

Smokies 10 Men's Race - On Saturday 7 men ran the race with a little extra mileage added on (10.21 miles) Conditions were cold and very windy. Times were: Stephen Dear 67.45, Gerry Austin: 68.58, Alan McDonald 71.14, Chris Elliot 79.57, Doug Mudie 81.23, Edward Ferris 81.34, Sandy Burgess 90.41

Glen Clova Half Marathon - Saturday 12th November, a fantastic turnout for the Footers and also the men scooping the first team prize. A few PB'S were gained also today Times were : Steven Gray 1.22.22, Steven Dear 1.25.24 PB, Ian Beattie 1.26.42, David Wilson 1.28.46, Gerry Austin 1.28.50 PB, Dougie Mudie 1.41.27, Beth Christie 1.43.45 PB, Chris Elliot 1.45.52, Sandy Burgess 1.50.33, Christine Bird 1.59.37 PB.

New York Marathon Sunday 6th November - Chris Elliot ran the New York City Marathon - Chris's time was 3.59.23 (A report to be added later once Chris arrives back)

Sunday 6th November - Ian Beattie ran the Dundee Road Runners Templeton 10 race, conditions were ideal - Ian's time was 66.116

Steven Gray's times to be added:

Liverpool Marathon – Sunday 9th October – Gerry Austin ran the Liverpool Marathon – After a 45 min delay to the start the course was quite flat and fast for the first half from Birkenhead until exactly at the halfway point when you start a mile long climb out of the Mersey tunnel out on to the Liverpool side of the river. Like London, thousands of people lined the streets cheering on the runners. After a very steep half mile hill at 16 mile you enter the first of two public parks which takes up the next 'boring' six miles. Long downhill then flat to the finish were again thousands of people line the route.

Weather: Perfect running conditions, cloudy and overcast, about 16 degrees with a nice cool breeze with the odd strong gust when exposed along the water front. Gerry Finished in 3.22

Loch Ness Marathon Sunday 2nd October – 3 footers ran the marathon – Weather was mixed from light rain whilst getting ready to start to relatively heavy rain for the first few miles then settled down to misty condition with very little wind, pretty much good running condition. (unfortunately soaked thru' though) but the sun came out at the end!! Course was mostly mildly undulating but that hill from about 18-1/2 mile was.....

Times were: Sandy Burgess 4.08, Tina Fowler & Mary Towns 4.29

On Saturday 24th September Christine Bird took part in her second triathlon, a novice event at Nairn. The weather was perfect, beautiful sunshine with just a slight cooling breeze. The 400m swim comprised 16 lengths of the 25m pool, followed by a 12km cycle through the highland countryside, then finally a scenic 3km run along the beach back in Nairn to finish. Christine finished in 1h 1min (11.14 swim, 30.22 cycle, 17.33 run plus transitions) and will definitely be heading back next year to try the longer sprint event, hopefully the traffic lights will be in her favour this time! The race was small and extremely friendly and is strongly recommended to all who would like to give a triathlon a go

Steven Gray ran the Stirling 10k, conditions were ideal, Steve's time was 37.07

The Great North Run was held on Sunday 18th Sept, Chris Elliot and Lisa Lawrence took part, Chris was 1.40.46 Lisa's time to be added.

Cairngorm Adventure Triathlon, Saturday 17th Sept, 2 Footers competed, Gillian was 4th in a time of 2.10.18 and Beth Christie was 7th in a time of 2.12.29, but they both were also in a mixed team, Gillian and Chris were 7th overall in a time of 4.20.18 and Beth and Ex Member Derek Jamieson were 8th 4.23.08

On Sunday 11th Sept, Steven Gray ran the Cumbernauld 10k - Conditions were cool, wet with a hellish wind!! - However the course is fairly flat and Steven managed to secure another PB - 36.22

Thursday 8th September the Bill Powell And Bill Stoddart races were run, conditions were ideal for the races, times are listed below.

Name of Runner	Bill Stoddart 6m (Handicap Race)	Bill Powell 6.5 mile	Bill Powell (Age Adjusted)
Lisa Lawrence	49.43	54.18	53.02
Christine Bird	49.25	53.50	53.04
Eddie – Non Member	45.24	49.16	49.16
Sandy Burgess	45.35	49.34	45.53
Pamela Brandie	46.49	50.40	47.20
Chris Elliot	43.17	47.37	44.22
Alan McDonald	39.13	42.42	39.11
Ian Beattie	38.23	41.50	37.12
Stephen Dear	37.05	41.25	37.45

4 Girls took part in the Grantown Tri a Try, The day was Sunny and they had fun, the event consisted of a 300m swim, 10 mile cycle and a 3 mile run, Gillian was 1.03.08 (1st Lady Overall) Beth 1.08.05 (3rd Senior Lady) Pamela 1.20.28 & Christine 1.24.32 - Well done Girls.

