

Dear Footer,

Hello and welcome to the October newsletter.

This is my last newsletter, Michelle takes over as club secretary following the recent A.G.M.

During my 4 years as club secretary I started the news e-letter.

Thanks to everyone who supported it and contributed to it.

I hope it continues as I think it's a good form of communication for the club.

A.G.M.

The committee was elected at the A.G.M.

Dougie, Ian and Frank continue as President, Treasurer and Press Officer respectively.

As I said Michelle is the new secretary and Martin and Steve Dear have joined the committee.

It's good to see some new faces on the committee and I'm sure everybody wishes them well for the forthcoming year.

A few matters were discussed. No decisions were made, other than to discuss them later. Probably at the next A.G.M.

Smokies 10

Alan has decided to resign as race organiser after the 2010 race.

I am sure everyone will join me in thanking him for all his hard work and time. This has made the race the popular and successful event that it is to date.

It seems the committee will be organising the race thereafter. Although this is yet to be clarified.

Christmas Party Night

Ian is collecting money for the party night at the Meadowbank on December 12th.

Cost is £24 per person.

Sweatshop Ladies Party

I am having a Sweatshop party for ladies at my house, November 14th at 7.30pm.

So after running Glen Clova Half Marathon in the afternoon, you can come around to mine and treat yourself to some new running gear. Enjoying one or two glasses of wine also.

If interested could you let me know. Also Lorna will bring along any particular clothing if you let me know.

Runners World

I was in touch with Runners World over a year ago to try and get the Auchmithie cliff path in "My Fav Run" section.

However recently they replied asking me to contribute to a section called "On The Road".

I had to send in a little bit about Arbroath and submit 3 running routes of varying distances.

It is going to be in an edition next year. I will let you know which one, so you can make sure to buy it.

Race Report

Michelle has kindly provided the following report from the Anstruther 10K:

Five Footers ran this race, Christine, Pamela, Dougie, Steve and myself.

When we got to the car park at Anstruther we all realised how windy it was and hoped it wouldn't be TOO bad, just tried to tell ourselves that at least it wasn't as bad as Forfar and that the wind would be behind us coming back in to keep ourselves psychologically ahead.

Before the race Christine and I decided that we were going for a PB, and I think in the backs of our minds that we hoped the windy conditions wouldn't stop that. Regardless we set out to do our very best.

Myself and Christine agreed to run this race together, so we set off from the start point, onto the main road and turned left up the farm track.

We started off going uphill and I was conscious of my breathing and I thought we may have set off too fast, as most runners can do.

The route was a straight out and back and consisted of mainly rocky/sandy farm tracks where you really had to watch where you put your feet so to avoid going over. Was a little undulating and we took advantage of the downhills and flats to get our time up.

I kept checking the pace and we were doing really well and I hoped that we could keep up the pace we were going.

At the 4km mark we noticed the faster runners coming back in, we shouted encouragement to Steve, Dougie and Pamela when they passed us and soon enough we too came to the halfway point.

We tried to remember exactly how many uphill we had yet to do but decided to be tactical and go slower on the uphill, then faster on the flats and downhills and this really worked for us.

The kilometre markers seemed to go by quickly and then we saw the road that we started on, indicating the finish was very close and we both picked up the pace again.

I felt Christine pull away a little bit and she was maybe 1 or 2 seconds in front of me... until I saw the finish and decided I wasn't going to let her beat me. At that point it was every woman for herself, so I started to sprint towards the finish and smiled at Christine as I ran past her.

I won't tell you what she said to me as I ran past but she called me a very naughty word and it was a real 'chariots of fire' moment when we crossed the finish line together!

The organisers had laid on some sandwiches, cakes, biscuits and tea/coffee afterwards and we all took advantage of that while we waited for the results. Congratulations to Pamela who won a 2 course meal for 2 at the Glasshouse in St Andrews. We passed it on the way home and it looked a very posh place, I'm sure she'll enjoy that.

I have to say that I really enjoyed this race, not least because I got a PB and knocked 1 min 46 secs off my last PB, which I was immensely chuffed with, but because it was the best race I have ever run.

Usually after each race I beat myself up a little bit thinking "If only I'd done that, or this etc" but in the East Neuk 10k I was really happy with everything and can honestly say that I gave it my all.

Thanks to Michelle for her report.

Well that's all folks

Yours in running

Pamela