

Summer Handicap Run 01 – 12 April 2023

Well here we are in Summer again and its still time to wrap up nice and warm. Wind from the south today making the first km a tough one. Wind seemed to be pushing back on us all the way til the last 2k. Alison made the mistake of catching Charlie too soon and was then left to give him shelter over the first couple of miles. So it was all very similar to the first race of 2023.

The conditions made sure that no one managed to hit par with only Charlie and Tracey getting close. Well done to Malcolm on beating his last seasons PB for the course but it was perhaps a soft target after his improvements over the winter. A decent turn out given the non optimal conditions. Everyone with exception of Charlie and Tracey benefit from the 25 sec increase in their handicap. Well done to Tracey who was a bit of a wizard by coming within a minute of her PB after not the best start to her competitive year, following her adventures in Oz.

So first 3 finishers on the night were Charlie, Tracey and Scott Gibb. But with both Tracey and Scott non-counters for points on the night, Charlie took 10 pts; Stuart Craib 9pts and Malcolm 9 pts.

Age graded positions: 1- Charlie Noble (73.74%) 2- Keith Buchan (72.55%) and 3- Stuart Craib (70.21%). This means there is no change in the Age Graded table for 2022/23 with Robbie Youngson leading Carol and Gillian into the summer .

Please note that runners are no longer required to arrive before 6pm provided you have registered before noon on Teamreach App indicating that you intend running. Should you find that your circumstances change please remove your name from the App. The same principle applies for all Club activities listed on the App so we know you are coming along.

Race 2 will take place on 26 April from Golf Club car park/Dunes as usual.

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
12/04/2023	1	TIME	53'33"				%	Per Mile	per Km		12/04/2023
CHARLIE NOBLE	12:50	0:40:49	53:39	1	10	7	73.74	8:00	4:58	31:40	30:06
TRACEY WESTON	-0:08:05	1:01:48	53:43	2		16	47.76	12:07	7:32	1:00:53	29:31
SCOTT GIBB	07:50	0:46:16	54:06	3		14	56.77	9:04	5:38		26:16
STUART CRAIB	21:02	0:33:04	54:06	4	9	1	70.21	6:29	4:02	32:49	23:13
MALCOLM TAYLOR	11:00	0:43:30	54:30	5	8	11	57.85	8:32	5:18	43:40	25:10
MARTIN WATT	17:25	0:37:11	54:36	6	7	4	61.95	7:17	4:32	33:21	23:02
DAVID ABERNETHY	11:05	0:43:40	54:45	7	6	12	58.59	8:34	5:19	36:18	25:35
RICHARD MUTCH	13:40	0:41:30	55:10	8	5	8	57.27	8:08	5:03	36:28	23:46
DUNCAN ABERNETHY	17:00	0:38:18	55:18	9	4	5	65.71	7:31	4:40	33:22	25:10
SHAUN PIRIE	20:05	0:35:20	55:25	10	3	3	61.89	6:56	4:18	33:51	21:52
ALISON WEST	13:00	0:42:29	55:29	11	2	10	63.99	8:20	5:11	39:33	27:11
MORAG THOMPSON	14:15	0:42:06	56:21	12	1	9	63.86	8:15	5:08	36:30	26:53
GREG BRUCE	17:00	0:39:49	56:49	13		6	55.84	7:48	4:51	37:15	22:14
KEITH BUCHAN	23:55	0:33:16	57:11	14		2	72.55	6:31	4:03	28:05	24:08
MIKE HARTLEY	14:25	0:43:45	58:10	15		13	63.92	8:35	5:20	36:11	27:58
GRAEME CLARK	12:20	0:50:14	1:02:34	16		15	57.83	9:51	6:07	32:49	29:03
ANDREW WEST	17:40	TK	#VALUE!	TK			#VALUE!	#VALUE!	#VALUE!	34:27	
CAROL MASSIE	14:25	TK	#VALUE!	TK			#VALUE!	#VALUE!	#VALUE!	36:17	