

Summer Handicap Run 01 – 13 April 2022

Well it was summer in name only as it still had a definite winter feel. The headwind over the last couple of km proved a considerable challenge. Charlie's decision to wear full winter gear was inspired as it proved when he did a Devon Loch in the mud at the exit track from Philorth. His long breeks saved his knees from even more damage while his jacket did a similar job for his elbows.

The conditions made sure that no one managed to hit par with only Greg getting close. Well done to Joyce then for beating her Pb by 3 and a half minutes. More to come there I guess. Numbers were a bit on the low side with only 2 runners missing out on points. The unlucky 2 were Tracey and Andy Higgins. The bonus for everyone, with the exception of Greg is a 25 sec easier start time next race. This may be the reason Charlie decided to battle on to record his race time.

Best run goes to Gillian who is on the road to recovery after her Manchester marathon effort.

So first 3 positions on the night were Greg Bruce, Richard Mutch and David Abernethy. Greg continues his run of perfect attendances. He was almost the first to arrive for the start only to be surprisingly beaten by David Abernethy. Well done David. Better luck next time Greg.

Age graded positions: 1- Gillian Strachan (72.85%) 2- Robbie Cooman (67.97%) and 3- Duncan Abernethy (67.04%). This means it is still Keith Buchan leading from Carol and Gillian overall with the best three Age graded scores. The only runners who managed to improve their Age Graded totals were Joyce and David.

So here's hoping that better overhead and underfoot conditions await us in 2 weeks time for race 2. (27 April)

Please remember that if you intend running to register for the race in the Team Reach App before 12 noon on race day as it makes it a lot easier for the starters to have you start times looked out.

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page 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
13/04/2022	1	TIME	53'33"				%	Per Mile	per Km		13/04/2022
GREG BRUCE	15:55	37:52	53:47	1	10	4	58.14	7:25	4:37	37:43	22:01
RICHARD MUTCH	15:20	39:00	54:20	2	9	5	60.47	7:39	4:45	36:28	23:35
DAVID ABERNETHY	11:45	43:08	54:53	3	8	9	58.85	8:27	5:15	36:18	25:23
JOYCE LEITH	14:48	40:23	55:11	4	7	6	61.74	7:55	4:55	44:01	24:56
MORAG THOMPSON	15:05	40:30	55:35	5	6	7	65.10	7:56	4:56	36:30	26:22
DUNCAN ABERNETHY	18:55	37:13	56:08	6	5	3	67.04	7:18	4:32	33:22	24:57
GILLIAN STRACHAN	19:30	36:54	56:24	7	4	2	72.85	7:14	4:30	33:21	26:53
GRAEME CLARK	14:15	43:03	57:18	8	3	8	66.82	8:26	5:15	32:49	28:46
ROBBIE COOMAN	26:15	32:00	58:15	9	2	1	67.97	6:16	3:54	27:20	21:45
CHARLIE NOBLE	14:40	45:31	1:00:11	10	1	10	65.32	8:55	5:33	31:40	29:44
TRACEY WESTON	-0:07:47	1:01:32	1:01:32	11		12	47.37	12:04	7:30	1:00:53	29:09
ANDY HIGGINS	10:40	51:15	1:01:55	12		11	56.13	10:03	6:15		28:46