



Fraserburgh Running Club Records

**Peter Ritchie
Mormond Hill
Handicap Race**

Category/ position	1 mile	3k	5k	5 mile	Summer Race Night	Winter Race Night	10k	10 mile	Half Marathon	Marathon	50k	100k	12 hour	24 hour	Peter Ritchie Mormond Hill Handicap Race
All Time Male															
1st	Robbie Cooman 4:40 Union Street Mile 27/08/2022	Max Abernethy 8:41 Aberdeen Summer Proms 01/06/2022	Max Abernethy 14:29 Armagh International Road Race, 09/02/2023	Charlie Noble 26:47:00 Alloa Road Race, 24/03/1991	Max Abernethy 27:04:00 2021	Max Abernethy 28:16:00	Max Abernethy 30:10:00 River Ness 10k, 1/10/2023	Charlie McIntyre 52:48:00 Ferranti, 31/07/1988	Charlie McIntyre 1:07:27 Buckie Half Marathon 31/06/1985	Charlie McIntyre 2:25:28 London Marathon 22/4/1990	Charlie Noble 3:26:44 Speyside Way 14/04/2002	Charlie Noble 8:43:00 Self Transcendence 100k, Edinburgh, 20/5/2007	Charlie Noble 56 Miles Mormond Hill 12hr Race, 14/09/2019	Charlie Noble 113.336 Miles Perth Ultra Fest, 14/9/2008	Keith Buchan 50:58:00 2016
2nd	Max Abernethy 4:52 Union St Mile, 2/8/2018	Keith McIntyre 9:16 Peterhead 3k 24/09/2022	Charlie McIntyre 15:26 Inverness Championships, 23/05/1987	Michael Geoghegan 28:58:00 Cupar 5, 7/3/2020	Robbie Cooman 27:20:00	Keith Buchan 29:54:00	Charlie McIntyre 30:40:00 Cooper Park, 7/05/1988	Charlie Noble 55:20:00 Coasters Road Race, Turiff, 28/03/1991	Charlie Noble 1:11:34 Tain Half, 2/05/1987	Keith McIntyre 2:39:21 London Marathon 23/04/2023	Mark Caldwell 03:58:12 D33 Ultra (53km) 19/03/2011	Richard Mutch 54.5 Miles Mormond Hill 12hr Race, 14/09/2019	Euan Simpson 100.6 AOG Central Church 24/7, 7/7/2023	Jonathan Buchan 51:02:00 2019	
3rd	Brian Urquhart 5:27 Union St Mile, 25/08/2018	Charlie Noble 9:39 Aberdeen Beach 3k, 2000	Robbie Cooman 15:35 Inverness Campus 5k, 23/7/2021	Mark Caldwell 31:51:00 Irvine AC 5, 20/7/2015	Keith Buchan 28:05:00	Mark Brown 30:40:00	Keith McIntyre 32:16:00 Back To Basics 10k 6/6/2021	Keith Buchan 56:21:00 Lossiemouth Turkey Trot 11/12/2016	Keith Buchan 1:12:10 Kinloss Half, 18/02/2007	Charlie Noble 2:42:02 Dundee Marathon 29/04/1984	Robbie Youngson 04:06:07 D33 Ultra (53km) 15/03/2014	Graeme Clark 51.4 Miles Glenmore 12hr, 7/9/2019	David Gilmore 51.5 Miles Glenmore 24hr, 7/9/2019	Barry Ingram 53:38:00 2015	
4th	Duncan Abernethy 5:41 Union St Mile, 24/8/2019	Calum Crichton 9:52 Metro Proms, 2/12/2016	Keith McIntyre 15:40 Ury Riverside Parkrun	Graeme Clark 38:39:00 Monumental Challenge 23/10.2016	Jonathan Buchan 28:44:00	Jonathan Buchan 31:21:00	Charlie Noble 32:31:00 Buckie 10k, 16/10/1988	Keith McIntyre 57:23:00 Longside Loop 03/06/2023	Robbie Cooman 1:13:36 Lossiemouth Half, 16/03/2020	Robbie Cooman 2:42:22 London Marathon 03/10/2021	Ally Mathers 04:34:10 D33 Ultra (53km) 15/03/2014	David Abernethy 40.7 miles Glenmore 12hr, 7/9/2019	Robbie Cooman 54:50:00 2019		
