



Welcome to our Summer Newsletter

Marathon Special

A few Footers have completed marathons so far this year so I thought this merited a special edition of the newsletter with race reports from Paris, Lochaber, London and Edinburgh so far and with Footers set to compete in Loch Ness and New York later in the year too it is definitely a marathon year for the Footers **25th Anniversary.**

Lochaber Marathon 10th April 2011 – Doug McNally

My marathon was a disaster! After getting sound advice from fellow runners and my family all saying to stick to my pace and not run off too quick with the rest of the lead runners I did exactly that running my first thirteen miles in 1:26. I felt great at this point feeling I still had bags off energy and even though it was as hot as hell in Fort William I felt good until out of nowhere at mile fifteen my legs began to really struggle and I started losing my pace dropping down to ten minute miles and my pace continued to decrease thereafter.

At mile twenty after nearly keeling over I had to start walking and felt like my whole body was shutting down, after that I had a horrendous six mile slog to the finish line with words of encouragement from fellow runners passing by which helped but no matter how hard I tried I just couldn't get going again. I was officially destroyed but I still finished the most horrendous experience of my life in a time of 4:31.14. I have definitely learned the hard way that a marathon is won and lost in the last six not the first. I am looking forward to doing my next marathon where I hope I can redeem myself...



Post Smokies night out - A small but merry group of Footers got together for a post Smokies drink or two on Friday 8th April. As always it's strange to see everyone dressed up and sweat free.

It was a lovely night. Unfortunately due to Marathon training many people were unable to attend which just gives us a perfect excuse to do it again soon!

25th Anniversary – Picnic in the Park **13th August 1pm**

Did you know Arbroath Footers Running Club is 25 yrs old this year?

To celebrate you are invited to a family picnic at Monikie Country Park on Saturday 13th August (changed from Crombie as suggested in the Spring Newsletter so we have more room to spread out and have fun).

Please let me secretary@arbroathfooters.com know if you can make it (so I know many to cater for) and I will send a separate communication round nearer the time to confirm the finer details. Hope to celebrate with you all then.

Keep your fingers crossed for the weather please...

Crombie Time Trials - Instead of a normal club night on the dates below we will meet at **Crombie car park at 6.30pm** and do 3 laps as follows:

- Lap 1 - warm up
- Lap 2 - timed (using own watch)
- Lap 3 - cool down

A total distance of approx. 6 miles

Dates are: Tues 12th July & Tues 9th August

I hope you can all come along

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

Baker Hughes Aberdeen 22nd May 2011 – Race Report by Tina Fowler

Baker Hughes by far the best 10k I have ran so far (probably cos I got a PB), the facilities were excellent, plenty of parking, plenty of toilets and generally well organised. I made my way to the start and joined the queue at the expected 52 minutes station (I was on a mission to get a good time). The race started and we headed off to the harbour, it was fairly cramped and difficult to get passed anyone, then at 1k people started walking! Seriously how can anyone expect to get 52 minutes walking!!! Next year I intend to queue up at the 45 min mark.

Once passed the harbour it was a straight run along the beach front with plenty of space to overtake and better still the wind was behind me. Everything was going smoothly until I reached 7k and the wind was head on and I started to tire but with my head down and thinking of all the footers running the Edinburgh marathon I gritted my teeth and gave it my all. I was dreading the hill at 9k but all the winter hill training must have paid off as I got to the top and the end was in sight. At the sign for 400m I went as fast as I could, then 300m I still went as fast as I could, 200m I'm going to die but somehow managed to sprint to the end and get a very satisfying personal best of 50.56.

Great race and looking forward to entering next year. Only disappointment was no goody bag at the end just a medal and a bottle of water. Oh well I'll just have to enter Smokies 10 again to get a decent goody bag!



Monikie 10k - 15 May 11 - Race Report by Gillian Sangster

It was a last minute decision to do the Monikie 10k because Chris (husband Chris, not footers Chris) and I were supposed to be cycling the CATERAN trail that day, but we were invited to a 'lovely' family BBQ in the afternoon – it was tempting to not turn up to the BBQ but I didn't want to be ex-communicated from the family – tempting I know, and in the end I didn't even go to the BBQ – but that's a different story!! aaaanyway....since I now had a free morning and I knew that Tina was doing the 10k I thought it would be good to go along. I love doing local races – no hassle – no stress, and with a 10k you can make your mind up on the day – you don't need to have done any extra training (not like some longer distances I could mention !!).

So – the weather was OK – not too hot, not too windy. Monikie is about 10 minutes from my house – the race start time was 10.30 and I left at about 9 – I like to be early !! but I got there way too early and wandered about for a bit until I found Tina and Mary to talk too !! ate some tablet (I think that tablet makes me run faster !) and had some juice – went to the toilet about ten times.

