

## Portobello Promathon

### 4 Miles

Year	Men's Winner	Time	Women's Winner	Time	Finishers
2020	Grant Sheldon (Cambuslang H)	18.46	Annabel Simpson (Fife AC)	21.30	327
2019	Grant Sheldon (Cambuslang H)	18.35	Lauren Wilson (Edinburgh AC)	22.32	327
2018	Dermot Cummings (Corstorphine AAC)	19.11	Jo Williams (Lothian RC)	22.13	307
2017	Grant Sheldon (Cambuslang H)	18.43	Rachael Dunn (Edinburgh AC)	22.10	333
2016	Andrew Douglas (Inverclyde AC)	19.13	Kate Avery (Shildon Running & AC)	21.22	327
2015	Andrew Douglas (Inverclyde AC)	19.33	Shona McIntosh (Hunters Bog T)	22.40	323
2014	Andrew Douglas (Inverclyde AC)	19.05	Nicola Duncan (Portobello RC)	21.29	326
2013	Ross Matheson (Lasswade AAC)	19.34	Nicola Duncan (Portobello RC)	22.30	314
2012	Ross Houston (Central AC)	18.53	Jill Knowles (SPS)	22.54	384
2011	Alistair Hay (Central AC)	18.56	Laura Dunn (Edinburgh AC)	22.26	237
2010	<b>Cancelled</b>		<b>Cancelled</b>		
2009	Ross Houston (Central AC)	19.22	Sandra Branney (VP City of Glasgow)	23.20	277
2008	John Newsom (Pitreavie AAC)	19.01	Freya Murray (Chester Le Street)	21.05	258
2007	Iain Donnan (Lothian RC)	19.38	Catriona Morrison (Unatt)	22.23	240
2006	Mark Draper (Windsor, S & E)	19.10	Hayley Ovens (Edinburgh SH)	21.46	284
2005	Ryan Montgomery (Shettleston H)	19.57	Hayley Ovens (Edinburgh SH)	22.56	266
2004	Iain Donnan (Aberdeen AAC)	19.33	Ashleigh Murray (Pitreavie AAC)	23.23	251
2003	Steve Cairns (Hunters Bog T)	19.29	Trudi Thomson (Pitreavie AAC)	23.04	173
2002	Phil Mowbray (Hunters Bog T)	19.25	Janette Stevenson (Falkirk Victoria H)	23.34	201
2001	Chris Robison (Inverclyde AC)	19.38	Kate Jenkins (Carnethy HRC)	24.11	144
2000	Colin Meek (Livingston & Dist AAC)	20.07	Trudi Thomson (Pitreavie AAC)	22.03	149
1999	Daniel Leggate (Fife AC)	19.38	Danny Park (Circencester)	22.07	186
1998	John Robson (Mizuno)	19.33	Penny Rother (Livingston & Dist AAC)	23.45	137
1997	Kirk Smith (Mizuno RC)	19.51	Dawn James (Aldershot & Dist)	22.39	162
1996	Ken Chapman (Leslie Deans RC)	19.26	Kim Fisher (BT Pitreavie AAC)	23.37	154
1995	Alan Robson (Leslie Deans RC)	20.11	Kylie Porter (Australia)	22.36	186
1994	Brian Kirkwood (Leslie Deans RC)	19.59	Alison Rose (Edinburgh WM)	21.38	227
1993	Brian Kirkwood (RC Edinburgh)	17.41**	Mary Anderson (Edinburgh AC)	21.27**	176
1992	John Sherban (Shaftsbury H)	19.09	Zara Hyde (Leeds/Woking)	22.20	143
1991	John Sherban (Falkirk VH)	19.08	Zara Hyde (Leeds/Woking)	23.03	122
1990	Brian Kirkwood (ESPC)	19.01	Violet Blair (Edinburgh WM)	22.30	116
1989	Ian Archibald (Edinburgh AC)	18.27*	Ann Bankowski (Isolotto)	23.31	96
1988	Gary Brown (Edinburgh AC)	19.19	Heather McDuff (Edinburgh AC)	22.29	116
1987	Adrian Weatherhead (Edinburgh AC)	19.31	Yvonne Murray (Edinburgh AC)	19.59*	57

\* Course Record

\*\* Shortened Course (Road Works)

History information from Robin Morris