

Summer Handicap Run 03 – 11 May 2022

I've had a suggestion that the league should be renamed as so far it hasn't been ran in what used to be called "summer" conditions. From inside looking out it didn't seem too bad but yet again the wind definitely didn't make for sunbathing on the beach. But ever the optimist I'll stick to calling Summer League for now. The wind was however in the opposite direction from last time with a the headwind being saved for the long finish.

Four runners under par with Callum Mutch just a few seconds outside. Total of 16 runners made it the best attended so far this season.

Thanks to Maureen and Tracey for doing starters duties and getting almost everyone off at their allocated time. The exception being Stuart Craig who saved his warmup to a few minutes before his start and gave everyone else a bigger start.

No photo finishes tonight with once again a regular stream of finishers crossing the line. Greg pulled off a massive 27 seconds Pb to come home first in front of Charlie who also made a significant improvement from last time. In third place was Richard who also benefitted from a slower run in race 2.

So first 3 positions on the night were Greg, Charlie and Richard. Greg's win added to his first race win to put him top of the early leader board. But expect things to bunch up next time out with Charlie, Richard and Shaun all hot on his tail. If Stuart can time his warmup a bit better, who knows he might join them.

Age graded positions: 1- Robbie Youngson (83.75%) 2- Keith Buchan (79.48%) and 3- Lisa Allan (78.13%). This puts Robbie in first spot, pushing Keith Buchan back to second with Carol in third overall with the best three Age graded scores all in the 80s.

Tracey had mild panic when she realised that she had left her vans keys in full view at the start when she and Maureen went for a walk while waiting for the runners to return. She was happy to see her van was still in its place when she got back. But did she check the mileage?

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 25 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
11/05/2022	3	TIME	53'33"				%	Per Mile	per Km		11/05/2022
KEITH BUCHAN	24:40	30:08	54:48	12		1	79.48	5:55	3:40	28:05	23:57
ROBBIE COOMAN	25:50	30:25	56:15	13		2	71.56	5:58	3:42	27:20	21:46
ROBBIE YOUNGSON	22:40	31:05	53:45	6	5	3	83.75	6:06	3:47	29:53	26:02
STUART CRAIB	20:33	33:21	53:54	8	3	4	69.07	6:32	4:04	33:14	23:02
LISA ALLAN	20:05	33:27	53:32	4	7	5	78.13	6:34	4:05	32:24	26:08
SHAUN PIRIE	19:15	34:36	53:51	7	4	6	63.20	6:47	4:13	34:17	21:52
GILLIAN STRACHAN	18:40	35:31	54:11	10	1	7	75.69	6:58	4:20	33:21	26:53
DUNCAN ABERNETHY	18:35	35:50	54:25	11		8	69.63	7:02	4:22	33:22	24:57
CALLUM MUTCH	17:25	36:13	53:38	5	6	9	65.62	7:06	4:25	35:23	23:46
GREG BRUCE	15:40	37:15	52:55	1	10	10	59.37	7:18	4:32	37:43	22:07
CHARLIE NOBLE	14:30	38:52	53:22	2	9	11	76.50	7:37	4:44	31:40	29:44
RICHARD MUTCH	14:30	39:00	53:30	3	8	12	60.47	7:39	4:45	36:28	23:35
CAROL MASSIE	15:25	41:45	57:10	15		13	73.37	8:11	5:05	36:17	30:38
ALISON WEST	12:10	41:50	54:00	9	2	14	64.26	8:12	5:06	39:33	26:53
MORAG THOMPSON	14:35	42:04	56:39	14		15	63.23	8:15	5:08	36:30	26:36
DAVID ABERNETHY	10:55	46:26	57:21	16		16	54.67	9:06	5:40	36:18	25:23