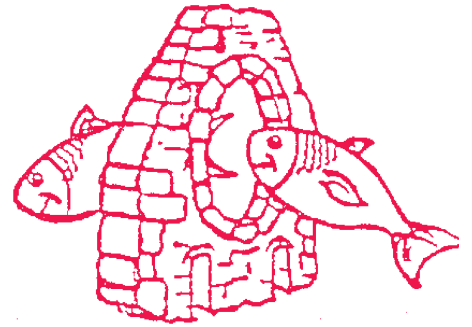


# Welcome to our Spring Newsletter

***Spring is here and the evenings are light again. After the long winter months the race season has got off to a flying start.***

## **25<sup>th</sup> Smokies 10 – Sunday 3<sup>rd</sup> March**

On Sunday 3<sup>rd</sup> March the 25<sup>th</sup> Anniversary Smokies 10 Ladies only Road Race took place and thankfully the weather was perfect for runners and marshalls.



The race was as popular as ever and to mark the 25<sup>th</sup> anniversary full size bottles of wine and technical t-shirts were given to all participants. The wine arrived in Gillian and Chris' camper – filled to bursting with wine. Unfortunately this made the van very heavy indeed and the pre race warm up was pushing the camper out of the mud!!

Thanks to Alan McDonald for organising the event and to all the volunteers who helped make this years event yet another success.

### **Footers times were:**

Gillian Sangster: 1h 6m 40s,  
Christine Bird 1h 22m 9s;  
Susan Ruark 1h 29m;  
Linsey Burnett: 1h 30m 3s;  
Margaret Gregory: 1h 34m 30s;  
Mary Towns: 1h 39m 48s

Pamela Brandie: 1 h 18m 50s;  
Lisa Lawrence 1h 27m 34s;  
Tina Fowler: 1h 29m 26s;  
Christina Marek: 1h 32m 57s;  
Christine Davies: 1h 38m 29s;

*Please email any news or race reports you would like included in the newsletters to me*  
[secretary@arbroathfooters.com](mailto:secretary@arbroathfooters.com)

# RACES

## **Sunday 17<sup>th</sup> March – Alloa Half Marathon**

2 Members travelled to Alloa to compete in the half marathon. Great times were recorded by

them - Times were: Chris Elliott - 1.37.18 & Sandy Burgess - 1.54.19



**Sunday 14<sup>th</sup> April – Lochaber Marathon**, 3 members travelled to Lochaber to compete in the Marathon, conditions were ideal for the race, and excellent times were recorded:

Gavin Beith 3.07 PB, Andrew Hartley 3.10 PB, Chris Elliott 3.46

## **Sunday 21<sup>st</sup> April - London Marathon**

10 Footers took part in the London Marathon on 21<sup>st</sup> April. After an exceptionally cold and miserable 4 months of training in sleet and snow, race day proved to be a bit hotter than expected or wanted.

The crowds were deafening and supported the runners all the way round the iconic course.

**Footers times:** Alan McDonald: 3h 1m; Dave Thompson: 3h 2 m; Gerry Austin: 3h13m; Gillian Sangster: 3h 23m; Ian Beattie: 3h 34m; Beth Christie: 3h 48m; Pamela Brandie: 3h 50m; Dougie Mudie: 3h 52m; Tracy Paterson: 4h 4m and Christine Bird 4h 5m



**Sunday 12<sup>th</sup> May - Monikie 10k**, 3 Footers ran in this race, Andrew Hartley 38.53 (4<sup>th</sup> Overall), Linsey Burnett 56.38 & Christine Davies 58.10. Well done to them all.