

Dear Footer,

Hello and welcome to the July newsletter.

If you are wondering what happened to the June one, I just didn't have anything to put in it.

I value and need your input to be able to provide a regular newsletter, so please send me your news.

Mid-week races

Having to work so many weekends recently, I decided to try some mid-week races.

I expected these to be low-key affairs with maybe 50 runners.

Wrong.

The Running Shop 10k in Aberdeen starts at the Beach Leisure Centre. You run in a loop along the promenade. 272 runners took part in this race. The route is mainly flat. Quite a strong wind made it a bit challenging. A bottle of water and a bar of chocolate at the end, with a few spot prizes. No prizes for winners but what can you expect for an entry fee of £3. My time was 48.12.

Janette and myself ran the Brig Bash 5. Again I was surprised at the turnout of runners. 178 ran, mainly club runners. A pleasant rural route with very good refreshments at the end. Will definitely do it again for the cakes. Janette was first veteran in a time of 33.32. My time was 38.10.

The George Duncan Testimonial Athletic Competition

This 4 mile road race takes place on August 9.

It starts at the George Duncan Athletics Arena in Perth. The route goes along by the Tay to Inveralmond and back.

The club needs a female and male team to participate.

As far as I am aware we have a womens team, but we still need a mens.

If you are free that day, male and interested please get in touch with Dougie.

Lunan Bay Beach Run

Fancy a run on Saturday at Lunan Bay?

If so met in the car park at 10am.

If you need a lift let me know.

Well that's all folks.

Yours in running,

Pamela