

Dear Footer,

Hello and welcome to the latest newsletter.

The club has been having a very successful year with new members. It's great to see new people coming and then coming back! Long may it continue.

There was the best turnout in recent years at the Bill Powell 6.5 mile race. My first experience of time-keeping, it was really enjoyable seeing the race from the other side. Well done to all. Also on behalf of the men who ran the Smokies 10 on Saturday, thanks to Janette for providing refreshments at the end.

### A.G.M

As you probably all know the AGM will be on September 29, 7.30pm at the Saltire.

The board will be elected.

If you would like to stand for any of the following positions please let me know, so you can be nominated.

The positions are President, Treasurer, Secretary, Press Officer and Committee (3 members).

It would be really good if some newer members came on board.

Also if you have any ideas for the club let me know and we can add them on to the agenda for the night.

Club membership fees remain at £10 and can be paid on the night.

### Race Reports

Michelle's report follows:

#### Perth 10k

Five Footers ran this race, myself, Christine, Norma, Chris and Steve. We found the George Duncan Athletics Arena in good time and Chris registered, then we waited for the race to begin.

It started off with 2 laps of the stadium track before heading out towards Jeanfield Swifts' ground. We ran onto the cycle path and down to the North Inch.

I ran with Christine and although I think we set off a bit too fast, as can happen in most races, I felt we held a steady pace and the first 2 kms passed easily enough. At the 3<sup>rd</sup> km was the drinks station at the Bell's Sports Centre. It was a warm day and we took the water, cooled ourselves down and continued running our first lap of the North Inch.

There were a couple of rugby/football matches going on as we ran round. The distraction of watching some of it as we ran by made a change from just keeping my eye on the other runners ahead.

By this time the faster runners were lapping us but there was enough room for everybody to run comfortably. We started our second lap and we were still running really well. We overtook a lot of people and took more water at the drinks station we passed at km 3, which was now km 6. At this point I started to feel the fast start and I slowed down a little. I managed to keep pace with Christine until the 7<sup>th</sup> km.

We came out of the North Inch and made our way back to the arena, where we finished by running 1 1/3 laps around the athletics track to finish. All finishers received a goody bag including a medal.

It was a good, flat scenic route and the race marshalls did a great job in keeping people going the right way. At first glance the route map was a little confusing. I really enjoyed this race.

It was nice to travel to and from the event with fellow Footers. For me that helped keep the nerves at bay. It kind of made it feel a little like a club run rather than a pressured competitive race.

I was especially pleased to finish with no knee pain, as this is always in the back of my mind when running. So I'm definitely on the mend and will keep up the good work.

### Devil O' The Highlands

Norma's race report follows:

Jacqui's enthusiasm for this event carried me along from when it was first mentioned 5 months ago. Don't worry, she said, we won't get in.

Then 2 months later guess what, we are in. Even then I did not think about 43 miles off road, up hills and midge-infested territory.

My last encounters with ultra's and off road had not been the most positive experience-bloody knees, cracked head and poor times. Time blurs the horrors and I never gave much thought to the race-I thought the West Highland Way was a path-how wrong could I be.

We started off from Tyndrum at 6am along with another 100 runners. The first section was relatively easy and the first check point was at 7 miles. It was great to see Roger, Trevor and Jane. After some juice and a rub with insect repellent we merrily got on our way. Again the next section, over Rannoch Moor, was pleasant and we spoke to a lot of other runners. It was again great to see our back-up team at the checkpoint.

After the next checkpoint it was a steep climb over the Devil's Staircase and down into Kinlochleven. Although the climb was hard we were rewarded with spectacular views down Glencoe.

After a good downhill run we entered Kinlochleven. The midges were awful. The locals were wearing face nets! At the checkpoint we thought it odd other competitors were lying down and having hot food. We did the usual mars bar and fluid and off we went. We only had 14 miles to go. After half a mile we started to climb and climb. The rain came on heavily and the route turned into a tedious stony path.

At 37 miles I definitely hit the wall-I would gladly have given up! We then met another runner, blood streaming from his head-just the sight to give us confidence! This last section was really slow and we finished in 11 hours.

Would we do it again?

Jacqui-yes, Norma-definitely no!

Well that's all folks.

Many thanks to Norma and Michelle for their contributions.

Yours in running  
Pamela