5th		Andrew Blackhall 10:01 Metro Proms, 28/03/2014	Charlie Noble 16:04 Peterhead 5k, 05/09/1990		Mark Brown 28:47:00	Robbie Youngson 32:26:00	Keith Buchan 33:38:00 Aberdeen Baker Hughes 10k27/05/2007	Robbie Cooman 57:25:00 Longside Loop 07/05/2022	Max Abernethy 1:13:47 Dyce Half Marathon 07/08/2022	Keith Buchan 2:43:12 Lochader, Fort William, 27/04/2008	Michael Dick 04:55:34 D33 Ultra (53km) 17/03/2012		Callum Crichton 55:02:00 2017		
6th		Stephen Nibloe 10:15 Metro Proms, 4/11/2016	Jonathan Buchan 16:33 Inverness Campus 5k, 12/07/2019		Alexander Beedie 29:08:00	Derek Milne 33:27:00	Robbie Cooman 33:38:00 River Ness 10k, 1/10/2023	Stuart Mutch 58:26:00 Longside Loop 7/05/2022	Keith McIntyre 1:16:44 Inverness Half Marathon 13/03/2022	Stuart Mutch 02:45:56 Manchester Marathon 3/04/2022	David Gilmore 05:00:58 D33 Ultra (53km) 10/03/2018		Grant Massie 55:41:00 2017		
7th		Stuart Mutch 10:16 Metro Proms, 5/4/2013	Mark Brown 16:48 Ellon Parkrun, 23/9/2023		Andrew Blackhall 29:22:00	Stuart Craib 34:49:00	Jonathan Buchan 33:58:00 Loch Ness 10k, 6/10/2019	Barry Ingram 59:18:00 Lossiemouth Turkey Trot, 7/12/2014	Stuart Mutch 1:18:15 Inverness Half 13/03/2022	Robbie Youngson 2:50:16 London Marathon 3/10/2021	Alexander Duncan 05:15:22 D33 Ultra (53km) 10/03/2018		Frank Mcdermott 57:03:00 2015		
8th		Grant Massie 10:19 Metro Proms, 3/11/2017	Keith Buchan 16:50 Ellon Parkrun, 8/7/2017		Stuart Mutch 29:35:00	Duncan Abernethy 34:54:00	Mark Brown 34:08:00 River Ness 10k, 1/10/2023	Jonathan Buchan 59:56:00 Lossiemouth Turkey Trot 16/12/2018	Michael Geoghegan 1:18:55 Balloch Clydebank HM, 14/3/2004	Stephen Milne 2:54:02 Leeds Marathon, 16/05/1999	David Abernethy 06:31 D33 Ultra (53km) 15/03/2014		John Watt 57:58:00 2016		
9th		Mark Brown 10:27 Metro Proms, 6/10/2017	Michael Geoghegan 16:57 Doncaster Town Centre 5k, 13/7/2016		Robbie Youngson 29:53:00	Brian Urquhart 35:10:00	Stuart Mutch 35:02:00 Metro Aberdeen Beach 10k 3/06/2022	Mark Brown 60:41:00 Lossiemouth Turkey Trot 17/12/2017	Barry Ingram 1:19:06 Fraserburgh Half, 21/11/2010	Andrew Blackhall 2:56:00 London Marathon, 23/04/2017			George Noble 58:09:00 2019		
10th		Barry Ingram 10:41 Metro Proms, 5/2/2016	Andrew Blackhall 17:19 Aberdeen Parkrun 2/6/2018		Grant Massie 30:16:00	Graeme Clark 35:17:00	Andrew Blackhall 35:18:00 Loch Ness 10k, 23/9/2018	Robbie Youngson 62:18:00 Lossiemouth Turkey Trot, 13/12/2015	Andrew Blackhall 1:19:39 Inverness Half, 12/3/2017	James Burnett 2:56:23 Greater Manchester Marathon, 2/4/2017			Stuart Craib 59:49:00 2021		



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Category/ position	1 mile	3k	5k	5 mile	Summer Race Night	Winter Race Night	10k	10 mile	Half Marathon	Marathon	50k	100k	12 hour	24 hour		
All Time Female																
1st	Gillian Strachan 05:48 Aberdeen Union St Mile 27/07/2016	Gillian Strachan 11:20 Metro Proms, 2/10/2009	Marie Duthie 17:01 Peterhead Seagull 5k, 05/09/1990		Lisa Allan 32:24:00 2019	Lisa Allan 34:13:00	Marie Duthie 34:18:00 Elgin, 1990	Marie Duthie 58:13:00 Inverness 10, 23/09/1990	Marie Duthie 1:15:54 Fraserburgh Half, 13/10/1990	Lisa Allan 3:07:28 London Marathon 03/10/2021	Gillian Strachan 04:46:22 D33 Ultra (53km) 12/03/2016		Gillian Strachan 62.3 Glenmore 12hr, 2015	Gillian Strachan 100 miles Glenmore 24 1/09/2018	Elaine Whyte 00:57:32 2008	
