 2 different distances

<http://www.osbevents.com/events/duathlon/clumber-park-duathlon>

23<sup>rd</sup> April

Southwell Triathlon – sprint distance and a warm pool swim. Great simple course and well organised

<http://www.osbevents.com/events/triathlon/southwell-triathlon>

18<sup>th</sup> June

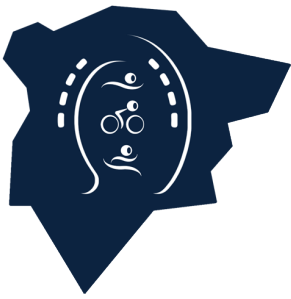
Woodhall Spa Triathlon – Sprint distance with an outdoor pool swim.

<http://www.osbevents.com/events/triathlon/woodhall-spa-triathlon>

2<sup>nd</sup> July

Holkham Half ironman distance triathlon – great half ironman distance race in Norfolk

<http://www.osbevents.com/events/triathlon/outlaw-half-holkham>



## Tunes Section

Something a bit different for the next few weeks as we count-down to Xmas. Here are 3 well known festive tunes but with some inspired lyrics added (courtesy of Runner's World) ... enjoy :)

### Xmas Track #1

**Cocteau Twins:** Frosty the Snowman

*"Frosty the snowman  
knew the sun was hot that day  
so he said  
let's run and we'll have some fun  
now before I melt away"*

**Spotify** <https://open.spotify.com/track/5VfUE5SPZ6ha25oRhkAwpd>

**YouTube** <https://www.youtube.com/watch?v=e874vKfyfuU>

### Xmas Track #2

**Noah Guthrie:** Rudolph the Red-Toed Reindeer

*"Rudolph the Red-Toed Reindeer  
had a very shiny blister  
and if you ever saw it  
you would even say, 'No, sister!'"*

**Spotify** <https://open.spotify.com/track/3EQ7ato62z3qeLX8eDpKNh>

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

### Xmas Track #3

**Twisted Sister:** I'll Be Home For Christmas (as soon as I get a quick 5 in)

*"I'll be home for Christmas  
you can plan on me  
please have the shower on  
fourteen cookies and a cup of hot tea"*

**Spotify** <https://open.spotify.com/track/3E9RfYAtZH9jTJgEiQVCRz>

**YouTube** <https://www.youtube.com/watch?v=KYw4jZAPUgc>