

Perth Road Runners



Getting ready Almost 300 runners signed up to take part in the popular race. All photos: Caroline Hogarth

Hundreds take part in Tay Ten

Perth Road Runners (PRR) held their much-anticipated, annual Tay Ten open race on Sunday, May 3, attended again by almost 300 runners this year.

This was the 11 running of the 10-mile race, which leaves the George Duncan Athletics Arena, circuits the North Inch, then follows the Tay and Almond to Almondbank before retracing its steps to finish on the track.

The race attracts more entrants every year, with runners converging from across Scotland. 293 left the start line at 11am in ideal running conditions: cool, dry and with a very gentle breeze.

The optimal conditions produced some very fast times and many personal bests. Dunfermline's PH Racing are always a force to reckon with at PRR races: their Luke McNeil strode to victory in a fine time of 53 minutes and 54 seconds.

This was a certain justice in Luke's win: last year, when placed in the leading pack, he was painfully struck by an errant golf ball on the North Inch (and, even then, still limped home in third place).

Fife AC's Alistair Gudgin and Perth's Mark McGuire - reprising their epic Tay Ten battle of 2023 - completed the podium.

Stirling's Central AC provided the



ladies winner, Jennifer Wetton, whose 59:52 made her only the second lady to break the hour barrier at the Tay Ten. Laura Gibson (Kinross RR) and Kristin Lowrie (PH Racing) completed the fastest-ever leading trio at event.

Dundee Road Runners (DRR) again took the two team prizes, albeit only narrowly from PH Racing in the men's contest.

The race offers course record prizes. No fewer than six new event bests were set this year by: Kristin Lowrie (F40+), Julie Menzies (PH Racing, F50+), Eilidh Hearn (Perth Strath Tay Harriers, FU20), Andrew Wright (PH Racing, M40+), Graeme Parker (PRR, M60+) and Nathan Campbell (PRR, MU20).

A PRR spokesman said: "The Tay Ten is only possible with considerable support from beyond the club; PKC's help, in particular, makes a vital

contribution.

"The race requires a major planning and volunteering effort from well over seventy PRR and PSH members, joined by a delegation of Police Scotland Youth Volunteers.

"The understanding of residents along the course is also much appreciated."

Race planning will now turn to the club's best-known open race, the five-mile Brig Bash, held through and from Bridge of Earn on the evening of Wednesday, July 1.

Perth Road Runners welcomes experienced runners and newcomers alike, meeting on Tuesday evenings at the former Bells Sports Centre, and on alternate Wednesday/Thursday evenings for track and hill training. Full details can be found at www.perthroadrunners.co.uk



Keep going Runners looking positive heading around the North Inch



Runners high These participants were in good spirits round the course



Mark McGuire Storming home in third place



Ladies winner Jennifer Wetton rounds the North Inch



And they're off! Runners starting the race



Leading men Heading across the North Inch



Motivation Runners cheered each other on during the event