

PRR Cross Country

The 2023/24 Cross Country season saw 29 members (an increase of 1 on last season) represent the Club at least once at a National or Regional event, with 11 individuals earning the PRR Cross Country participation medal by completing at least 4 events. Congrats to Alan Bothwell, Dave Knight, Elliot Collins, Kevin Riddell, Mike Dales, Aga Mroczkowska, Fabienne Thompson, Fiona Manson, Lynn Gatherer, Paige Brown and Sue Bothwell on their achievement. In terms of results, the highlight for the Club was the ladies V50 team winning a silver medal at the National Masters Championships in Forres. In the East District League, the senior ladies finished the year in 5th place while the masters ladies went one better by finishing 4th. The senior men finished in 11th while the masters also went one better in 10th.

At the time of writing, we have had runners at all 4 events which have taken place this year. We've already had 23 people run at least one event and in terms of results, the highlight has to be a 4th place finish for the Female Masters team of Keri Wetherhogg, Fabienne Thompson and Liz Johnston at the National Relays in Cumbernauld. The V50 men also had a strong result, with Dave Knight, Mark Crawford and Duncan Ryan finishing in 6th.

Last season, in an effort to encourage participation in National XC events, Scottish Athletics introduced a participation league table where Clubs were placed based on the amount of participants they have at National events. Unfortunately, we were relegated from our division so the target this season will be to achieve promotion and to do this, we need as many people as possible to participate. It doesn't matter how fast or slow you are, you just need to complete the race and you'll score a point – so get involved! All you need to be eligible is a valid Scottish Athletics membership with PRR listed as your Club.

Kevin Riddell, Men's XC Captain