

## Hi Rutlanders

A fun-packed celebratory edition this week including the results from the final Championship race of the year :)

Here is this week's news ...

### 🏆 2016 Club Championship: Race 12 – Keyworth Turkey Trot

So the final race of the year was last Sunday with 6 plucky club mates descending on the village of Keyworth "nestled in the countryside of the South Nottinghamshire Wolds". This is a very popular race and as usual sold out very quickly. From all accounts everyone had a good time and the results were:

| Pos | Name               | Time    | Age Grade |
|-----|--------------------|---------|-----------|
| 1   | Martin Gordon-Kerr | 1:44:46 | 62.31%    |
| 2   | Paul Rogerson      | 1:47:46 | 72.67%    |
| 3   | Emma Potter        | 1:50:08 | 62.16%    |
| 4   | Joanne Shore       | 1:53:01 | 64.44%    |
| 5   | Kev Loomes         | 1:59:21 | 55.62%    |
| 6   | Nikki Loomes       | 2:00:35 | 65.91%    |

Congratulations everyone, especially Paul on another great performance and also Emma for a new Half Marathon PB :) These results promote Emma to 4<sup>th</sup> spot in the Ladies Championship whilst Kev has leap-frogged John McCrone into 6<sup>th</sup> in the Men's.

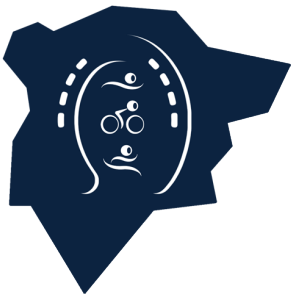
### 🏆 2016 Club Championship Results

However the results from the Turkey Trot did not affect the overall table standings and therefore as confirmed by the presentation of the trophies at last Thursday's Xmas Dinner, the 2016 Championship Winners are **Jo Smith** and **Paul Rogerson** – Congratulations to both of you.

**John McCrone** has update the final table standings as can be found on the club website: <http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>

Well done to everyone that took part in the championship this year, it was actually a close run championship. So next month we begin all over again with the first race of the 2017 season being the Brass Monkey 10k at Rockingham Speedway on Sunday 29 January 2017. It would be great to have a big turnout :)

<http://www.lakelandshospice.org.uk/fundraising/challenge/brassmonkey>



## 🏆 2016 County Standards Winners

Last Thursdays Xmas dinner was a fabulous evening with around 30 of us enjoying a lovely meal and it was great to see everyone not dressed in lycra for a change. Thanks again to **Dawn Morris** for organising a great event.

After the meal, as well as the presentation of the Championship winners' trophies we also presented the County Standards Awards to:

Silver: **Paul Rogerson**

Bronze: **Sue Fulbrook, Jo Smith, Martin Gordon-Kerr, Chris Jones**

Copper: **Helen Duncan**

Pewter: **Felicity Crotty, Amanda McPherson**

If you would like a County Standard next year then all you have to do is run in 5 official events with different distances during 2017 and you too can have a lovely certificate as a memento next year.

## 🏆 London Marathon 2017 Place

We also performed the draw for the place in next year's London Marathon at the Xmas Dinner. We had the same result as last year in that **Helen Pape's** name was drawn from the hat. However like last year Helen will not be able to take the place. Commiserations Helen but we do wish you well with the rest of your pregnancy (maybe next year and third time lucky!)

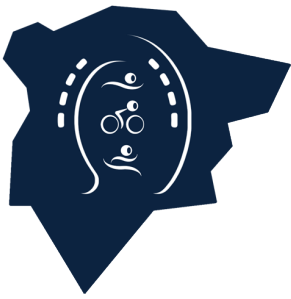
So thankfully we did draw a reserve and that lucky person is **Tracey Poole**. So Congratulations Tracey and Good Luck for the training and hope you have a fabulous London Marathon.

## 🏆 and Finally ...

so we have had a great week celebrating all the brilliant achievements from this past 12 months and we can now start to look forward to the festive season and next year. Don't forget we have the Gingerbread series of Xmas runs organised by the Gordon-Kerrs to look forward to so

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

Another set of known festive tunes with some inspired lyrics added (courtesy of Runner's World) ... enjoy :)

### Xmas Track #1

**Kylie Minogue:** Let it Snow

*" Oh the weather outside is frightful  
but my new tights are so delightful  
and since we have 10 miles to go  
let it snow! Let it snow! Black ice, no"*

**Spotify** <https://open.spotify.com/track/1shTnIoDu0xgjX0s56Hhdi>

**YouTube** <https://www.youtube.com/watch?v=AkucXm3Pdxg>

### Xmas Track #2

**McFly:** Deck The Halls

*" Deck the halls with racing medals  
Fa la la la la, la la la la  
Rather run than push those pedals  
Fa la la la la, la la la la  
Don we now our wicking apparel  
Fa la la la la, la la la la  
Troll the cabernet by the barrel"*

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

**YouTube** [https://www.youtube.com/watch?v=eH1NFT\\_5FZc](https://www.youtube.com/watch?v=eH1NFT_5FZc)

### Xmas Track #3

**Frank Sinatra:** Jingle Bells

*" Dashing through the streets  
On a tempo run tonight  
O'er the hills we go  
Trucking all the way ...  
Oh, what fun it is to laugh and sing a running song tonight"*

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

**YouTube** <https://www.youtube.com/watch?v=p07T4dlw2cc>

Also we lost another musical legend last week with the sad death of Greg Lake from Emerson Lake and Palmer and King Crimson fame. In tribute here is his festive hit:

<https://open.spotify.com/track/3hXGyxIXXVWNhhCRIQjIRH>

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