

Summer Handicap Run 06 – 22 June 2022

15 runners turned up for the first of the real summer races of this series. A brief shower just freshened everyone top enough to enjoy the warm and airless conditions. Half of the starters beat their par target. with two Pbs and a few seasons bests. However the summer conditions didn't suit everyone so inevitably there were still a few grumbles about the conditions.

Thanks to David Abernethy and Johnny Beedie for doing starting duties. Good to see a couple of returning runners to the series. Mark Irvine whose last Summer race was 2019 and Matthew Crawford for only his second Summer race.

Matthew showed the results of a period of dedicated hard training and general conditioning by improving his time from 38:53 to 36:18. This was more than good enough to finish a country mile in front of the rest of the field. Whether he has left anything in reserve to follow up again next time remains to be seen.

Stuart Craib recorded his second Pb in successive races with a 32:49 clocking. The other Pb came from Callum Mutch in 35:16. Both men taking 7 seconds off their previous bests.

Most consistent runner however was Lisa who in her three attempts this summer has ran them all within 3sec of each other.

So first three finishers were Matthew, Callum and Duncan with his seasons best. This means that Callum has jumped into overall first place ahead of Richard who drops to second with Shaun just holding on to third, one point a head of a closing Duncan.

Age graded positions: 1- Lisa Allan (78.09%) 2- Gillian Strachan (77.96%) and 3- Charlie Noble (76.90%). So no change at the top with Robbie Youngson leading Keith Buchan with holidaying Carol in third.

Charlie was pleased to have his second consecutive race in the 38's but not so pleased that both Richard and Greg were still slightly faster than him. Watch out guys he's gunning for you next time.

Race 7 will take place on 6 July. Lets hope for slightly warmer/cooler conditions. (delete as appropriate)

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
22/06/2022	6	TIME	53'33"				%	Per Mile	per Km		22/06/2022
MATTHEW CRAWFORD	14:15	36:18	50:33	1	10	8	60.93	7:07	4:25		22:07
CALLUM MUTCH	17:40	35:16	52:56	2	9	6	67.39	6:55	4:18	35:23	23:46
DUNCAN ABERNETHY	18:09	34:56	53:05	3	8	5	71.42	6:51	4:15	33:22	24:57
ANDREW WEST	17:35	35:31	53:06	4	7	7	69.12	6:58	4:20	34:27	24:33
CHARLIE NOBLE	14:40	38:40	53:20	5	6	10	76.90	7:35	4:43	31:40	29:44
STUART CRAIB	20:35	32:49	53:24	6	5	1	70.19	6:26	4:00	32:56	23:02
LISA ALLAN	20:05	33:28	53:33	7	4	2	78.09	6:34	4:05	32:24	26:08
GILLIAN STRACHAN	19:10	34:29	53:39	8	3	3	77.96	6:46	4:12	33:21	26:53
RICHARD MUTCH	15:35	38:27	54:02	9	2	9	61.34	7:32	4:41	36:28	23:35
SHAUN PIRIE	19:25	34:56	54:21	10	1	4	62.60	6:51	4:15	34:10	21:52
GREG BRUCE	15:30	38:58	54:28	11		11	56.76	7:38	4:45	37:15	22:07
MARK IRVINE	15:45	39:15	55:00	12		12	56.35	7:42	4:47		22:07
ALISON WEST	12:35	42:47	55:22	13		14	62.84	8:23	5:13	39:33	26:53
JIM BOWIE	14:35	41:38	56:13	14		13	67.81	8:10	5:04	33:34	28:14