

Dear Footer,

Hello and welcome to the January/February newsletter.

There have been a few new faces at the club recently, which is great. Also, it's good to welcome Lisa back after having her baby.

### Forfar Multi-Terrain Half Marathon

A few Footers were brave enough to have another go at this challenging race.

Conditions were a little better than last year, no thigh deep water to wade through. But the field near the end was very muddy and difficult on the tired legs.

Alan 1.27.48

Ian 1.28.49

Marion 1.32.17 (1st over 50)

Chris 1.40.19 PB

Janette 1.41.21

### Smokies 10

Not long until the Smokies 10 now.

Good luck to all Footers taking part.

Also, if anyone can help with goody bag packing on the Saturday, or marshalling etc on the day, let Alan know.

### Marathons

Eight Footers are training for Flora London Marathon.

Myself, Janette, Marion, Joanne, Alan, Ian, Dougie and Steve Dear are braving the elements and building up the long runs.

I am raising money for the Bobby Moore Bowel Cancer Fund. If anyone would like to sponsor me my donation page is

<http://www.justgiving.com/pamelabrandie>

Janette is raising money for the Alzheimer's Society. Her donation page is <http://www.justgiving.com/janetterainey>

Sandy and Chris are training for the Edinburgh Marathon, which will be their first. Good luck to them.

Other news

Marion is one of five nominees for Angus Sports Personality of 2008.

The winner will be announced on March 10th.

Good luck Marion.

Well that's it folks.

Yours in running

Pamela