



## Hi Rutlanders

Temperatures have plummeted this last week with frosty and misty conditions in the mornings and evenings. I managed to do a 12 mile run home from Rutland Water last Sunday and ran into some newborn lambs in a couple of fields near Great Casterton ... so Spring must be round the corner :)

Here is this week's news ...

### **Fast Freezing Folksworth For Zoe**

Last Sunday was the Folksworth 15 which is always a very popular early season race organised by Yaxley Runners. The 15 mile race involves 2 laps of a challenging undulating course on picturesque country roads with 3 steep hills on each lap.

Our head coach **Zoe Smith** was in action for the first time this year and started 2017 in fantastic style with a time of 1:38:52 and finished as 2<sup>nd</sup> female.

*“Despite being -4C it was a glorious day for running, icy conditions in the shade but overall a great day ... This race is always a bit of a lottery for me as it is always straight off the back of a winter of long slow running to heart rate. I haven't done any speed work since last September – so running to a pace plan is almost impossible as I don't know what speed I have got.*

*The third placed lady and I worked together for the whole of the second lap so decided to cross the line together, luckily I started behind her so took the second place.”*

Brilliant result Zoe :)

### **Last Chance - Kit Order**

Thanks to those of you that have contacted me regarding new kit – I'll be contacting you tomorrow for payment details.

If you haven't contacted me yet then this is your last chance to avoid disappointment for any new kit including the new hoodies as I will hopefully placing an order with our suppliers Scimitar by the end of the week. We will only be holding a small amount of stock.



# Rutland Running & Triathlon Club *Racer*

The "Frosty" Edition: #138

24.January.2017



These are nice chunky hoodies made from 400gsm super heavyweight fabric and will definitely warm you up before and after the race. The front design (above left) will have the club logo and lettering embroidered whilst the lettering on the back (above right) will be of a flock print.

The sizes of the hoodies are:

XXS = UK6   XS = UK8   S = UK10   M = UK12   L = UK14   XL = UK16   2XL = UK18

The cost will be about £23 so please let me know by end of play Wednesday (25.Jan) if you would like one ordered and what size. Now's the time to do so. We will not be holding much stock so if you want one after this initial order you may have to wait until a minimum order quantity has been generated by other members.

Also now is the time if you want any other club kit. Please let me know if you want anything ordered.

## and Finally ...

so the new Club Championship season kicks off next Sunday with the Brass Monkey 10k at Rockingham. I believe there will be a good turnout from the club including many of the graduates from the Beginner Sessions last year ... so look forward to reporting on the results next week and all there is to say is Good Luck, hope the weather is kind and wish you all an enjoyable race :)

until next week ...

**Happy Swimming, Cycling, Running**  
**Richard Evans**



## 📅 Events Section

Take a look at the calendar on the Website for upcoming races and club sessions. All details of these races plus more are now 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 either myself or **Chris Jones** ([chrisinlangham@hotmail.com](mailto:chrisinlangham@hotmail.com))

## 🎧 Tunes Section

This week we have 3 tracks from 80s female artists ... enjoy :)

### Swimming Track #1

**Siouxie and the Banshees:** Swimming Horses

**Spotify** <https://open.spotify.com/track/431Yd8S5StCtpBOY6dXfPK>

**YouTube** [https://www.youtube.com/watch?v=17H5gLjKh\\_g](https://www.youtube.com/watch?v=17H5gLjKh_g)

### Cycling Track #1

**Toyah:** Obsolete  
"take your mind for a ride"

**Spotify** <https://open.spotify.com/track/5VlaH1f7BIfQgsFePE2oTK>

**YouTube** <https://www.youtube.com/watch?v=XX7-BnwrpxU>

### Running Track #1

**Hazel O'Connor:** If Only  
"no I'll stand up again and I'll run"

**Spotify** <https://open.spotify.com/track/1MHTpR2eNBVqcvwRLpvyWK>

**YouTube** [https://www.youtube.com/watch?v=no7\\_HmaN04w](https://www.youtube.com/watch?v=no7_HmaN04w)