

Summer Handicap Run 04 – 24 May 2023

Perhaps the first day of summer but still a pesky breeze which this week was in your face coming back down the line. Nice cooling for some though.

Thanks to Martin Watt and Shaun Pirie for doing the starting duties and getting everyone off on time (almost).

First finisher was again Jim Bowie improving his previous run by over a minute to finish over a minute clear of Brian who also improved his time by over a minute. Third finisher was Grace Rennie. (1)

It still appears that running conditions are not yet optimal with only the first 3 beating their handicap. No Pbs either but 5 did improve their season best. - Brian, Jim, Grace, Greg and Morag

This all leaves Stuart Craib in the lead but Jim Bowie's consecutive 10 pointers have put him right in the mix. Despite his poor run Charlie remains in 3rd slot.

Age graded positions: 1- Brian Urquhart (82.23%) 2- Carol Massie (75.75%) and 3- Jim Bowie (73.77%). As predicted, Brian has jumped into second place in the Age Graded competition forcing Carol down to third and both still behind Robbie Youngson.

The points allocation between the earlier starters (The Hares ) and the later ones (The Hounds) this week: The Hares gathered 27 points and The Hounds 30 points.

So the Hounds came out on top again this week, but a better week to be a Hare.

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 5 will take place on 7 June (already) 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>

*(1) Grace was started a bit earlier than her start time which meant she finished in front of Greg and Morag. Adjustment in points has been made to account for this so that no one is disadvantaged. Grace retains her 8 points for crossing line in third place as it was no fault of hers. Greg and Morag both have been given the points they would have achieved had Grace started at her time.*

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
24/05/2023	<b>4</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		24/05/2023
JIM BOWIE	13:40	0:38:38	52:18	1	10	4	73.77	7:35	4:42	33:34	28:30
BRIAN URQUHART	19:00	0:34:20	53:20	2	9	1	82.23	6:44	4:11	32:13	28:14
GRACE RENNIE	14:45	0:39:05	53:50 [1]	3	8	5	63.16	7:40	4:46	37:38	24:41
GREG BRUCE	15:45	0:37:58	53:43	4	8	3	58.56	7:27	4:38	37:15	22:14
MORAG THOMPSON	13:00	0:40:46	53:46	5	7	6	65.94	8:00	4:58	36:30	26:53
RICHARD MUTCH	12:55	0:41:16	54:11	6	5	8	57.59	8:05	5:02	36:28	23:46
CAROL MASSIE	14:00	0:40:58	54:58	7	4	7	75.75	8:02	5:00	36:17	31:02
MALCOLM TAYLOR	11:50	0:43:20	55:10	8	3	10	58.08	8:30	5:17	41:42	25:10
ALISON WEST	12:35	0:42:48	55:23	9	2	9	63.51	8:24	5:13	39:33	27:11
ANDREW WEST	17:40	0:37:49	55:29	10	1	2	65.45	7:25	4:37	34:27	24:45
CHARLIE NOBLE	14:25	0:44:38	59:03	11		11	67.44	8:45	5:26	31:40	30:06
DAVID ABERNETHY	09:50	DNF	#VALUE!	DNF			#VALUE!	#VALUE!	#VALUE!	36:18	25:35

[1] Grace was started along with Charlie- 20 sec early so finished 2 places higher than she would otherwise have finished had she started at her set time. Greg and Morag received extra point to credit where they would have finished had Grace started at her time.