

# New ground broken as athletes impress

## Great times by host of Road Runners in busy spell

SPORTS REPORTER

**The green vests of Perth Road Runners could be seen at a variety of locations throughout the country in recent weeks.**

A 22-strong delegation from the Fair City club took part in last month's Stirling 'Podfather' 10k.

Liz Johnson set a new club record in the F45 category with a time of 40:34 mins - which saw her finish third in the F50 section on the day and take some 41 seconds off the previous club 10k benchmark for that age bracket.

Meanwhile, Mike McConnell - who finished in 80th position out of a field of 946 - posted 34:20, with Elliot Collins crossing the finish line in 34:36, Lorraine MacPherson in 41:58 and Dean Abberley in a personal best 39:28.

Elsewhere, several marathons have been on the radar of some of the club's members.

Paige Brown travelled to Berlin in Germany to make her debut on the road.

She finished in 3:22:37, ahead of clubmate Louise Cole - who completed the course in 3:39:13.

Closer to home, at the Loch Ness Marathon near Inverness, Liz Johnson won the F50 section in 3:15:31, while Rhiannon Laing posted 3:38:27.

Rhiannon finished narrowly ahead of Willie Laing, who was making his debut at the distance and crossed the line in 3:38:28.

Perth Road Runners were also well-



**Cross-country** Some of the Perth Road Runners in Livingston last weekend

represented at the Great Scottish Run in Glasgow.

In the 10k race, Sonjia Crow was first in the F40 section in 42:47.

In the half-marathon, Lorraine MacPherson set a new F45 club record of 1:30:50, bettering the record she held from last year by 45 seconds.

A total of seven others also ran in club colours.

Meanwhile, the ever-popular cross-country season got under way at

Livingston with teams of four competing in the East District Relay Championships.

The women's section saw two teams finish, while a men's team also competed.

The event places the emphasis on team camaraderie.

Reflecting on the month, a spokesperson for Perth Road Runners said: "Finally, a special mention should go to club member Michael Wardlaw upon completing an awe-inspiring 50 competitive marathons at Chester on

Sunday, which was his sixth marathon in the last seven months.

"These were completed across eight years and include 12 times under four hours, with a personal best of 3:39."

The club meets on Tuesdays at Bell's Sports Centre for a social run.

There are also coached track and hill sessions.

More details can be found on [www.perthroadrunners.co.uk](http://www.perthroadrunners.co.uk).