

Hi Rutlanders

There have been a few of you on tour with your exploits so this week's edition celebrates our "explorers". So hop on the club mini-bus and let's go for a trip ;)

Here is this week's news ...

Paul's Eco Trail de Paris

Bonjour for our first item of news as we head over the Channel to Paris and here is **Paul Rogerson's** run report following his assault on the French capital last weekend ...

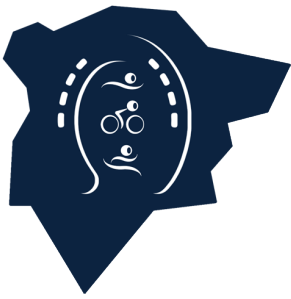
"The Eco Trail de Paris comes in 4 flavours, 80km, 45km, 30km, and 18km. I chose the 45km event which begins in the grounds of the Chateau of Versailles and makes its way through the wooded areas on the southern outskirts of Paris and ends on the banks of the river Seine opposite the Eiffel Tower.

The 'eco' element of the race is very important to the organisers and manifests itself from the turf toilets at the start right down to each competitor having to carry a mug so that there is no need for plastic cups at the refreshment points along the course, and the inclusion of small rubbish bags in all competitors number packs so you somewhere to put used wrappers from gels and bars during the race.

The week before the event I checked the Paris weather forecast daily, which varied from torrential rain, to cloudy & dry, so in the end I packed a whole pile of running kit to suit any eventuality. On race day the weather was mainly dry with occasional light drizzle, resulting in almost perfect running conditions apart from a rather gusty wind, which fortunately seemed to be mainly behind us during the race and from which we were shielded on the many forest trails.

Starting at Versailles the route is immediately spectacular as it winds its way around the four arms of the chateau lake, covering almost 3 miles before leaving the grounds and heading into some hilly woodland. This 'hilly woodland' theme was to be continued until we reached the banks of the Seine with some quite precipitous climbs and descents. I lost my footing on one such descent but fortunately bounced back up without injury. Many of the trails were littered with tree roots and jagged flint rocks making the going even when relatively flat a quite technical affair and requiring maximum concentration especially as the race progressed and legs became tired and unsteady.

The route took us through several small townships located in valleys so we would often have a long steep descent to a Main Street, cross it, and then immediately climb back up into woodland, all of which sapped energy from the legs and made this a much tougher challenge than I had originally anticipated. After around 23 miles of woodland undulations we emerged from the final woods to a view of the Eiffel Tower on the skyline and dropped down to the banks of the Seine for the final 5 miles to the finish. Great I thought, flat running by the river, but oh no, the organisers still managed to throw in a few more steep climbs by taking us away from the river and then bringing us back again via some cobbled areas or a stairway or two. After a final stretch on an island in the middle of the river we climbed the final set of stairs to be greeted by the welcome sight of the finish area on the promenade opposite the Eiffel Tower. I had set myself a target of finishing in under 5 hrs which I just missed coming over the line in 5:01:40



but given the nature of the terrain we had covered I was pleased with that and also coming 8th in my age group and being the first British competitor to finish.

All in all a well organised race and a bit different with the Eco twist. Highly recommended, and if you don't fancy running in France there are other Eco-Trail races across Europe throughout the year which may take your fancy"

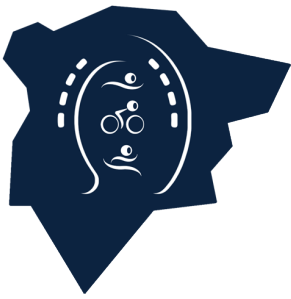
Brilliant result Paul ... and I don't think you should be too upset with just missing the target time. After all your Garmin did record over 3000 ft of elevation gain during the course of the run. Fantastic :)



Chris' Clumber Park Duathlon

We travel back over The Channel and head to Clumber Park near Worksop in Nottinghamshire. **Chris Jones** started his year with his first multi discipline event last Saturday at the Clumber Park duathlon. The event consisted of a 10k run followed by a 40k bike ride and finishing with a further 5k run. He finished in a time of 2.28. Although pleased with the overall time he was a bit disappointed with a 47min first run. The event was a qualifying race for the world championship duathlon in Canada later this year, so he will have to keep his fingers crossed to see if he has been selected.

Great effort Chris and finger crossed for the world championship qualification, meantime you just have the small matter of the 50k Canalathon next Sunday to run. Good Luck :)



parkrun on Tour

A number of us were parkrun tourists last Saturday:

Felicity Crotty takes the award for the further parkrun last weekend following her visit to Chester parkrun along with 237 other parkrunners. Felicity finished 141st with a time of 29:10

Sean McAuliffe was at Woodhouse Moor parkrun in Leeds with 415 other parkrunners. This was Sean's 28th different parkrun and he finished in 19th position with a time of 20:15

Saya Harvey was at Melton Mowbray parkrun with 140 other parkrunners and finished with a time of 27:56 and in 69th position.

I took a trip to Kettering parkrun at Wicksteed Park with 319 other parkrunners. It was their 25th event so I decided to wear my purple parkrun 25 volunteer shirt ... and I finished in 25th position with a time of 21:57

And finally back to our home Rutland Water parkrun, **Robert Wright** was in action and was first home for the club with a time of 23:25 along with **Paul Keany** (25:54) and **Gary Kirk** (28:14)

Well done everybody :)

Membership Subs Please

It's that time of the year again and I trust you all saw the email from our Treasurer Jenny Pearson. Membership subs are due for renewal on 01. April (along with your England Athletics subscription if you want to be affiliated).

Subs only = £15

Subs + EA Affiliation = £29

Please refer to Jenny's email for the payment details – Thank You

And Finally ...

Good Luck to **Chris Jones** at next weekend's Canalathon 50k and also to all of you taking part in this month's Club Championship race at the Thorney 10k next Sunday

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

Here's another set of artists that should provide a blast from the past... enjoy :)

Running Track #1

The Housemartins: Five Get Over Excited
"Barefoot and on the run"

Spotify <https://open.spotify.com/track/5b5cuXLI2hu5cOVB0GRNuI>

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

Running Track #2

Lloyd Cole and the Commotions: Minor Character
"running red running back again"

Spotify <https://open.spotify.com/track/0EZPGQIdRb7XttMwEkmQql>

YouTube <https://www.youtube.com/watch?v=O1w-wTWjOXE>

Running Track #3

The Wonder Stuff: Welcome To The Cheap Seats
"and I'd run the lawnmower over his thighs"

Spotify <https://open.spotify.com/track/2cfHcDQrAgUXmNHyciWNj1>

YouTube <https://www.youtube.com/watch?v=0qHhgeqTdl8>