

Summer Handicap Run 03 – 10 May 2023

Summer is getting closer. Sunshine, but of course accompanied by a strong wind in runners face on the way out making the early miles tough. To make matters worse the tail wind on the home run was accompanied by the first of the summers warmth so making the finish no less tough than the start.

David Abernethy had the honour of starting first and topped and tailed it by coming home dead last. (Or maybe last dead!) He was even beaten to the finish line by a group of lady golfers carrying their clubs.

Thanks to Tracey and Robbie C for doing the starting duties and getting everyone off on time.

First finisher was Jim Bowie in his first summer effort of the season, chased home by Keith Buchan who has a perfect summer attendance.

These two were the only runners to beat their Handicap which confirms it wasn't an easy night for times. Martin Watt took third just outside his handicap. The only Pb went to Shaun Pirie who continues to improve with a 35 sec off Race 1 Keith Buchan and Mike Hartley did run a seasons best though.

Early days yet but Stuart Craib has made a solid start and leads with 21 pts, ahead of Charlie (away trying to wrestle back his Age Graded No 1 position at Aberbeeg parkrun), and Martin Watt, both with 19pts. It feels strange not mentioning Greg (damn I've mentioned him) but he is still languishing back on 2 pts.

Age graded positions: 1- Brian Urquhart (80.02%) 2- Keith Buchan (76.69%) and 3- Jim Bowie (71.49%). This means there is no change at the top of the Age Graded table for 2022/23 with Robbie Youngson leading Carol and Gillian into the summer. However the recent entry of Brian has spiced things up for the remainder of the season. His third run should see a change in the pecking order.

I thought it would be interesting to have a look at the distribution of points between the earlier starters (The Hares) and the later ones (The Hounds). This week The Hares gathered 18 points and The Hounds 37 points. So the Hounds came out on top this week. Not a good 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 4 will take place on 24 May 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
10/05/2023	3	TIME	53'33"				%	Per Mile	per Km		10/05/2023
JIM BOWIE	13:25	00:39:52	53:17	1	10	9	71.49	7:49	4:51	33:34	28:30
KEITH BUCHAN	23:05	0:30:17	53:22	2	9	1	79.69	5:56	3:41	28:05	24:08
MARTIN WATT	16:50	0:36:57	53:47	3	8	5	62.34	7:15	4:30	33:21	23:02
STUART CRAIB	20:55	0:33:09	54:04	4	7	2	70.04	6:30	4:02	0:32:39	23:13
SHAUN PIRIE	19:40	0:34:45	54:25	5	6	3	63.12	6:49	4:14	35:20	21:56
MORAG THOMPSON	13:25	0:41:00	54:25	6	5	10	65.57	8:02	5:00	36:30	26:53
CALLUM MUTCH	17:25	0:37:12	54:37	7	4	6	64.38	7:18	4:32	34:56	23:57
BRIAN URQUHART	19:25	0:35:17	54:42	8	3	4	80.02	6:55	4:18	32:13	28:14
GREG BRUCE	16:10	0:39:12	55:22	9	2	7	56.72	7:41	4:47	37:15	22:14
MIKE HARTLEY	13:35	0:42:18	55:53	10	1	11	66.12	8:18	5:09	36:11	27:58
DUNCAN ABERNETHY	17:05	0:39:36	56:41	11		8	63.55	7:46	4:50	33:22	25:10
DAVID ABERNETHY	10:15	0:47:38	57:53	12		12	53.71	9:20	5:48	36:18	25:35