



# Welcome to our Spring Newsletter

## Smokies 10

Sunday 6<sup>th</sup> March was the date of the 23<sup>rd</sup> Smokies 10 Ladies Road Race which proved to be as popular as ever with the race reaching capacity within 3 week of entries opening.

On the day the weather was fair but runners were into the wind on the way out towards the 5 mile mark which added to the effort required to run up the "undulations".

Well done to the Footers ladies several of whom achieved PB's and in particular to Gillian Sangster & Beth Christie who won 1<sup>st</sup> Angus Vet & 1<sup>st</sup> Footer respectively. The Footers times were as follows:

Gillian Sangster	70.51
Beth Christie	78.48
Pamela Brandie	79.00
Christine Bird	85.39
Tina Fowler	86.49
Lisa Lawrence	89.54
Susan Ruark	90.55
Margaret Gregory	91.00
Michelle Brearley	93.29
Heidi Phipps	98.54
Beverley Halliwell	102.16
Joyce Morrison	105.55
Christina Marek	106.11

Thank you to the Smokies Committee and all the helpers on the day who made this race possible.

*Please email any news or race reports you would like included in the newsletters to me [secretary@arbroathfooters.com](mailto:secretary@arbroathfooters.com)*

**Spring is sprung and we can now hopefully pack away our winter running gear. Good luck to all those with marathons coming up!!! We will look forward to your race reports.**

### Forfar Multi Terrain

11 Footers travelled to Forfar for this multi-terrain event on 6<sup>th</sup> Feb. At the start competitors were warned the water feature was slightly longer than usual but it was ok as they had broken the ice on it for us – great!!!!

The course was an adventure of tracks, mud and puddles, stopping briefly along the way to have our race numbers stamped by marshalls. Then the water!! Not being good with distances I can only guess that we waded through approx 300 yards of freezing water which was up over our knees while still grinning like idiots. The run up the hill afterwards certainly warmed us up again but then it was all downhill and along to the finish. What a fun race we all had a blast. The Footers times were as follows:

88.48 Steve Gray  
 93.45 Ian Beattie  
 08.29 Chris Elliot  
 112.44 Janette Rainey  
 115.06 Beth Christie  
 118.43 Pamela Brandie  
 122.22 Sandy Burgess  
 126.53 Christine Bird  
 130.52 Tina Fowler  
 131.00 Mary Towns  
 141.47 Paula Brown

**Night out proposed for 7.30pm Fri 8<sup>th</sup> April Wetherspoons, Arbroath. Hope you can make it. Please let me know.**

### Dates for the diary

Many of you were keen to take part in a club time trial series so here's the plan. Instead of a normal club night on the dates below we will meet at Crombie car park and do 3 laps as follows:

1<sup>st</sup> lap warm up

2<sup>nd</sup> lap timed speed session

3<sup>rd</sup> lap cool down

In total this is a distance of around 6 miles.

Dates are: Tuesday 14<sup>th</sup> June at 6.30pm

Tuesday 12<sup>th</sup> July at 6.30pm

Then the final one on Saturday 13<sup>th</sup> August followed by a barbecue in the park where family will be welcome to come along. We might even have some prizes to give away. You don't have to be free to do all 3 just come along when you can.

## **Race report – Mighty Deerstalker...**

5 intrepid Footers took part in this race on Saturday 19th March, myself, Christine and Beth met Heidi and Pete (Mr Heidi) at Traquair before the race. Martin & Margaret Gregory were also there but Margaret was wisely spectating rather than taking part this time. We were told we had to don our best tweed, and we used this as an excuse to dress up and have a laugh. So, wearing tweed jackets, from various second hand shops, flat caps / deerstalker hats, argyle socks, rosettes – and moustaches..... We really looked the business, although a so-called friend did comment on my Facebook page that I looked like Keith Lemon in mine!!

