



Welcome to our Autumn Newsletter

*“Well Autumn is upon us and the nights are drawing in. Time to look out the high viz peeps
Here’s to a great period of base training to build more success in 2014.*

Dates for your diaries

RNLI Reindeer Run Glamis Castle - Saturday 9 November 2013. 10k & 5k fun runs as well as a 1k Santa Saunter for wee ones. Further details & online registration – www.rnli.org/angusreindeer There will be a medal for every runner, plus free antlers and a t-shirt!

Glen Clova Half – Saturday 9th November – the race is full. Entries filled up within hours and there is no entry on the day. Good luck to all Footers who are taking part.

Templeton 10 – For those of you who didn’t get a place for Clova this might be an alternative. Sunday 3rd November from Clatto Park, Dundee this 10 mile road race can be entered via www.entrycentral.com

Hartley Relays – Sunday 17th November, Forfar. Anyone wanting to take part in this fun short distance relay event please let Christine know at secretary@arbroathfooters.com or christinebird@nhs.net

Aberdeen Santa 6k Run - Sunday 8th December, from Pittodrie Stadium and follows a route along the city's beach front, finishing with a lap-of-honour around the pitch. All participants will be decked out in Santa Suits Registration for adults is £15 which includes a full Santa Suit (yours to keep), race number, medal and goody bag. Children take part for £10 and receive a special Santa Run T-Shirt and hat rather than Santa Suit, plus of course the goody bag and medal too. You can find out much more about the Santa Run and register online at <http://www.wildheartsinaction.org/santarun/>.

XMAS Night – Saturday 14th December, Meadowbank. Please contact Steve Dear for tickets at treasurer@arbroathfooters.com See page three for details

Racing Results

We Footers have been a busy bunch over the past few months covering many miles in some scenic locations, here's how everyone has been getting on...

Craigtown Dash 12K – Andrew Hartley 49.03

Giffordtown 5k – Andrew Hartley 17.29 pb

Bill Powell/Bill Stoddart – Christine Bird, Tina Fowler & Lisa Lawrence ran

Loch Ness Marathon –Dave Thompson 3.14.47, Gerry Austin 3.16.39, Gavin Beith 3.16.41, Linsey Burnett (first marathon) 4.24.42, Tina Fowler 4.25.57, Mary Towns 5.28.34

Loch Ness 10k – Lynn Hastie 57.09

Arbroath Academy 10K – Andrew Hartley 37.26 (3rd overall); Ian Beattie 39.54; Alan MacDonald 40.48; Chris Elliot 44.43; Jagoda Penkala 45.24 (2nd lady); Pamela Brandie 47.41(3rd lady) and Christine Davies 56.41

East Neuk 10k – Jagoda Penkala 47.47

Smokies 10 Men – Andrew Hartley, Gerry Austin and Alan MacDonald ran – Andrew won the cup.

Great North Run – Chris Elliot 1.39.29

Crathes Castle Half Marathon – Sandy Burgess 1.46

Moray Marathon – Jagoda Penkala 3.43; Chris Elliot 3.47

Perth 10k – Andrew Hartley 35.35 pb; Gillian Sangster 37.29 pb (1st in cat); Jagoda Penkala 44.03; Sandy Burgess 49.19

Abernethy Highland Games 10 mile race – Chris Elliot 1.17.20 ; Jagoda Penkala 1.17.25

Forfar 10k – Andrew Hartley 38.39; Chris Elliot 47.32; Pamela Brandie 47.32; Tina Fowler 54.50; Lisa Lawrence 54.54; Christine Davies 59.19 & Heidi Phipps 63.19 (3rd Ladies Team prize awarded to Pamela, Tina & Lisa)

Well done to everyone competing this year. The results have been updated in the league table (attached). Good luck to all with races still to come ...

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

This year's party night & prize giving will be held on Saturday 14th December at the Meadowbank Inn with the tickets priced at £30 per head.

The Ceilidh band [The Cutting Edge](#) will be providing the music..

If you would like to come along and join the party please let Steve Dear know how many tickets you need, and your menu choices (see below). Payment is due no later than Thursday 31st October.

Christmas 2013

Ceilidh Nights

Menu

Roast Vegetable Soup
Melon Balls with Raspberry Coulis
Atlantic Prawns, Hot Smoked Salmon & Side Salad
Pate with Oatcakes & Side Salad

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Roast Turkey with Traditional Trimmings
Beef Olives with Red wine Gravy
Breast of Chicken with Haggis
in a Whisky Cream Sauce
Poached Salmon Salad with a Tarragon Dressing
Mushroom Stroganoff

All of the above are served with Roast & Boiled Potatoes
and Fresh Vegetables

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Sherry Trifle
Sticky Toffee Pudding with Ice Cream
Winter Fruits Crème Brulee
Christmas Pudding

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Coffee with Mints