There was about 300 people there and we all ambled down to the start – that counts as a warm up (I did wonder how 300 people were all going to fit on the bankings round the pond but it was actually fine). The race started on time - off round North Pond then winding through the trees before heading off round Island Pond (the big pond). I worked at Monikie – many moons ago when I was a student and have very happy memories of my time there and I did meet Chris there. Anyway – back to the race report ! A girl in a pink top passed me after about half a mile but I stayed with her and thought that I was definitely running faster than her – its not always easy to tell – I usually overtake someone then realise that I'm too knackered to keep running at that speed then get overtaken again. Anyway - I overtook her and was pretty determined not to let her get me back. I couldn't see any other girls in front of me but I wasn't sure that there might be some way ahead that I couldn't see. So I just ran as fast as I could. The course loops round the ponds twice, the ground is quite uneven on the bankings and a bit soft in places, especially through the trees so its not the easiest of runs, but the scenery is really pretty and its good for the spectators - they can stand in the middle of the two ponds and they get to see you four times !

I was totally delighted to find out that I had actually won the ladies race – the first race I have ever won. Tina and Mary (in her fancy new trainers) came in not long after me.

I looked back at the results when I got home – in 2008 I ran it in 53.17, this year I was 43.12 – that's not bad – missed my PB by 4 seconds though...who cares!? its now my favourite race.

For your diaries:

FOOTERS AGM, TUES 27th September 7.30pm Saltire Leisure Centre



London Marathon 17th April 2011 – Race Report by Dougie Mudie

I couldn't believe it when the congratulations you're running London 2011 magazine fell on my doorstep in early October it's an instant mix of emotions, yes I'm in and oh no I'll have to do 20 milers at some point.

After months of training and only one week missed due to injury I was quite confident of obtaining a decent time but a lot can happen in a marathon. Ian and I set off on the Thursday night as we had booked the sleeper (reclining seats will be fine - a bed is too dear) thinking this would be ideal as we would arrive London Friday morning fresh and get 2 nights good kip in the hotel as well before Sunday, well one of us arrived fresh wee willie winkie was asleep by the Tay bridge and that was him until Euston, I managed to get to Crewe before I got to sleep for an hour or two. To the hotel then to drop our bags (and its a gem of a find by Alan McDonald the previous year) at tower bridge perfect for going to expo and the start on Sunday.

Along we go to the expo pick up numbers, gels, any freebies and of course the pasta party, one of the comperes on the stage said jammie dodgers are good for carb loading, think he might have meant one or two, i just ate a packet to make sure, back to hotel tea rest sleep. Saturday went for a stroll around the marina at tower bridge (oh how the other half live) yachts getting cleaned that must be worth a few million (that reminds me must clean out the fiesta when I get home). Met Gerry and his pal Colly on Saturday as they were staying just beside us and we did the usual day before race thing, wee stroll sit down eat wee stroll look at watch you just want it to be start time and get the race done.

Sunday arrives and the belly is fluttering here we go again look out window cloudy that's fine lets get going, take the tube to the start and presto no clouds and warming up nicely (not good) we get in our allocated pens and bang we're off jostling for space mindful not to run into the small traffic islands that plague miles 1 to 3 and quite a few speed humps as well (Ian wouldn't like the blue start) by mile 4 you start to get stretched out and there's more room just as well as you'll have to dodge umpteen bottles that lie in the road at water stops which have not been thrown to the side as requested by organisers. Last time I ran london I passed Gordon Ramsay at mile 15 this year it was Michel Roux jr at mile 9 what is it with me and chefs. Between 11 and 12 we run over tower bridge and I know our hotel is there a few yards away beckoning but 14 to go yet dig in. As the miles are clicking away and it's getting warmer the support you get is phenomenal crowds cheering, brass bands, pubs blaring music it's all very much appreciated as I am counting down the miles I get to mile 23 and we have looped back and there's my hotel again and the pull to stop is a lot stronger this time but come on 3 to go its only 3 times round the pond in winter. Eventually run into the mall and last few yards, come on, head up, belly in, shoulders back for the cameras smile cross the line in 3:38 and collapse job done. Went to meet Ian at our designated meet point and the look on his face said it wasn't a good one, come on then lets get Gerry and go to TGI Fridays a wee smile emerged. Had our food then headed for a pub just outside Euston need to put carbs back in (smileyface) and to help me sleep on train, had a few beers said cheerio to Gerry who was flying to Dundee and we boarded our train, wee willie winkie was sleeping before we left London and woke in Fife I managed to get to Preston before I was in the wide awake club. All in all a good weekend with good company and I've entered again for 2012 fingers crossed I get in (but not going by train).

