

## Summer Handicap Run 10 – 17 August 2022

16 runners entered tonight, 14 of which were racing. David Abernethy was a little late on the scene so picked a shorter run while Jim Bowie set off on his own.

Thanks to Andrew for doing starting duties. It's a good job we don't rely on his memory for the finishing positions as when asked when he got home who won he couldn't remember. He first suggested it was Jim Bowie and then offered David Abernethy as the winner. As we see above, neither of these two were actually racing the route.

Callum Mitch has lowered his Pb for the second time this season with a 34:56 clocking, a good 20 sec off his previous best.

The heat of the past few weeks has disappeared with a bit of a cloud cover and a northerly breeze making it favourable running conditions.

Good to see to first timers tonight with both Stephen Hadden and Malcolm Taylor joining in the fun.

First back was Morag with Callum and Greg closing in fast. This was a Season's best for Morag (39:40) and Greg back in the under 38 min again. Other seasons best were Robbie Cooman 28:51 Mark Brown 29:44; Both massive improvements.

Richard had been looking like a cert for first position when with 2.7km to go he lost his footing on the drop down off the rail line and turned his ankle. He hobbled home to finish in 53:27. Hopefully his X-ray shows no breaks and only minor ligament disruption.

This allowed both Callum and Greg to leapfrog him at the top of the table, so it's Callum- 49pts; Greg - 47 pts; Richard - 44 pts and Shaun - 44pts. Just two races to go and all to run for. A couple of 10 pointers can make massive changes to the current positions, bringing may ,more runners into contention.

**Age graded positions:** 1-Carol Massie (76.33%) 2- Robbie Cooman (75.45%) and 3- Charlie Noble (75.41%).

Race 11 will take place on 31 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
17/08/2022	<b>10</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		17/08/2022
MORAG THOMPSON	13:15	39:40	52:55	1	10	7	67.06	7:47	4:50	36:30	26:36
CALLUM MUTCH	18:05	34:56	53:01	2	9	4	68.03	6:51	4:15	35:16	23:46
GREG BRUCE	15:05	37:59	53:04	3	8	5	58.23	7:27	4:38	37:15	22:07
GRACE RENNIE	14:50	38:30	53:20	4	7	6	64.11	7:33	4:42	38:17	24:41
GRAEME CLARK	12:10	41:16	53:26	5	6	10	69.71	8:05	5:02	32:49	28:46
ROBBIE COOMAN	24:35	28:51	53:26	6	5	1	75.45	5:39	3:31	27:20	21:46
SHAUN PIRIE	19:10	34:21	53:31	7	4	3	63.66	6:44	4:11	34:10	21:52
STEPHEN HADDEN	10:30	43:29	53:59	8		12	53.81	8:32	5:18		23:24
ALISON WEST	11:45	42:23	54:08	9	3	11	63.43	8:19	5:10	39:33	26:53
MALCOLM TAYLOR	10:00	44:19	54:19	10		13	56.79	8:41	5:24		25:10
CHARLIE NOBLE	14:35	39:55	54:30	11	2	8	75.41	7:50	4:52	31:40	30:06
CAROL MASSIE	14:25	40:08	54:33	12	1	9	76.33	7:52	4:53	36:17	30:38
MARK BROWN	24:50	29:44	54:34	13		2	73.54	5:50	3:37	28:47	21:52
RICHARD MUTCH	15:15	53:27	1:08:42	14		14	44.47	10:29	6:31	36:28	23:46