

Summer Handicap Run 04 – 25 May 2022

The weather report from tonight's race was that it was a strong side wind from the west which is probably if there is to be a wind is the best direction.

Four runners broke their par with Callum Mutch improving his seasons best to get close to his Course Pb. Good to see Grace Rennie competing again.

Thanks to Gillian and George for doing starters duties and getting everyone off at their allocated time.

There was just 7 seconds separating first and third finishers with the finishing order being Callum, Richard and Duncan.

This has caused a bunching at the top with Greg being shuttled down to third overall with Callum in second and Richard now top dog. There is only 7 points separating first from seventh.

Age graded positions: 1- Robbie Youngson (83.31%) 2- Keith Buchan (80.78%) and 3- Robbie Cooman (72.00%). So no change in the top three age graders.

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 8 June) as it makes it a lot easier for the starters to have your 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
25/05/2022	4	TIME	53'33"				%	Per Mile	per Km		25/05/2022
CALLUM MUTCH	17:20	35:42	53:02	1	10	6	66.57	7:00	4:21	35:23	23:46
RICHARD MUTCH	14:35	38:30	53:05	2	9	8	61.26	7:33	4:42	36:28	23:35
DUNCAN ABERNETHY	18:10	34:59	53:09	3	8	5	71.32	6:52	4:16	33:22	24:57
ALISON WEST	11:45	41:33	53:18	4	7	10	64.70	8:09	5:04	39:33	26:53
GRACE RENNIE	14:50	38:43	53:33	5		9	63.75	7:35	4:43		24:41
ROBBIE YOUNGSON	22:30	31:15	53:45	6	6	3	83.31	6:08	3:48	29:53	26:02
SHAUN PIRIE	19:00	34:53	53:53	7	5	4	62.69	6:50	4:15	34:17	21:52
KEITH BUCHAN	24:15	29:39	53:54	8	4	1	80.78	5:49	3:37	28:05	23:57
GREG BRUCE	16:20	37:42	54:02	9	3	7	58.66	7:24	4:36	37:15	22:07
GRAEME CLARK	13:25	41:54	55:19	10	2	12	68.66	8:13	5:06	32:49	28:46
DAVID ABERNETHY	10:30	45:05	55:35	11	1	13	56.30	8:50	5:30	36:18	25:23
ROBBIE COOMAN	25:25	30:14	55:39	12		2	72.00	5:56	3:41	27:20	21:46
MORAG THOMPSON	14:10	41:39	55:49	13		11	63.87	8:10	5:05	36:30	26:36