

Hi Rutlanders

We reach the 150th milestone edition of The Racer.

Here is this week's news ...

Club AGM Recap

We had a fantastic turnout for last Thursday's AGM at The Wheatsheaf in Langham and everyone had a great evening celebrating the past 12 months. There have been some fantastic performances this past year which have been reported in the The Racer. As **Paul Rogerson** stated in his President's address, the club has a healthy membership with many new members joining from last year's Beginners sessions, which is always great to see. So it was fantastic to see **Hannah Tee** and **Gary Kirk** recognized as our **Female & Male Improvers of the Year** as both were graduates from last year's Spring Beginners Sessions.

Huge Congratulations to **Helen Duncan** for being awarded **Athlete of the Year** as voted by the club members. She is being a great ambassador for the club, leading a now successfully re-established Thursday night social run within the club which many of you enjoy, but also for improving her own running including her first marathon distance, some great race results and for regularly attending parkruns (including running to/from her home in Oakham to Normanton before and after the parkrun). Very well deserved and a very popular winner.

Just a quick mention for the runners up in **Tracey Poole** and **Paul Rogerson** who both would have been deserved winners ... and also a quick big up to **Bryan Clary** and **Dylan Bogg** who did get mentioned quite a lot during's Paul's re-cap of the year with some awesome performances.

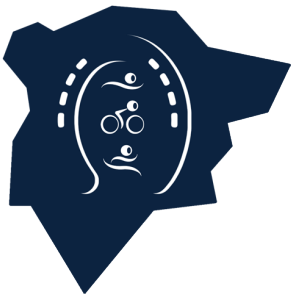
I also would like to Thank the Committee once again for my lovely surprise present which is hanging proudly on my office wall. It is a constant reminder of the friends and good times that this brilliant club has given me. Every time I look at those photos it makes me smile :)

As previously mentioned, I have stepped down from the Committee and so if you are interested in taking a more active role within the club there are 2 positions currently available. Please contact **Paul Rogerson** or **Saya Harvey**.

Finally, Thanks to **Dawn Morris** for organising another great evening. Here's to another great year in our special club :)

Spring 2017 Beginners Sessions - Reminder

We had 10 new runners attend last week's beginners sessions. Its not too late for encouraging any family or friends to begin the course with **Paul Rogerson** once again leading these



sessions supported by **Jenny Pearson** and myself. The sessions start from Catmose Sports Reception at 6:30pm on Tuesday evenings (before the main club training session)

📌 Good Luck London Marathoners

This year's London Marathon takes place next Sunday and will see the culmination of many weeks preparation and training by thousands of runners. So just want to wish a final good luck to our club mates **Tracey Poole, Jane Hales & Ian Prendergrast** (and anyone else running that I'm not aware of) and hope you each have a great marathon experience :)

📌 And Finally ...

so after nigh on 3 years and 150 weekly editions, this is my final edition of The Racer. I've had the pleasure and honour of reporting on some amazing achievements and hopefully you have found the news and information useful. The Racer may return in the future ... but for now I'm signing off and all there is left to say is ...

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

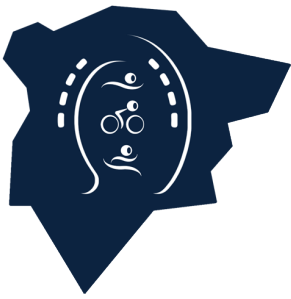
I introduced the tunes section in Edition #2 as a bit of fun and I've managed to provide tracks that incorporate the triathlon disciplines in their title or lyrics ever since (and I still have loads more). However for the final edition I will return to the first 3 tracks that I included ... enjoy :)

Swim Record #1

Frightened Rabbit: Swim Until You Can't See Land

Spotify <https://open.spotify.com/track/3g20codfPiPGekpinoGI7e>

YouTube <https://www.youtube.com/watch?v=SzjERZU3wbY>



Bike Record #1

The Mixtures: Push Bike Song

"riding down town in a hurry honey"

Spotify <https://open.spotify.com/track/6aundguFeciyEblu1Fi60U>

YouTube <https://www.youtube.com/watch?v=3LZ9TGOGt04>

Running Track #1

Kate Bush: Running Up That Hill

"be running up that road, be running up that hill"

Spotify <https://open.spotify.com/track/1TOme860eWLYhQCkSPpXmE>

YouTube <https://www.youtube.com/watch?v=wp43OdtAAkM>

I did create a Spotify playlist with all the tracks featured in The Racer, so if you want a very eclectic running mix then you know where to go ... cheers :)

<https://open.spotify.com/user/richard-evans%3B%29/playlist/3nPs1ZleVXCd4ztBX72MWW>