

Summer Handicap Run 09 – 4 August 2021

Yet another warm evening with a strong blustery head wind at the start making for tough running conditions and a corresponding lack of Pbs and seasons bests.

Thanks to Callum and Graeme for doing starting duties.

First three runners home were Greg Bruce with his best run for two months; Stuart Craib with his second best time of the season; and Lynne-Marie who was delighted with her 8 points to put her in equal top of the table with Derek who didn't race tonight. With Jim Bowie also taking the night off it was left to Carol and Greg to put pressure on the leaders.

Age graded positions: 1- Carol Massie (77.56%) 2- Lisa Allan (75.68%)
3- Gillian Strachan (68.23%)

No real sprint finishes tonight; just a steady stream of finishers. Greg must off loosened off his brakes, but it was not without drama at the start as despite arriving in plenty time he failed to latch on to his satellites in time for his start. A case of losing the plot for the first 150metres or so. Alison wasn't feeling the love either but may benefit from Charlie's sage advice at the finish about where she might make improvements in her training programme.

Carol finished like a train to maintain her Age graded lead. Mind you it sounded more like the old steam puffers that used to haul fish on this track than the fictional HS2.

Tracey paid for a fast start and ended up speechless at the finish. Not something you see and hear everyday. Mind you she recovered in time to give David Abernethy some guidance on how to pick up his knees at the finish, before pointing out to him that he had finished some way behind her.

Race 10 will take place on 18 August 2021 under the COVID rules applicable at that date.

A reminder again that the Club Mormond Hill Handicap 8 mile race will take next Wednesday on 11 August. So get your name down in the Teamreach app to help support the Peter Ritchie Charity. For those that are unsure of the exact route a Garmin Route /Course will be posted on the web and Teamreach app in the next few days. It is unlikely to be marshaled but it is hoped that some signage will be arranged for the less obvious turns. It will be handicap starts similar to race night series.

This race is not to be confused with Callum's Mormond Hill 5.6 mile open Race scheduled for 28 August. This race is still open for entry on

<https://www.entrycentral.com/Mormond-Hill-Run>

Book you place now: still 30 place left with **no entries** to be taken on the day.

Again proceeds will go towards local community organisations. Callum has already cut the grass path from the wind turbine to the Quarry. This forms part of the route for both runs.

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