

## Summer Handicap Run 07 - 5 July 2023

Very unpredictable weather this past week and tonight was no exception with dark thunder clouds all day but only a few isolated showers. A gentle breeze from south but the rain stayed away making it decent running conditions.

Thanks to Robbie Cooman for doing the starting duties with assistance from Laurella and Gaynor.

Nathan, having the “*assistance*” of Charlie for his debut race last time, started on his own with full responsibility for pacing. He seemed to make good job of it, finishing within a few seconds of his previous time in 7th place. Charlie was bit concerned that he might have went off course when he was still not in sight as the chasers came out of Philorth. But all was well, he was just up the hill and round the corner.

Conditions must have been reasonable as 6 runners matched or beat their handicap time. Two Pbs: from Stuart Craib and Shaun Pirie and 4 seasons bests: Lisa Allan, Martin Watt, Andrew West and Grace Rennie.

Grace took over minute off seasons best to be first home followed by Stuart and Duncan, who is coming back to form.

*Two-watches* Lisa ran her first race this season after realising she had a free night. She didn't say which arm was the faster: 😊. Not sure if her decision to race was the wisest decision after resting all day trying to alleviate a swollen knee 😊

Martin Watt still leads by 3 points on 45pts from Stuart Craib on 42pts with Morag consolidating her 3rd place on 31pts. But watch your back as Grace is now just 1pt behind.

Age graded positions: 1- Lisa (73.89%) 2- Stuart Craib (71.47%) and 3- Jim Bowie (71.25%). 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 28 points and The Hounds 27 points. So the Hares turned the tables this week and beat the Hounds.

Race 8 will take place on 19 July from Golf Club car park/Dunes as usual. Graeme Clark is the volunteer starter.

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
05/07/2023	<b>7</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		05/07/2023
GRACE RENNIE	13:55	0:38:23	52:18	1	10	7	64.31	7:32	4:41	37:38	24:41
STUART CRAIB	20:15	0:32:29	52:44	2	9	1	71.47	6:22	3:58	32:39	23:13
DUNCAN ABERNETHY	16:15	0:36:42	52:57	3	8	6	68.57	7:12	4:28	33:22	25:10
MARTIN WATT	17:00	0:36:18	53:18	4	7	4	63.96	7:07	4:25	33:21	23:13
SHAUN PIRIE	19:25	0:34:01	53:26	5	6	2	64.48	6:40	4:09	34:09	21:56
MORAG THOMPSON	12:40	0:40:54	53:34	6	5	10	65.73	8:01	4:59	36:30	26:53
NATHAN GRAHAM	09:05	0:44:37	53:42	7		13	48.75	8:45	5:26		21:45
ANDREW WEST	17:15	0:36:29	53:44	8	4	5	67.84	7:09	4:27	34:27	24:45
JIM BOWIE	14:05	0:40:00	54:05	9	3	9	71.25	7:51	4:52	33:34	28:30
GREG BRUCE	15:30	0:39:13	54:43	10	2	8	56.69	7:41	4:47	37:15	22:14
LISA ALLAN	19:20	0:35:41	55:01	11	1	3	73.89	7:00	4:21	32:24	26:22
CHARLIE NOBLE	13:10	0:43:04	56:14	12		11	69.89	8:27	5:15	31:40	30:06
GRAEME CLARK	11:30	0:45:44	57:14	13		14	63.52	8:58	5:34	32:49	29:03
CAROL MASSIE	13:10	0:44:19	57:29	14		12	70.03	8:41	5:24	36:17	31:02