



Welcome to our Winter Newsletter

2010 Trophy Winners

Congratulations to all our club trophy winners. The trophies were presented at the Christmas Night:

male open - Ian Beattie
male vet - Chris Elliot
male improved - Steve Dear
male age related (Bill Powell) - Ian Beattie

female open - Gillian Sangster
female vet - Pamela Brandie
female improved - Gillian Sangster
female age related (Bill Powell) - Pamela Brandie

club person - Dougie Mudie
Bill Stoddart - Tina Fowler
best newcomer - Gerry Austin



Candle Run – 23rd December

7 Footers did the candle count run on Thurs 23rd Dec and beat last year's 102 total, they spotted 108 - a breeze this year.

GLEN CLOVA race review by Mary Towns

Great weather for a saunter through the glens, a bit cool with no wind. Luckily, I found most of the hills that went up also seem to come back down. After mile 7 the course flattens out more apart from a couple of cheeky wee hills near the end. All in all a great wee run with the most fantastic scenery if you took time to look up. A few footers and their times:

Ruairidh Campbell 77:43
Steve Gray 83:54
Ian Beattie 90:27
Gerry Austin 91:00
Gillian Sangster 94:44
Dougie Mudie 98:50
Chris Elliot 102:01
Pamela Brandie 110:23
Mary Towns 114:17 (PB)
Tina Fowler 118:20

A big thank you to all the footers for their encouragement..

Treasure Hunt

10 Footers, split into 2 teams took part in the Xmas Treasure Hunt on 11th December. They raced (skated on the ice) through Arbroath to find the answers to 25 questions, with 25 Christmas trivia questions thrown in for extra fun.

Apologies to team “**Keep yer feet**” for my inability to read – don't think I will be in charge of the clues next year as although we were back the fastest getting the clues wrong made the difference between losing and a draw. The tortoise & the hare moral applies here.

Congratulations to “**Steve's Little Helpers**” – Tina, Pamela, Beth, Dougie and Steve who won with a total of 38 out of 50. And a huge thank you to Mary for organising such a fun event with prizes for all and fabulous refreshments at the end. The mulled wine was an absolute treat.

What do you think?

Could you let me know (at email address below) if you would be interested in time trials - possibly round Crombie or track speed training in the New Year when the nights get a bit lighter? Just a thought at the moment but watch this space. I will look forward to hearing from you.

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



Chris's Seasonal Recipes - sprouts

Thank you Chris for all the sprouts but what can we do with them now? How about...

Brussels sprout and caramelised onion soup

Ingredients

450g/1 lb onions, sliced
30g/1oz butter
1 tbsp caster sugar
450g/1 lb brussels sprouts, trimmed and halved
1 generous sprig of thyme
1.15 litres/2 pints chicken or vegetable stock
salt
freshly ground black pepper

To serve

soured cream, crème fraiche or Greek yoghurt
paprika or cayenne pepper

Preparation method

1. Put the onions into a pan with the butter, cover and sweat over a gentle heat for about 30-40 minutes until the onions are very tender and soft.
2. Sprinkle over the sugar and cook, uncovered, for another 10-15 minutes until the onions are lightly coloured and look a little like jam.
3. Add the sprouts and thyme and stir around.
4. Pour in the stock and season with salt and pepper. Bring to the boil and simmer for about ten minutes until the sprouts are just tender.
5. Cool slightly, remove the thyme sprig, then liquidise in two batches.
6. Reheat gently if necessary and adjust seasoning.
7. Serve piping hot with a spoonful of crème fraiche or yoghurt in each bowl and a light dusting of paprika or cayenne.

**less than
30 mins
preparation
time
1 to 2 hours
cooking time
Serves 6**