

Race Results - If any member has times to be posted on the website, please can you send me an email and I will add these as soon as possible

Sunday 20th September – Chris Elliot completed the BUPA Great North Run in a time of 1.43.27

On Sunday 13th September: 2 Footers travelled to Moray to compete in the Moray Half & Moray Marathon, Pamela Brandie ran the half marathon in a time of 1.46 & Chris Elliot ran the Marathon in a time of 3.40.47 PB. The route was mainly flat with a few wee hills and conditions were ideal.

Martin Gregory competed in the Mugdock TURBO-X TRAIL 10 mile Race on Saturday 12th September, conditions were ideal for running but a lot of deep mud :) However Martin did a very good time in 1.33.06 finishing 56th Overall.

Gillian Sangster competed in the Grantown Triathlon on Sunday 6th September - Gillian was 3rd lady and 2nd in her age category - her time was 1.10.42

Saturday 5th September - 6 footers competed in the Mens Smokies 10 Mile Race - conditions were ideal and good times were recorded by all:

Steve Dear 67.10 PB
George Beckett 70.32 PB
Martin Gregory 73.47 PB
Dougie Mudie 74.23
Chris Elliot 75.2
Sandy Burgess 81.48 PB

On Sunday 5 members of the footers travelled to Perth to compete in the 10k road race, the course is flat and conditions were ideal.

Good times were recorded by all:

Stephen Dear	38.41
Chris Elliot	42.45
Norma Bird	48.32
Christine Bird	56.10
Michelle Brearley	57.24

Monikie Duathlon - Sunday 23rd August

Martin Gregory competed today - conditions were very wet, however Martin had a great time in 2.49.44 - Well done

Bill Powell Race - Thursday 20th August

13 Members competed tonight - conditions were cool, however good times were recorded by All.

Ian Beattie 41.30
Marion Wood 41.48
George Beckett 43.26
Chris Elliott 45.09
Dougie Mudie 45.35
Gillian Sangster 48.29

Sandy Burgess 51.34
 Lisa Lawrence 56.29
 Heidi Phipps 57.33
 Tina Fowler 57.40
 Christine Bird 57.53
 Paula Braun 57.55

FORFAR 10K SUNDAY 16TH AUGUST

IAN BEATTIE 40-00
 STEVE DEAR 40-35
 MARIAN WOOD 40-42 2ND FEMALE OVERALL
 STEVE GRAY 40-47
 GEORGE BECKETT 42-33
 MARTIN GREGORY 44-08
 DOUG MUDIE 44-19
 CHRIS ELLIOTT 44-59
 JANETTE RAINEY 45-29 1ST SUPER VET
 GILLIAN SANGSTER 47-25 PB 3RD VET
 SANDY BURGESS 50-00
 MARGARET GREGORY 53-52
 CHRISTINE BIRD 54-39
 HEIDI PHIPPS 1-00-09
 MICHELLE BREARLEY 1-02-07
 JOANNE MCDONALD 1-02-15

CONDITIONS WERE SUNNY BUT WINDY

WELL DONE TO IAN, STEVE DEAR, STEVE GRAY, GEORGE, MARTIN, MARIAN AND JANETTE FOR RETAINING THE HADDIES INTER CLUB CHALLENGE ALSO WELL DONE TO MARIAN, JANETTE AND GILLIAN FOR GETTING 1ST FEMALE TEAM PRIZE

Tour of Fife :Strathmiglo 5 mile Chicken Run Janette 35.17 Pamela 38.32
 Chariots of Fire Beach Race Janette 25.27 Pamela 28.29
 Up Hell Time Trial Martin 14.05 Janette 14.25 and Pamela 16.02 PB
 Run Forrest Run, 5 miles, Janette 34.38 Pamela 38.54
 Arso Vertitus Trail Race 3.7 miles Martin 28.30, Janette 28.34 and Pamela 32.59.
 Janette was third in FV40 category

Alex Morrison competed in the Forfar Road Runners Balmashannar hill race on thursday night 23rd July, Alex time for the 4.5 course was 36.51

On Thursday 16th July 15 members ran the Bill Stoddart Handicapped Race - Conditions were ideal, Joanne McDonald was the overall winner, Thanks goes to Michelle & Rich for starting the runners off and at the finish,

