

Hi Rutlanders

Spring is in the air ... and everyone is enjoying Long Slow Run (LSR) Sundays :)

Here is this week's news ...

parkrun News

Last Saturday was the third highest attendance so far at Rutland Water parkrun with 207 parkrunners taking advantage of the near perfect conditions. Great to see so many of our club mates either running or supporting the event by volunteering. I had a run and then did the results processing afterwards so it's great to report that we had a number of PBs again:

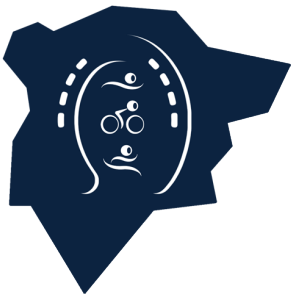
Richard Evans [21:28]
Paul Rogerson [23:20]
Sue Fulbrook [24:13]
Katie Belderbos [24:52 – first time at Rutland Water]
Clare Dorman [25:06 PB]
Gary Kirk [27:38 PB]
Jo Smith [29:55]
Amanda McPherson [31:11 PB]
Sam Jeffries [32:16]

Well done everyone especially Amanda, Clare and Gary. Just want to single out Gary as he's now been doing parkruns for nearly 12 months now and his times have consistently come down from 37:49 to last Saturday's 27:38 ... over 10 minutes quicker!!! Brilliant stuff ... and I think there is clearly more to come :)

Tracey Joins The Puddle Club

To quote our club president "What a difference a week makes". The previous weekend we had sleet, freezing winds and no views. Whereas last weekend Spring was definitely in the air. Sunshine, blue skies and lovely mild temperatures perfect for running and gorgeous scenery. In fact last Sunday it seems everyone was taking advantage and running somewhere round Rutland Water.

First off congratulations to **Tracey Poole** who is the latest member of the puddle club having run the complete circuit on Sunday as part of her London Marathon training. I managed a cheeky run round too ... whilst **Paul Rogerson** included the peninsula for his long slow run in preparation for his Paris Ultra next month. So all seems to be going to plan ... hope your training plans are on track :)



📌 March Championship Race Change

The Club Championship race for March was going to be the Bradgate Park XC. However the organisers had not confirmed the race dates and have not been responding to enquiries. So **John McCrone** has been holding a poll on the club's facebook forum page to decide an alternative.

The people have spoken and **The Thorney 10k** on **26. March** will be this year's Championship Race. Race details are available here:

<http://www.thorneyrunningclub.co.uk/news.php?s=thorney-10k-and-3k>

📌 and Finally ...

great to see Laura Muir continue her record breaking exploits last Saturday at the Birmingham Indoor Grand Prix last Saturday. Laura broke the long standing 1000m British record previously held by Dame Kelly Holmes beating the record by 1 second with a time of 2:31.93. Also Mo Farah took victory in the 5k with a new European record of 13:09.16 ... and possibly his final indoor track race.

More inspirational stuff ... enjoy your week ahead and Good Luck and have fun to those of you taking part in the Belvoir Challenge and/or the Clough/Taylor People's Run this coming weekend.

until next week ...

Happy Swimming, Cycling, Running
Richard Evans

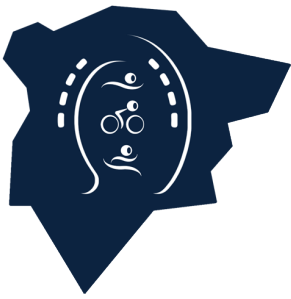
📌 Events Section

Entries are now open for the July Club Championship race: **The Whissendine 6ix** will be on Friday 07. July. Details are available here:

<http://www.whissendine6ix.org.uk>

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

Some 90s British guitar pop for this week's running tracks ... enjoy :)

Running Track #1

Supergrass: Alright

"we are young, we run green"

Spotify <https://open.spotify.com/track/5xC8uOesnn0udeXAYIAnoY>

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

Running Track #2

The Seahorses: Love Is The Law

"running so fast we can taste the past"

Spotify <https://open.spotify.com/track/1pmlA7CcHABOF7zkzn7Xdf>

YouTube <https://www.youtube.com/watch?v=hVzUFNWIYM0>

Running Track #3

Oasis: Half The World Away

"running around my mind"

Spotify <https://open.spotify.com/track/6aM4E6WfuoDnPAgaKaZ5hM>

YouTube <https://www.youtube.com/watch?v=4e6oDGfLZrU>