

Summer Handicap Run 06 – 21 June 2023

Well that was some rain causing flooding all round the town but it didn't stop Race 6 going ahead as planned. Mind you the floods had largely cleared by start time so there was no reason not to have a good run. But it was a hot and humid night for running. Several runners who had indicated their reluctance to turn out in wellies earlier in the afternoon had changed their minds by 6 pm. Only a few puddles remained to tell the story so underfoot conditions were good. It was however very hot and airless over much of the route, so it was unusual to welcome the section through Philorth which offered slightly cooler conditions. Our correspondent was also glad of the excuse to stop for a walk to allow horse and rider to pass safely. Any excuse will do!

Thanks to Lisa Allan for doing the starting duties which she must have found a little easier than the Highland Cross last weekend.

It was good to welcome Nathan Graham to his first Handicap race. Charlie had offered to chaperone him and to help with his pacing round the 5.1 miles. Call me a sceptic but was it just to ensure that he didn't run fast enough to beat him home. In the event Charlie did slow him down a bit on the line, just enough to create a wee gap between himself and Nathan. But Nathan was not finished and he picked up the pace, leading to a sprint to the finish and a dead heat. Looks like there is more to come. So Charlie and a few others will have to up their game next time out.

The line proved as always to be longer than its measured distance and a bit of cat and mouse ensued 😊 as runners drew on each other to help get to the finish, which seems further away each race.

Only one Pb tonight, from race winner Shaun Pirie who was also the only one to beat their par time. So if you think your handicap is going to be much better than those who may have finished in front of you - think again. (*I'm thinking about you Charlie*). However you will be 25sec better than those who didn't race.

So no real change in the table at the half way stage other than Martin Watt has increased his lead by 3 points from Stuart Craib and Jim Bowie in third. Oops and Morag is in Third place too.

Age graded positions: 1- Brian Urquhart (81.60%) 2- Gillian Strachan (71.15%) and 3- Jim Bowie (70.25%). 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 18 points and The Hounds 31 points. So the Hounds came out on top again this week. The fast are getting faster, quicker.

Race 7 will take place on 5 July from Golf Club car park/Dunes as usual. Robbie Cooman is the volunteer starter. Last time I looked he didn't have an assistant so if you re available and willing to assist let me 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>

Slowcoach (Correspondent - SloMo)

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
21/06/2023	6	TIME	53'33"				%	Per Mile	per Km		21/06/2023
SHAUN PIRIE	19:15	00:34:09	53:24	1	10	2	64.23	6:42	4:10	0:34:45	21:56
MARTIN WATT	17:05	0:36:33	53:38	2	9	4	63.02	7:10	4:27	33:21	23:02
GRACE RENNIE	14:05	0:39:37	53:42	3	8	6	62.31	7:46	4:50	37:38	24:41
MORAG THOMPSON	12:55	0:40:51	53:46	4	7	9	65.81	8:01	4:59	36:30	26:53
STUART CRAIB	20:35	0:33:20	53:55	5	6	1	69.65	6:32	4:04	32:39	23:13
RICHARD MUTCH	12:30	0:41:39	54:09	6	5	10	57.06	8:10	5:05	36:28	23:46
BRIAN URQUHART	19:35	0:34:36	54:11	7	4	3	81.60	6:47	4:13	32:13	28:14
JIM BOWIE	14:30	0:40:34	55:04	8	3	8	70.25	7:57	4:57	33:34	28:30
GREG BRUCE	15:55	0:39:45	55:40	9	2	7	55.93	7:48	4:51	37:15	22:14
GILLIAN STRACHAN	18:35	0:37:23	55:58	10	1	5	71.15	7:20	4:33	33:21	26:36
ALISON WEST	12:10	0:45:02	57:12	11		13	60.36	8:50	5:29	39:33	27:11
CHARLIE NOBLE	13:35	0:44:30	58:05	12		12	67.64	8:44	5:25	31:40	30:06
NATHAN GRAHAM	13:35	0:44:30	58:05	13		11	48.88	8:44	5:25		21:45