

Newsletter



Spring is coming

In January we hosted our AGM at the King's Manor. Here's what Chairperson Richard Hadfield had to say about it: "At our well attended AGM on January 24th we looked back at a successful year for the club and made decisions for the year ahead. Finances remain sound and the annual fee was kept at £20. Raisa, Niamh and Mari were elected to the committee and the Christmas Party was confirmed for **Saturday 2nd December**. The committee met on March 2nd: Alison Caldwell was unanimously elected as club Vice-Chair; it was agreed to fund a number of initial and further coaching courses and other potential uses of the clubs funds was discussed. It was also agreed to continue with Cavalry Park as summer training venue from **April 12th** and with Tribe Party as next winter's base."



Coaches Corner

This month's shoutout goes to Neil Park. In addition to coaching on Wednesday's, Neil delivered a talk at the inaugural PRC Winter Talks giving listeners tips on how to plan, train for and run your best marathon.

Bulletins

Summer training: Starts April 12th 18:30 meet at Cavalry Park for 18:45 start.

Facebook: Training sessions for each week uploaded the proceeding Sunday evening. Weather warnings/cancellations will also be posted here.

Save the date! 2nd December Xmas Party at Kings Manor Hotel.

Discount: PRC members get discount on their 1st sports massage with Tim Doyle, 10% discount at Up & Running and 10% discount from Sportshoes. Please check your newsletter email for the discount codes.

Shoe trial: PRC members will have the chance to trial the Altra Lone Peak 7s on June 6th. Details to follow.



Race Reports

We would love to read about the adventures of fellow Portys. These will be shared on the website, so if you compose a race report please forward it on to a member of the committee or Christian Barlow.

Results

Parkrun PBs

Niamh Ní Mhaoileoin - Portobello - 20:47
Slawomir Pietrzak - Cramond - 17:17
Graeme Thom - Cramond - 17:25
Ian Sommerville - Portobello - 20:40
Peter Kirkham-Wareing - Portobello - 20:02
Heather Darling - Bangor - 22:07
Marta Brzosko - Holyrood - 25:28
Roy Buchanan - Holyrood - 19:33
Regan Sinclair - Portobello - 18:05

Alloa Half PBs and Shoutouts

Graeme Thom - 1:19:45
Chris Coleman - 1:24:01
Alan Risk - 1:26:15
Niamh Ní Mhaoileoin - 1:32:13
Sarah Kyle-Playford - 1:39:01
Aileen Ross - 1:48:45
Team Greta - 1:51:07
Ruth Ritchie - 1:53:38
Patrick Nelis - 1:56:05
Raisa Ballantyne - 2:00:28
Alison Paterson - 2:01:33
Jacky Radakovits - 2:09:01
Scott Hume - 2:43:36

John Muir Way Ultra

Tania Cockburn - 5:35:52 (1st Ultra)

2023 Club Championships

Upcoming races

22nd April - Oriam Parkrun
13th May - Penicuik 10K
TBC June - East Lothian Summer Series
TBC July - Musselburgh 10K