



Welcome to our Autumn Newsletter

Picnic in the Park 13th August

Following days of rain and worry that the picnic would have to be cancelled Saturday 13th August arrived and it was a beautiful day to celebrate the Footers 25th Anniversary in the lovely surroundings of Monikie Country Park.

It was great to see so many Footers and their families come along to celebrate the event.



Thanks to Gerry for manning the BBQ, Tina for some essential supplies and of course the rounders equipment and Gillian for bringing along the gazebo which helped keep the rain away.

The rounders game saw some impressive slides into base on the rather slippy grass and Mary kept all the kids amused I think using bribery as they all came back with ice cream!

After a slice of anniversary cake it was time to call it a day. A good time was had by all – thanks for coming along!

Some Upcoming events

Grantown Try Tri – good luck Gillian, Pamela, Beth & Christine

Craggie Island Tri – good luck Martin

AGM - **TUES 27th September 7.30pm Saltire Leisure Centre**

Loch Ness Marathon – good luck Sandy, Gerry, Tina & Mary

Liverpool Marathon - Gerry

New York Marathon – good luck Chris

Glen Clova Half – good luck to all Footers taking part

Xmas night out – details will follow shortly

Crombie

A small but happy bunch of Footers had a wee change of scenery with a run at Crombie park on Tues 12th July and Tues 9th Aug. It was nice to get away from the door. Thanks to all who came along.

Please email any news or race reports you would like included in the newsletters to me secretary@arbroathfooters.com

Race report – Ythan Challenge... by Michelle Brearley This was run on Sunday 26th June in Ellon, my new home town. I was a little nervous about the race as it was meant to be ever so slightly similar to Deerstalker – and you all know how much I loved that !!

The day of the race came and it was raining hard, the girls turned up at mine at 9am and after a cup of tea we all headed to the Meadows Sports Centre to register. There was a good turnout despite the weather, as it was still raining. We were to set off in waves, fastest runners first etc, so naturally I was in the last wave. We were stood around for what seemed like an age in the pouring rain waiting to set off... but then we wer off... We ran away from the Meadows, off the field and down some steps that took us onto the riverbank and ran along there till we came to a bridge, where we ran up the steps (ok, I walked) up along the bridge, and then down the other side to join the riverbank again. I was doing a good pace, but was aware that sooner or later I would hit obstacles and didn't want to go all out in case I had no puff left to finish. We entered the Esslemont Estate and came to the first set of haybales, I wasn't sure I had heard the marshall correctly when he said to be careful as there was a wasps' nest in one of the bales, but I managed to get over it without being stung and carried on. We encountered steep muddy climbs and descents, which was great fun, the mudpit was fantastic fun, and despite triple-tying my laces I was worried I'd lose my shoes, but they stayed on and then it was time to clean off in the River Ythan. The first part was a bit deep and made you catch your breath, and to be honest, I kind of forgot I was in a race, I was really enjoying it, so out of the river, up MORE muddy inclines, and we had another dip in the Ythan and I was just behind a woman who told me to be careful as it was really deep, the marshalls that were in the water were up to their neck in it, so I said she could hold onto me for support if she wanted – then the marshalls stood up to reveal that the water only came up to their knees.... Pair of jokers.... We carried on running, more haybales and we came to a scramble net, which I needed a hand getting over, more haybales, poles to get under/over and tubing tunnels to get down and dirty in. I was starting to tire a bit by the 9k point and thought that at least I only had another 1k and a bit to go – I was wrong, we carried on running... and running and then I saw the sign for the 11k mark, and thought that I surely did not have much further to go. Before long we came to the bridge that I recognised and knew it really was not that much further. We ran up the steps, onto the road to the sports centre, onto the field, and then I saw the steep embankment to get onto the top field where we would finish, so took a big breath and ran up it – to find haybales at the top!! I also saw my friends, who had all beat me, and they were very lovely and encouraging. I got over the haybales, ran towards the tyres (actually ran through them, not in them) and then under the tubing tunnel and cargo net, while Christine was shouting encouragement to me – reminded me of Crufts! I could see the finish and my legs were almost done in by this point, there was a woman right on my tail and there was no way I was going to let her beat me, so I picked up pace, and managed a sprint finish over the line. My friends were worried I would hate the race, as I did the Mighty Deerstalker back in March, and I swore I would never do that again, but Ythan was fun. I am definitely going to do run it again next year as I really want to improve my time, but I would recommend this race to anyone. It was really well organized and the marshalls did a fabulous job, can't wait for next year!! **Footers times : Beth 1hr 07, Christine 1hr 17, Heidi 1hr 30, Michelle 1hr 34**

