

## Summer Handicap Run 09 – 3 August 2022

11 runners arrived to find that once again the wind was blowing hard from the west made for an anticipated hard finish back the line. Comparison of the age graded % between winter and summer shows that the summer route is the harder whether it's because the underfoot conditions or the weather. I suspect it's a bit of both. So if you want to optimise your chances of knocking Robbie off the top of the Age Graded table, best put the big efforts in during the winter series.

Thanks to Graeme and Tracey for doing starting duties. A couple of minor blips but nothing that impacted on times or finish positions.

Only one Pb to report - Euan Simpson ducking under 35 min for the first time. Only the first 4 runners bettered their par time, again indicating the toughness of the conditions.

With no Matthew tonight it was the turn of Jim Bowie to take the 10 points with Gillian in second ahead of Euan. There was a good gap between the three despite Tracey's continuous urging that everyone was being quickly ran down and to pick up their knees to avoid being caught. No one does it quite like Tracey.

The closest finish turned out to be between David Abernethy and Robbie Cooman. With Robbie closing all the way home and despite his best efforts, Tracey's calls was sufficient to see David breast the finish line inches in front.

Charlie was the biggest loser on the night failing to get a point with essentially his slowest of the season, to drop back to 6th in the overall points table. "What kept you" did I hear someone say.

Richard Mutch increases his lead at the top of the table, with Shaun Pirie moving into second equal with Callum Mutch and Greg just a post behind that. So we still have too Mutch on top.

Good to see Peter Hall back at the start although he declined to race. Grant Massie also put in a guest appearance.

**Age graded positions:** 1-Carol Massie (78.35%) 2- Gillian Strachan (77.51%) and 3- Charlie Noble (73.80%). This still leaves Robbie leading Keith Buchan and Carol. Charlie has pointed out to me that his course Pb set at 61 of 31:40 is still higher than the best of those three - 85.16%. So come on guys there's a challenge.

Race 10 will take place on 17 August but next Wednesday is the Peter Ritchie Mormond Hill Handicap race which is set to take place on 10 August. So come get your names down in Team Reach as I only see 5 starters so far. Hope to have the start handicaps published over the weekend.

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 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
03/08/2022	<b>9</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		03/08/2022
<b>JIM BOWIE</b>	<b>14:10</b>	<b>38:23</b>	<b>52:33</b>	<b>1</b>	<b>10</b>	<b>5</b>	<b>73.56</b>	<b>7:32</b>	<b>4:41</b>	<b>33:34</b>	<b>28:14</b>
<b>GILLIAN STRACHAN</b>	<b>18:30</b>	<b>34:41</b>	<b>53:11</b>	<b>2</b>	<b>9</b>	<b>3</b>	<b>77.51</b>	<b>6:48</b>	<b>4:14</b>	<b>33:21</b>	<b>26:53</b>
<b>EUAN SIMPSON</b>	<b>18:20</b>	<b>34:57</b>	<b>53:17</b>	<b>3</b>	<b>8</b>	<b>4</b>	<b>69.05</b>	<b>6:51</b>	<b>4:16</b>	<b>35:04</b>	<b>24:08</b>
<b>SHAUN PIRIE</b>	<b>19:05</b>	<b>34:25</b>	<b>53:30</b>	<b>4</b>	<b>7</b>	<b>2</b>	<b>63.54</b>	<b>6:45</b>	<b>4:12</b>	<b>34:10</b>	<b>21:52</b>
<b>MORAG THOMPSON</b>	<b>13:30</b>	<b>40:19</b>	<b>53:49</b>	<b>5</b>	<b>6</b>	<b>9</b>	<b>65.98</b>	<b>7:54</b>	<b>4:55</b>	<b>36:30</b>	<b>26:36</b>
<b>CAROL MASSIE</b>	<b>14:50</b>	<b>39:06</b>	<b>53:56</b>	<b>6</b>	<b>5</b>	<b>8</b>	<b>78.35</b>	<b>7:40</b>	<b>4:46</b>	<b>36:17</b>	<b>30:38</b>
<b>GREG BRUCE</b>	<b>15:30</b>	<b>38:42</b>	<b>54:12</b>	<b>7</b>	<b>4</b>	<b>6</b>	<b>57.15</b>	<b>7:35</b>	<b>4:43</b>	<b>37:15</b>	<b>22:07</b>
<b>RICHARD MUTCH</b>	<b>15:40</b>	<b>38:46</b>	<b>54:26</b>	<b>8</b>	<b>3</b>	<b>7</b>	<b>61.31</b>	<b>7:36</b>	<b>4:43</b>	<b>36:28</b>	<b>23:46</b>
<b>DAVID ABERNETHY</b>	<b>10:05</b>	<b>45:09</b>	<b>55:14</b>	<b>9</b>	<b>2</b>	<b>11</b>	<b>56.22</b>	<b>8:51</b>	<b>5:30</b>	<b>36:18</b>	<b>25:23</b>
<b>ROBBIE COOMAN</b>	<b>25:00</b>	<b>30:15</b>	<b>55:15</b>	<b>10</b>	<b>1</b>	<b>1</b>	<b>71.96</b>	<b>5:56</b>	<b>3:41</b>	<b>27:20</b>	<b>21:46</b>
<b>CHARLIE NOBLE</b>	<b>15:00</b>	<b>40:47</b>	<b>55:47</b>	<b>11</b>		<b>10</b>	<b>73.80</b>	<b>8:00</b>	<b>4:58</b>	<b>31:40</b>	<b>30:06</b>