

# Newsletter



## Newsletter Returns!

The Portobello Newsletter is BACK and just in time too! April marks the start of our summer training and with the clocks going forward, we're looking to make all those cold, winter miles in the dark worth it as the races come thick and fast.

Keep an eye on the newsletter to see what's coming up, what you need to know and lots of other helpful soundbites to keep everyone in the loop.

## Track Fever

Speaking of loops (smooth, right?) this month marked the first track session of the year down at Dalkeith Community Campus. Keep an eye on Facebook & the website for future sessions!



## Bulletins

Coaching call-out Interested in coaching? Please let a member of the committee or coaching team know!

First-aider call-out Trained first aider and regular at training?

Please let a member of the committee know!

Summer training At Porty for April. Date of move to Commonwealth Pool will be announced on Facebook/Website soon.

Facebook for Training sessions and weather warnings

Ukraine £616.60 raised for Dnipro Appeal



## Race Reports

Now that races are back in full swing, we would love to read about the adventures of fellow porty's. 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. March 2022 saw race reports for Deeside Way Ultra and Dentdale Run 14.2.

## Races

### March Results

Benidorm HM - David McNamara - 71:11 (PB)  
Welcome Ultra - Catherine Cowie - 8:00:32 - 1st F  
Welcome Ultra - Donald Macrae - 7:42:49 - 2nd M  
Liverpool HM - Slawomir Pietrzak - 1:22:02 (PB)  
Chapelgill HR - Marcin Karpowicz - 25:56 3rd SM  
Dentdale Run 14.2 - Fen - 2:02:44  
Scurry Around Corstorphine Hill 10K  
Alloa HM

### Upcoming Club Champ Races

Sunday 24th April - Dalgety Bay 10K  
Sunday 7th May - Edinburgh to North Berwick  
Sunday 19th June - 7 Hills of Edinburgh  
Sunday 24th July - Scurry to the Sea  
Sunday 27th August - Kirkcaldy HM  
Sunday 11th September - Cumbernauld 10K

### This Month's Porty Watch

April 2nd - Kielder Ultra Trail Events  
April 3rd - Glenlivet 10K, Paris Marathon, London Landmarks HM, Dalmeny HM, Manchester Marathon, ACP 50/100K  
April 10th - Kilomathon 13.1K, Brighton Marathon, Great Welsh Marathon, Rotterdam Marathon  
April 23rd - Highland Fling  
April 24th - Scurry Along The Esk, Dalgety Bay 10K

## Coaches Corner

Try introducing some Yoga into your training - A firm favourite amongst some of our coaches is Runner's Yoga. Just search 'Yoga with Adriene' on YouTube.