



Hi Rutlanders

So finally the clocks have gone forward and we can enjoy the longer days and more time for enjoying our running, swimming & cycling ... have fun ;)

Here is this week's news ...

Club Championship 2017 Race #3: Thorney 10k

Perfect spring weather conditions last Sunday and the sun was shining for the latest round of this year's Club Championship. There were 8 plucky club members that lined up for the start of The Thorney 10k.

Sean McAuliffe (41:44) was once again first home for the club with **David Summers** (47:34) finishing in 2nd place just a few seconds ahead of first lady home **Helen Duncan** (47:47).

The full results (in order of age-grade) were as follows:

Ladies Championship

Pos	Name	Time
1	Helen Duncan	47:47
2	Kate Howes	58:42
3	Jo Smith	64:59
4	Jenny Ryan	50:24
5	Dawn Morris	61:27

Men's Championship

Pos	Name	Time
1	Sean McAuliffe	41:44
2	Dave Summers	47:34
3	Damian Wilkins	51:53

From the Championship standpoint, that's a clean sweep of wins for **Sean** as he continues to head up the Men's table. **Dave Summers** is clear in 2nd place having run 2 races with **Paul Rogerson** in 3rd.

Kate Howes continues to lead the Ladies championship table having run in each of the 3 races so far, with Helen **Duncan** and Jo **Smith** in 2nd and 3rd places respectively. Full details of both tables are available on the club website.

The next Championship race is one of the favourites of the club calendar – **The Belvoir Half Marathon** on **Sunday 9th April**. Details are on the calendar on the club website ... but I can confirm that postal and online registration is now closed but you will be able to register on race day starting at 8am (entries permitting).



Rutland Running & Triathlon Club **Racer**

The “Sprung” Edition: #147

28.March.2017



Well done Rutlanders :)

Chris' Clumber Park Duathlon

Following the previous weekend's great result at the Clumber Park Duathlon, **Chris Jones** was back in action last Sunday. This time it was a return visit to the Route 66 Rochdale Canal for the 50k option of the Canalathon from Manchester to Sowerby Bridge. This time Chris was running with his niece, Amy, in her very first ultra distance. Again superb weather conditions and both successfully completed the 31 mile race in a time of 6hrs 2mins. Excellent stuff.

parkrun News

Whoops!!! - I understand that Rutland Water parkrun was approximately half a mile shorter than the normal 5k distance last Saturday. Consequently virtually everyone got new PB times that ran on Saturday including **Tracey Poole**, **Felicity Crotty** and **Gary Kirk**.



This has rather messed up the PB ratings for the event so If anyone did run Rutland Water parkrun last Saturday but don't want their time to be their permanent PB (which was not a true 5k parkrun time and which they may never ever beat again!) ... then please email Rutland Water parkrun (rutlandwateroffice@parkrun.com) and you can request your time is changed to 59:59.

Fingers crossed that there should be no such problems next Saturday when **Paul Rogerson** will be the Run Director.

Elsewhere in parkrun-land, **Rob King** was in action at Corby parkrun finishing in 11th position with an impressive time of 21:52.

Membership Subs - Reminder

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 Erngland 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 ...

Now that the lighter nights are here, it's the perfect time to come and run some club sessions. Tuesday nights we will hopefully be able to do some track sessions again soon. Wednesday evenings will now include some lovely views again around the Peninsula instead of the dark nights plus once the nights have drawn out a bit more we will be once again alternating with runs on Exton Park (keep you posted – and check the calendar on the club website) ... and Thursday night's still have the gentle run around Oakham. Plenty on offer so come and make the most of the club sessions and enjoy some time with your fellow club mates :)

so until next week ...

Happy Swimming, Cycling, Running
Richard Evans



Events Section

For details of 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

Red Hot Chili Peppers: Universally Speaking

“I win in the long run”

Spotify	https://open.spotify.com/track/39badcyKTjOtBvv4aywpfs
YouTube	https://www.youtube.com/watch?v=CoOibAstPJ4

Running Track #2

Green Day: ¿Viva La Gloria? (Little Girl)

“run away from the river to the street”

Spotify	https://open.spotify.com/track/2mnk1GHN0XmznKiucY4ZW4
YouTube	https://www.youtube.com/watch?v=YSYUOv469vQ

Running Track #3

My Chemical Romance: S/C/A/R/E/C/R/O/W

“run, run, bunny, run”

Spotify	https://open.spotify.com/track/53lQywP7h2KInfPAbwXWD9
YouTube	https://www.youtube.com/watch?v=X2jqF4T6KYE