



Welcome to our Autumn Newsletter

Since the last newsletter there have been quite a few changes. At the AGM on 29th September the committee changed entirely:

*El Presidente - was Dougie- now Gerry
Treasurer - was Ian - now Steve
Secretary - was Michelle - now Christine*

With Sandy, Bev, Mary all agreeing to be additional committee members to assist with the continuation of the Smokies 10.

Thank you to Dougie, Ian and Michelle for all your hard work.

Night Out after Clova

Anyone fancy a drink on Saturday 13th November after the Glen Clova half?

Of course anybody can come along, you don't need to be doing the race and the more the merrier. Meet in Weatherspoons at 7.30pm.

Smokies 10 Update

Sadly Alan McDonald has stepped down from organising the Smokies 10 ladies road race. Thank you Alan for all your hard work over the years.

As this is an extremely popular race with runners entering from far & wide we wanted it to continue so the committee are going to organise the race jointly to be run on Sunday 6th March 2011. Entry forms will be available soon. See you ladies there.

Race Report On 3rd Oct Christine, Michelle, Beth & Heidi took part in their 1st marathon at Loch Ness. The pre race nerves were high as they boarded a coach to the start on a drizzly morning. The first few miles were mainly downhill but with a few short sharp hills to negotiate. The pace was good if perhaps a little too fast at the start. Surprisingly there was a lot of support along the very rural and beautiful route, especially at Dores (16 miles in) where crowds were cheering the runners on. At this point the sun had come out so the many water & lucozade stations were very welcome, *then came the hills!!!!* After the hill at 20 miles everyone said it was downhill and flat to the finish but there was still one quite sharp hill but after that it was a case of counting down the last few miles. The supporters along the route into Inverness really kept everyone going and after the 25 mile marker with tired legs their cheers were very welcome, With the finish in sight the girls upped the pace to cross the line - Beth in 4h2min, Christine in 4h11mins & Heidi and Michelle in 4h51 mins. Wearing their Tshirts & medals with pride, but with slightly sore legs, the girls limped off to celebrate.

Xmas Night



Our Xmas Night Out is on 11th December at the Meadowbank. *Please let Steve Dear know if you are interested & how many tickets you would like.* The menu is on the Footers website now.

Treasure Hunt - Our treasure hunt is on again this year on the morning of the Xmas night out 11th Dec, 10am from Arbroath Sports Centre. Hope you can make it. Pls let Steve or Mary know. Cheers x

Please email any news or race reports you would like included in the newsletters to me
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