

RESULTS 2014

Frostbite Race 2 - Very wet and windy conditions, Times were: Chris 27.43, Jagoda 29.02, Pamela 29.57, Tina 31.07, Christine D 32.44 - Well done Everybody

Torchlit Trundle - Monday 8th December - 3 Footers took part, lovely clear night however very chilly! Times were: Pamela Brandie 23.24 (2nd Vet) Christine B & Christine D, both 26.51, Well done everyone.

Frostbite Race 1 - Falkland - 3.2 miles of hilly, muddy and wet fun!!! Times were: Chris 26.46, Jagoda 28.05, Pamela 29.10, Christine B 32.00, Christine D 32.39 - Well done Everybody

Hartley Cup - Interclub Relay Sunday 16.11.14 - Well done to all the teams at the Hartley Cup, was a fabulous day out, and great times recored. Good to see so many Footers attending the race.

Glen Clova Half Marathon - Saturday 8th November, Great turnout for the Footers today, and a few PB'S, Ruairidh 1.23.43, Dave Thompson 1.30.19, Ian Beattie 1.34.04, Chris Elliot 1.43.06, Lisa Lawrence 1.46.33 PB, Jagoda Penkala 1.55.29, Tina Fowler 1.58.23, Christine Davies 2.01.56 PB, Cherise Whammond 2.06.06 PB, Linsey Burnett 2.09.59 - Well done everyone, http://forfarroadrunners.co.uk/site/sites/default/files/Glen_Clova_2014.pdf

Dundee Roadrunners Templeton 10 Mile - Ian Beattie was the only footer to take part today, conditions ideal, Ian's time was 68.20 Well done to him

Tufty Trail Race - This was a 5.5 mile race of trails, with a stream to run through, and several logs to jump over, Great times recorded: Chris 42.36, Jagoda 43.26, Pamela 44.51 (1st FV45) Tina 48.41, Christine D 50.43, Linsey 52.06, Mary 52.08. Well done to them all.

Giffordtown 5km, 3 ladies took part, times were : Pamela 22.00 PB, Tina 23.57, Christine D 25.36, Well done to them all

Loch Ness Marathon - Sunday 28.09.14 - Jagoda and Chris ran the Marathon today, Jagoda was 3.49 and Chris was 4.03, Well done to them both.

East Neuk 10 - Sunday 21st September, 4 lady footers ran the 10k today, Times were: Pamela 46.18 PB, Tina 50.05 PB, Mary 52.33 PB, Christine Davies 53.29 PB - Well done all.

Great North Run Sunday 7th September, Tina was 1.59 Well done to her.

Barry Buddon Half Marathon - Sunday 31.08.14 - Times received as at today are:

Tina Fowler - 2.04

Christine Davies - 2.07 PB

Cherise Whammond - 20.07 PB

Speyside Way - 36.5 miles - Pamela and Beth both ran this ultra race, conditions were perfect however muddy and hilly, Time for them both was 6.55 - well done to you both

Bill Stoddart - Thursday 21.08.14 - Handicapped 6 mile Race, 6 Footers competed times to be added once received

SRC Relay - 6 Footers travelled to Fife to compete in the Relay each completing 3 miles each

Jagoda 19.26 Fastest Female

Pamela - 21.34

Tina 24.32

Christine D - 24.52

Cherise 24.54

Susan 32.58

Footers won 3rd team

Forfar 10k, Sunday 17.08.14

Ian Beattie 40.42

Ryan Ramsay 41.59 *

Lisa Lawrence 49.07 PB

Christine Davie - 55.22 PB

Cherise Whammond 56.38

Natalie Burgess 65.47

Hazel Adams 67.42 *

Caroline Thomson 67.42 *

Susan Storrier 74.46

Tour of Fife Results - 9 Footers tackled the 5 day races, Well done to them all, Fabulous, Pamela won 3rd Veteran... Times below

Race 5 - Strathmiglo Trail Race 5.8 miles

Ian 40.02

Jagoda 44.06

Chris 45.31

Pamela 48.01

Lisa 48.51

Tina 52.26

Linsey 53.43

Mary 56.16

Christine D 57.11

Race 4 - Giffordtown 3.8 miles

Ian 23.40

Jagoda 25.50

Chris 26.25

Pamela 27.42

Lisa 29.08

Tina 30.42

Mary 32.48

Christine D 32.50

Race 3 - Uphill Time Trial 1.4 miles 697ft Ascent

Ian 12.52
Jagoda 14.11
Chris 14.57
Lisa 15.55
Pamela 16.06
Tina 16.52
Linsey 17.34
Christine D 19.28

