

Summer Handicap Run 11 – 31 August 2022

12 runners signed up for tonight's race, the penultimate race in the summer series. Looked like perfect conditions for running but apparently not for navigation.

Thanks to Joyce and Karen for doing starting duties with all runners being set off on schedule. Tracey and Laurella also ran the course as non counters.

Good to see Brian Urquhart return for only the second time in the summer. A 33:34 clocking, a considerable improvement from his previous run (2:15 improvement) puts him into the reckoning for top three age graded times with a 84.11% pushing Robbie Youngson, Keith Buchan and Carol Massie at the top.

In his second run, Malcolm Taylor decided to add a bit on the race route by missing the left fork on the exit to Philorth. Fortunately he realised his mistake before he got to Aberdeen. A lesson learnt.

In a close finish Charlie was pushed all the way by a fast finishing Morag. Morag recorded 38:50, a 50sec seasons best, and it is fair to say she was particularly pleased with her pacing. Charlie ran his second fastest of the year, 38:32. Needless to say he reported feeling particularly poorly before the start. Shaun took third spot.

Pbs were also recorded for Shaun, 33:51 (9 sec) and Grace Rennie, 38:08 (9 sec)

Callum Mutch was delighted with his 4 points which maintained his lead at the top, just 2 points in front of Shaun and a further point ahead of Greg. But Charlie and Morag are breathing down their necks. So is Greg going to be the bridesmaid yet again or will he catch the flowers this time. And let's not forget Richard who is still resting up by doing 100 miler bike rides before the finale in a fortnights time. So all to play for again so lets get a good turn to say goodbye to the summer

Age graded positions: 1-Brian Urquhart (84.11%) 2- Charlie Noble (78.11%) and 3- Robbie Cooman (74.20%).

Race 12 will take place on 14 September.

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
31/08/2022	11	TIME	53'33"				%	Per Mile	per Km		31/08/2022
CHARLIE NOBLE	14:10	38:32	52:42	1	10	7	78.11	7:33	4:42	31:40	30:06
MORAG THOMPSON	13:55	38:50	52:45	2	9	8	68.50	7:37	4:44	36:30	26:36
SHAUN PIRIE	19:10	33:51	53:01	3	8	3	64.60	6:38	4:08	34:10	21:52
GRACE RENNIE	15:05	38:08	53:13	4	7	5	64.73	7:29	4:39	38:17	24:41
ALISON WEST	11:20	41:56	53:16	5	6	10	64.11	8:13	5:07	39:33	26:53
CAROL MASSIE	14:00	39:24	53:24	6	5	9	77.75	7:44	4:48	36:17	30:38
CALLUM MUTCH	18:35	35:14	53:49	7	4	4	67.46	6:55	4:18	34:56	23:46
GREG BRUCE	15:35	38:24	53:59	8	3	6	57.60	7:32	4:41	37:15	22:07
ROBBIE COOMAN	24:40	29:20	54:00	9	2	1	74.20	5:45	3:34	27:20	21:46
BRIAN URQUHART	20:40	33:34	54:14	10	1	2	84.11	6:35	4:05	32:13	28:14
GILLIAN STRACHAN	18:50	DNF	DNF	DNF			#VALUE!	#VALUE!	#VALUE!	33:21	26:53
MALCOLM TAYLOR	09:35	DNF	DNF	DNF			#VALUE!	#VALUE!	#VALUE!		25:10