

**Hi Rutlanders**

This week's edition is in a charitable mood ... enjoy :)

Here is this week's news ...

## All For Good Causes

Some of you are training for new personal challenges and so I'm going to give you heroes a shout out and if anyone wants to donate please feel free:

### **Andy Slater**

Andy is planning to cycle from Land's End to John O'Groats in September to mark the 20<sup>th</sup> anniversary of losing his Dad to cancer. The challenge will cover a total of 969 miles in 9 days and Andy is hoping to raise £3000 (or more) for MacMillan Cancer Support. Any donations large or small would be gratefully received:

<http://uk.virginmoneygiving.com/andyslater>

### **Ian Prendergrast**

Ian is training for his first London Marathon. He's raising money for The Ear Foundation who do great work for deaf children, young people and adults. Ian hasn't completed a marathon since 2006 and is dedicating this run in memory of his late wife Sally. So Ian's fundraising page is here:

<http://uk.virginmoneygiving.com/ian-prendergrast-SAVMLMBONDS3332017-86628026>

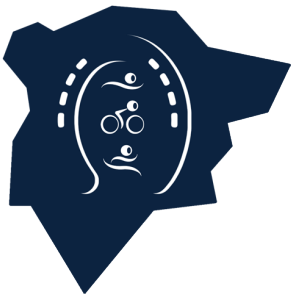
Good Luck with all your preparations :)

## and Finally ...

Please keep me posted on what you are all up to as I'm currently struggling to find things to write about as many of you seem to be in head-down personal training mode ... enjoy your training but let us know how it's going :)

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

Some alternative stuff to support you on those long runs ... enjoy :)

### Running Track #1

**Kasabian:** Running Battle

**Spotify** <https://open.spotify.com/track/2RQoYbGAr2uSIKomONYDKH>

**YouTube** [https://www.youtube.com/watch?v=tKMOhW\\_oO1Q](https://www.youtube.com/watch?v=tKMOhW_oO1Q)

### Running Track #2

**The Libertines:** Don't Look Back into the Sun  
"Where you've cast your plans and you're on the run"

**Spotify** <https://open.spotify.com/track/3M0YwlWNPX8cfWQjYsXTpu>

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

### Running Track #3

**Babyshambles:** UnBiloTitled  
"Wolfman and Bilo, on the run"

**Spotify** <https://open.spotify.com/track/2SmnIQOIT06ciV4G5UleYA>

**YouTube** <https://www.youtube.com/watch?v=Y1hQtwckKWZ4>