Race 2 - Hill of Tarvit 3.1 miles

Ian 22.21
Chris 24.15
Jagoda 24.18
Pamela 26.45
Lisa 27.42
Tina 29.53
Linsey 30.45
Mary 31.13
Christine D 33.00

Race 1 - Chariots of Fire 4 Miles

Ian 26.51
Chris 29.36
Jagoda 30.07
Pamela 31.39
Lisa 32.34
Tina 35.17
Linsey 36.29
Mary 37.24
Christine D 37.36

Stonehaven Half Marathon - 06.07.14 - 8 Footers travelled to compete in the Half Marathon, conditions hot, Times were as follows: Ruairidh 1.18.38, Andrew 1.25.06, Ian 1.33.36, Jagoda 1.47.43, Chris 1.47.43, Tina 2.03.21, Mary 2.08.28, Christine Davies 2.10.36 -Well done to them all..

Brig Bash - Wednesday 02.07.14 - Ruairidh Campbell ran tonight - 5 mile run in a time of 26.48, 4th Overall.

Larig Ghru - Mary and Tina both took part in the race, a tough ultra 28 mile race over boulder fields, very hilly, Both ran extremely good for there first taste of the Ultra Distance, Time was 6.07. Well done to them both.

Race for Life Dundee, Cherise Whammond ran the 10k race, her time was 52.30 PB Well done to her

Strathearn Marathon - Sunday 8th June, Jagoda & Chris ran the 3rd Strathearn Marathon, conditions warm, Jagoda was 3.53 and Chris was 3.56, well done to them both.

Montrose Tri, Dave Thomson, Mary Towns, Christine Bird, and Christine Davies all took part in the Tri, times to be added.

Liverpool Marathon, Mary and Tine both took part, Tina was 4.15 - Mary's time to be added

Lublin Marathon Poland, Jagoda and Chris both ran today, Jagoda was 2nd Lady in her category in a time of 3.53 and Chris was 4.03 - Well done to them both

Monikie 10k - 5 Footers took part today, this was Gayles and Cherises first race as Footers - Tina 54.00

Loch Leven Half Marathon - Pamela & Mary ran the half marathon conditions were mixed, Pamela was 1.47.54 & Mary was 2.02.46 Well down Both

Angus Half Marathon - Linsey Burnett ran - conditions were warm however she gained a PB well done, Her time was 2.03.18

London Marathon – Sunday 13th April – Conditions hot, Great times were recorded.

Andrew Hartley 3.06 PB, Dave Thompson 3.11, Gerald Austin 3.18, Stephen Dear 3.24, Ian Beattie 3.28 - Well done Guys.

Jagoda Penkala ran the Lublin 10k, She was 3rd Lady in a time of 44.10 - Well done to her.

St Andrew Half Marathon - Linsey Burnett ran the half marathon - her time was 2.08.43

St Andrews 10k (6.73 miles)- Chris was 49.13, Other times to be added once Received,

Tay 10 Mile – Sunday 6th April - 3 Young Ladies made the Journey to Perth to run the first Tay 10 Mile which is run by Perth Road Runners. Times were as follows: Linsey Burnett 1.33.33, Tina Fowler 1.35.32, Mary Towns 1.45.02 - Well done to them all.

Lochaber Marathon – Sunday 6th April, 5 Footers made the journey to Fort William to compete in the Lochaber Marathon, conditions were wet & windy, However great times were recorded by all...Gavin Beith 3.01 PB Chris Elliot 3.33 PB, Jagoda 3.53, Beth & Pamela 3.55 The ladies also wont the Ladies team prize, Well done everybody

Running Sisters 5km Monikie, Jagoda ran the race today in a time if 21.59 PB, 5th overall. Well done to her.