It was a great atmosphere pre race, everyone was really excited and we took our place in the line up... the race was meant to start at 5.30pm, but it was put back to 5.45pm as it was too light... And we were off... first obstacle was haybales... lots of squeals as everyone negotiated them, carried on running and came to the smelliest mudpit ever... ran through that – more squealing - and then ran a little more and started walking as we had an uphill climb.. that went on and on and on... Finally got to the top, only to have to come down again, and this is where I lost some confidence. Took me a while to get down as was scared of slipping, but managed it, with Heidi's help and we carried on... to another hill, which could possibly be classed as a mountain. So we started climbing, took a while as it was steep in parts, got to near the top and some bright spark thought it hilarious to put a cargo net there that we could all crawl through.... We carried on, again right up to the top. I was pretty sure we were at the top of the world by this point as the climb seemed relentless... it was only when we got to the top that I realised I had to get DOWN... and therein the problems started.... This was much steeper than the first little hill, and if I'm honest I didn't feel it was safe, I had a real problem with getting down this mountain and felt totally unprepared for it,, even the 'disco' halfway down didn't raise a smile when we ran through it and I felt I had made a huge mistake in entering this race. I was slipping and sliding everywhere trying to make my way down, hanging onto trees for balance and just basically hating it. I was so pleased when we finally got to the bottom, until we looked up and saw a huge row of white headtorch lights going up, up and up – there was another mountain !!!!!!!!!!!!!!! So, by this point, I was starting to think enough was enough, I just wanted to finish it, had enough, wasn't enjoying it at all. We carried on running and ran through some water, just widthways, only really ankle deep, carried on running, came to another part of the river... a fast flowing, deeper part of the river.. which we were meant to get through.... By this time, I had gone over on my right ankle several times, but was fine... so got in the river, Heidi and I had to keep hold of each other for balance as it was pretty scary, going upstream in a fast flowing river – no rope for you to hang onto to help you... was not impressed and getting more and more upset by the second (if you can't tell that already). The river was about knee deep, but by this time it was dark, you had to keep moving because the river was freezing cold, but you couldn't really see the bottom either and had to be careful where you put your feet, and I went over on my ankle again.

Got out of the river and my ankle was too sore for me to walk on, the freezing water must've numbed it while we were in there and it was only when we emerged that I realised I'd done something to it. If you're thinking that I was looking for an excuse to give up, you're right, I was about to call it a day anyway, it's just unfortunate I genuinely got injured in the process. So we stopped at the side, just before the third huge mountain ascent and asked for assistance from a marshall, who was the most unhelpful person there, she just didn't want to know, kept telling me to move off the track to let runners through.... Patience by this time was certainly wearing thin and I asked her outright if she was actually going to help me. She gave us her mobile phone so Heidi could call her boyfriend to let him know what was happening but that was the extent of her help. I managed, with Heidi's help to hobble to the road and we managed to find a helpful marshall who radioed for help, and a very nice guy called Gary came and picked us up, he had another casualty in his car – some poor guy with a sprained ankle. So we got to the medical tent, I was seen to, and can you believe that I was actually treated for mild hypothermia and it was suggested I go to the hospital for an xray as they suspected my ankle was broken.... We managed to get a message to Christine and Beth who came and found us, and they seemed to think my medical tent was like a little VIP room, as they got out the food we had brought, got changed in there, took a seat, made themselves at home.... They did give me sympathy as well so that was ok. I was sure my ankle wasn't broken and said I didn't need the hospital but they didn't listen to me and took me to Ninewells, where it was confirmed as just sprained. Have been told not to run for 2 weeks but we'll see.

In short, I would rather face a pack of wild dogs with me covered in steak than race that again, if anybody had told me about the steep descents there is no way I would have entered it, that kind of terrain is not for me but there were plenty of nutters, sorry, runners out there who loved it and will do it again.. I'm def not one of them, next year I'll be going along for support only . Christine said the same after the terrifying scree ascent (not for someone who is scared of heights) and her dunking in the river, that resulted in her cold and day off work in the week It was definitely not a 10k, more like 14k and I shall think about suing for distress and false representation....

*Michelle*

Well done to all hardy finishers/nutters including: Martin Gregory 2.33:11, Beth Christie & Christine Bird 2.49:13