Martin Gregory took part in the Craggy Island Triathlon, this consisted on a 550m open swim, followed by 15km off road bike and a 4km off run road: Martin was 1.45.15 - Well done to him

Steven Gray ran the Paisley 10k on Sunday - Conditions were cool. and the course is fast & flat, Steven ran the course in a time of 36.31 PB

Sunday 28th August, 3 Footers ran the Perth 10k, conditions were windy, however good times were recorded: Gerry Austin 39.48 PB, Gillian Sangster 41.50 PB & Chris Elliot 43.53

Sunday 21st August, 4 footers ran the Forfar 10k - Conditions were hot, however great times were recorded. Steven Dear 39.37, Ian Beattie 40.04, Chris Elliot 46.56 & Sandy Burgess 51.17

Friday 5th August - Steven Gray ran the 1500 metres at Scotston Stadium in Glasgow, Conditions were cool calm, Steve's time was 4.46.99

TOUR OF FIFE - Wednesday 27th July - Sunday 31st July

Sunday 31st July, Final Race - The twisted Chicken Run - 5 miles with a 600ft climb over the Lomond Foothills, Ian 33.29, Gillian 36.43, Dougie 38.34, Pamela 43.38, Tina 45.35, Christine 46.43 & Mary 49.54. Pamela was placed 2nd and Tina 3rd Overall in the FV40 Category - Well done to them all for completing the 5 races

Saturday 30th July, Race 4 - Chariots of Fire Beach Race, St Andrews 4.2 miles. Firm Sand/Soft Sand and Muddy Sand, in the sea and back, Ian 27.19, Gillian 29.20, Dougie 30.48, Pamela 34.24, Tina 34.39, Christine 36.40 & Mary 38.34

Friday 29th July , Race 3 - The Up Hell Time Trial, Starting at the Foot of Purin Den and running up to the East Lomond Hill Radio Mast, 1.4 miles and 754ft climb. Ian 12.41, Gillian 13.51, Dougie 14.14, Pamela 16.19, Tina 16.41, Christine 18.10 & Mary 19.21

Thursday 28th July 2011 - Tarvit Hill Race, Near Ceres - Undulating trail race, with a few tough climbs, Muddy in spots, and the weather was cooler for running. Pamela was stung by a wasp, we even heard her screaming in

Arbroath!!!! Times were: Ian 33.19, Gillian 36.16, Dougie 37.32, Pamela 42.27, Tina 43.08, Christine 43.38 & Mary 47.30

Wednesday 27th July 2011 - Black Hill Race, Falkland, 7 Footers competed in the 1st Race of the Tour of Fife. Very tough hilly race, and conditions were hot and sunny, Mary fell, grazed and Bruised but carried on. Times were: Ian 34.25, Gillian 37.37, Dougie 39.07, Pamela 43.35, Tina 45.09, Christine 45.24 & Mary 49.12

On Sunday 17th July - 2 Footers ran the Dundee Half Marathon, conditions were warm and sunny, however good times were recorded by them both,

Ian Beattie 1.28.00

Gillian Sangster 1.33.50 PB - 1st Female Vet

Self transcendence 10 mile Battersea Park (London) 16th July – Steven Gray took part in this race, The course constitutes 6 fast and flat laps around Battersea Park. Conditions were wet and humid, however Steven gained a PB – his time was 62.24

Wednesday 6th July, Steven Gray was the sole Footer to compete in the Brig Bash 5, conditions were cool, calm but wet, however conditions ideal for a race, Steven's time was 28.36 PB, Well done to him gaining another PB this season

Wednesday 29th June - Steven Gray ran the Self Transcendence 1 Mile race at the Meadows, the course is flat and fast, Steven's time was 5:14

On Wednesday 22nd June – Steven Gray ran the Jog Scotland 5km road race in Glasgow, conditions were cool and wet but ideal for running, Steven completed the race in a time of 17.48 gaining a PB

8 Footers ran the Arbroath Academy PTA 10K on Sunday 29th May, conditions were not the best for running, very windy however good times were recorded. Ruairidh 36.09 - 1st Place, Steven Gray 40.00 - 3rd Place, Ian Beattie 41.19, David Wison 41.39, Gerry Austin 41.46, Gillan Sangster 43.32 - 2nd Lady, Chris Elliot 46.18, Sandy Burgess 49.16