The Footers times were:

Ian 3:26.29

Gerry 3:30.46

Dougie 3:38.50



Paris Marathon – Race Report by Chris Elliot

The race started at the Champs Elysees just below the Arc de Triomphe. Top tip remember to put your watch forward one hour as I was at the baggage area when the race started so had to start near the back of the field instead of where I should have been, the course was pretty flat, which suggested a pb was possible. The reality was it too hot at 24 degrees and the streets of Paris were too narrow for the amount of runners. Water and food stations were every 5 kms which was perfect for the conditions but they were too busy with lots of runners shoving and moaning. They were also very slippery with orange quarters everywhere. There was a choice of sugar cubes and dried fruit as well. The route takes you past the Bastille at 3 miles, the Notre Dame cathedral at 15 miles and the Eiffel tower at 18 miles. Runners were dropping like flies in the heat. At 23 miles the song on my mp3 player was chasing pavement by Adele. I saw one man carted away in an ambulance at 25 miles. As I crossed the line I was listening to dancing on the ceiling by Lionel Richie. I saw a few women crying at the end too. Maybe if i was in my proper starting pen this race report would be different, who knows.

If you're planning on entering this race in the future I found the expo a bit of a trek to get to, so leave plenty of time to get there. But the underground staff are very helpful with information and directions. The medal and Tshirt were very good. Would I do it again? not too sure but never say never.

Edinburgh Marathon 22 May 2011 – Race report by Beth Christie

Having dodged the rain and wind to catch the train through to Edinburgh.... I was beginning to have my doubts. The forecast for race day predicted strong winds and heavy showers. Not the perfect marathon conditions I'd hoped for!

Christine and Michelle had caught the earlier train so they came to meet me at the station and show me where our hotel was. After much deliberation we decided to fight the urge to burn our timing chips and have a drunken Saturday night out in Edinburgh, and instead retired to our hotel room, opting for a mug of Horlicks and some banana bread (homemade by Michelle and highly recommended by me!). After watching the ten o'clock news and the hearing the weather forecaster issue an 'amber alert – weather warning for high winds and tree damage' we went to bed, suitably petrified and dreading the next day!

We all woke up very early following a restless sleep. We peered nervously out of the curtains over to the race start area, where we could see people arriving and more worryingly, the trees blowing around in the wind and rain! Forcing down our porridge, bananas, coffee, energy drinks etc. we pinned our numbers onto our vests, double knotted our laces and dressed in our finest binbags, made our way to the start. Pamela had joined us by then and we found our coloured starts; Michelle-blue, Christine- green and Pamela and I – pink. At the start line, I asked Pamela what she was aiming for, she replied '3.50', and we joked about the cut off for the 'good for age time' for London being anything up to 3.49.59. With minutes to go I gave Pamela orders to 'drag me round with her if she was going to get sub 3.50!', then it was the ten-second countdown and we were off!

The start of the race for the first 5 or so miles seemed to be an endless downhill. I found it hard not to let my nerves (which by this time had changed to an excited hysteria!) take over and set off far too fast. Pamela was great at setting a comfortable pace, I took my lead from her, and we were able to cruise along nicely for the first 10 miles. Pamela even said 'we must be coming up for the 10k mark soon' only to realise that we had already passed it and we were well into mile 7! This worried us both as we thought we were going too fast, that and the fact we were at least 10 minutes up on my 4hr pace band! We didn't seem to slow down though.

The water/energy stations were not clearly marked and we managed to run past the first lucozade stop, luckily there were full(ish) bottles at the side of the road so we were able to grab a bottle and keep going. We seemed to be flying along and I was delighted when I saw the time at the halfway stage and realised that I had gained a Half Marathon PB (1.49). I could have called it quits then and been happy!

Heading into the last half, I was a little nervous that I may have pushed too hard, too early and perhaps had set myself up for a real struggle to the finish. I knew we still had to run into the wind at some point and those last 6 miles were coming up! By mile 18/19 when the course was really exposed to the strong winds, the weather turned and there was a heavy hail/rain shower. That section was tough, as by then my legs were feeling the effects of the PB, however I knew I was on for under 4hrs. More importantly, I knew that if I could just hang in there for the last wee bit I could perhaps get under 3.50! The last stretch to the finish was hard, the rain was on and off, the wind was gusting, and I was really starting to feel tired. Thankfully, I managed to switch off and concentrate on getting to the finish and somehow (I'm still not sure how!) I was able to hang on and get **3.49 (PB) Pamela got 3.49 too**. We'd both managed to get under the 3.50 by the skin of our teeth!

Footers times were:

Beth Christie 3:49.30 PB
Pamela Brandie 3:49.34 PB
Chris Elliot 3:54.39
Christine Bird 3:56.39 PB
Doug McInally 4:14.59 PB
Michelle Brearley 4:38.16 PB



Well done to all!