Dundee Half Marathon – 17th July 2011 The route for the Dundee Half takes you out of Camperdown, up the hill for the first few, tough miles. The next stretch was pretty flat with some nice gentle downhills - I really enjoyed this bit and was also enjoying running through some of the more 'interesting' areas of Dundee!! actually, the green circular that this race is run on is nice and I did enjoy the variety of the route. After passing Sainsburys there was a cruel little loop at the ClearWater Park roundabout and then a really hard section up the hill to Dobbies / Sweathshop. I really started to struggle at this point - it was also starting to feel very hot. It was here I went from thinking I could catch the girl in front of me to being over taken!! and after running down the big hill I thought I might recover a bit, but still felt knackered and was just happy to see the finish line after a very long last mile along the beach cycle path from Monifieth to Broughty Ferry.

I finished third lady and first veteran with a pb of 1.33 - so was really pleased, and the two girls ahead of me weren't actually that far ahead (there didn't seem to be very many good lady runners there though so it might be different next year !!). I hung around at the end to get my prize !!! then jumped on the bus back to camperdown. The organisation was great - can't complain about anything really. Parking at Camperdown was fine - the route was good, plenty of water stations. The buses back to Camperdown were pretty frequent and there was a bag drop aswell. Didn't lose my jacket or my car keys - so it was a good day.

Day 1 - Black Hill Race 5.1 miles

This race was run from Falkland which is a stunningly beautiful little village, and after walking (in the 20 degree heat) from the village hall to the start area, I was already glad that I had entered. Even if it was slightly daunting to think that we were about to run the first race of five, on five consecutive days. Normally when you run a race you know that when its over - its over - you don't have to do the same thing again the next night and the next and the next.....I did think I should probably take it easy-ish but as usual, I couldn't hold myself back and went off way too fast. It didn't help that the first mile was pretty much downhill and at the back of my mind I did keep thinking - we are going to have to climb back up this at the end - a hill race should go up at the start - not down !!!

Anyway, the hills were hard, hard work - I tried not to walk any of them but it wasn't easy and sometimes you feel as if you are going slower if you try to keep running. They were proper hills !! they didnt last too long though and after a loop through the forest, the trail took you back down to the bottom of the hill - I had burnt myself out by now and was passed by lots of people !! I then struggled up the last hill to the end. It was definately a tough race and quite an opener for the week.

Report by Gillian

Tour of Fife 27th – 31st July 2011



Day 2 – Hill of Tarvit Mansion House Trail Race

On a slightly cooler evening we followed our map to Hill of Tarvit Mansion House. We arrived raring to go after the previous nights race and soon found out we would be doing 3 laps of a circuit round the estate. As we lined up on the drive ready to go we got a little chat from a dapper chap in plus fours before we were off and careering along the tracks. As usual setting off too fast we soon realised the first half of the lap had a few short sharp hills to conquer but our hill training stood us in good stead as we all passed a few people walking up them, the second half was mainly downhill and flat along the drive and a nice cool track which allowed a bit of recovery time before the next turn around the estate. Unfortunately I was lapped by a few of the super speedy elite but thankfully not many and even managed to lap someone myself which was a wee boost. On the third time round with 200m to go we ran onto the lawn to finish in front of the mansion house. Then clambered onto the staircase to have a team photo taken once Perth Road Runners eventually got out of the way ha ha!

