

Hi Rutlanders

Those of you targeting Spring marathons including London will now be moving into your taper phase. Enjoy this reduced mileage period when your body recovers from the hard work over the past few weeks and adapts making you stronger and fresher and so you can look forward to a great marathon experience :)

Here is this week's news ...

Racer Race News

A quick update on the results from last week's Championship Race, The Thorney 10k. It turns out that 3 of our club mates were 1st in the respective age groups and have been awarded trophies. So congratulations to our superstars **Sean McAuliffe**, **Helen Duncan** and **Jo Smith**. Will need to get a trophy-shot at the AGM if possible. Great stuff :)

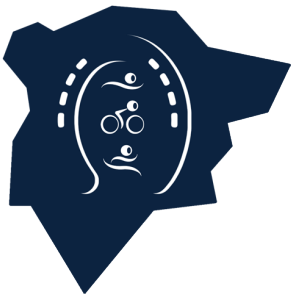
Talking of superstars, **Zoe Smith** was in action last Sunday at the Oakley 20. Zoe was 1st female in a time of 2:15:51, 5 minutes ahead of the 2nd place lady and was 34th overall out of 1000 competitors. According to Zoe, the 20 mile race went well and she was happy that she managed to hold her target pace on a very hilly course. When you consider that this is a superbly organised race by Bedford Harriers and the quality of talent that this event can attract then Zoe's performance should be put into context as absolutely bl**dy brilliant!

Also in action last Sunday was our **Ian Prendergrast** who took part in the Loughborough Half Marathon as part of his preparations for the London Marathon. Ian finished in a great time of 1:42:51 and with one more 20 mile training run planned for Thursday, Ian can then look forward to tapering ready for London. Great stuff :)

Mikki & Megg Join Puddle Club

Please join me in congratulating the latest members to the Puddle Club – the unofficial club with the club. **Megg Humphrey** and new member **Mikki Coates** successfully completed the 15.2 mile lap of Rutland Water (supported by **Helen Duncan**) last Saturday and earned the right to call themselves "Puddlers". You also now get to be all smug whenever the national weather forecast is shown on telly, when you can brag to all your friends and family that you've run round that small smudge of blue that can be seen on the map :) Well done ladies.

Seasoned "Puddlers" **Emma Potter**, **Paul Rogerson** and myself also enjoyed a very pleasant lap of the Water on Sunday in preparation for next week's Belvoir Half Marathon. There were plenty of people about in the warm Spring weather and the sight of the new lambs allows you to forget the dark cold days and nights of Winter. Get out there :)



parkrun News

As many of you are aware, a couple of week's ago parkrun HQ were filming at Rutland Water parkrun as part of an initiative to promote parkrun to deaf and hard of hearing people. The film is now available and you might spot a few familiar faces including a couple of "handsome" timekeepers ;)

<http://blog.parkrun.com/uk/2017/03/30/all-the-right-signs/>

Normal service returned last Saturday at Rutland Water with the course back to its correct 5k distance. With **Paul Rogerson** as Run Director everything went smoothly and with Belton House parkrun cancelled due to the horse trials, there were a number of tourists making up the 191 parkrunners. **Sean McAuliffe** was first home for the club finishing in 7th position with another fast time of 19:41. Also running were **Clare Dorman** (25:32), **Gary Kirk** (27:26 - 1sec off his proper PB!!!), **Felicity Crotty** (27:43) and **Saya Sheridan** (30:27) running with her girls. Well done all

Elsewhere in parkrun-world, **Jo Smith** was running Peterborough parkrun's new course at Ferry Meadows, finishing in a time of 30:55.

Endurance Psychology Research

The club has received a request for help in research for the University of Kent:

Hello,

My name is Paul Anstiss and I am a Sport Psychology PhD researcher at the University of Kent. Specifically I am part of the 'Endurance Research Group'. Our research investigates way of optimizing and improving endurance performance. Information about our research group can be found here:

<https://www.kent.ac.uk/sportsciences/research/endurance-research-group.html>

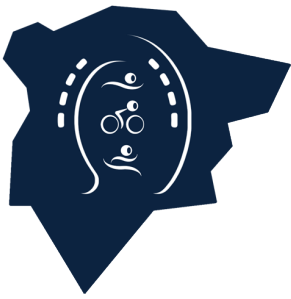
My research is investigating psychological factors such as self-belief and confidence in endurance sport with a focus on developing and implementing interventions to help aid endurance athletes.

I'm currently looking for endurance athletes to complete an online survey. To take part in the survey participants need to be over 18 and currently training at least two times a week in their chosen endurance sport.

The survey itself should take between 10-15 minutes to complete, and a link to this survey can be found below. This survey has received full ethical approval.

<https://kent.onlinesurveys.ac.uk/endurance-beliefs>

The goal of the survey is to help improve our knowledge and understanding of how psychological factors relate to endurance performance, and what we can do to help aid endurance athletes enjoyment and performance.



I am emailing to ask if it would possible for you to share this survey link with the members of your club, as it would greatly help my data collection. I am planning on providing a summary of results to participants who are interested.

*If you have any questions, please do get in contact with me
(pa298@kent.ac.uk or paul.anstiss@gmail.com)*

Thank you for your time,

Best wishes,

Paul

Hope some of you can help.

Spring 2017 Beginners Sessions

The first of this year's Beginners Sessions starts next Tuesday (11.April). If you have any family or friends that have been inspired by your exploits and/or want to get fit and active, then please encourage them to turn up for this proven and highly successful running course with the objective that the graduates will be able to run continuously for 30 minutes ... and hence their new running career can begin.

Paul will once again be leading these sessions supported by Jenny Pearson, Claire Adams and myself. The sessions start from Catmose Sports Reception at 6:30pm (6:15pm on week 1 as we need to complete registration forms).

Rutland Round 2017

The dates for this year's Rutland Round have now been decided. The first leg from Oakham to Whissendine will take place on Thursday 1st June. All the legs and their respective dates have been added to the Rutland Round page on the club website:
<http://www.rutlandrunandtri.co.uk/rutland-round/>

Hopefully those of you that regularly run the Thursday gentle runs round Oakham will simply transition over to the Round during this period and enjoy some fantastic scenery. We have also invited some friends from Stamford Striders including, fingers crossed, the editor of Trail Running magazine who makes fantastic videos – it would be awesome to have a set of films on each of the legs of the Round :)

More details nearer the time :)



📌 And Finally ...

Next Sunday is the Belvoir Half Marathon which is the next Club Championship race. I wish all those taking part that you have a great race and fingers crossed that the lovely Spring weather we have enjoyed last weekend continues :)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

I know it's still a tad chilly for outdoor swimming just yet but with the warmer Spring weather I thought we should have 3 tunes with the 1st triathlon discipline mentioned in the lyrics this week ... enjoy :)

Swimming Record #1

Sting: We'll Be Together

"To have you with me I would swim the seven seas"

Spotify <https://open.spotify.com/track/4xxFgbwExk0oXwq3cOjeif>

YouTube <https://www.youtube.com/watch?v=KYps5LfOaGg>

Swimming Record #2

Sade: Lover's Rock

"when I need to be rescued and I need a place to swim"

Spotify <https://open.spotify.com/track/3tzD0EbTZZwUzVmab9RCYT>

YouTube <https://www.youtube.com/watch?v=2ByVo3P5xFo>

Running Track #3

Bad Suns: Swimming in the moonlight

Spotify <https://open.spotify.com/track/4cevHqmQmzCqFer1R9NTL4>

YouTube <https://www.youtube.com/watch?v=8QEJZ25hK3w>