

Newsletter



Arthur's Seat Challenge

Keeping things spicy this Spring, club members took part in the classic 1-hour Arthurs Seat Challenge. Starting at St. Margaret's Loch, club members had to summit Arthurs Seat as many times as possible within the hour, taking in a different route to the summit each time. Shout out to Ian & Lorenzo for each completing 3 summits!



Bulletins

Summer training will be at Cavalry Park, 18:30 for 18:45 start
Facebook for training sessions and weather warnings
Training session timetable From July the coaches will be uploading their training sessions for the month on the club website.
Save the date! 23rd June PRC host East Lothian Series Race, 31st July PRC Beach Race, 3rd December Xmas Party at Kings Manor Hotel.



Race Reports

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. May 2022 saw a race report from West Highland Way Challenge Race.

Coaches Corner

This month Porty would like to thank Shery for her services to the club. Shery is stepping back from her regular coaching role to focus on training! Thanks for your hard work and best of luck in your races!

Races

May's Top Results

The Lap Ultra - Catherine Cowie - 09:08:51 - 2nd F
The Lap Ultra - Donald Macrae - 09:02:28 - 15th
Forth Road Bridge 10K - Alan Jeffrey - 36:19 - 6th
E2NB - David Limmer - 2:03:02 - 8th
E2NB - Heather Darling - 2:33:33 - 3rd
E2NB - Sarah Kyle - 2:47:29 - 10th
E2NB - Debs Warner - 2:48:38 - 12th
E2NB - Portobello W - 1st Team
ATRX - Fen Parry - 59:18 - 2nd Vet
Balerno Rigg Race - Kerry Costello - 43:39 - 3rd
WHW Challenge - Alan Risk - 19:40 - 3rd
EMF HM - David McNamara - 70:29 - 17th (5th Cat)

Special mention to Mark and Calum who completed the Goggins 4 x 4 x 48 challenge earlier this month!

Well done to all other members who raced at E2NB and EMF, as well as all other races in May!

Upcoming Club Champ Races

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

June 4th/5th - Glen Lyon Ultra/Trail Races
June 8th - Red Kips Moss Race
June 11th - Skye Half Marathon
June 18th - WHW Race / Scurry2Bridges
June 19th - 7 Hills of Edinburgh
June 24th - Edinburgh Pride Run
June 25th - Eildon 3 Hills Race