



Hi Rutlanders

This week we have the results from the latest round of the Cub Championship and how did this year's Belvoir Challenges get on?

Here is this week's news ...

🏆 Club Championship 2017 Race #2: Clough/Taylor 10k

The National Watersports Centre at Holme Pierrepont, Nottingham is renowned for being in a rather exposed location weather-wise and even on a calm day there is always some breeze to be had. So last Sunday's stiff breeze was always going to present a challenge to the competitors for the Clough/Taylor 10k that involved 2 laps of the Regatta lake and hitting a stiff head-wind at least twice.

We had 5 club mates taking part in the race that formed the 2nd race of this year's Club Championship. First home for the men was **Sean McAuliffe** in 44:12 and looking at his Strava data you could tell when he was hitting the wind as his race-pace dropped. First home for the ladies was **Kate Howes** in 62:16 – well done everyone that took part :)

John McCrone has stuck all the names and figures in the age-grading calculator and the results from the Club Championship perspective are:

Ladies Championship

Pos	Name	Time	Age Grade
1	Jo Smith	67:58	61.12%
2	Kate Howes	62:16	60.40%
3	Amanda McPherson	65:12	49.92%

Men's Championship

Pos	Name	Time	Age Grade
1	Sean McAuliffe	44:12	72.36%
2	Dave Summers	52:34	65.81%

John has also updated the overall Championship Tables on the club website and after 2 races, **Kate Howes** heads up the Ladies Championship with **Amanda McPherson** in second spot. Meanwhile **Sean McAuliffe** has consolidated his lead in the Men's Championship with **Paul Rogerson** and **Dave Summers** tying in second place. You can see the full table situation via this link:

<http://www.rutlandrunandtri.co.uk/2016/04/championship-tables/>

The next Club Championship race is the Thorney 10k on Sunday 26.March. Details on the club website Calendar and via this link:

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



📌 Belvoir Challenge 2017 – Mudfest!

Thanks to our Club President, **Paul Rogerson**, for the following report:

This 27th running of The Belvoir Challenge certainly goes down as one of the muddiest I have run. Strangely, given the amount of overnight rain, there were no knee deep puddles to wade through just thick oozing mud (or slurry in one farmyard) for the majority of the off-road sections. This year's route took us North from Harby up to Plungar where we turned into a strong south westerly headwind and headed for the escarpment. The route took us up the steepest part, on an off-road track which was just slippery mud for the final part of the ascent. Everyone was reduced to a slipping and sliding walk which may have saved some physical energy but that was quickly offset by the nervous energy expended in remaining upright. An easy cruise along the ridge took us to the first checkpoint where there was the usual excellent selection of cakes and refreshments. Refuelled the route then took us to the villages of Branston and Eaton (2nd checkpoint) from where it was a steady off road climb back up the escarpment and then a welcome downhill stretch into Stathern. The final section across the fields back to Harby was the usual mud fest and the final bit of road through the village was a welcome relief from all the slipping and sliding.

Only 6 club members took part, 5 on the 15 mile route (Saya Harvey, Helen Duncan, Emma Potter, Chris Jones, & Paul Rogerson) while Joanne Shore walked the 26 mile route.

Personally I found it a very relaxing 'race' as because it wasn't a championship event I ran it at an easy pace (with Emma for most of it, though I kept losing her on the hills) and still felt fresh at the end. Still looking good for la belle France.

Well done all of you. Here are the finishing results:

Saya Sheridan [2:14:07] 6th in Category

Chris Jones [2:14:31]

Helen Duncan [2:27:35]

Paul Rogerson [2:45:11]

Emma Potter [2:49:37]

Joanne Shore [8:13:10] walking the 26 mile route :)

There's a nice little video on YouTube of this year's event:

<https://www.youtube.com/watch?v=pKYaJCeQCSI&feature=youtu.be>

📌 and Finally ...

Next Saturday, parkrun UK head office will be visiting **Rutland Water parkrun** to make a film of the event to encourage any adults and children with special needs to still come and get involved with parkruns across the country – whether to run, walk or volunteer. Rutland Water parkrun has 2 regular parkrunners who are visually impaired that run with trained guides and also now



the pre-run briefings are also regular signed by one of the parkrun volunteers. Paul and I will be timekeeping this week so it would be great to see some of our club mates supporting the event – and in club colours for the rest of the world to see :)

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

We had some 90s last week so let's go back another decade to some of my faves from the early 80s for this week ... enjoy :)

Running Track #1

Gary Numan: We Are Glass
"they run past with telephones"

Spotify <https://open.spotify.com/track/0DIbmfj3QCtGsSoYQIDyJV>

YouTube <https://www.youtube.com/watch?v=bJEJ7iEjxJE>

Running Track #2

Visage: Never Enough
"I won't come running to you"

Spotify <https://open.spotify.com/track/6EdNUwQEgOa1B7u0LwEpXo>

YouTube <https://www.youtube.com/watch?v=pZuqORJ8A4k>

Running Track #3

Ultravox: A Friend I Call Desire
"you fight for love I run from it"

Spotify <https://open.spotify.com/track/1Za9ZTLWOpER0HLGV9ejUU>

YouTube <https://www.youtube.com/watch?v=w9qxb6PWqks>