

Dear Footer,

Hello and welcome to the summer newsletter.

Footers have been busying competing in various events, race reports to follow.

Well done to Janette who completed the Artemis Great Kindrochit Quadrathlon in a very respectable time.

Good luck to Norma who is running the Devil O' The Highlands (43miles) on Saturday.

Tour of Fife The Tour of Fife is 5 races on 5 consecutive days. The distances are short but challenging. It's a very popular event and fills up quickly. Myself and Janette completed all 5 and Martin ran 2.

Strathmiglo 5 mile Chicken Run The first impressions you have on day one is this is serious. There are no fun runners. Mainly men and very fast runners. However as the days pass you realise there is something for everyone. A really good friendly camaraderie develops. The first race started on a cycle track behind Stathmiglo Hall. It was described as fairly flat, with a few wee bumps added in. You started on a slight decline and then turned to a 500ft climb, that must have been the wee bump! Once up the route was mainly flat with a few undulations. You turned and followed the same route back. Instead of running down the hill on the path, you entered a field and ran in a tractors tread marks. Ankle breaking stuff but it was so steep you just had to let yourself go. Janette's time was 35.17 and mine 38.32. Chariots of Fire Beach Race Day 2 was at St Andrews. We were both still feeling good and our legs pretty fresh. The distance was meant to be 4 miles, an out and back route. However everyone followed the leaders, who cut across the sand. This shortened the route by 0.3 miles. But it meant we were running on very soft sand. It was a relief to turn and get back on a firmer footing. Janette's time 25.47 and mine 28.29. Up Hell Time Trial So far the weather had been good. But day 3 was miserable. Raining, cold and foggy. The time

trial started at the foot of Purin Den and you ran up to the East Lomond radio mast. Distance was 2.25km with a 754ft climb. This was the only race the same as last year, so we could compare our times. You start in random pairs at 30 second intervals. I was starting with a Fife AC runner who was much faster than me. I watched her go and tried to keep her in sight. When I got past the halfway mark I kept looking for the radio mast but couldn't see it for the fog. I eventually started to hear bells ringing and clackers, like a mountain stage of the Tour de France, and realised I was nearly there. I bettered my time of last year by 44 seconds. Even better, Martin and Janette started after me, so I got to see what they look like finishing a race! Martin's time 14.05, Janette's 14.25 and mine 16.02. Run Forrest Run Day 4 and we were both starting to feel it. This race was in the afternoon, so we had raced only 18 hrs before. This was a flat route, 2 laps in Tentsmuir Forest and 5 miles long. It had been raining heavily the night before, so some parts were very muddy. I found this run the most difficult. The mud seemed to zap any energy left in my legs. I kept thinking when is this lap going to end. It was also really humid. However Janette enjoyed this run the most and did really well. Janette's time 34.38 and mine 38.54. Arso Vertitus Trail Race At last the final day. This race began in the Falkland Estate. The first part undulating with a few wee hills. Running through a pretty natural ravine. Then you walk up a hill. Nobody runs. A very steep narrow climb. A lovely downhill section to a fast finish. It was a tough ending but really enjoyable. Martin's time 28.30, Janette's 28.34 and mine 32.59. 173 runners started the Tour and only 145 finished all 5. Janette was first in her age category and 62nd overall and I was 100th.

Ythan Challenge Steve Dear's race report follows:

On the morning of the race the weather looked bleak and travelling up to Ellon (Jannette, Pamela & myself) visibility was poor and it looked like it may even rain. However when we got there the sun broke out and put us more in the mood. We met Martin and Margaret at the car park and then made our way down for

registration where we met Heidi and Jackie. The race participation was at full capacity and so my thinking was to get to the front as going up and down the bridge steps near the start can get quite congested. However, as we ran round the sports field at the start me and this other runner were leading but then went the wrong way as they had changed the route slightly from the previous years. We got back on track and joined the rest of the pack. The start of the race is nice running along the banks of the Ythan with supporters cheering, ice creams in hand – it was hot but cooled down later on at the river! Negotiated the mud obstacle better than previous years (ask Pamela though about her experience....). Improved my finishing time and place and so I was pleased. The day finished well for the Footers with a couple of prizes awarded.

Looking forward to next year.

Other news Thanks to Marion for hosting a lady Footers cocktail party. Hope your neighbours have forgiven you!

Well that's all folks.

Yours in running Pamela