



## Hi Rutlanders

tis the season to be jolly ... so this week's Racer is short and sweet so you can rush and finish any last minute Xmas preparations before settling down to some festive fun :)

Great to see Alistair Brownlee getting 2<sup>nd</sup> place in Sunday's Sports Personality of the Year however I am extremely disappointed that Mo Farah (again) and Laura Kenny didn't get a look-in though. However best moment of the night for me was seeing Ben Smith winning the Helen Rollason award for his 401 challenge: <http://www.the401challenge.co.uk>

Here is this week's news ...

## RR&TC Xmas Runs 2016 – The Gingerbread Series

Don't forget that we have 3 seasonal club runs lined up over the festive period to enjoy:

**Rutland Running & Triathlon Club**

**THE GINGERBREAD SERIES**  
Run, run, as fast as you can...

**Christmas race series for all club members and friends**

24<sup>th</sup> December 09:00 - Rutland Water parkrun  
26<sup>th</sup> December 10:30 - Hambleton peninsula  
1<sup>st</sup> January 2017 10:30 - Oakham

CHOCOLATE CHIP TIMING  
REFRESHMENTS PROVIDED (RACES 2 AND 3)  
Entry fee £10 – proceeds to #TEAMEDDIEG

Thanks once again to **Andrea & Martin Gordon-Kerr** for volunteering to organise these runs.



I'm certainly looking forward to next Saturday's parkrun as I will be supporting my wife Carolyn (and my niece). She's taken part in the latest batch of beginners sessions and tonight is the final week and will see them run for 30 minutes non-stop. Another lovely bunch that have had to put up with cold, dark nights ... so I'm looking forward to celebrating them completing the course along with the other coaches **Paul Rogerson** and **Claire Adams** (well done guys)

## and Finally ...

Just want to wish everyone a very Merry Christmas and hopefully see some of you over the coming festive week :)

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))



## Tunes Section

Ok this is the final week of festive tunes with some inspired lyrics added (courtesy of Runner's World) ... enjoy :)

### Xmas Track #1

**Slade:** Merry Xmas Everybody  
"does he ride a red nosed reindeer"

**Spotify** <https://open.spotify.com/track/5JUXAJ6cqX9wmPB0smNci8>

**YouTube** <https://www.youtube.com/watch?v=0A8KT365wIA>

### Xmas Track #2

**Twisted Sister:** Heavy Metal Christmas  
"12 muscles hurting  
11 hills a climbing  
10 nails a splitting  
9 eggs a noggin  
8 miles a hoofing  
7 PRs a wanting  
6 shoes a buying  
5 goolden pancakes  
4 missing socks  
3 neon shirts  
2 rubbing thighs  
and a big goal in the New Year"

**Spotify** <https://open.spotify.com/track/2YRQL0f61TwxRoAfz7J8bw>

**YouTube** <https://www.youtube.com/watch?v=X-fVgx5HdFM>

and a poignant final tune ...

### Xmas Track #3

**David Bowie & Bing Crosby:** Peace On Earth/Little Drummer Boy  
"come they told me ... go run a run run"

**YouTube** <https://www.youtube.com/watch?v=DiXjbl3kRus>

Merry Christmas Everyone :)