



Hi Rutlanders

Welcome to the final Racer of 2016. Hope everyone is having a lovely Xmas holiday and end of year break.

Here is this week's news ...

RR&TC Xmas Runs 2016 – The Gingerbread Series – Runs 1 & 2

Run 1: Rutland Water parkrun

There was a brilliant start to the Gingerbread Series on Xmas Eve with 15 club members running Rutland Water parkrun. Apparently Xmas Eve saw the highest ever parkrun attendance for the whole UK with over 100,000 parkrunners – so another pat on the back for being a small part of that record! In spite of the breezy and chilly conditions the weather was nice and bright and there was a great turnout of 196 parkrunners at the event. First home was **Sean McAuliffe** in 20:53 with **Emma Potter** the first lady home in 24:38.

[quick mention to Claire Adams (25:01) running at Great Notley parkrun and also Felicity Crotty (28:46) running at Tamar Trails parkrun]

[also a shout-out to our Xmas Day parkrunners with Sean McAuliffe (23:08), Chris Jones (30:02) and Clare Dorman (30:04) running at Melton Mowbray parkrun]

Run 2: Hambleton Peninsula

So after the Xmas Day festivities, the second run of the Gingerbread Series took place on Boxing Day around Hambleton Peninsula. This time there was 17 taking part and again the conditions were crisp and sunny and fortunately the chilly wind was mainly behind us as we circumnavigated the 5.2 miles in an anti-clockwise direction. It was the same first two with **Sean McAuliffe** in 38:31 with **Emma Potter** finishing in 43:37. Also congratulations to **Chris Jones** who won the best costume prize!!! (you need to see the pictures on the club facebook forum page)





Rutland Running & Triathlon Club Racer

The "Pull A Cracker" Edition: #134

27.December.2016

Well done to everyone that have supported the races so far and after the first two races the standings are as follows:

Series placings	Name	Points	Race 1 - Rutland Water parkrun		Race 2 - Hambleton penninsula	
			Time	Position	Time	Position
	1 Emma Potter	2	00:24:38		1 00:43:37	1
	2 Joanne Shore	5	00:31:20		3 00:45:53	2
	3 Jo Smith	8	00:31:38		4 00:54:51	4
	4 Natalie Duncan	27	00:25:28		2 09:59:59	25
	5 Clare Dorman	28	09:59:59		25 00:49:17	3
	6 Helen Duncan	30	00:31:47		5 09:59:59	25
	7 Zoe Smith	30	09:59:59		25 00:54:51	5
	8 Saya Sheridan	31	00:36:01		6 09:59:59	25

Series placings	Name	Points	Race 1 - Rutland Water parkrun		Race 2 - Hambleton penninsula	
			Time	Position	Time	Position
	1 Sean McAuliffe	2	00:20:53		1 00:38:31	1
	2 Ian Prendergras	5	00:22:07		2 00:39:49	3
	3 Robert Wright	7	00:23:06		3 00:40:54	4
	4 Richard Evans	8	00:27:47		6 00:39:00	2
	5 Paul Rogerson	9	00:23:22		4 00:43:37	5
	6 Paul Keany	11	00:25:56		5 00:47:36	6
	7 Gary Kirk	15	00:29:13		7 00:54:43	8
	8 Chris Jones	32	09:59:59		25 00:49:17	7
	9 Jeremy Lloyd	34	09:59:59		25 00:55:40	9

So we have the final race of the series on New Year's Day to look forward to. It will be brilliant to have a huge turnout for the first club event of 2017 ... even if you are nursing a sore head ;)



**Rutland Running
& Triathlon Club**

THE GINGERBREAD SERIES

Run, run, as fast as you can...



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

24th December 09:00 - Rutland Water parkrun
26th December 10:30 - Hambleton penninsula
1st 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 organising these runs – doing a brilliant job :)



🏆 3 Cheers For latest Beginners Session Graduates

Just want to also mention that we also had a fabulous turnout of 6 graduates from the recent Beginners Sessions at the Xmas Eve Rutland Water parkrun most of them running a parkrun for the very first time. They only successfully completed the beginners sessions the previous Tuesday. Their results were:

Pos	Name	Time
1	Carolyn Evans	27:46
2	Joanna Cadman-Joyce	30:16
3	Paul Marshall	31:33
4	Christine Moor	31:46
5	Bernadette O'Hanlon	33:41
6	Camille Del Strother	33:37

Fantastic results for another lovely bunch of people (I am slightly biased as my better half is amongst them and I'm very proud of her :) Let's hope they continue to enjoy their new found running careers and hopefully some of them will consider joining our ranks like the previous stars from the Spring Beginners.





📌 and Finally ...

just a reminder that there is no club training tonight but there will be the usual Hambleton Peninsula club run on Wednesday starting at 7pm from the fisherman's car park and also Helen Duncan will be leading the regular Thursday run round Oakham. All details on the website: <http://www.rutlandrunandtri.co.uk/calendar/>

Just want to wish everyone a Happy New Year for 2017

and so until next year ;) ...

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)

📌 Tunes Section

It will be good to get rid of 2016 as we have lost so many musical icons this year and we sadly lost a couple more over the Xmas period. Here is a small tribute to Rick Parfitt ... enjoy :)

Running Track #1

Status Quo: Running All Over The World
"we were we go runnin' all over the world"

Spotify <https://open.spotify.com/track/6thm4BQIIOVvxQBTMzKgsA>

YouTube <https://www.youtube.com/watch?v=0Kq9okZALVo>

Running Track #2

Status Quo: Run To Mummy
"she runs to mummy when she comes over funny"

Spotify <https://open.spotify.com/track/439XNpwpP4mAK8jULJdAujf>

YouTube <https://www.youtube.com/watch?v=A9PRoUO3vG4>



Rutland Running & Triathlon Club *Racer*

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Running Track #3

Status Quo: Like A Zombie

“running round like a madman, run yourself off your feet”

Spotify	https://open.spotify.com/track/5i4iLGUfp2VtprgN6ugGkD
YouTube	https://www.youtube.com/watch?v=_CBkqzsGmdA

Running Track #4

Status Quo: Running Inside My Head

“got you running right through my head”

Spotify	https://open.spotify.com/track/7ae5iGMWyLztf1LyBx8ebU
YouTube	https://www.youtube.com/watch?v=XnEqqrJLfd8

I'll do a tribute to George Michael next week (I'm still in shock!)