Runner Name Time Taken

Alan McDonald	36.07
Steve Dear	36.58
Ian Beattie	38.17

Marion Wood	39.06
David Wilson	40.04
Chris Elliot	41.22
George Beckett	41.38
Alex Morrison	42.32
Doug Mudie	43.26
Gillian Sangster	44.43
Christine Bird	52.20
Heidi Phipps	52.58
Lisa Lawrence	53.31
Joanne McDonald	55.24
Tina Fowler	57.40

Sunday 12th July - Alex Morrison ran Heart of the Park at Braemar - this is a 12k race over hills, peat bogs, and river crossing, Alex time was 66.45 - a very nice scenic route but not for the faint hearted or people who like clean shoes!!!!!!!

Janette & Mo Rainey competed in a quadrathlon - there time was 12 hours 16 mins - see photo in gallery

Sunday 5th July – Martin & Margaret Gregory both competed in Follow the Herring 10k at Portsoy, both had great times

Martin 43.21, Margaret 53.35

Also On Sunday 5 footers travelled to Stonehaven to compete in the Half Marathon. The course is hilly but the scenery is very nice, however it was a very warm day. Unfortunately Michelle had to pull out due to knee injury.

Times were: ALAN MCDONALD 1.24.07, CHRIS ELLIOT 1.45.21, NORMA BIRD 2.04.51, HEIDI PHIPPS 2.27.58

White Tops Hill RACE - Friday 3rd July - Gillian Sangster completed the race - her time was 49.38

Sunday 28.06.09 - 5 footers competed in the Ythan Challenge, this is an off road race, comprising 11 kilometres, conditions were hot and humid, Up muddy hills, climbing over hay bales, crawling under nets, sliding down muddy hills, getting stuck in mud and wading through a river! - One for the diary next Year

Steve 51.53 (1st vet) PB
Martin 56.37
Janette 59.07 (1st vet)
Pamela 1.08.56
Heidi 1.13.52

Gillian Sangster ran the Finella Hill Race on Saturday 27th June at the Drumtochty Highland Games. It was a 5 mile race, Gillian got lost on the way back and ended up doing 6.3 miles - in 57.12

Wednesday 24.06.09 - Martin & Janette competed in the Monikie Duathlon, both done very well. Martin Gregory Time was 1:04:03; and Janette Rainey was 1:12:22

Sunday 21st June - Dundee Half Marathon - 3 footers competed today in very warm conditions, course is hilly in places.

Times were: Alan McDonald 1.21.17 PB (3rd overall)
Norma Bird - 1.47.34
Chris Elliot - 1.49.41

Saturday 13th June - Alex Morrison competed in the Skye Half Marathon - Alex was 2nd Over 55 and first over 60 - his time was 1.35.17

On Sunday 7th June - The Arbroath Academy 10k was run, weather was warm, and with a slight breeze going out, The footers had a good turnout today and great times were recorded by all. Times that are missing I will update once confirmed.

Alan McDonald – 38.00
Stephen Dear – 39.42 PB
Marion Wood – 39.51
Ian Beattie – 43.23
Chris Elliot – 45.07
Dougie Mudie – 45.20
Gillian Sangster – 47.46
Sandy Burgess – 48.32
Heidi Phipps – 51.54
Margaret Gregory – 52.25
Paula Brown – 54.15 PB
Lisa Lawrence – 56.04

Wednesday 3rd June - Alex Morrison ran hill of Tarvit in a time of 41.30

Edinburgh Marathon - Sunday 31st May - 2 footers ran today - conditions were very warm -
Norma Bird: 3.55.10
Chris Elliot : 4.05.34

Martin Gregory competed in the Monikie Duathlon - which comprised of a 5k run and a 20k cycle - Martins time was 1.04.52

On Sunday 24th May - Michelle Brearley competed in the Aberdeen 10k - Michelle gained a PB in a time of 56.05

Also on Sunday : Dunblane 7.5 mile Race - Janette and Pamela both ran this race, few tough hills, however both done very well, Janette was 55.28 and Pamela 60.00.

Loch Leven Saturday 16.05.09

2 Footers travelled to Kinross to compete in the Half Marathon, conditions were windy, However good times were recorded:

Ian Beattie: 1.26.19

Norma Bird : 1.45.44

On Sunday 10th May - Gillian ran the Dunfermline Half Marathon - Conditions were very hot, and Gillian ran with a cold, however she done very well in a time of 1.48.15

Also on Sunday - the Monikie 10k took place, Norma was 50.05, Michelle Brearley - 57.21 & Paula Brown 1.00.35 - Well done to them all.

