

Catherine's silver double as endurance runners excel

The successes keep coming for Edinburgh and Lothians endurance runners.

Following on from Midlothian's Jasmin Paris becoming the first woman to complete the super tough Barkleys Marathons in the USA and Dougie Selman (Corstorphine AC) claiming the men's Scottish 100km title in Perth, there have been other notable achievements.



Catherine Cowie brought two silver medals back to Portobello

RC from the Perth meet. Photo credit:Michael Philp.

The Perth race features a 50km as well as the 100km event with runners from the home nations also battling it out for team and individual glory

Over this 2.381km looped course Sheena Logan (Fife AC) won the Scottish 100km, her first attempt at the distance, finishing sixth in 8:19:26 but Catherine Cowie (Portobello RC) picked up the silver, setting a personal best of 8:26:31.

Meanwhile, the Scotland men's team featuring Dougie Selman, Chris Richardson (Aberdeen Metro) and Michael Deason (Shettleston) won the Men's Anglo-Celtic Plate team event.

Adding to the home celebrations Sage Pierce-Higgins (Edinburgh AC) took home the Scottish men's Masters 100k title while Catherine Cowie added a Masters silver for women to her haul.

Bringing more honour to Portobello, this time in the 50km event, Niamh Ni Mhaoileoin finished second in the "Scottish" and Deborah Warner also picked up a silver in the women's Scottish Masters race.

Not far behind was Tracy Philp, running her 29th ultra-Marathon. She bagged the Scottish Women's Vet 50 title only a fortnight after finishing 2nd V50 at the John Muir Way ultra.

Notable local mentions for the 50k go to Penicuik's John Gibbs (bronze in the men's Masters) while Musselburgh's David Hutchison who put in a solid shift to finish in 4:18:52.