

Newsletter



Long Hot Summer

It's not exactly ninety-five degrees in the shade but girls aloud were right about this being a long hot summer. Keeping things cool, Portobello hosted the beach race, with thanks going to Paul Eunson and his fantastic band of volunteers who contributed to a great event with funds raised for SAMH & Dnipro Kids.

Away from racing, Portobello members showed incredible generosity in their contributions to the Basics Bank at Wilson Memorial Church during the summer Bandit Run.



Coaches Corner

The shout out this month goes to Terry Kirkwood who paced Kari McKain at the Musselburgh 10K. Terry's enthusiasm and cheers of encouragement could be heard from the other side of the racecourse!

Bulletins

Summer training is at Cavalry Park, 18:30 for 18:45 start
Facebook for training sessions and weather warnings.
Save the date! 03/12 Xmas Party at Kings Manor Hotel.
Prize Winners Congratulations to club survey prize winners.
Congratulations to David Limmer who got married this past month.
Cross-Country Alison Caldwell & Matthew Bird are the women/mens XC team captains for 2022. Speak to them if you're interested in taking part!



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.

Races

July's Top Results

GGW Ultra - Catherine Cowie - 12:50:54 - 1st F (3rd OA)
GGW Ultra - Donald Macrae - 11:38:54 - 2nd

East Lothian Series Highlights

Haddington

Stuart Brown - 18:51 - 2nd
Lauren Leigh Richardson - 20:25 - 1st F

Archerfield

David Limmer - 17:03 - 1st
Stuart Brown - 18:33 - 3rd
Lauren Leigh Richardson - 20:09 - 1st F

Whitekirk Hill

David Limmer - 17:24 - 2nd
Stuart Brown - 18:31 - 4th
Lauren Leigh Richardson - 19:51 - 1st

Beach Race - Johnny Lawson - 21:45 - 3rd (1st Vet)
Beach Race - Graeme Thom - 22:53 - 5th (3rd Snr)
Beach Race - Catherine Cowie - 25:12 - 2nd F
Beach Race - Heather Darling - 26:15 - 3rd F

A big well done to those who PB'd at Musselburgh 10K & various parkruns throughout the month!

Upcoming Club Champ Races

Sunday 27th August - Kirkcaldy HM
Sunday 11th September - Cumbernauld 10K
Saturday 8th October - East District XC - Venue TBC
Sat/Sun 29/30th October - Jedburgh Running Festival

This Month's Party Watch

August 6th - Devil o' the Highlands
August 7th - Scurry Around Devilla Forest
August 21st - Lomonds Hill Race
August 27th - Kirkcaldy HM