



Welcome to our Summer Newsletter

“Summer” running – time for 10k season, Tour of Fife and hopefully some nice weather. Here are a few reports from fellow Footers to let us know what they have been up to recently.

Congratulations to Andrew Hartley & wife Debbie on the birth of their son Ethan James Hartley on 20th May.

Wednesday nights continue to be popular and sociable – our latest group on the walk/run programme are just about to run their first 5k, while everyone else goes out and builds their distance up (currently around the 5.5 mile mark). If you want to come along on a Wednesday we meet at 6.30pm at the Saltire. *All welcome.*

Laggan 10k – 26th May 2013 Race report by Gillian Sangster

I did the Laggan 10k about 15 years ago and it was the first race I ever did - I walked up the hills and ran the flat bits. Its quite an undulating out and back route from Laggan village hall up the valley towards the Corrieyairick pass. It is really beautiful, and when we go mountain biking at Laggan Wolftrax I love running up this road – it’s like a secret valley with a loch at the end. The race has a real community feel with probably everyone from the village and surrounding areas there to cheer you on, and they have all baked cakes - there was enough cake to feed an army (it was great).

The field isn't big, there were 76 runners this year and a wide variety of times - the guy who won, ran it in 35.33 and the last runner was 1hr 11.

We drove up in the morning - the race starts at 2pm, and by that time it was 20C - our one day of summer so far !! we sat and had a picnic in the village and I went to register for the race. There is also a kids fun run which all the local kids did.

The race itself was quite hard, I probably went too fast to start with (for a change!) and found it quite hot on the way back, and my legs weren't too happy with the hills. I did OK though and was 8 secs away from a PB (and no - I don't think I could have tried harder !!)

Once all the finishers were in, the village hall filled up for the prize giving and the cakes. The prizes were given out by Paralympic rowing gold medallist David Smith - he was a lovely big handsome fellow :-) (the last time I did the race, the prizes were handed out by the cast of Monarch of the Glen !!) It’s a friendly race with a really nice atmosphere and definitely the most picturesque race route I have done - I would thoroughly recommend it.

My First 10K – Montrose 10k 9th June 2013, Race Report by Nicole Cobb

I started running with Arbroath Footers on a Wednesday at the beginning of this year. My hope was to reach a level where I could happily go for a half hour run. I had never run before. Months later, I was running 5 miles and it was taking just under an hour. This alone was not enough. I wanted medals.

I originally wanted to enter the 5k at the Edinburgh Marathon Festival. I liked the idea of being chip timed and the goody bag at the finish would have been good. After speaking to the other Wednesday beginners, I realised that it was rather far to go to run a short distance.

The Montrose 10k was advertised for pre-registration....so I pre registered. I told the other beginners that I planned to run this and thankfully by the time registration was open, a few others joined me. I was aware that I had not yet run 10k but felt that it was within my reach.

On race day I had it all planned out. I would get up early, have a good energising breakfast and stretch. Unfortunately, I was so nervous I couldn't sleep the night before, I had to force down a bowl of cereal and had to train myself into not visiting the toilet every five minutes. Jayne kindly offered to drive through and at 09.35 Jayne, Emma and I set off for our first official race. It was cloudy and I cannot express how grateful I was. I hate the heat while running. As I started in January, I started in rain, sleet and wind. Even a mild temperature has me gasping for air.

We arrived in Montrose an hour before the start time. Looking around, I felt like we were three beginners surrounded by what looked like top athletes. This did not do much for the nerves. It did feel a bit better once inside the Academy and a few friendly faces were found. I was tempted by the muffins available but I resisted. We registered and got our numbers. I must have attached mine at least half a dozen times. It was either too squint or too pokey. I then saw another runner with hers folded. I didn't know this was allowed. I copied her and was then comfortable. The minutes passed slowly. Very slowly. Every 5 minutes brought thoughts of 'why am I doing this'. I did my best to remind myself it was no different to a Wednesday night run. We were not looking for great times. We were setting our first personal best.

I felt less nervous lining up. Then we were off...

The start of the race was fine. The first 3 miles are my toughest. I know others settle into it much earlier but it takes me three miles. That's three miles of convincing myself not to stop. Three miles of a dry throat while panting for air. Three miles of tight clothes. I must say I did not appreciate the markers. The luminous sign stating I had only completed 1k was not welcomed. The route for visually pleasing. I had not been around that area before so it took my mind off the running.

I was looking forward to the first water station. I now appreciate how difficult it is to sip water while running even at the slowest pace. Most of it ended up my arm. I didn't like the next part of the route. The reason being that I was aware the route curved right. You ran out, you ran towards the right, you ran back. After the water station I was aware I was turning left. That meant one thing; I was not close to being on the way back. I was still running out.

At the 5k marker, I wished I was running a 5k. I couldn't believe I had to repeat the distance I had already covered. I had to remind myself that even on a Wednesday, I'd be running more than 5k. It is around the 6k point I felt most comfortable. I could breathe, my legs were tired but not sore, my pace was steady and I was on the way back.

Montrose 10k continued ...

People had said this was a good first route as it was flat. They were right. It was flat. It was flat and long and boring. I hate to say it, but I found out I like a hill or two. Not the actual hill but the relief at reaching the top and the joy of running downhill. During a flat route there is no relief or joy.

My favourite part of the run was after the airfield was behind us. The last 2k. There is an early sense of 'I've done it'. Coming round into the playing fields was great. We could hear people cheering. I have not made up my mind how I felt about that. Initially I liked being cheered on but then I felt 'watched'. And then we finished.

