

## Summer Handicap Run 12 - 15 September 2021

Not so much sun about today which allowed a wee breeze to spring up just before the off. More than the usual feeling of tension in the air as 18 runners gathered for the start of the ultimate race of the summer series.

The above average numbers were all set off without any issues thanks to starter Alison assisted by her band of merry ladies. Perhaps attracted by the sight of boxes of sweets meant for the racers at the finish. This all led to a consistent stream of finishers each pulling the next one on. No less than 11 of the 18 beat their handicap on the night. Pb's were recorded by Robbie Cooman, Greg Bruce and Stuart Craib; Seasons bests by Carol Massie, Charlie Noble, Gillian Strachan, Lisa Allan and Morag Thompson. Good to see Mike Hartley making his return to Handicap racing too.

The main head to head contest for the top of the table had come down to Derek, Lynne-Marie, Greg, Jim and Carol. Unfortunately leader Derek couldn't contain himself in a sprint session on Monday and was a therefore a no show tonight due to picking up a small injury.

A strong run by Robbie Cooman in first place saw him run down Gillian to pass her within 50 metres of the finish to record a time of 27'20", just 16 seconds slower than Max Abernethy's Course record set back in May this year. Gillian seems to have found her speed somewhere round the Glenmore 24 hour Ultra trail race. (Looks like she went round it enough times before she found for it though)

In third place on the night came Charlie with a season's best, evidently delighted in holding off Lisa at the finish.

Age graded positions: 1- Robbie Youngson (81.30%) 2- Charlie Noble (80.65%) 3- Carol Massie (80.31%)

There were no easy points on offer tonight, so when the dust settled it was Derek who was sitting pretty at home while retaining his top spot with 58 points. Despite a battling finish Greg had to settle for second on 57 points with a delighted Carol in third with 54 points. Well done to Jim and Lynne-Marie and all the others on the night and previous races for making it such a competitive season.

Almost time to look out the lights and reflective gear again. The first Winter race starting from the Pool will take place on 13 October with handicaps based on your handicap as calculated after tonight's race, as adjusted for the slightly longer distance.

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
15/09/2021	<b>12</b>	TIME	<b>53'33"</b>				%	Per Mile	per Km		
ROBBIE COOMAN	23:55	27:20	51:15	1	10	1	79.57	5:22	3:20	27:56	21:45
GILLIAN STRACHAN	16:00	35:26	51:26	2	9	5	75.07	6:57	4:19	33:21	26:36
CHARLIE NOBLE	15:40	36:52	52:32	3	8	7	80.65	7:14	4:30	31:40	29:44
LISA ALLAN	19:25	33:09	52:34	4	7	3	78.83	6:30	4:02	32:24	26:08
CAROL MASSIE	15:05	37:40	52:45	5	6	10	80.31	7:23	4:35	36:17	30:15
GREG BRUCE	15:20	37:43	53:03	6	5	11	58.37	7:24	4:36	38:13	22:01
JOHNNY BEEDIE	15:50	37:20	53:10	7	4	9	66.83	7:19	4:33	35:57	24:57
MORAG THOMPSON	13:20	39:52	53:12	8	3	15	66.14	7:49	4:51	36:30	26:22
STUART CRAIB	20:00	33:14	53:14	9	3	4	68.81	6:31	4:03	33:17	22:52
MIKE HARTLEY	15:00	38:21	53:21	10	1	13	71.58	7:31	4:40	36:11	27:27
JIM BOWIE	16:30	36:54	53:24	11		8	75.79	7:14	4:30	33:34	27:58
RICHARD MUTCH	15:30	38:08	53:38	12		12	61.84	7:29	4:39	36:28	23:35
ANDREW WEST	17:15	36:27	53:42	13		6	66.80	7:09	4:27	34:27	24:21
DAVID ABERNETHY	11:15	42:36	53:51	14		18	59.08	8:21	5:11	36:18	25:10
ROBBIE YOUNGSON	22:10	31:44	53:54	15		2	81.30	6:13	3:52	29:53	25:48
JOHN BRUCE	12:00	42:02	54:02	16		17	54.00	8:15	5:07	40:41	22:42
LYNNE MARIE MASSON	14:20	39:45	54:05	17		14	65.20	7:48	4:51	38:44	25:55
LAURELLA NOBLE	15:55	41:56	57:51	18		16	58.98	8:13	5:07	37:14	24:44