

## Summer Handicap Run 07 – 6 July 2022

16 runners arrived to find the wind was blowing hard from the west made for an anticipated hard finish back the line. Hopefully race 6 doesn't turn out to be the one and only summer race held in Summer conditions. The plus side was it wasn't cold. However this is also a negative for some runners

Thanks to Brenda Mutch and Martin Watt for doing starting duties.

Pbs were hard to come by. So hard to come by that they were actually non-existent, but that didn't stop a number of notable efforts in the conditions. Seasons bests were recorded by Charlie Noble; Euan Simpson; Jim Bowie; Morag Thompson; Richard Mutch; and Matthew Crawford who showed another significant improvement from his last run. 7 runners bettered their par time so overall a good performance in the conditions. Grace Rennie has now also done three summer races and has thereof set her Pb for the route.

Good to see Jensen Strachan and Mark Brown having their first race of the season. Jensen now has completed the required number of races to set his Pb and to be eligible for points in his next race. He finished well in front of the field but may find things a little closer on his next run. However that didn't seem to deter Matthew, who had a similar performance last time and still managed to be third finisher and second counter behind Greg. Greg possibly only missed a Pb by his need to show everyone his party trick of throwing up just prior to the finish..

He was nevertheless happy to get the 10 points which moves him up to 3rd place. But it was too much to ask to overtake the two Mutch at the top - Richard and Callum, who swapped positions but still lead the way.

Biggest loser on the night was Duncan Abernethy. It remains to be seen if a week of carbo loading and warm weather training will get him back on the podium in Race 8.

**Age graded positions:** 1-Charlie Noble (77.94%) 2- Gillian Strachan (77.55%) and 3- Carol Massie (77.23%). This leaves Robbie leading Keith Buchan with Carol that little bit closer in third. So no change in the top three Age Grade positions with perhaps the notable exception of Charlie getting a little closer to the three ladies: Carol, Gillian and Lisa. Robbie Youngson and Keith Buchan remain out of reach.

Race 8 will take place on 20 July but another date for your diary is the Peter Ritchie Mormond Hill Handicap race which is set to take place on 10 August.

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
06/07/2022	<b>7</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		06/07/2022
JENSEN STRACHAN	17:40	33:36	51:16	1		2	69.94	6:35	4:06		23:30
GREG BRUCE	15:05	37:38	52:43	2	10	9	58.77	7:23	4:35	37:15	22:07
MATTHEW CRAWFORD	17:15	35:43	52:58	3	9	8	61.92	7:00	4:21		22:07
CHARLIE NOBLE	14:55	38:09	53:04	4	8	11	77.94	7:29	4:39	31:40	29:44
RICHARD MUTCH	15:10	37:55	53:05	5	7	10	62.20	7:26	4:37	36:28	23:35
MORAG THOMPSON	13:20	39:48	53:08	6	6	15	66.83	7:48	4:51	36:30	26:36
EUAN SIMPSON	18:05	35:11	53:16	7	5	6	68.59	6:54	4:17	35:04	24:08
SHAUN PIRIE	19:00	34:27	53:27	8	4	4	63.47	6:45	4:12	34:10	21:52
CALLUM MUTCH	18:15	35:26	53:41	9	3	7	67.07	6:57	4:19	35:16	23:46
GILLIAN STRACHAN	19:05	34:40	53:45	10	2	5	77.55	6:48	4:13	33:21	26:53
JIM BOWIE	14:10	38:58	53:08	11	1	12	72.46	7:38	4:45	33:34	28:14
GRACE RENNIE	15:15	38:58	54:13	12		13	63.34	7:38	4:45		24:41
STUART CRAIB	20:45	34:04	54:49	13		3	67.61	6:41	4:09	32:49	23:02
CAROL MASSIE	15:15	39:40	54:55	14		14	77.23	7:47	4:50	36:17	30:38
GRAEME CLARK	13:00	42:28	55:28	15		16	67.74	8:20	5:11	32:49	28:46
MARK BROWN	25:40	32:12	57:52	16		1	67.91	6:19	3:55	28:47	21:52