Errol Fun Run, Sunday 16th March, Mikey Dow ran the 6k in a time of 24.21, Chris was 28.20 & Jogoda 28.23, Well done to them all

Alloa Half Marathon - Chris was 1.37.45 & Jagoda 1.39.46 PB

Glen Clova Half Marathon - Saturday 9th November - Cool but dry, times were; Andrew Hartley 1.25.38, Ian Beattie 1.33.39, Chris Elliott 1.38.35, Jagoda Penkala 1.46.21, Linsey Burnett 2.03.56 PB, Tina Fowler 2.04.10, Well done to them all.

RNLI Reindeer Run, Rachel Hurst completed the 10k in a time of 1h 24m 55secs, well done to her, other times to be added once received

Templeton 10 Mile Raod Race - Sunday November 3rd, Sandy Burgess was the only footer to compete, Conditions were cold, but dry, Sandy ran well in a time of 85.07.

Dublin Marathon - Monday 28th October, Chris Elliott and Jagoda Penkala, conditions idea, Chris was 3.59 & Jagoda was 4.04, Well done to them both

Ronnie McIntosh 5k & 10k, Andrew & Chris Elliot both took part in both races, Andrew 19.15 for the 5k, Chris 22.35 for the 5k, Andrew 10k 40.43, Chris 10k 48.39 - Well done lads

Craigtoun Dash 12k - Andrew Hartley 49.03

Giffordtown 5k, Andrew Hartley was the only footer to take part, Andrew Gained a PB in a time of 17.29

The 2 bill races, 3 girls took part in good conditions, Tina, Christine and Lisa were all 55.01 for the Bill Stoddart and they were all 59.21 for the Bill Powell race.

Loch Ness Marathon - Gavin Beith & Gerry 3.16, Linsey Burnett, 4.24 (PB) Tina Fowler 4.25 Mary Towns 5.28

Arbroath Academy PTA 10K, Conditions slightly windy however dry, Times were: Andrew Hartley (3rd Overall) 37.26, Ian Beattie 39.54, Alan McDonald 40.48, Chris Elliott 44.43, Jagoda Penkala 45.24, Pamela Brandie 47.41, Christine Davies 56.41 Jagoda Penkala ran the East Neuk 10k yesterday, Conditions were windy and Jagoda's time was 47.47, Well done to her.

Smokies 10 Men, 3 footers ran today, Andrew Hartley, Gerry Austin & Alan McDonald - all completed the 10 miles in 73 minutes. Andrew Won the Cup

Great North Run - Chris Elliott ran the race - time to be added

Crathes Castle Half marathon, Sandy Burgess ran the race in a great time of 1.46.09 Moray Marathon 1st September 2013 - Jagoda and Chris both ran the Marathon today, Jagoda finished 3.43 and Chris was 3.47, Well done both.

Perth 10k - Sunday 25th August - Andrew Hartley 35.35 PB Gillian Sangster 37.29 PB (1st in Category) Chris Elliott 43.36 Jagoda Penkala 44.03 Sandy Burgess 49.19 - Well done everybody

Abernethy Highland Games - 10 Miles. Chris Elliott 1.17.20 & Jagoda Penkala 1.17.25 Well Done Both

Forfar 10k Sunday 18th August, 7 footers competed in the Forfar Road Runners 10k, conditions were windy, Times were

Andrew Hartley 38.39, Chris Elliott 47.32, Pamela Brandie 48.43, Tina Fowler 54.50, Lisa Lawrence 54.54, Christine Davies 59.19 Heidi Phipps 63.19 * The ladies won the 3rd team prize.. Well done them all...

Tour of Fife Results - Well done to Gillian who was first lady.

- **Wed** 31st July - [The Squirrel Twirl](#) - Gillian Sangster 32.02, Ian Beattie 33.07, Chris Elliot 35.05, Jagoda Penkala 37.25
- **Thu** 1st August - [Tarvit Trail Race](#) - Gillian Sangster 33.29, Ian Beattie 34.49, Chris Elliott 37.30, Jagoda Penkala 39.19
- **Fri** 2nd August - [Up Hell Time Trial](#) - Ian Beattie 12.55, Gillian Sangster 13.04, Jagoda Penkala 14.32, Chris Elliott 14.41
- **Sat** 3rd August - [Chariots of Fire Beach Race](#) - Gillian Sangster 27.55, Ian Beattie 28.01, Chris Elliott 29.44, Jagoda Penkala 32.00
- **Sun** 4th August - [Skull Mountain](#) - Gillian Sangster 27.18, Ian Beattie 27.46, Chris Elliott 31.05, Jagoda Penkala 32.20

Sunday 21st July - Dundee Half Marathon, 5 Footers competed in the race today, conditions cool, great times recorded,

Andrew Hartley 1.22.19, Dave Thompson 1.28.03, Gillian Sangster 1.28.33 (pb), Christine Davie 2.14.57, Lynn Hastie 2.15.24, Mary Towns 2.21.15 - Well done ALL.

