

## Summer Handicap Run 10 – 18 August 2021

A warm welcome awaits all at Fraserburgh Running Club!

My first race back in over 18 months and it was like I hadn't been away, all the usual welcoming faces but the route remains the same, 8.2k of unrelenting misery.

For many the day had seen rain and high winds, so I think for those who kept their name on the "yes" list we got off lightly at 6pm.

The route went up and up and up with a nice cooling breeze (I was overdressed) and slowly came back down to be welcomed by what felt like a force 10 gale directly in your face. As this is a draft legal race, its everyone for themselves!! The end however was not pretty but was captured beautifully but our very own David Bailey, aka Gaynor Devine.

As I was expectedly slow, I canvassed opinion on my return to see how it panned out for others. A comment from our lovely leader made me laugh out loud, "awful with a capital F". Yup, that pretty much summed it up.

There had been some hilarity at the pointy end however, a race for 1<sup>st</sup> place, Laurella Noble pushed hard to stay in front of who she thought was her Dad but was pipped at the post by what actually turned out to be a spewing Greg Bruce – What does the risk assessment say about spew? Do we need one of those zoomy things you see in the javelin at the Olympics, but in our case to plant a green flag to mark the spot? Greg kindly walked me round the offending spot to avoid any trainer splash.

Top three finishers on the right were, Greg Bruce in 1<sup>st</sup> place followed by Laurella Noble and George Noble in 3<sup>rd</sup> place. Greg and Laurella both recording Pbs.

Age graded positions: 1- Robbie Youngson (81.73%) 2- Charlie Noble (79.43%) 3- Lisa Allan (75.82%)

Many thanks to the timekeepers and supporters.

Two races left and the leading trio in the handicap are Derek Milne, Lynne-Marie Masson and Greg Bruce. Derek and Lynne-Marie have both now counted in 8 races while Greg only 6. All to play for.

Slo Mo

Ps. 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>

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
18/08/2021	<b>10</b>	TIME	<b>53'33"</b>				%	Per Mile	per Km		
GREG BRUCE	14:00	38:13	52:13	1	10	11	57.61	7:30	4:39	38:28	22:01
LAURELLA NOBLE	15:05	37:14	52:19	2	9	7	66.43	7:18	4:32	38:08	24:44
GEORGE NOBLE	19:00	33:30	52:30	3		3	70.40	6:34	4:05		23:35
RICHARD MUTCH	14:40	38:02	52:42	4	8	10	62.01	7:27	4:38	36:28	23:35
STUART CRAIB	19:30	33:31	53:01	5	7	4	68.22	6:34	4:05	33:17	22:52
LYNNE MARIE MASSON	14:20	38:58	53:18	6	6	12	66.51	7:38	4:45	38:44	25:55
CHARLIE NOBLE	16:05	37:26	53:31	7	5	9	79.43	7:20	4:34	31:40	29:44
JIM BOWIE	16:20	37:27	53:47	8	4	8	74.68	7:21	4:34	33:34	27:58
MATT COOMAN	20:01	33:47	53:48	9				6:37	4:07		
DEREK MILNE	20:15	33:41	53:56	10	3	5	70.01	6:36	4:06	32:56	23:35
ROBBIE YOUNGSON	22:35	31:34	54:09	11	2	2	81.73	6:11	3:51	29:53	25:48
LISA ALLAN	19:50	34:28	54:18	12	1	6	75.82	6:45	4:12	32:24	26:08
ROBBIE COOMAN	24:20	30:11	54:31	13		1	72.06	5:55	3:41	27:56	21:45
MORAG THOMPSON	13:45	41:02	54:47	14		14	64.26	8:03	5:00	36:30	26:22
CAROL MASSIE	14:35	40:24	54:59	15		13	74.88	7:55	4:55	36:17	30:15
JOHN BRUCE	12:50	42:13	55:03	16		15	53.77	8:17	5:09	40:41	22:42
DAVID ABERNETHY	11:15	00:00	11:15	DNF			#DIV/0!	0:00	0:00	36:18	25:10