

PRR Cross Country

The 2022/23 Cross Country season saw 28 members represent the Club at least once at a National or Regional event, with 11 individuals completing at least 4 events – enough to earn them the relatively new Cross Country medal. Congrats to Alan Bothwell, Mike Dales, Dave Knight, James Waldie, Erni Hamilton, Fabienne Thompson, Fiona Manson, Tessa Ward, Gillian McGuire, Louise Waywell and Lynn Gatherer on their achievement. The Masters (ie V40) women just missed out on an East District League podium place, finishing a mere 14 points behind PH Racing Club, which is a great achievement and testament to the commitment they showed to race all across the country.

At the time of writing we are already half way through the 2023/24 Scottish Cross Country season and we have managed to field team(s) at all events so far, with 12 men and 11 women having represented the Club at at least 1 event so we're on track to at least match last year's numbers. It would be great to see some new faces at the events so please get in touch with either Kevin Riddell or Fabienne Thompson if you would like to take part. You will need a Scottish Athletics membership, however the Club pick up the cost of race entries so it is a worthwhile investment! The scoring system is such that it rewards showing up so if you are worried you will be "too slow", fear not – you will likely still contribute positively to the Club's results regardless of where you finish.