

Happy New Year!

## Lumphanan Detox 10K

A chance to blow off the cobwebs and start 2025 as you mean to go on at Scotland's first 10K of the year! It offers runners a fantastic opportunity to test both lungs and stamina as they run off festive indulgences! I had every intention of taking part after the great experience I had last year, but sadly the flu got the better of me and so it was down to Greg Bruce to represent FRC. As always, the journey to Lumphanan on New Year's Day presents its own challenges, but that's part of the adventure. Thankfully, race day conditions were quite pleasant, not too cold, with the occasional flurry of snow adding a festive touch to the run. Greg Bruce braved the course in his trusty Nike Gore-Tex trail shoes, which handled



the boggy farm track like a charm. This year, the route returned to its original layout, adding an extra layer of challenge with the muddy sections. If you haven't tried the Lumphanan Detox 10km yet, I'd urge you to put it on your calendar for 2026. It's an event not to be missed!

Greg Bruce – 51:53