

## Arbroath Footers Newsletter Jan 2015

Dear Footer,

Hello and welcome to the first newsletter of 2015.

Hope you enjoyed the festive season and are looking forward to a year of happy running. The club has had a lot of new members recently and I thought it would be a good idea to dedicate this newsletter to information about the club. So here goes.

The Arbroath Footers Running Club was founded in 1986, with the aim of getting local people involved in running.

As you will probably know the club nights are Tuesday, Wednesday and Thursday.

Tuesdays during winter months involves a run, hill reps and a run, covering roughly 6 miles.

Wednesdays are easier paced runs and also Couch Potato to 5km for beginners. These are 10-week plans held 3-4 times a year.

Thursdays are a speed session around Keptie Pond three times followed by a run. Total distance is about 6 miles.

On summer runs we head out into the countryside and usually cover 6-8 miles.

### Organisation

The club has a committee which is elected at the AGM in September.

The current members are:

President Gerry Austin

Treasurer Christine Davies

Secretary Tina Fowler

Press Officer Pamela Brandie

Social Covener Mary Towns

Club Kit Linsey Burnett

Committee member Lynn Hastie

The club has a constitution which can be found on the Footers' website.

### Club Events

The club has one official race open to the public. The Smokies 10 mile Ladies' Race is held on the first Sunday in March. This year is the 27th race and it sold out within 24 hours. It takes a lot of organisation and your help may be required and greatly appreciated.

The male members of the club race the route, usually in March.

The Bill Stoddart 6 Mile Race is for members only. Based on a recent race time, the slowest runner starts first and the fastest last. This usually takes place on a Thursday club night in August.

The Hartley Interclub Relay is in November. This is a team event with each participant running a mile twice. Dundee Road Runners are hosting this year.

The Christmas Treasure Hunt is a fun team event in December for Footers.

### The Club Race Series

The club race series is a league table where runners are awarded points over the year for their race times. There is a male and female league.

You need to run 4 distances out of the 5 possible distances to receive your maximum points.

The distances are 5km, 10km, 10miles, half marathon and marathon.

You have to wear your club vest at the race, except if wearing a charity vest for a marathon. The maximum points for each race is 25 and 30 for a marathon. If you ran the fastest half marathon you would receive 25 points, the Footer with the next fastest time would receive 23 points, the next 21 points and so on. The Open prize is awarded to the male and female with the most points. The Vet prize goes to the male 40 years and over and the female 35 years and over.

#### The Virgin London Marathon

The club receives a place for the London Marathon. To make a claim for this place you must be a club member for a year and be a regular attender at club nights. You need to have a rejection slip from the London Marathon ballot. The draw for the club place is usually done in November.

#### Social Side

We are lucky to have Mary Towns as our social convener. Last year she organised the pub quiz, the Christmas Treasure Hunt and the Christmas Party Night. Look forward to more events in 2015.

Well that's all folks.

Yours in running

Pamela