

# SPRING NEWSLETTER

Dear Footer,

Hello and welcome to the Spring Newsletter.

## Smokies 10

It was good to see such a fantastic turnout of Footers at the Smokies 10.

I've been a Footer for 10 years and in those years I've never seen so many.

Well done to everyone who took part and battled the windy 10 miles.

I'm sure you'll agree that the committee members who organised the race, for the first time, did a great job.

Many thanks to them and in particular Tina who did the lion's share of the work.

Also thanks to Footers, their friends and family who helped out on the day.

A few teething issues did arise. But the committee has met to discuss these and will have them ironed out for 2016.

## Races

Some Footers have got a few races under their belt already.

A few ran in the Frostbite Series at Falkland Estate. Well done to Chris and Christine Davies who completed all four races.

## Forfar Multi Terrain Half Marathon

The Footers were well represented at Forfar, with good running conditions for a change.

Times were:

Dave 1.31.31; Ian 1.33.51; Chris 1.41.29; Jagoda 1.43.31; Lisa 1.47.50; Gail 1.57.19; Tina 1.59.55; Christine D 2.04.50; Mary 2.07.49.

The ladies won 3rd team prize.

## Smokies 10

Tracy won the First Footer trophy in 1.17.11. Other times were: Lisa 1.17.59; Jagoda 1.20.38; Pamela 1.21.17; Rhona 1.27.53; Gail 1.27.53; Tina 1.30.28; Christine D 1.30.48; Mary 1.31.41; Linsey 1.32.21; Cherise 1.33.11; Susan 1.36.34; Fiona 1.37.50; Natalie 1.42.02; Lynn 1.43.35; Linda 1.44.22; Emma 1.51.15; Jayne 1.51.16; Suzi 1.51.16; Gayle 1.53.37.

## Inverness Half Marathon

Christine Bird was the only Footer running and achieved a personal best of 1.52.19.

## Ipswich Parkrun

Tracy fitted in a parkrun while visiting her family. She covered the hilly 5km in 22.02 and was third female.

### Alloa Half Marathon

Ideal running conditions on an undulating route with a nasty hill at mile 10. Lots of personal bests achieved.

Ryan 1.27.55 (PB); Chris 1.38.33; Jagoda 1.38.50 (PB); Lisa 1.41.44 (PB); Pamela 1.43.43; Linsey 1.56.53 (PB); Tina 1.57.56; Christine D 2.00.48 (PB); Mary 2.07.31.

### Future challenges

Several Footers are training for marathons in London, Manchester, Paris, Edinburgh, Liverpool and Lublin.

I look forward to hearing how you all get on, especially Cherise, Lisa and Christine D who are tackling the distance for the first time.

Well that's all folks.

If you want something in the summer newsletter please let me know.

Yours in running

Pamela