Report by Christine

Day 3 – Up Hell Time Trial Run 3 of the Tour Of Fife saw 153 runners take on the 1.4 mile Up Hell road running time trial. This sounds fairly straight forward until you consider the 754ft calf killing climb, which is where the “hell” portion of the jaunt comes in. Just outside Falkland, most of us had no concept of what was to come until we had to drive to the top of the course, to then walk down to the start line. I will never complain about winter training again! At the bottom of the hill (to now be known as the “Bowels of Hell” BOH) runners were already lined up for the staggered start times. On our descent to the BOH we were met by Satan himself in a red Smart car, with a water pistol and an inflatable pitchfork, which seemed mildly amusing ... that is until you are running back up the hill. After being soaked and thumped over the back of the head with said inflatable, I realised I had completely lost my sense of humour. The run from the BOH to the pinnacle of pain (POP) was a head down, look at the road affair, with a lot of power walkers. Supportive well wishers cheered and rattled cow bells and created a great atmosphere. All the runners who made it to the POP were rewarded with a much welcome bag of jelly beans and a drink of OJ ... and those of us who were up the POP first were able to cheer the rest of the Footers on. From the BOH to the POP this trial was really difficult, but I hope to improve on my time next year!

Report by Mary

Day 4 – Chariots of fire beach race – St Andrews

At last a race without a hill should be a doddle! With aching legs we made our way down to the beach. Weather was good not too hot and only a slight breeze. We had a little jog on the hard sand and thought this is going to be ok. Ha Ha. We started the race and as always set off too fast but it would be ok as it's only 4 miles and no hills! The running was going fine until we hit the soft sand, then the pace dramatically slowed down. When you think it can't get any harder you hit the mud bath and the pace gets even slower. The half way point is running round a pole into the knee high sea. (Waist level for Ian). It was at this point I was on Pamela's heels and took my one and only opportunity to take over Pamela Brando! It was great! Unfortunately it didn't last long and soon Pamela was squelching through the mud at top speed to over take me. After that it was just a case of keeping Brando in my sight and once back on the hard sand it was true grit to the finishing line. Best race so far.

When I signed up for the tour of fife Brando promised me it would be good fun, I didn't believe her especially after going through hell the previous three nights. Well at last the fun finally arrived and the footers had a splashing time in the North Sea. The sea was surprisingly warm and was a miracle cure for our aching legs!

Report by Tina

Race 5 - The Twisted Chicken Run, Strathmiglo

Day 5 our weary legs were hoping that maybe the organisers would be kind to us. Our only pre-race information was it was 5 miles long and to meet at Strathmiglo Village Hall. In the hall was a map of our route, an out and back race with a 600ft plus climb. I should have known from previous experience that the Tour of Fife doesn't care how weary your legs are.

The race started at the side of a dug up field. An uneven flat 50 metres and then climb. Up we went, out of the field then on to a cycle path.

A nice decline and then we entered the Lomond foothills. Some undulation, then up and up and up. My legs had had enough and I walked. This was nothing new, I'd had to walk at some point on the previous 4 races too.

After the half way point, we started to descend and I felt really good and managed to pick up my pace. One little climb before the field and the finish. I really enjoyed the race, maybe because it was the last.

We all cheered Mary at the finish with the Rocky theme which had become a bit of a Footers anthem. Tea and cakes followed and a celebration of another great Tour of Fife, highly recommended.

Report by Pamela (Brando)

Forfar 10K Well done to all the Footers who took part in the Forfar 10K on Sunday 21st Aug results were:

Steve Dear 39.37; Ian Beattie 40.04; Chris Elliot 46.56; Sandy Burgess 51.17

Nice T-Shirts too!

Perth 10K

Well done to all the Footers who took part in a rather windy Perth 10k on Sunday 17th Aug, results were:

Gerry Austin 39.48PB,
Gillian Sangster 41.50PB,
Chris Elliot 43.53

Steve Gray PBs!!!

Paisley 10K, 36.31

Scotston 1500m, 4.46:99

Battersea Pk 10mile 62.24

Brig Bash 5, 28.36

Jog Scotland 5k , 17.48

The Meadows mile 5.14