

Summer Handicap Run 05 – 8 June 2022

12 runners were met by probably the best running conditions so far this summer series. Yes the wind was noticeable from off the sea, but temperature and direction were generally favourable. 8 of the starters beat their par target.

Thanks to Euan and Robbie Youngson for doing starting duties.

Congratulations to Shaun Pirie for setting a new pb of 34:10, Stuart Craib for his of 32:56 and Grace Rennie for improving her best time by 26sec.

Gillian seems to enjoy race night shortly after a marathon as she found a great improvement on her seasons best in finishing first, 11 seconds in front of Shaun. Alison was more than happy with third place in front of Dru, after a bit of struggle at last weeks Metro 10k.

Best run though goes to Carol for a season best of over 1 minute and getting closer to the top of the Age graded table.

Age graded positions: 1- Carol Massie (79.98%) 2- Gillian Strachan (78.15%) and 3- Stuart Craib (69.94%). This leaves Robbie leading Keith Buchan with Carol that little bit closer in third.

Race 6 will take place on 22 June but all minds now switch to the Broch 10K this Sunday. Good luck to all running and organising.

Please remember that if you intend running next race night to register 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
08/06/2022	5	TIME	53'33"				%	Per Mile	per Km		08/06/2022
GILLIAN STRACHAN	18:15	34:24	52:39	1	10	3	78.15	6:45	4:12	33:21	26:53
SHAUN PIRIE	18:40	34:10	52:50	2	9	2	64.00	6:42	4:10	34:17	21:52
ALISON WEST	12:00	40:56	52:56	3	8	11	65.68	8:02	4:59	39:33	26:53
ANDREW WEST	17:00	35:57	52:57	4	7	5	68.29	7:03	4:23	34:27	24:33
RICHARD MUTCH	15:05	37:57	53:02	5	6	6	62.14	7:26	4:37	36:28	23:35
STUART CRAIB	20:10	32:56	53:06	6	5	1	69.94	6:27	4:01	33:14	23:02
GRACE RENNIE	14:50	38:17	53:07	7		8	64.48	7:30	4:40		24:41
CAROL MASSIE	15:00	38:18	53:18	8	4	9	79.98	7:31	4:40	36:17	30:38
CALLUM MUTCH	17:50	35:54	53:44	9	3	4	66.20	7:02	4:22	35:23	23:46
GREG BRUCE	15:55	38:52	54:47	10	2	10	56.90	7:37	4:44	37:15	22:07
MORAG THOMPSON	13:45	41:36	55:21	11	1	12	63.94	8:09	5:04	36:30	26:36
DUNCAN ABERNETHY	18:35	38:13	56:48	12		7	65.29	7:30	4:39	33:22	24:57