

## Summer Handicap Run 12 – 14 September 2022

After a bit of cajoling by Alison, 13 runners signed up for tonight's race, the finale of the summer series. Despite what I remember as quite a warm summer it seemed that the exception was Race night Wednesday. The oft repeated description was it was windy. Well it was no different as Race 12 served up the strongest wind of the season full in your face on the run back down the line to the finish. So if you didn't make the most of the first couple of miles then you were chasing a lost cause.

Thanks to Alison and Duncan for doing starting duties with all runners being set off on schedule.

Brian Urquhart made a last ditch effort to knock Robbie and Keith off the top of the Age graded category. Good to see Robbie also racing to defend his position at the top. In the conditions Robbie recorded his second best performance of the summer league to retain top spot while Brian narrowly missed toppling Keith Buchan from second to grab third place from Carol.

Malcolm Taylor learnt his lesson from last time by sticking to the route and finished with his best time of the season to set his Pb for the Summer course.

Grace Rennie didn't arrive in time for her start but took inspiration from starting alongside Robbie to reduce her Pb by 30sec to 37:38 in the less than ideal conditions while running solo for the entire race.

Malcolm held on to his lead all the way to the finish to herald the arrival of the Callum v Greg battle for top spot. Callum has seemingly had his eye on top spot all year and was delighted to cross the line in front of Greg by a mere 5 sec to take 10 points and the title with Robbie finishing fast in fourth.

Greg once more had to play consort while Callum took the Series crown. Charlie won his own battle with a closing Carol to take third overall.

Well done to everyone who made it such a close race all season. Hopefully we'll see a few more runners take on the winter series which starts at 6pm on Wednesday 12 October from the swimming pool doors.

**Race 12 Age graded positions:** 1-Robbie Youngson (84.10%) 2- Charlie Noble (76.82%) and 3- Carol Massie (76.20%).

**Overall Summer Series result:** 1 Callum Mutch 2 -Greg Bruce 3 - Charlie Noble

**Overall Age graded Winter/Summer:** 1- Robbie Youngson (84.55%) 2 - Keith Buchan (82.94%) 3 - Brian Urquhart (81.50%)

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
14/09/2022	<b>12</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		14/09/2022
MALCOLM TAYLOR	09:35	43:40	53:15	1			57.63	8:34	5:19		25:10
CALLUM MUTCH	18:20	35:08	53:28	2	10		67.65	6:53	4:17	34:56	23:46
GREG BRUCE	15:10	38:23	53:33	3	9		57.62	7:32	4:41	37:15	22:07
ROBBIE YOUNGSON	22:20	31:14	53:34	4	8		84.10	6:07	3:48	29:53	26:16
STUART CRAIB	20:20	33:25	53:45	5	7		68.93	6:33	4:04	32:49	23:02
CHARLIE NOBLE	15:00	39:11	54:11	6	6		76.82	7:41	4:47	31:40	30:06
GILLIAN STRACHAN	18:50	35:27	54:17	7	5		75.83	6:57	4:19	33:21	26:53
CAROL MASSIE	14:10	40:12	54:22	8	4		76.20	7:53	4:54	36:17	30:38
BRIAN URQUHART	20:15	34:18	54:33	9	3		82.31	6:44	4:11	32:13	28:14
MORAG THOMPSON	14:45	41:05	55:50	10	2		64.75	8:03	5:00	36:30	26:36
DAVID ABERNETHY	09:40	46:36	56:16	11	1		54.47	9:08	5:41	36:18	25:23
GRACE RENNIE	22:20	37:38	59:58	12	3		65.59	7:23	4:35	38:08	24:41
GRAEME CLARK	12:15	48:22	00:37	13			59.48	9:29	5:54	32:49	28:46