

Summer Handicap Run 09 - 2 August 2023

Race report a little different this week with thoughts from both race 8 and 9 brought to you from Special Correspondents from within the race itself. So thanks to Morag and Greg for their view from the course.

Race 8 - 19 July

“Back by popular demand, Race 8 highlights from a runners perspective.

Running late from work as usual I was lucky to get to the start line in time, getting changed out of the boot of a car with no race kit was interesting. Lucky I had a matching pair of jimmys to be fair. I missed all the pre-race chat but I was there long enough to totally distract our time keeper, sorry Alison, as she missed David Abernethy's start time. David however, unphased, laughed it off in true Abernethy style and went on his merry way. Nathan Graham, intent on a proper warm up, also missed his start time and was set off along with Richard Mutch.

Having raced the night before, my legs actually felt good so I set off in hot pursuit of the main man Charlie Noble, knowing if I was to pass him I had to do it on a hill. Timing my approach to almost perfection I passed him. Just to pass isn't good enough though, you have to commit so I spotted Richard Mutch in front and focused on him, knowing I had to be near him over the last 2k to stand a chance of passing him too. It was a balmy night and there was no one else to be seen so it was just me and my foot steps.

Crossing the road between the railway lines, I took my usual breather on the hill and walked. Not wanting to look behind I could hear speedy foot steps approaching. Rest over, off I go again, Richard, I'm coming to get you. A kilometre of head down and one foot in front of the other I finally caught him and passed him, but the little monkey did a Charlie and tucked in behind and just sat there. Jim Bowie was the speedy footsteps I heard at the road who had now caught us, passed us and kept going forward, Richard then swapped trains and jumped on the Bowie Express, I did think should I try, but I'm a big feerty. Turns out it was the right decision as having not paid his fare Richard was chucked off the express. Now I had a second chance, a third chance and a fourth chance it turns out, every injection of speed I put in Richard was shoulder to shoulder until his parting words were “your killing me” which I foolishly thought meant I'm falling off, oh no! He put the hammer down and in 50 metres he had me and Jim both. Not to be left out I tried really hard to catch Jim but he too put in a burst of surprise so I had to settle for 3rd. 4 seconds separating the top 3 places and a seasons best for both Richard and I. Richard, you are welcome 😂😂

Having caught my breath I then witnessed Duncan Abernethy holding his breath and tippy toeing to creep up on Brian Urquhart to have him on the finish line. It's never over until you cross that finish line.

It turned out that David missing his start time was no biggie as he joined a late Grace who was testing out new jimmys but getting blisters in the first 2 miles and jogged home together. “

- SloMo

Race 9 - 2 August

“Tentatively 16 athletes showed face for race 9 with much anticipation with the usual chat of this is sore, that’s sore, don’t feel good, not feeling it inite etc etc.

Jennifer Reid was timekeeper and set everyone off efficiently - thanks Jen.

Nathan now counting for points was early again and set off on another excessive warmup (despite better advice) but made it back in good time for his starting slot. Meanwhile Richard Mutch (not for the 1st time) bashed out a wee 38 miler on the racer bike earlier as a w/u (it worked) to get the legs moving for tonight’s effort!

1st home tonight was Shaun Pirie....helped by his bowel movements...can’t say hindered as was only 4 seconds off his PB, a juggernaut of a guy with his 2nd 10 pointer of the season only equalled by Jim Bowie thus far; 2nd back was runaway (no pun intended) Martin Watt... thanks to a “hey min” shout of encouragement fae Gregsie around the 4 mile mark; 3rd was Hightower Dru West with another great effort.

Going into race 10 where the nitty gritty really starts, Martin sits pretty at the top with 61 points having scored in 8, will now be hoping for big points as lowest to knock off is a 4pt & 2 7pts. But he is 13 pts ahead of 2nd place Stuart Craib, the Strichen Maestro on 48 pts who has also scored in 8, but has a 1 & 2 5pts to chip away at; Jim on 41 pts, having scored in 7 is having a good steady season. But must mention Morag 2 pts further adrift in 4th, who is leading the ladies podium charge, having scored in 7 races.”

- Average Gregsie x

Good to see both Robbies racing tonight again after a long spell off with their respective injuries.

Thanks again to Morag and Greg for their insight. For those that have been reluctant about coming along please do so and share the fun. The more the merrier.

Race 10 will take place on 16 August from Golf Club car park/Dunes as usual. Euan will be 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>

Slowcoach

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
02/08/2023	9	TIME	53'33"				%	Per Mile	per Km		02/08/2023
SHAUN PIRIE	19:00	0:34:05	53:05	1	10	2	64.35	6:41	4:09	34:01	21:56
MARTIN WATT	17:45	0:35:46	53:31	2	9	5	64.91	7:01	4:22	33:21	23:13
ANDREW WEST	16:50	0:36:43	53:33	3	8	6	67.41	7:12	4:28	34:27	24:45
RICHARD MUTCH	13:10	0:40:32	53:42	4	7	10	58.63	7:57	4:56	36:28	23:46
CHARLIE NOBLE	12:19	0:41:41	54:00	5	6	11	72.21	8:10	5:05	31:40	30:06
STUART CRAIB	20:50	0:33:11	54:01	6	5	1	69.96	6:30	4:03	32:29	23:13
SCOTT GIBB	10:15	0:43:53	54:08	7	4	14	59.86	8:36	5:21	43:19	26:16
JIM BOWIE	14:40	0:39:37	54:17	8	3	9	71.94	7:46	4:50	33:34	28:30
GREG BRUCE	15:00	0:39:24	54:24	9	2	8	56.43	7:44	4:48	37:15	22:14
CAROL MASSIE	12:45	0:42:30	55:15	10	1	12	73.02	8:20	5:11	36:17	31:02
LISA ALLAN	18:30	0:37:07	55:37	11		7	71.04	7:17	4:31	32:24	26:22
NATHAN GRAHAM	11:40	0:44:25	56:05	12		15	48.97	8:43	5:25		21:45
ROBBIE YOUNGSON	21:25	0:34:56	56:21	13		4	75.19	6:51	4:15	29:53	26:16
ALISON WEST	11:55	0:44:32	56:27	14		16	61.04	8:44	5:26	39:33	27:11
MORAG THOMPSON	13:40	0:43:40	57:20	15		13	61.56	8:34	5:19	36:30	26:53
ROBBIE COOMAN	24:15	0:34:23	58:38	16		3	63.35	6:45	4:11	27:20	21:47