

## Hi Rutlanders

Last Sunday's very windy conditions didn't seem to stop a number of you getting fantastic results at some local races – and it's the ladies in the club that are leading the way. Also in this week's edition we have news on the club AGM and a shout out for your votes for Athlete of the Year.

Here is this week's news ...

### **Smiths' Stormy Success @ Milton Keynes**

Last Sunday's wet & windy conditions although challenging at the time clearly didn't prevent **Zoe Smith** put in a blistering performance in the Half Marathon at Milton Keynes Festival of Running. There were very strong winds for the whole race and the heavy rain earlier in the morning had left some of the course flooded, knee deep in places!!!

Zoe was the 2<sup>nd</sup> lady to finish out of 521 and placed 33<sup>rd</sup> overall out of 1280 runners in an awesome time of 1:24:34.

**Jo Smith** was also in action at the same event in the 10k finishing with a time of 1:07:53 placing her bang in the middle of her age group. A great result considering the conditions and also having run at the Clough/Taylor 10k the week before (in similar windy conditions).

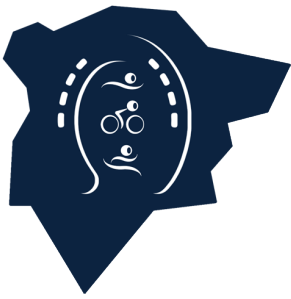
Congratulations ladies ... brilliant result for mum & daughter :)

### **Tracey Still On Course**

Last Sunday was also the Cambridge Half Marathon with a course that involves much of the sights of the city. **Tracey Poole** was in action as part of her London Marathon preparations ... and clearly all is going well as she finished in a brilliant new PB time of 2:13:47 ... well done Tracey

### **Sarah Smashes 10k Time**

Congratulations to **Sarah Reeves** for taking part in the East Midlands 10k finishing in a time of 1:05:20 and thus taking 5mins 39secs off her 10k time in 2016. As with last week's Club Championship race, this event was at the National Watersports Centre at Holme Pierrepont, Nottingham and again involved 2 laps of the rowing course ... and I should imagine was again pretty challenging with the windy conditions. Well done Sarah ... great stuff.



## 🏆 Cub AGM & Athlete Of The Year

It's that time of the year to come together and look back on the events of the last 12 months and celebrate all that is great about our little perfectly formed club ... and have a few drinks and a nice meal too :)

As last year the club's AGM will be held at **The Wheatsheaf** in **Langham** on **Thursday 13<sup>th</sup> April**. The meeting will start at 7:30pm and food will be served at 8:30pm for those of you that want to stay and socialize after the meeting. Thanks to our Social Secretary **Dawn Morris** for organising and she'll post a menu in a few days. Please could you let Dawn know if you are coming so she can keep a head count please.

The meeting is also when we award a few trophies. The Male & Female Improvers awards are decided by the Committee but the overall Athlete of the Year award is decided by YOU!!!

So get your thinking caps on and decide who you would like to be crowned the new Athlete of the Year. Please email Paul or Saya your choice over the next few weeks so they can collate the votes and get the trophies prepared for the big night.

## 🏆 Paul's Ready for Paris Ultra

As a token nod to the male gender this week, last Sunday, **Emma Potter** and I joined **Paul Rogerson** for his final long run in his training for the EcoTrail de Paris ultra race later this month. We completed 2 laps of the other local-ish puddle Grafham Water with Paul tagging on an additional couple of miles to make a round 20. It's a lovely 9 mile loop round the water and when the weather is not so challenging as last Sunday well worth a trip for a change of scenery – definitely recommended :)

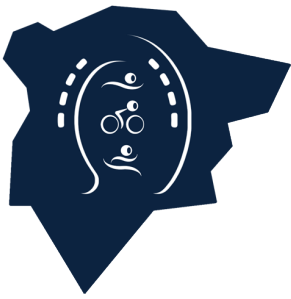
## 🏆 And Finally ...

If you didn't see the European Indoor Athletics Finals on the telly last weekend, it is well worth catching up with via the BBC iPlayer especially for Laura Muir's fantastic double in the 1500m and 3000m races – poetry in motion. It was also great to see her give the miserable female official the slip so she could do a lap of honour after the 3000m.

And finally if you have a spare 50 minutes sometime and want to watch a really inspiring film follow the following link to see Run Forever. I've mentioned the amazing Nicky Spinks in the Racer a few times in the past and this film chronicles her amazing double Bob Graham Round in The Lakes last year – awesome story: <https://www.youtube.com/watch?v=2ABR30IHlq4>

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's selection dedicated to all the fantastic ladies in the club ... enjoy :)

### Running Track #1

**Hozier:** Run

*"I need you to run to me"*

**Spotify** <https://open.spotify.com/track/40QrTxYp5NATi1tjpACGuz>

**YouTube** <https://www.youtube.com/watch?v=g5l-ttgLKaU>

### Running Track #2

**Vance Joy:** Riptide

*"lady, running down to the riptide"*

**Spotify** <https://open.spotify.com/track/7yq4Qj7cqayVTp3FF9CWbm>

**YouTube** <https://www.youtube.com/watch?v=sqlyllpV-eA>

### Running Track #3

**Passenger:** The Girl Running

*"well I see the girl running"*

**Spotify** <https://open.spotify.com/track/1UutpLRri8RARce5xO8sN1>

**YouTube** <https://www.youtube.com/watch?v=DhtB6UKY86o>