

Hi Rutlanders

This week we have the results of the first Club Championship race of 2017 and the patter of tiny feet ... enjoy :)

Here is this week's news ...

Club Championship 2017: Brass Monkey 10k

What a fantastic club turnout for the first race of the season. 19 club mates toed the start line for last Sunday's Brass Monkey 10k at Rockingham Motor Speedway at Corby. The conditions first thing that morning were very icy but I'm sure by the time the race got underway the weak winter sunshine had made the conditions not too bad ... at least it wasn't howling a wintry gale and lashing with rain as in past years :)

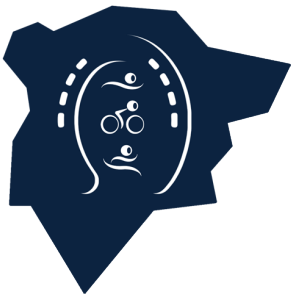
First home for the club was **Sean McAuliffe** in 41:43. Sean's showing some great form recently at the parkruns so its great to see that its translating to excellent times at the longer distance. Not far behind Sean was **Lara Kristiansen** finishing 3rd lady overall in a time of 42:18 – Congratulations both.

Well done everyone. There were some great performances but I do want to mention **Jenny Pearson** who had a great running weekend, bagging a 10k PB at the Brass Monkey after having achieved a parkrun PB the day before – brilliant stuff :)

The rest of the results in age graded Club Championship order are:

Ladies

Pos	Name	Time	Age Grade
1	Lara Kristiansen	42:18	76.27%
2	Helen Duncan	47:29	66.01%
3	Joanne Shore	52:39	63.73%
4	Claire Adams	51:56	62.68%
5	Kate Howes	61:22	61.29%
6	Jenny Ryan	55:01	56.35%
7	Jenny Pearson	56:12	54.50%
8	Felicity Crotty	57:46	52.74%
9	Sam Jeffries	65:59	52.73%
10	Amanda McPherson	63:29	50.82%
11	Hannah Tee	62:22	49.28%



Men's

Pos	Name	Time	Age Grade
1	Sean McAuliffe	41:43	76.67%
2	Paul Rogerson	48:55	73.39%
3	Ian Prendergrast	45:06	72.74%
4	Martin Gordon-Kerr	44:57	66.68%
5	Nigel Broadbent	47:13	66.08%
6	Steve Tee	48:14	59.35%
7	Gary Kirk	62:34	49.87%
8	Andy Slater	63:13	44.61%

John McCrone has updated the tables on the club website:
<http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>

The next Championship race is **The Clough Taylor People's Run** at Holme Pierrepont Nottingham on **Sunday 26th February**. Details here:
<https://www.clough-taylor-run.com>

Baby Boy For Helen :)

So just like his Mum, **Eric Pape** is quick out of the blocks!!!

Congratulations to **Helen Pape** on the birth of her son Eric on Saturday 21.Jan. He was about 3 weeks ahead of schedule but by all accounts Mum and baby are both doing well. Helen would like to pass on her best wishes to all her friends in the club ... but don't expect her back running with us too soon but then again this is Helen so you never know and she'll probably pop-up anytime at a club session with Eric in buggy raring to go ;)

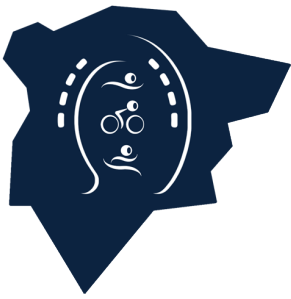
Wonderful news :)

and Finally ...

Thank You to everyone that placed an order for new kit. The order has now been placed with our suppliers Scimitar. The lead time is about 4-6 weeks ... but they were a lot quicker than that on our previous order, so fingers crossed we will get them sooner.

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)

🎵 Tunes Section

A bit of Rock this week to celebrate last weekend's fun at Rockingham ... enjoy :)

Running Track #1

Queens of the Stone Age: 3's & 7's

"Run, you'll never escape"

Spotify <https://open.spotify.com/track/4kJK1JhzQQVl8kuhMHaEcW>

YouTube https://www.youtube.com/watch?v=BgVfjXA_QY0

Running Track #2

Eagles of Death Metal: Skin-Tight Boogie

"Who's done run out of road"

Spotify <https://open.spotify.com/track/2ASuAai9LIT1T2rdLFckpn>

YouTube <https://www.youtube.com/watch?v=o7aU7ePaKtQ>

Running Track #3

Wolfmother: Phoenix

"We will run into the morning light"

Spotify <https://open.spotify.com/track/0dtenqMJ7SsEAJ9A1PASVY>

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