Sunday 7th July - Stonehaven Half Marathon, Times to be added once received

Sunday 30th June - Lairig Ghru hill race, 28 miles (43km) rising to 2733ft. Weather was very windy with light rain at the summit. Glorious sunshine at the finish in Aviemore. Gillian Sangster was first lady in 4.04.00. Beth Christie and Pamela Brandie took a more leisurely pace, taking photos as they went however they completed the course in a time of 6.04.38 - Well done to them all

Sunday 23rd - Gillian Ran the Glenrothes 10km - Gillian was 40.04 PB 2nd Lady overall (1st FV40)

Saturday 15th June - Camperdown 5k PARKRUN, Gillian Sangster completed the course in a time of 20.18 Pb, 1ST IADY, Well done to her

Sunday 9th June - Montrose 10k - Gavin Beith 35.59, Andrew Hartley 36.02, Dave Thompson 36.52, Ian Beattie 39.43, Tracy Paterson 42.00 (2nd Lady) Linsey Burnett 52.28, Nicole Cobb 1.03.35, Emma Gauld 1.03.36, Jayne Mackay 1.03.36 - Well done Everybody

Saturday 8th June - Lublin Marathon - Poland - Jagoda & Chris both ran today, conditions were very hot, Jagoda completed the race in 4.09 and Chris was 4.19 Well done to them both

Friday 7th June, Gillian Sangster ran the Templeton Trail Race, Gillian was 1st Lady in a time of 38.47

Sunday 26th May, Mary & Tina ran the Edinburgh Marathon, conditions were very warm, Tina Fowler 4.27, and Mary Towns 5.14, Well done ladies.

Saturday 25th May - Gillian Sangster was the only Footer to compete in the Laggan 10k, the course was hilly and very warm conditions, Gillian's time was 41.46

Sunday 19th May, Baker Hughes 10k Aberdeen, Gerry Austin 40.14 & Sandy Burgess 47.36

Saturday 18th May 2013 -Lanzarote Ironman - Dave Thompson competed, his times are below, Well Done Dave.

Swim 1.08.49 - 3.8 km

Bike 6.16.32 - 180km

Run 3.30.31 - Marathon

Overall **11.11.31**

This was my 6th IM Lanzarote (and 16th Ironman). Race was great. Conditions tough – windy and even rained pretty hard on first hour of bike! I was cold – who'd have believed it – had to smile. Took it relatively easy on the bike and it paid off with a 3.30 marathon. Really chuffed with 11.11 though (a pb for me at Lanzarote)

Sunday 12th May - Monikie 10k, 3 Footers ran the race today, Andrew Hartley 38.53 (4th Overall) Linsey Burnett 56.38 & Christine Davies 58.10, Well done to them all.

Sunday 21st April, 9 Footers ran the 33rd London Marathon, conditions were hot however this was great for spectators. Great times recorded by all, this was Gillian & Tracy's first Marathon.

Alan McDonald 3.01

Dave Thompson 3.02

Gerry Austin 3.13

Gillian Sangster 3.23

Ian Beattie 3.34

Beth Christie 3.48 PB

Pamela Brandie 3.50

Doug Mudie 3.52

Tracy Paterson 4.04

Christine Bird 4.05

Sunday 14th April, 3 members travelled to Lochaber to compete in the Marathon, conditions were ideal for the race, and excellent times were recorded.

Gavin Beith 3.07 PB

Andrew Hartley 3.10 PB

Chris Elliott 3.46

On Sunday 2 Members travelled to Alloa to compete in the Alloa Half Marathon, Conditions were ideal for the runners. Great times were recorded by them - Times were: Chris Elliott - 1.37.18 & Sandy Burgess - 1.54.19