On Sunday 22nd May 6 Members Ran the Edinburgh Marathon, Conditions were mixed for all the runners, Sunny, Windy, Rain, then more wind for the last 6 miles. However PB'S were gained by 5 members, well done to them all. Times were:

Beth 3.49.30 PB

Pamela 3.49.34 PB

Chris 3.54.39
Christine 3.56.39 PB
Doug 4.14.59 PB
Michelle 4.41.16 PB

London Marathon Sunday 17th April. 3 Footers ran in the 31st Virgin London Marathon, Conditions for the race was hotter than expected, however good times were recorded by them all:

Ian Beattie 3.26, Gerry Austin 3.30, Dougie Mudie 3.38

On Sunday 10th April Chris Elliot ran the Paris Marathon, conditions were very hot and crowded, However Chris completed the course in 4h 17 mins. Well done to him

Also on Sunday New Member Doug McInally, ran the Lochaber Marathon, this was Doug's first Marathon, conditions were also hot and his time was 4.31 Well done also to him.

On Sunday Chris Elliot competed in the Alloa Half Marathon, conditions were ideal and Chris's time was 1.38.10

On Sunday 6th February, 11 Footers ran the Forfar Multi Terrain; conditions for the race were icy, wet and muddy. This year the start and finish was held at a different location, which made the course slightly longer, but great times were recorded by all. This year there was a few newbie's competing.

Times were as follows:

Steve Gray 1.28.48
Ian Beattie 1.33.34
Chris Elliot 1.48.29
Janette Rainey 1.52.44 (3rd vet)
Beth Christie 1.55.06
Pamela Brandie 1.58.43
?Sandy Burgess 2.02.22
Christine Bird 2.06.53
Tina Fowler 2.10.52
Mary Towns 2.11.00
?Paula Brown 2.21.47

The ladies scooped the 3rd team prize, so well done goes to them

Glen Clova Half Marathon Saturday 13th November

10 Members of the Footers travelled up to Glen Clova to run the half marathon, conditions were ideal for the race, and great times were recorded by all. Ruairidh Campbell now a Vet was placed 2nd overall in the race, but 1st in his category, also this was Mary's first Half Marathon so well done to her.

Times were:

Ruairidh Campbell - 1.17.43
Steve Gray - 1.23.54
Ian Beattie - 1.30.27
Gerry Austin - 1.31.00
Gillian Sangster - 1.34.44
Dougie Mudie - 1.38.50
Chris Elliot - 1.42.01
Pamela Brandie - 1.50.23
Mary Towns - 1.54.14 PB
Tina Fowler - 1.58.20

On Sunday November 7th - 3 Footers ran the Dundee Road Runners Templeton 10 Mile Road Race, conditions were sunny but cold, however 2 PB's were gained.

Times were as follows:

Stephen Dear 1:06:05 PB
Chris Elliot 1:17:43
Paula Brown 1:37:10 PB

On Sunday 2nd October - 4 Girls from the Club competed in the Loch Ness Marathon – this was the first marathon that the girls had ran and great times were recorded by all.

Beth Christie: 4.02 PB
Christine Bird: 4.11 PB
Heidi & Michelle : 4.51 PB

On Sunday 19th September 2 Members ran the Great North Run

Chris Elliott 1.43.37

Lisa Lawrence 2.18.42

On Saturday the Footers held the Mens Smokies 10 Mile Race, conditions were not ideal for the runners however good times were recorded:

Ian 66.28

Steve 67.00

Gerry 68.00

Alex 74.22

Chris 76.40

Dougie 77.30

Sunday 5th September - Great Scottish Run - 3 Footers travelled to Glasgow to compete in the Half Marathon - conditions were warm and the support of the crowds was fantastic.

Times were:

Beth Christie - 1.50.01

Christine Bird - 2.03.15

Michelle Brearley - 2.08.53

Bill Powell Race - Thursday 2nd Sept - 8 Footers race one of the club series, times were as follows:

Ian Beattie 40.45

Steve Dear 41.16

Gerry Austin 42.56

Alex Morrison 45.56

Dougie Mudie 47.37

Pamela Brandie 50.28

Sandy Burgess 53.50

Mary Towns 55.55

Perth 10k - Sunday 29.08.10 - 5 Footers ran today, Conditions were very windy however the route is fairly flat. But good times were recorded.

Gerry Austin 40.59

Chris Elliot 44.44

Pamela Brandie 48.23

Tina Fowler 52.22

Mary Towns 53.24 PB