

Summer Handicap Run 12 - 13 September 2023

Well that's the last of the Summer Series. What started as off as a pleasant summer morning progressively turned cooler and cooler with a strengthening wind. However it appears that it made good running conditions with a couple of Pbs; 3 seasons bests and several others getting close, with the possible exception of reluctant runner Greg Bruce. His stroll up and down Ben Nevis this week and the associated preparations and celebrations seems to have taken its toll.

Thanks to Alison for doing the starting duties. She must have been pleased that she got her run done in the more pleasant climate in the morning.

Pbs from Scott Gibb and Shaun Pirie; Seasons best from Lisa and the two Robbies.

Special mention to Robbie Youngson, who was stirred out of his complacency when Brian took over top place in the Age graded league, to produce his best run in some time and regain top spot and retain his hold on the title for another year. Unfortunately Brian was unable to run this week due to an injury so we were deprived of the final head to head. Maybe next year?

Overall champion this year however is Martin Watt who has scored in every race he started in this season. Race 4 was the only gap in his scoring when he didn't race. Nevertheless his 8 counting runs meant he finished on 66pts, ahead of Jim Bowie on 58pts and Shaun Pirie on 56 pts. Jim also scored in every one of the 10 races he took part in. Shaun improved his Pb on four occasions this season. Perhaps a lesson on the benefits of consistency there?

Age graded positions: 1- Robbie Youngson (82.00%) 2- Lisa Allan (75.59%) and 3- Charlie Noble (74.51%). Charlie's best run for some time.

The points allocation between the earlier starters (The Hares) and the later ones (The Hounds) this week: The Hares gathered 27 points and The Hounds 28 points. So the Hounds narrowly beat the Hares on the final race.

Well done to everyone who took part in the seasons races and we can look forward to the dark nights racing in the forthcoming Winter season. There has been a bit of a tail off in numbers coming lately so we would welcome a few more to take part in some or all of the Winter series. Everyone has a chance of getting on the scoring table.

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
13/09/2023	12	TIME	53'33"				%	Per Mile	per Km		13/09/2023
SCOTT GIBB	09:00	43:09	52:09	1	10	11	60.87	8:28	5:16	43:19	26:16
ROBBIE YOUNGSON	20:35	32:02	52:37	2	9	2	82.67	6:17	3:54	29:53	26:29
CHARLIE NOBLE	11:50	41:00	52:50	3	8	9	74.51	8:02	5:00	31:40	30:33
LISA ALLAN	18:05	34:53	52:58	4	7	5	76.25	6:50	4:15	32:24	26:36
SHAUN PIRIE	19:15	33:47	53:02	5	6	4	64.92	6:37	4:07	34:01	21:56
JIM BOWIE	14:35	38:38	53:13	6	5	8	73.77	7:35	4:42	33:34	28:30
STUART CRAIB	20:25	32:52	53:17	7	4	3	70.64	6:27	4:00	32:29	23:13
MARTIN WATT	17:50	36:00	53:50	8	3	6	64.49	7:04	4:23	33:21	23:13
ROBBIE COOMAN	23:25	31:00	54:25	9	2	1	70.27	6:05	3:47	27:20	21:47
DUNCAN ABERNETHY	16:45	37:46	54:31	10	1	7	66.64	7:24	4:36	33:22	25:10
GREG BRUCE	13:50	42:41	56:31	11		10	52.09	8:22	5:12	37:15	22:14