

Hi Rutlanders

So January is typically when all those New Year Resolutions are put into practice but also more importantly is when your Base Training begins in earnest for the year ahead. Especially those of you targeting Spring Marathons and other big events, this month is about building the slow endurance mileage that provides the platform for the coming months ... have fun everyone :)

In this week's edition are details of the first few races of this year's Club Championship. Get in quick as races are filling up fast (especially the Beacon Hill Solstice Run in June – see below)

Here is this week's news ...

General Club News

Seems like the Xmas break hasn't affected some of you as plenty of you are getting out there and putting your training plans into action.

First off big congratulations to **Sean McAuliffe** for getting a new fastest ever parkrun time at Rutland Water last Saturday with a time of 19:41. His previous best was 3 years ago and last Saturday's time was the first time he'd completed back-to-back sub-20k times having run a 19:58 on New Year's Eve. Brilliant results Sean and great to see that the past injury problems appear to be behind you. Looking forward to hearing great things for the coming year.

Also running Rutland Water last weekend were: **Richard Evans** (22:01), **Nigel Broadbent** (23:03), **Helen Duncan** (23:10), **Jenny Pearson** (27:43), **Gary Kirk** (29:08), **Julie Thacker** (35:47), **Hannah Tee** (36:10) – well done everyone :)

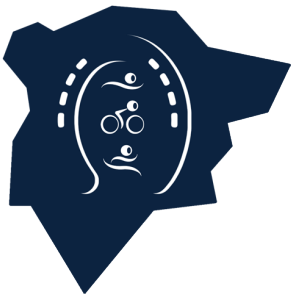
Good to see **John McCrone** was in action at the Northants AA County XC Championships completing the 6 mile course in 44:22. Great stuff John.

Elsewhere, I see **Paul Rogerson** was churning out the miles in preparation for his Paris Ultramarathon in March. Last week he ran twice round Rutland Water in the space of 4 days (the second time with **Emma Potter** in support) ... plus all his other training stuff

Tracey Poole is also well into her London Marathon training with a stonking 12 miler last Sunday and building the mileage (and loving it by all accounts!)

Meanwhile the more brave and adventurous were also off doing so “off-roading”. **Bryan Clary** ran an 8 miler round Lose Hill in the Edale Valley of the Peak District on Saturday evening before running around Ridlington Ridge and Belton-in-Rutland on Sunday morning with **Sue Fulbrook**, **Clare Dorman**, **Helen Duncan** and **Chris Jones**.

And these are just the ones I've heard about. I'm sure plenty more of you are in action and if not hopefully this will give the motivational “kick in the bum” to join in. Tuesday, Wednesday and



Thursday club sessions are back in swing and there's always someone from the club at the parkrun ... so no excuses :)

🏆 Club Championship 2017

John McCrone is busy compiling the Club Championship races and so far we have the following identified. (Note: I've noticed races are filling up very quickly these days so get your skates on if you want to take part in the Club Championship this year. Note: The Beacon Hill Solstice Run in June is almost full - see below)

January

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>

February

This will be the **Clough Taylor People's Run** on 26th February. This is a 10k race at Holme Pierrepont in Nottingham. Details here <https://www.clough-taylor-run.com>

March

To be confirmed – but probably the **Bradgate Park XC** run however we are waiting for the organisers to confirm the details

April

Belvoir Half Marathon on 9th April. Details are here: <http://www.hosevillage.org.uk/bhm.htm>

May

Wymeswold Waddle. Details to be confirmed

June

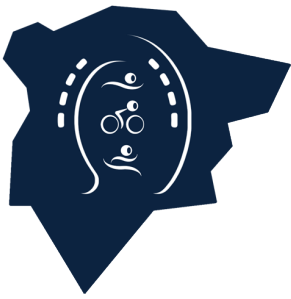
Beacon Hill Solstice Run. **HURRY ONLY A FEW PLACES LEFT!!!**:

Details here: <http://www.jackrabbitevents.co.uk/beacon-solstice-run>

🏆 and Finally ...

just a quick Happy Birthday shout-out for last Sunday to our EI Presidente **Paul Rogerson**. Wishing him another year that is as successful as the one he had last year :) 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/>

We'll update the calendar in the next few days with these initial Club Championship races

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

📍 Tunes Section

Ok New Year so let's have some new music ... enjoy :)

Running Track #1

Ed Sheeran: Castle On The Hill

"I was running from my brother and his friends"

Spotify <https://open.spotify.com/track/66qlqxhEMpSHOzjRK4il0b>

YouTube <https://www.youtube.com/watch?v=7Qp5vcuMllk>

Running Track #2

Robbie Williams: Love My Life

"run far, run free"

Spotify <https://open.spotify.com/track/1YW369EbVyjpeLE3YbsjKQ>

YouTube <https://www.youtube.com/watch?v=j4ggyO-OFXU>

Running Track #3

Rag'n'Bone Man: Wolves

"running from the greatest evil"

Spotify <https://open.spotify.com/track/1bvgrTHjGJgelsQy2tSqFU>

YouTube <https://www.youtube.com/watch?v=nM35X5hdzEs>