Finishing. There is not a better part of running than finishing. This time finishing came with a medal. My first medal EVER...and a personal best of 1.03. I know that in the world of running this is a relatively slow time, but I am very proud of this time. The three of us were. Running the distance together helped. It would have been good to have a chatty person with us. As we tired, we were pretty much silent. I like to hear someone rambling on while I run.

I tell people I enjoy running. The truth is I enjoy being a runner. I do not enjoy the actual run yet. It has not got easier but the distance and time improves. At the start of this year I would not have made it around Keptie Pond. This is not an exaggeration. I still struggle to run on my own but even then can reach a couple of miles before I stop.

I have met lovely new people. People who take time out of their own running to help and encourage us beginners (I think 10k qualifies us for intermediates now). I speak on behalf of all Wednesday night runners when I say "thank you".

What is next – Forfar 10k and a personal best to beat! I encourage all those beginners that have not entered a race before to just do it. The achievement outweighs the nerves.



Ironman Lanzarote - 18th May 2013,

Race Report by Dave Thompson

Distance: 3.8km swim, 180km bike and 42.2km run

Swim 1.08.49 - Bike 6.16.32 - Run 3.30.31 - Overall: 11h 11m 31s

This was my 6th IM Lanzarote (and 16th Ironman). Race was great. Conditions tough – it was windy and even rained pretty hard on first hour of bike! I was cold – who'd have believed it – had to smile. Took it relatively easy on the bike and it paid off with a 3.30 marathon. Really chuffed with 11.11 though (a pb for me at Lanzarote). Roll on IM Austria at the end of June!

Ironman Lanzarote – 30th June 2013,

Race Report by Dave Thompson

Distance: 3.8km swim, 180km bike and 42.2km run

Swim 1.10.15 - Bike 5.14.31 - Run 3.29.09 - Overall: 10h.05m.00s

Had a great time in Austria. Beautiful scenery around Klagenfurt, perfect weather and a personal best time for an ironman for me as I managed to shave off 58secs from my time 4 years ago. So good I signed up for next year!

The Lairig Ghru, 30th June 2013 – Race Report by Pamela Brandie

The Lairig Ghru is a category C long hill race, which basically means it's pretty tough. It starts at the police station in Braemar, takes you through the Cairngorms and finishes at the police station in Aviemore. It's roughly 28 miles long with a 2,733ft ascent. Beth and I decided to run it together, providing our legs felt fine after the London Marathon. Gillian thought it sounded like a good idea too.

It was an early start on the Sunday morning. Graeme drove us up, leaving about 7am. We arrived nice and early. You have to register and have your kit checked. The race is unsupported, so you need to carry water, snacks, full waterproof body cover, a map and a compass.

We spoke to a few people who were newcomers to this type of event too, which helped to calm the nerves. 181 runners started the race, which was a record entry. It was a little cool and cloudy as we set off.

The first few miles leaving Braemar are on road, then on to country path. You leave this to run on a Land Rover track. It was fairly steep and everybody started walking. I began to think what's the rest of it going to be like, if we're already walking? However, once up it levelled out into woodland and we were running again. There is one checkpoint at about 8.5 miles. You must reach there in 90 mins or you will be sent back. We got there with 13 mins to spare. Sorted our bags, had a drink and some sweets and started again. At this point it was warm and humid.

The next part was peaty and boggy underfoot. This was the first of many times that my feet were to be soaked. My trainers had started to dry a little by the time we reached the fast-moving Luibeg Burn. Beth went in front to show me which path of stones to use. I still managed to misjudge the last one and my feet were soaked again. There was quite a steep ascent next and we decided to have a walk up and eat something. Energy stores refilled and off again. The path was becoming narrower, rockier and steeper. There were also streams of water running down from the mountain tops. It was becoming cloudier, windy and drizzling rain the higher we climbed. I was finding it increasingly more difficult to run and almost fell countless times. I was letting out screams and shouting the odd swear word! Thankfully no one could hear due to the wind. Beth was like a wee mountain goat skipping over the stones. She would stop to take photos and wait on me. But it got to a point where she couldn't run either. This part did seem to go on for a while. We started to ask 'where is the boulder field'? We knew that once we got there and over it we would be at our highest point and have about 10 miles to go. Then we saw it and we started singing in celebration. God knows why, as we then had to climb over it. At first we were scrambling, then we stood and stepped from boulder to boulder. Unfortunately some of them would move, more screams and swearing. This part did take a while and we chatted to a group of hillwalkers as we went.

Once over we looked down and in the distance was Aviemore. We were keen to get running but the path was still strewn with boulders and it was also incredibly windy. Eventually it cleared and we were off. We had to run through a clearing in the snow which was weird. The path started to get better and better. We were running down towards Rothiemurchus Forest and it was beautiful. I was thinking 'can't believe I never fell'. Then bang, right down on my head, grazing my shoulder and knee too. I really banged my head and felt as if my teeth had rattled about. Beth heard the noise, turned around and said "you came through all that and you fell there!" Being a nurse and a little paranoid I started to think I might have a sub-dural haematoma. I informed Beth of all the signs to look out for and then we were on our way again!

We were running at a good pace through the forest and our legs were still feeling pretty good. But we had run out of water and it was getting really hot. Leaving the forest, you come out on to the road near Coylumbridge. We spotted a group of walkers who kindly gave us some water. They couldn't believe that we'd set off from Braemar at 10 as it had just taken them 3 days to walk it. Running again, with only 2 miles to go. We passed 2 runners and could see 2 in front. Into Aviemore we were singing again, the Rocky theme and getting cheered by runners who had finished.

We finished in 6.04. It was a really great experience we'd shared and decided to definitely do it again. Gillian flew round 2hrs in front of us and was first lady home. Highly recommended but not if you are prone to falling or scared of heights!