

Summer Handicap Run 05 – 7 June 2023

Definitely the summer has come. Most were brave enough to sport short sleeves or vests so all's well in the world. However we are still waiting for the times to reflect the amount of effort being put in as it was not easy going.

Thanks to Richard and Brenda Mutch for doing the starting duties and getting everyone off on time and sorting out a few individuals timing issues with their watches. It was a lot easier with the original Casios as these smart watches ain't that smart all the time.

Expectations we're running high for Jim Bowie to extend his run of 10 pointers but it was not to be on the night. First back and with time for a bit of sunbathing, was Scott Gibb who has perhaps being holding a bit back in reserve in his first few runs, finishing 1m25s in front of Martin Watt in second and a dead heat for 3rd between Greg and Brian a further 11s back. He was well chuffed to be going head to head with Brian in the closing few metres.

Signs of improvement overall with 6 out of the 14 runners beating their handicap. Course Pbs for Scott and Seasons best by Martin, Brian, Greg and Morag.

This all puts Martin Watt in the lead a head of Stuart Craib with Jim Bowie in third.

Age graded positions: 1- Brian Urquhart (83.04%) 2- Carol Massie (72.54%) and 3- Jim Bowie (71.91%). Robbie Youngson still leads ahead of Brian and Carol.

The points allocation between the earlier starters (The Hares) and the later ones (The Hounds) this week: The Hares gathered 25 points and The Hounds 31 points. So the Hounds came out on top again this week

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 6 will take place on 21 June from Golf Club car park/Dunes as usual. Lisa Allan is the volunteer starter. Last time I looked she didn't have an assistant so if you re available and willing to assist let Lisa know.

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
07/06/2023	5	TIME	53'33"				%	Per Mile	per Km		07/06/2023
SCOTT GIBB	08:20	0:43:19	51:39	1	10	11	60.64	8:30	5:17		26:16
MARTIN WATT	16:35	0:36:29	53:04	2	9	3	63.13	7:09	4:27	33:21	23:02
GREG BRUCE	15:35	0:37:40	53:15	3	8	5	59.03	7:23	4:35	37:15	22:14
BRIAN URQUHART	19:15	0:34:00	53:15	3	8	2	83.04	6:40	4:09	32:13	28:14
MORAG THOMPSON	12:45	0:40:38	53:23	5	6	9	66.16	7:58	4:57	36:30	26:53
STUART CRAIB	20:30	0:32:57	53:27	6	5	1	70.46	6:28	4:01	32:39	23:13
GRACE RENNIE	14:30	0:39:32	54:02	7	4	7	62.44	7:45	4:49	37:38	24:41
JIM BOWIE	14:55	0:39:38	54:33	8	3	8	71.91	7:46	4:50	33:34	28:30
MALCOLM TAYLOR	11:25	0:43:27	54:52	9	2	12	57.92	8:31	5:18	41:42	25:10
DUNCAN ABERNETHY	16:40	0:38:22	55:02	10	1	6	65.60	7:31	4:41	33:22	25:10
GRAEME CLARK	11:55	0:43:51	55:46	11		13	66.25	8:36	5:21	32:49	29:03
CAROL MASSIE	13:35	0:42:47	56:22	12		10	72.54	8:23	5:13	36:17	31:02
GILLIAN STRACHAN	19:00	0:37:36	56:36	13		4	70.74	7:22	4:35	33:21	26:36
CHARLIE NOBLE	14:00	0:45:07	59:07	14		14	66.72	8:51	5:30	31:40	30:06