Belfast Marathon - Monday 4th May - Norma Bird's time was 4.01.36

Alex Morrison competed in the Strathkinnes 4.5 miles on Wednesday night, This is in the Fife Series. His time was 32.02.

On Sunday 3rd May - Alan & Ian competed in the Edinburgh BUPA 10K, Conditions were warm and the course is hilly, however good times were recorded;

Alan McDonald : 39.14

Ian Beattie : 39.31 (3rd In 45+ Category)

On Sunday April 26th – 8 Members of the Footers ran the 29th London Marathon. Conditions were hot for all runners but ideal for the spectators, however good times were recorded by all. This was Stephen Dear's first Marathon and Doug's first London Marathon, both of them enjoyed the atmosphere of the race.

Times were as follows:

Alan McDonald 3.02.05

Ian Beattie 3.06.12 PB

Marion Wood 3.11.02

Janette Rainey 3.37.17 PB

Stephen Dear 3.40.54 PB

Doug Mudie 3.47.52

Pamela Brandie 4.16.24

Joanne McDonald 5.31.52

Also on Sunday the Monikie Half Marathon was run - 3 footers competed, conditions were warm, Gillian done very well winning the Vet Prize, times were:

Gillian Sansgter : 1.47.35

Norma: 1.48.08

Lesley: 1.55.31

Montrose 10k - Sunday 12th April, 5 footers ran the first Petrofac 10k - warm conditions times were:

Ian : 36.59

Alex : 42.10

Joyce, Christina & Susan : 62.36

Heaven & Hell Half Marathon - members of the Footers ran this race, conditions were ideal, but an undulating course. Times were as follows:

Marion Wood 1.33.10

Norma Bird - 2.06.16

Michelle Brierley & Heidi Phipps both: 2.17.21

Alloa Half Marathon - Chris Elliot ran this race his time was : 1.37.40

Steve Gray ran a race called the Orion 15 mile cross country race, held in Epping forest Chingford (North east London) on Saturday 21st March. his time was 1:54:48. The course was hilly and run on a multitude of different trails through Epping forest.

http://www.youtube.com/watch?v=HWDMM4TXF6E&feature=channel_page

Mighty Deerstalker - Innerleithen - Saturday 21.03.09 - 2 footers travelled to the Borders to compete in multi terrain race - conditions were muddy and very tough - Martin & Janette times were : 2.10

Balloch to Clydebank Half Marathon – Sunday 8th March - Newest Member – David Wilson ran this undulating half marathon in a great time of 1.33.24.

Inverness Half Marathon - Sunday 8th March - very windy conditions.

Ian Beattie - 1.25.08

Marion Wood - 1.26.29

Forfar Multi Terrain - Sunday 1st Feb - 5 Footers travelled to Forfar to compete in the Forfar Road Runners Multi Terrain Half Marathon - Conditions were dry but very muddy. Good times were recorded by all.

Alan McDonald	1.27.48
Ian Beattie	1.28.49
Marion Wood	1.32.17 ? 1 ST OVER 50
Chris Elliot	1.40.19 PB
Jannette Rainey	1.41.21

On Sunday 16th November - The Footers ran in the Hartley Cup - 7 members made the journey to Elie (We had a leisurely drive along the Fife Countryside!!!!) The Footers team comprised of Ian, Alan, Stephen, Scott and Alex, Dougie ran in a mixed team and Joyce did the Time Keeping for us. The course was flat, and the day was bright but cool. The Footers team finished in 5th Place, but we were first back for the Soup and Sandwiches!!! All in all we had a good day out.

Glen Clova Half Marathon ? Saturday 8th November. 8 members made the journey to Clova to compete in the Half marathon, Conditions were ideal and good times were recorded. Marion Wood was 1st Lady finisher and Janette Rainey was 1st Vet, the ladies also claimed 2nd Team prize and the men claimed the 3rd team prize.

