

Hi Rutlanders

First off a warm welcome to **Linda McInerney** and **Amelia Johnson** to the club ... great to have you on board :)

Sadly there is not a lot of news this week but here is what there is ...

📌 Cub AGM & Athlete Of The Year - Reminder

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 with your club mates :)

As last year, the club's AGM will be held at **The Wheatsheaf** in **Langham** on **Thursday 13th 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 Rogerson by 22nd March** so he can collate the votes and get the trophies prepared for the big night.

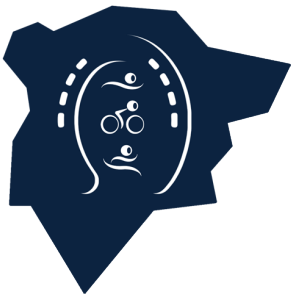
📌 New Club Kit

I received the latest club order from our suppliers Scimitar last week and I contacted everyone that placed an order. I will be leading tonight's training session and will also be at Wednesday's club session at Hambleton Peninsula – so you can collect from me at those sessions. Otherwise please contact me so we can arrange another date for pick-up :)

📌 The End is Nigh (Maybe)

At the last Committee meeting I announced that I intend to step down at the AGM. After 3 years of supporting the club and committee plus producing The Racer each week, I need to have a break and pass the proverbial baton onto some new. I will continue producing The Racer for the next few weeks until I reach the landmark 150th edition. Whether my successor wishes to continue will be for them to decide.

So if you fancy joining the Committee in the clubruns position please contact Paul or Saya or myself for more information – Thanks



📌 And Finally ...

Good Luck to **Paul Rogerson** who is travelling over the channel for next weekend's **EcoTrail de Paris** ultra race. Paul's all primed and his training has all gone to plan, so we can hopefully look forward to hearing a good account of his adventures next week :)

so until next week ...

Happy Swimming, Cycling, Running
Richard Evans

📌 Events Section

Don't forget the Club Championship race for this month is the **Thorney 10k on 26.March**. For more details of this race plus other upcoming races and club sessions then take a look at the calendar on the club 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 "alternative/gothic rock" artists from the 80s for this week's batch of running tracks ... enjoy :)

Running Track #1

Killing Joke: Love Like Blood
"I'm running faster all the time"

Spotify <https://open.spotify.com/track/1zkQJfNo2KpqqCKOOvWPF4>

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

Running Track #2

Peter Murphy: All Night Long
"when the night has come your eyes are running wild"

Spotify <https://open.spotify.com/track/1FqKB0qnhosf94ggp3BCFO>

YouTube https://www.youtube.com/watch?v=v_Qzd3OnbL4

Running Track #3

The Mission: Wasteland
"run to the place where the frightened crawl"

Spotify <https://open.spotify.com/track/6eohzouNwFktrTDL7O8Wf>

YouTube <https://www.youtube.com/watch?v=-2up4WUQod0>