

## Summer Handicap Run 11 – 1 September 2021

After a sunny morning weather turned to a more autumnal feel with runners reporting strong headwind over the last one or was it two miles.

Gaynor's pictures captured the efforts on the faces of the finishers, and it was obvious there was no lack of effort all round. Although Charlie did manage to keep something back to ensure he could maintain a sprint to hold off Laurella in the closing few metres.

Greg once again treated fellow runners to what is becoming his party trick spew on finishing. He is now challenging Johnny Beedie as top spewer on race night.

In the closest finish on the night, Morag pulled both Richard and Greg to an exciting sprint finish.

Top three finishers on the night were, Carol in 1<sup>st</sup> place followed by Derek Milne with Jim Bowie in 3<sup>rd</sup> place. Carol realizes she needs to practice her winning smile before the final race.

Age graded positions: 1- Carol Massie (78.64%) 2- Charlie Noble (75.53%)  
3- Jim Bowie (75.48%)

It is an indication of the conditions that there were no Pbs recorded. The closest were Derek and Greg. Greg in fact did claim his run was a Pb, but that will have to wait for the final race.

With only the final race to go we are no closer to knowing who might finish on top. It has in fact become even tighter with the top two of Derek and Lynne-Marie just holding a small gap to Greg, Jim and Carol. Greg being the only one of the top 5 to not yet score in 8 races.

Thanks to Euan for doing starting duties.

Lets make it a true test by having a large turn out on final night.

Ps. Please ensure that you use the Google Sheets form to record your 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
01/09/2021	<b>11</b>	TIME	<b>53'33"</b>				%	Per Mile	per Km		
CAROL MASSIE	14:10	38:28	52:38	1	10	6	78.64	7:33	4:41	36:17	30:15
DEREK MILNE	19:50	33:06	52:56	2	9	1	71.25	6:29	4:02	32:56	23:35
JIM BOWIE	16:05	37:03	53:08	3	8	3	75.48	7:16	4:31	33:34	27:58
ALISON WEST	12:55	40:19	53:14	4	7	11	65.98	7:54	4:55	39:33	26:36
MORAG THOMPSON	13:20	40:11	53:31	5	6	10	65.62	7:53	4:54	36:30	26:22
RICHARD MUTCH	15:30	38:03	53:33	6	5	4	61.98	7:28	4:38	36:28	23:35
GREG BRUCE	15:20	38:14	53:34	7	4	5	57.59	7:30	4:40	38:13	22:01
LYNNE MARIE MASSON	14:35	39:14	53:49	8	3	8	66.06	7:42	4:47	38:44	25:55
MARTIN WATT	18:55	34:58	53:53	9	2	2	65.40	6:51	4:16	33:21	22:52
JOHN BRUCE	12:25	42:23	54:48	10	1	12	53.56	8:19	5:10	40:41	22:42
CHARLIE NOBLE	16:05	39:22	55:27	11		9	75.53	7:43	4:48	31:40	29:44
LAURELLA NOBLE	16:20	39:10	55:30	12		7	63.15	7:41	4:46	37:14	24:44