

## Hi Rutlanders

Hope love is in the air for you all and if not then take this edition of The Racer as your valentine’s greeting from all your club-mates. Just sharing the Love! ... enjoy :)

Just want to say a warm welcome to **Mikki Coates** who has recently joined the club having been coming regularly to Tuesday and Wednesday sessions. Also a welcome back to **Paul Keany** to the club - another Wednesday night and parkrun regular – great to have you both on board.

Here is this week’s news ...

### Chris & Clare’s Valentine’s Run

Last Sunday saw the annual St. Valentines 30k race organised by Stamford Striders. It sees a large field from all over the country who race it in preparation for longer events coming up in the next few months, so it was a pity to have only 2 members of the club taking part. **Clare Dorman** along with her sister, Sal entered the ladies event as well as **Chris Jones** for the men. As expected the race proved to be a tough event not only because of the distance and the undulating course but also due to the weather conditions. The temperature stayed at about 1 degree with light rain at times. The overall winner was local runner Aaron Scott in a time of 1.39:56 nearly 10 minutes ahead of second place. Chris was a little further behind in a time of 2.29:48 but managed to get under his target time of 2.30. Only just. Clare finished in a PB 3.06:16 while Sal finished her first 30k race in 3.16:58.

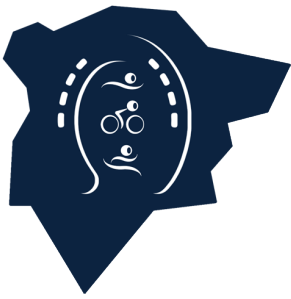
Also it was good to see ex-club mate Andrew Henderson also took part and still showed he hasn’t lost any of his talent finishing under 2:09.

Again a great race organised by our friends at Stamford. It would be nice if next year we get more club members competing in the event

### Parkrun News

Last Saturday, a number of parkruns were taking the opportunity to feel the love by having Valentine’s themes including Rutland Water. Congratulations to **Claire Adams** (24:09), **Sarah Reeves** (30:46) & **Gary Kirk** (27:50) who attained new PBs and well done to **Paul Keany** (25:59) and **Martin Gordon-Kerr** who was first Rutlander home in 21:50 .... although young Sam Gordon-Kerr out blitzed everyone finishing 4<sup>th</sup> overall in a time of 20:12!!!

Meantime I took a trip to Huntingdon parkrun for their 200<sup>th</sup> event. Great turnout and talking of kids there were some very quick youngsters in evidence including one young lady from Nene Valley Harriers in the Junior 11-14 category first lady home in 21:03 (and she was tiny!) – great to see young talent coming through. I couldn’t compete and managed a time of 22:30 :)



Elsewhere, **Saya Harvey** had a gentle run at Melton Mowbray with a time of 32:35 (although she is also running with an injury – so speedy recovery). **Jo Smith** was a Belton House finishing in 32:41 whilst **Sean McAuliffe** finished 11<sup>th</sup> at Bicester parkrun in 20:43.

Well done everyone :)

## Helen Duncan – UltraRunner?

Congratulations to **Helen Duncan** for completing her very first marathon distance ... on a training run preparing for next month's Belvoir Challenge! Thanks mainly to **Bryan Clary's** incredible navigational skills she ended up doing over 28 miles whilst out recc'ing the course. Brilliant stuff – well done Helen.

Helen followed that up the following day with a recovery session on the underwater treadmill at **Mary Hardwick's** Inspire2Tri – which a number of you have tried out. For more information check this out: <http://inspire2tri.com/run-2/underwater-treadmill-running>

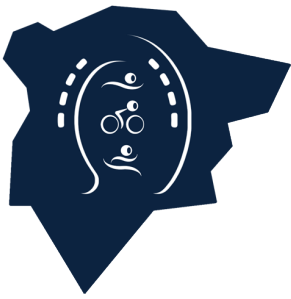
## Running in Kosovo

Last week I asked for more contributions from you guys, and I want to thank **Robert Wright** for providing the following article about his experiences of running out in Kosovo where he is based most of the year:

*Running (and exercise in general) is not on the agenda for the vast majority of the 2 million population here in Kosovo. The Kosovars typically have a poor diet, 47 percent of adults smoke and the sports facilities and the quality of gyms is fairly average. However things are improving as the 30 years + generations realise that years of poor quality living in Europe's poorest country are starting to take their toll. A recent smoking ban and the opening of a national chain of gyms has also helped.*

*Kosovo is 600 metres above sea level which creates difficult weather conditions for winter training but on the positive side there is some stunning scenery and great off road running opportunities particularly as most of the unexploded mines left behind by the Serbs after the war of 1998 / 99 have been cleared up!*

*Wild dogs are now more the problem - I think I have mentioned my dog bites in a previous e-mail! Below is a photo of the running terrain I have just 2 miles from my house and I "enjoy" the hill running as it facilitates good race times on flat courses. This terrain will also be good preparation for my solo Equinox24 in September.*



Thanks again Rob – certainly looks nicer than Rutland did last Sunday. Good Luck with the rest of your training for Equinox24.

## Introducing Nitro Athletics

Did any of you see the highlights on BBC of the new high-energy team athletics event – Nitro Athletics?

6 International teams including a special team called the Bolt All-Stars (captained by Usain Bolt) compete in a mix of traditional and new athletic events including the elimination mile and mixed relay races. I really enjoyed the fresh take on athletics and it doesn't take itself seriously– a bit like Superstars meets It's a Knockout. Well worth a watch if you have some spare down-time: <http://www.bbc.co.uk/iplayer/episode/b08dx44f/nitro-athletics-usain-bolt-takes-on-the-world-2017-episode-1>

## and Finally ...

the sad news recently that the running legend that is Ron Hill has finally had to quit his daily run. Ron Hill was the second man to ever break 2:10 for the marathon in his prime and has run every day since 20 December 1964 – thus clocking a running streak of 52 years and 39 days. He finally had to succumb to chest pains – so we all wish him a speedy recovery. For more information have a look at this article: <http://www.bbc.co.uk/news/uk-england-lancashire-38814518>

Anyone fancy taking that record on?

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 I'm able to have 3 tracks from the late Prince now that he's back catalog has been made available online ... enjoy :)

### Running Track #1

**Prince:** 1999

“there were people runnin' everywhere”

**Spotify** | <https://open.spotify.com/track/2H7PHVdQ3mXqEHXcvclTB0>

### Running Track #2

**Prince:** I Wanna Be Your Lover

“I wanna be the only one that makes you come running”

**Spotify** | <https://open.spotify.com/track/4yrM5BVyJzy5Ed4GPO6e8j>

### Running Track #3

**Prince:** Little Red Corvette

“when you drove me to the place where your horses run free”

**Spotify** | <https://open.spotify.com/track/4iozhXt27eMI39W5z7R8H6>