

Newsletter



In Memory of Niall McCluskey

We were all shocked and saddened by the death of our friend and teammate Niall McCluskey. Our thoughts are with his family at this time.

Niall was an active club member as well as a regular at Portobello Parkrun and a keen cyclist and triathlete. In time we will honour Niall's memory in a fitting way. RIP Niall.

Coaches Corner

This month the whole of Portobello RC would like to give a shoutout to coach Mark Fry. The lift he gave the runners throughout their Highland Fling cannot be overstated. Way to go Mark!



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 will be at Cavalry Park, 18:30 for 18:45 start Facebook for training sessions and weather warnings

Save the date PRC Beach Race Sun 31st July

Superstars! Debs, Niamh & Alison combined to take Gold at the Scottish Athletics Ultra Team Champs at the Highland Fling.



Race Reports

Now that races are back in full swing, we would love to read about the adventures of fellow Party'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. April 2022 saw race reports for Derwentwater Dawdle and Kielder Ultra.

Races

April Top Results

- Kielder Ultra 80K - Alan Risk - 07:25:24 4th
- Kielder Ultra 80K - Chris Gunstone - 10:36:05 1st V60
- Great Welsh M'thon - Alison Caldwell - 03:32:34 7th
- Boston Marathon - Stuart Brown - 02:57:49
- Highland Fling - Craig Taylor - 09:52:42
- Highland Fling - Debs Warner - 11:07:29
- Highland Fling - Niamh Ní Mhaoileoin - 11:19:02
- Highland Fling - Alison Caldwell - 12:38:20
- Scurry Along The Esk - Alan Risk - 1:44 - 1st
- Dalgety Bay 10K - Catherine Cowie - 42:34 - 2nd
- Dalgety Bay 10K - David Limmer - 36:38 - 1st Snr
- Dalgety Bay 10K - William Jarvie - 43:32 - 1st V60
- Dalgety Bay 10K - Aileen Ross - 53:06 - 1st V60
- Dalgety Bay 10K - Alan Jeffrey - 38:07 - 2nd Snr
- Dalgety Bay 10K - Fen Parry - 51:42 - 2nd V50
- Dalgety Bay 10K - Heather Darling - 43:56 - 3rd
- Dalgety Bay 10K - Slawomir Pietrzak - 3rd Snr
- Well done to all other members who raced at Dalgety Bay 10K as well as any other races in April!

Upcoming Club Champ Races

- 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 Party Watch

- May 6th - Sri Chinmoy 5K Scottish Champs
- May 7th - Edinburgh to North Berwick
- May 14th - The Lap, Loch Leven HM, Saltire Trail, Cateran Trail
- Monday 23rd - Balerno Rigg Race
- May 28th - Edinburgh Marathon Festival, WHW Challenge Race