



Hi Rutlanders

What a scorcher we all enjoyed last weekend. Those temperatures certainly serve as a reminder of the need to ensure that you have some water or better still an isotonic drink with you if planning on running (or biking) for more than 30 minutes. So enjoy the sunshine (when it returns) and make sure you have some sun protection too.

This week we have the results of the latest Championship race plus news from the Brighton Marathon and a 100 mile Sportive and more, so grab a cuppa and enjoy :)

Here is this week's news ...

Club Championship 2017 Race #4: Belvoir Half Marathon

Yes the sun was certainly beating down at our 4th Club Championship race of the year, in the little village of Harby for the Belvoir Half Marathon. A Spring favourite within the club, the flat-ish course is good for PBs and welcoming for first timers. We had good turnout of 12 club mates take on the 13.1 miles through the villages of the vale of Belvoir. It was close in the men's race with **Chris Jones** finishing in a great time of 1:41:39 with **Martin Gordon-Kerr** not far behind in 1:42:56 . It was even closer in the ladies competition, **with Helen Duncan** finishing in 1:49:51 just 30 seconds ahead of **Emma Potter** in 1:50:23. However **John McCrone** has applied the age-grading there has been some adjustments. The full age-graded results are:

Men's Championship

Pos	Name	Time
1	Paul Rogerson	1:48:53
2	Chris Jones	1:41:39
3	Martin Gordon-Kerr	1:42:56
4	Kevin Loomes	2:00:54
5	Jonathan Winn	2:02:04
6	Gary Kirk	2:21:37

Ladies Championship

Pos	Name	Time
1	Nikki Loomes	2:05:37
2	Emma Potter	1:50:23
3	Helen Duncan	1:49:51
4	Joanne Shore	1:58:40
5	Clare Dorman	2:02:01
6	Hanna Tee	2:20:19
7	Sam Jeffries	2:47:41

Well done all of you :)



Congratulations then to **Paul Rogerson** and **Nikki Loomes** for great performances in order to take the honours in respect of the Championship points. Special mention should go to **Gary Kirk**, **Hannah Tee** and **Sam Jeffries**. All graduates of last year's Beginners sessions and have now gone onto completing the Half Marathon distance. I know that this is Gary and Hannah's first half marathon. Not quite so sure that this was Sam's first time at this distance but it does make up for her disappointment after having to pull out of last year's Rutland Half Marathon due to injury. Great achievement guys and something this year's beginners can hopefully aspire to :)

So in the men's Championship, **Sean McAuliffe** is still in the lead with Paul and Dave Summers in 2nd and 3rd respectively. Meantime things have the potential to be even more competitive with the Ladies. Currently **Helen Duncan** is leading on 31 points (at time of writing there is a slight error with the table) with **Kate Howes** just behind. However if **Jo Smith**, **Emma Potter** and **Nikki Loomes** complete some more races then things could get very exciting – keep it up.

The next Championship Race is the **Wymeswold Waddle** on **Sunday 14.May**. See club calendar on website for more details.

Boiling Brighton Marathon for Team Adams

Temperatures were also "boiling hot" by the seaside for this year's Brighton Marathon with **Claire & Nick Adams** amongst the runners for the 26.2 miles.

Claire had this to say afterwards:



"Great race fantastic crowd support apart from the miserable few miles at 19 to 22 with no crowd and little to look at. The last 4 miles takes you along the prom where the crowds are huge, lots of sweets and oranges being given out by the locals. Finish line right by the beach which was great although walking on pebbles after 26 miles a little ouchy.

If anyone is thinking of doing this race and you have an amex card and pay your entry with it you get to go in a nice hospitality area with tea coffee and pastries not sure about the pastries, stretch area and most important nice loos and separate bag drop.

In the end managed a 4.29 which pleased with as I fell down the stairs four weeks ago and didn't get past 18 training run. Nick managed a 3.14

Great weekend highly recommend for disappointed London rejects."

An excellent performance from Nick – and given your run-in with your stairs, Claire, that's flipping good going. Hope you both recover quickly :)

🏆 Cycling Ton-up for Andrea

Congratulations to **Andrea Gordon-Kerr** for completing her very first 100 mile cycle sportive at last Sunday's Richardson's Rumble. Starting and finishing in St.Ives near Huntingdon, the course takes in 4 counties including Stamford and the south shore of Rutland Water. Andrea had to not only contend with the heat and the undulating course but due to some "unauthorized sign adjustment" she ended up riding 108 miles instead of the planned 100!!!

Andrea completed the challenge in 7:16:58 and is a fantastic culmination of lots of winter training work. This is all part of her training for this year's Outlaw Ironman Triathlon later in the year – great stuff Andrea, well done :)

🏆 Corby 5 Mile Race Anyone?

Our very own **John McCrone** will be donning the Race Director hat for the Corby 5 mile race (part of the East Midlands Grand Prix series) on Wednesday 24th May. Starting at 7:45pm in East Carlton, the course plunges down into the Welland valley, finishing in the country park. John is looking for runners to take part so here is the link to the RunBritain site for more details and online entry:

<http://www.runbritain.com/RaceDetail.aspx?eventid=7db907c15f5f&raceid=74b90dcb5e65&returnlink=http://www.runbritain.com/races?keyword=Corby&distance=®ion=&county=&profile=&surface=&awards=&entrants=&page=1&pagesize=8&gender=0&onlineentry=0&responseTyp>

🏆 Spring 2017 Beginners Sessions - Reminder

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

🏆 And Finally ...

It's the club AGM on Thursday at The Wheatsheaf in Langham. Looking forward to another great club social evening and finding out who has won the Improvers awards and the latest Club Athlete of the Year :) ... 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

Following Andrea's epic bike ride, let's have 3 tunes with the 2nd triathlon discipline mentioned in the lyrics this week ... enjoy :)

Bike Record #1

Mark Ronson: The Bike Song

"gonna ride my bike until I get home"

Spotify <https://open.spotify.com/track/5vt3kZ9so8g4PGlaRvvcFa>

YouTube <https://www.youtube.com/watch?v=rVELTxKR0HA>

Bike Record #2

Echobelly: In The Year

"in the year when your bicycle broke"

Spotify <https://open.spotify.com/track/2fLhtJMI9GG5sUrc1H5hIk>

YouTube <https://www.youtube.com/watch?v=ABx1OiUi7pM>



Rutland Running & Triathlon Club *Racer*

The “Pacer” Edition: #149

11.April.2017

Bike Track #3

Transvision Vamp: Wild Star

“you don’t cruise, you just ride, ride, ride on in”

Spotify	https://open.spotify.com/track/2LchshpiWBpgXpm5OzLPaW
YouTube	https://www.youtube.com/watch?v=WRThk0SzxR8

