



Hi Rutlanders

Happy New Year!!! I hope you all had a fabulous end of year and are all raring to go with your new plans for 2017. Last year there were some fantastic achievements by our members (old and new) and so looking forward to hearing about your exploits planned for this year ... bring it on :)

Here is this week's news ...

RR&TC Xmas Runs 2016 – The Gingerbread Series – Run 3

So the final race of the Gingerbread Series took place on New Year's Day. In spite of soggy conditions there was a nice turn out of 15 for the 5ish miles around the course around Oakham and Langham.

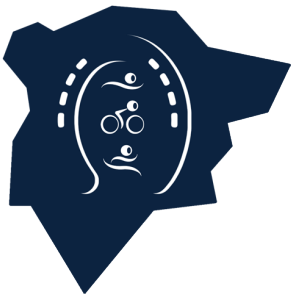
The final results across all 3 runs were:

Series placings	Name	Points	Race 1 - Rutland Water parkrun		Race 2 - Hambleton peninsula		Race 3 - Oakham/Langham loop		
			Time	Position	Time	Position	Time	Position	
1	Joanne Shore	7	00:31:20		3	00:45:53	2	00:48:13	2
2	Jo Smith	15	00:31:38		4	00:54:51	4	00:58:21	7
3	Emma Potter	27	00:24:38		1	00:43:37	1	09:59:59	25
4	Natalie Duncan	29	00:25:28		2	09:59:59	25	00:48:13	2
5	Saya Sheridan	32	00:36:01		6	09:59:59	25	00:39:34	1
6	Helen Duncan	32	00:31:47		5	09:59:59	25	00:48:13	2
7	Clare Dorman	34	09:59:59		25	00:49:17	3	00:49:44	6
8	Zoe Smith	55	09:59:59		25	00:54:51	5	09:59:59	25
9	Sue Clary	55	09:59:59		25	09:59:59	25	00:48:30	5

Series placings	Name	Points	Race 1 - Rutland Water parkrun		Race 2 - Hambleton peninsula		Race 3 - Oakham/Langham loop		
			Time	Position	Time	Position	Time	Position	
1	Sean McAuliffe	4	00:20:53		1	00:38:31	1	00:39:43	2
2	Ian Prendergras	8	00:22:07		2	00:39:49	3	00:40:05	3
3	Robert Wright	13	00:23:06		3	00:40:54	4	00:49:44	6
4	Paul Rogerson	14	00:23:22		4	00:43:37	5	00:45:17	5
5	Gary Kirk	23	00:29:13		7	00:54:43	8	01:30:00	8
6	Richard Evans	33	00:27:47		6	00:39:00	2	09:59:59	25
7	Paul Keany	36	00:25:56		5	00:47:36	6	09:59:59	25
8	Chris Jones	38	09:59:59		25	00:49:17	7	00:49:44	6
9	Nick Adams	51	09:59:59		25	09:59:59	25	00:38:25	1
10	Archie Adams	54	09:59:59		25	09:59:59	25	00:42:27	4
11	Jeremy Lloyd	59	09:59:59		25	00:55:40	9	09:59:59	25

Congratulations to **Joanne Shore** and **Sean McAuliffe** for taking the glory of winning the series but everyone who took part in the series deserves a pat on the back for helping to raise £200 towards the EddieG fund.

Thanks once again to **Andrea & Martin Gordon-Kerr** for organising these runs – brilliant job :)



Congratulations to **Tracey Poole** (28:39), **Hannah Tee** (29:02) and **Rob Wright** (22:30) for getting new PBs at Rutland Water parkrun on New Year's Eve. Great to see **Sean McAuliffe** back to his sub-20 form with a PB equaling 19:58 time for the 5k course (and then recorded a 23:48 at Leicester Victoria parkrun the following day before running the club Gingerbread run 3 – busy boy!) Well done to **Chris Jones** (22:22) and **Helen Duncan** (23:36) too.

Elsewhere, **Felicity Crotty** recorded a 28:25 at Tamar Trails parkrun, **Amanda McPherson** ran a 33:47 at Melton Mowbray and **Joanne Shore** was at picturesque Belton House for the first-time with a time of 24:48.

🏆 Club Championship 2017

The first race of the season is the Brass Monkey 10k at Rockingham Speedway on 29th January. Details are here: <http://www.lakelandshospice.org.uk/fundraising/events/633-brass-monkey-10k-run-2017>

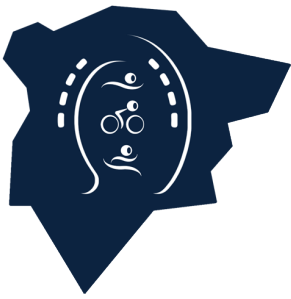
January is a pretty quiet month racing wise and is typically when the training regimes/plans start to kick in. Races are filling up quickly (The Belvoir Challenge is now full) so as soon as **John McCrone** has confirmed the rest of the early season Club Championship races, I will update the Calendar on the club website and let you all know so that you can plan your campaigns and enter the races.

🏆 and Finally ...

the optimist in me in saying that we are past the Winter Solstice and the days are drawing out so bear that in mind whilst trying to get warmed up on your next training session – have fun :)

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)

📌 Tunes Section

We lost a lot of musical icons last year so let's hope this year is not so sad. Meantime in tribute to George Michael here are 3 of his tracks ... enjoy :)

Running Track #1

Wham: Bad Boys
"run along to school"

Spotify <https://open.spotify.com/track/5QPTfGeN4ZgCG9TPhUAtot>

YouTube <https://www.youtube.com/watch?v=hktHI4fGydE>

Running Track #2

George Michael: Freedom! '90
"we had every big shot good-time band on the run boy"

Spotify <https://open.spotify.com/track/1D6nV9TPfMnWm7UdVsDVfl>

YouTube <https://www.youtube.com/watch?v=QuIBUdp-SAQ>

Running Track #3

George Michael (with Mutya): This Is Not Real Love
"yes I know your hear is always on the run"

Spotify <https://open.spotify.com/track/5JyRIEPKma1yx4v60V0Yxh>

YouTube <https://www.youtube.com/watch?v=PZZiH8bvA0s>