Times were:

Ian Beattie	1.25.45
Marion Wood	1.26.30
Alan McDonald	1.26.54
Steven Gray	1.27.00 PB
Stephen Dear	1.35.56
Janette Rainey	1.37.19
Dougie Mudie	1.37.57
Pamela Brandie	1.49.55

Templeton 10 Mile Race -- Sunday 2nd November, 3 footers competed, Conditions cool and the course is hilly

Ian Beattie 65.15

Alan McDonald 66.18

Gillain Sangster - 82.49

Dublin Marathon - Norma Bird - 3.54, Joanne McDonald 5.13

Bill Powell Race ? Saturday 25th October ? 6 Footers ran the race today ? Conditions were very windy and Cold but however good times were recorded, Steven Dear done extremely well clinching the race.

STEVE 41-22

ALAN 41-38

IAN 41-59

MARION 42-48

ALEC 47-13

GILLIAN 51-26

Amsterdam Marathon - Sunday 19th - Marion Wood claimed an impressive win in her age category in a PB time of 3.03.03.

Dundee Marathon Saturday 20th September - 2 Footers ran the race, times were as follows:

Steven Gray - 3.37.19 PB
Janette Rainey - 3.47.25

Cumbernauld 10K - Sunday 14.09.08 - Steve Gray ran the 10K today, he gained a Personal Best in a time of 38.57.

Also today Pamela Brandie competed in the Stirling 10K - Pamela also gained a Personal Best in a time was 47.20 - Conditions we were warm and humid and a fairly flat course.

Also on Sunday Janette competed in a Triathlon - Her time will be posted as soon as this is received.

Scott Findlay ran the Great Scottish Run in Glasgow on Sunday 7th September - His time was 1.37

Moray Marathon - Sunday 7th September, Martin Gregory and Norma Bird made the journey to compete in the Marathon, Martin has a very impressive time of 3.58 gaining himself a PB, and Norma also done very well in a time of 4.02 - Conditions were ideal, the course was undulating.

Bill Stoddart 6 mile timed race - Thursday 28th August 2008

Alan 37-45
Ian 38.14
Steve Dear 38.33
Marion 39.16
Scott 41.56
Martin 43.06
Alex 43.37
Sandy 46.17
Gillian 46.38

Gillian was the winner of the Bill Stoddart Trophy.

Forfar 10K - Sunday 17th August 2008

7 members competed in the 18th Forfar 10K road race, good times were recorded:

Marion Wood - 1st Over 50 - 39.30; Stephen Dear - 39.56 PB; Steve Gray - 40.44; Derek Jamieson - 42.10; Janette Rainey - 42.35; Scott Findlay - 43.52; Sandy Burgess - 47.59; Pamela Brandie - 50.08

A full set of results can be found here:

http://www.forfarroadrunners.com/10K/10K_Results/2008/2008_results.htm

The Tour of Fife Series:

Wednesday 30.07.08 - Luthrie Lumpy 5km - Pamela's time was 22.44,

Thursday 31.07.08 - Arso Vertitus [4 mile Trail Race](#) - Pamela's time was 38.05

Saturday 02.08.08 - Up Hell Time Trial 2.25km - Janette 14.21 and Pamela 16.46

Sunday 03.08.08 - Forest Frenzy Multi Terrain [Race](#) 4.8 mile Janette was 35.21 and Pamela 41.49.

It was a really tough event with some difficult hill sections but really enjoyable. Well recommended

Brig Bash 5 - Again good times were recorded: Janette 33.32 (1st Vet) & Pamela 38.10

The Running Shop 10k Aberdeen. 272 runners took part in this [race](#). The route is mainly flat. Quite a strong wind made it a bit challenging. Pamela's times was 48.12

Donkey Brae - Aberdour Saturday 26th July - Steven Gray competed in this 7 mile [race](#), Conditions were very and sunny, The course is undulating and very scenic. Steven's time was 47.29.

Stonehaven Half Marathon Sunday 5th July

Ian Beattie 1.24.13
Marion Wood 1.25.23 1st Lady
Norma Bird 1.45.40

Dundee Half Marathon Sunday 22nd June

STEPHEN DEAR 1:31:31 PB
STEVE GRAY 1:31:50
SCOTT FINDLAY 1:33:41 PB
JANETTE RAINEY 1:38:17
MARTIN GREGORY 1:40:39 PB
PAMELA BRANDIE 1:50:45
GILLIAN SANGSTER 1:54:18
NORMA BIRD 1:56:31