

Summer Handicap Run 08 – 21 July 2021

Another warm evening with higher than normal humidity made for tough running conditions indicated by the lack of Pbs

Thanks to Tracey and Duncan for doing starting duties.

First two runners home were John Bruce with his best run of the season and Andrew West who showed the benefit of recent training abroad. The biggest movers however were Jim Bowie and Lynne-Marie who are closing down on Derek Milne despite him being in the points for the 7th consecutive race. Jim has also scored in 7 races, so with now 4 to go we may see some more closing at the top of the table in the coming weeks.

Age graded positions: 1- Carol Massie (78.33%) 2- Jim Bowie (75.21%)
3- Gillian Strachan (70.59%)

A welcome return to race night to Kevin Brooks who hasn't raced for some time.

The conditions didn't prevent some real head to head racing with close battles between Laurella and Carol; Lynne-Marie and Stuart; and Gillian and Derek. Someone must have been slipping lead weights into Gregs shoes as his early season form seems to have deserted him meantime.

Race 9 will take place on 4 August 2021 under the COVID rules applicable at that date.

A reminder again that the Club Mormond Hill Handicap 8 mile race will take place on 11 August so time to get some hill practice under your belts. This race is not to be confused with Callum's Mormond Hill 5.6 mile open Race scheduled for 28 August. The race is open for entry now on <https://www.entrycentral.com/Mormond-Hill-Run>
Book you place now: still 44 place left with no entries to be taken on the day.

Please ensure that you use the Google Sheets form to record you times asap after you finish to assist in the timely publishing of the results. A copy of the form can be found on the website in the results section.

Full results, points table and Guidance Notes are on the Teamreach App and the new and updated FRC Webpage.
<https://www.fraserburghrunningclub.co.uk>

Stay Safe

Slowcoach