

2025 October 7

Storm Amy didn't stop some of our club members getting to there events and come away with some amazing performances.

Friday saw the start of the Metro 3k proms series and for a change it was more ladies than gents this time

Hopefully get a few more trying this race out. It's the first Friday in the month at 1.00. So get entering and join in the fun.

Storm Amy was just starting so made for a windy first half but once you turned it was a warm tail wind on the way back.



Here is the times
Lisa Allan 11.22
Greg Bruce 12.25
Wilson Willox 12.54
Gillian Strachan 12.57
Morag Thompson 13.41
Carol Massie 14.22
Alison West 15.01
Pat Willox 18.36

This Saturday we had Jim Short take part in the Masters XC trials at Tolcross Park, Glasgow.
The race was just over 3.5 miles and Jim finished in a time of 28.51 and

third in his age category. This means he gets to represent Scotland in Leeds on the 15th November. Good luck Jim

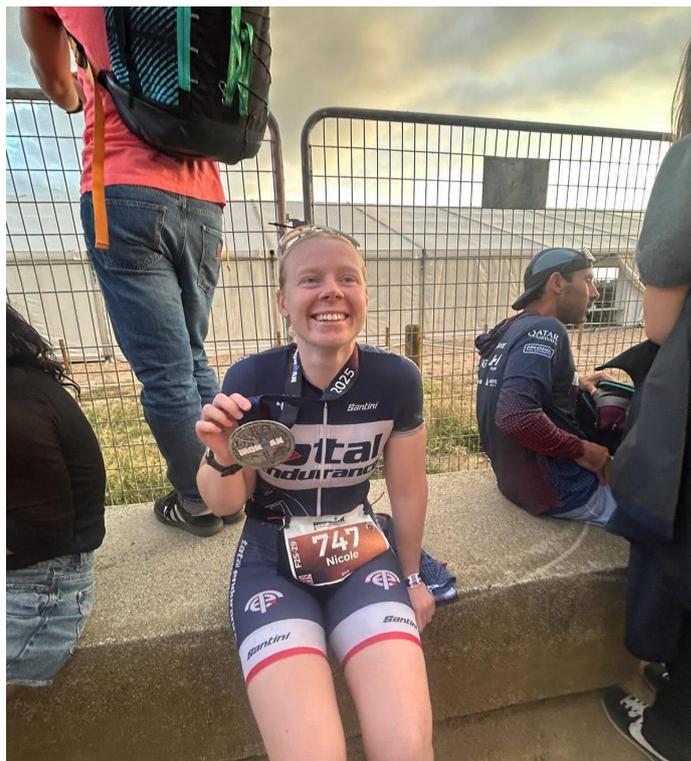


Moving onto Sunday and Glasgow again for The Great Scottish Run Half Marathon . The club vest was worn for its first outing for our new member Christopher Burnett and it must be a good luck vest as Christopher did an amazing time of 1.23.51 and came 7th in his age category. Good to have you on board with FRC Chris

We also had Rachael Shepard take on the half as well and finished in a great time of 1.57.32. Well done Rachael .

Over in Barcelona we had Nicole Campbell take on her first Ironman. This is made up of an open water swim of 2.4 miles , then onto the bike for 112 miles followed by a marathon. This is one heck of a challenge.

Nicole did amazing and she did the swim in an incredible time of 55.41 and was the First Lady out of the water , then onto the bike which took her 5 hours 45 mins then it was time to get the trainers on and she completed the marathon in 3 hours 49. Her finishing time was 10 hours 38 mins 21 seconds.



What an achievement and well done to Ironman Nicole Campbell.

Well done all and if you take part in any races and a member let Alison or Lisa know so we can add you to the results.

