

Summer Handicap Run 02 – 27 April 2022

Much more like summer tonight but still a chill in the ever present wind. The wind however was in the opposite direction from race 1 being in the face at the start making the first km difficult to pace. This also made the last 2 km a bit hot. Charlie's jacket was off tonight following a bit of debate, and it turned out to be the right choice. No dramas in the woods either so he must surely be happy with his run. I have my doubts though!

It must have been good conditions as in comparison to last race when no runners made par, 7 beat their par targets tonight. 14 starters plus 2 non counters ran which is a couple more than last time but still room for some more. It is notable that both our starters ran the course to warm it up for us so in total 18 ran with no fallers.

Thanks to Morag ably assisted by Greg for getting everything off to a T. Greg even managed a pint of his favourite T for his tea before the start. And in case you are wondering, Morag won the warm up race.

The finishers all came in a steady stream with only 2 minutes separating 1st to 10th. Best runs were from Shaun Pirie and the returning Callum Mutch, his first race night for a year.

So first 3 positions on the night were Shaun, Callum and Charlie. You could say Greg continued his run of perfect attendances by timekeeping and running the course pre race.

Age graded positions: 1- Robbie Youngson (84.30%) 2- Lisa Allan(78.01%) and 3- Carol Massie (77.82%). This puts Robbie in first spot, pushing Keith Buchan back to second with Carol in third overall with the best three Age graded scores. Six runners managed to improve their Age Graded totals.

Some of you may have noted that Morag was quick to announce that I had not finished my run properly on my watch only to realise a few minutes later that she too had made the same cardinal sin. I bet you didn't hear about that!!!!

Special announcement for David Abernethy

Please remember that if you intend running to register for the next race in the Team Reach App before 12 noon on race day (Wednesday 11 May) 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
27/04/2022	2	TIME	53'33"				%	Per Mile	per Km		27/04/2022
SHAUN PIRIE	17:55	34:17	52:12	1	10	4	63.78	6:43	4:11		21:52
CALLUM MUTCH	16:45	36:10	52:55	2	9	8	65.71	7:05	4:24	35:23	23:46
CHARLIE NOBLE	14:15	39:04	53:19	3	8	9	76.11	7:40	4:46	31:40	29:44
DUNCAN ABERNETHY	18:30	34:57	53:27	4	7	5	71.39	6:51	4:16	33:22	24:57
ROBBIE YOUNGSON	22:35	30:53	53:28	5	6	1	84.30	6:03	3:46	29:53	26:02
LISA ALLAN	20:00	33:30	53:30	6	5	3	78.01	6:34	4:05	32:24	26:08
STUART CRAIB	20:14	33:16	53:30	7	4	2	69.24	6:31	4:03	33:14	23:02
EUAN SIMPSON	18:10	35:28	53:38	8	3	7	68.05	6:57	4:19	35:04	24:08
GILLIAN STRACHAN	19:05	34:58	54:03	9	2	6	76.88	6:51	4:16	33:21	26:53
DAVID ABERNETHY	11:20	42:53	54:13	10	1	13	59.19	8:25	5:14	36:18	25:23
RICHARD MUTCH	14:55	39:34	54:29	11		11	59.60	7:45	4:49	36:28	23:35
GRAEME CLARK	13:50	40:45	54:35	12		12	70.59	7:59	4:58	32:49	28:46
CAROL MASSIE	15:50	39:22	55:12	13		10	77.82	7:43	4:48	36:17	30:38
ALISON WEST	12:35	43:57	56:32	14		14	61.17	8:37	5:21	39:33	26:53