2nd	Laurella Noble 06:27 Westminster Mile, 26/05/2019	Morag Thompson 12:16 Metro Proms, 3/3/2017	Lisa Allan 19:13 Ellon Parkrun, 21/9/2019		Gillian Strachan 33:21:00	Gillian Strachan 36:21:00	Elaine Whyte 38:18:00 River Ness 10k, 5/10/2008	Elaine Whyte 62:18:00 Lossiemouth Turkey Trot, 14/12/2008	Elaine Whyte 1:24:19 Kinloss Half, 17/2/2008	Nicole Campbell 3:07:52 Loch Rannoch Marathon 16/10/2022	Patricia Dick 05:08:51 D33 Ultra (53km) 14/03/2015		Morag Thompson 51 Miles Glenmore 12hr, 7/9/2019		Jill Noble 00:59:12 2019	
3rd	Alison West 07:13 Aberdeen Union St Mile, 26/08/2023	Ella-May Duncan 12:18 Metro Proms, 7/10/2016	Gillian Strachan 20:08 Aberdeen Parkrun 16/10/2021		Claire Gauld 35:55:00	Carol Massie 37:16:00	Lisa Allan 39:14:00 Moray Road Runners 10k, 1/4/2018	Lisa Allan 64:55:00 Lossiemouth Turkey Trot, 15/12/2019	Lisa Allan 1:27:03 Inverness Half, 8/3/2020	Elaine Whyte 3:09:52 Lochaber Marathon, 19/4/2009	Katherine Mitchell 05:18:00 D33 Ultra (53k), 15/03/2014		Brenda Mutch 26.8 Miles Mormond Hill 12hr Race, 14/09/2019		Lisa Allan 01:00:57 2015	
4th		Carol Massie 12:28 Metro Proms, 6/3/2020	Mackenzie Mitchell 20:25 Aberdeen Parkrun, 20/2/2016		Carol Massie 36:17:00	Morag Thompson 39:06:00	Jill Noble 39:44:00 Fraserburgh 10k, 12/6/2016	Gillian Strachan 67:37:00 Lossiemouth, 13/12/2009	Nicole Campbell 1:28:06 Fraserburgh Half 20/11/2022	Marie Duthie 3:12:00 London Marathon, 12/04/1992	Carol Massie 05:21:31 Dava Way 50k 13/11/2021		Gaynor Devine 26.8 Miles Mormond Hill 12hr Race, 14/09/2019		Gillian Strachan 01:02:59 2016	
5th		Alison West 13:54 Metro Proms, 1/10/2021	Jill Noble 20:41 Ellon Parkrun, 16/3/2019		Maureen Garden 36:17:00	Grace Rennie 40:51:00 Race 12, 2020	Gillian Strachan 39:47:00 Fishie 10k, Fetterangus, 13/8/2006	Carol Massie 74:15:00 Peterhead 10, 18/09/2016	Gillian Strachan 1:29:23 Inverness Half, 13/3/2005	Carol Massie 3:17:43 London Marathon, 28/04/2015					Ella-May Duncan 01:04:12 2016	
6th		Rhona Hadden 14:25 Metro Proms, 7/12/2018	Claire Gauld 20:51 Aberdeen Parkrun, 25/5/2019		Ella-May Duncan 36:23:00	Alison West 41:20:00 Race 12, 2020	Carol Massie 41:27:00 Buckie 10k, 19/4/2015	Ella-May Duncan 76:20:00 Peterhead 10, 18/09/2016	Jill Noble 1:31:36 15/11/2015	Patricia Dick 3:20:10 Moray Marathon, Elgin, 31/8/2003					Claire Gauld 01:04:26 2019	
7th		Tracey Weston 19:40 Metro Proms, 7/01/2022	Ella-May Duncan 21:07 Elgin Parkrun, 22/10/2016		Morag Thompson 36:30:00	Joyce Leith 41:30:00	Nicole Campbell 42:16:00 Fraserburgh 10k 12/06/2022	Morag Thompson 76:20:00 Peterhead 10, 18/09/2016	Mackenzie Mitchell 1:34:15 Inverness Half, 12/3/2017	Gillian Strachan 3:23:08 Manchester Marathon 03/04/2022					Carol Massie 01:11:53 2021	
8th		Gaynor Devine 19:53 Metro Proms, 7/12/2018	Carol Massie 21:07 Aberdeen Parkrun, 2/5/2015		Laurella Noble 37:14:00	Lynne Marie Masson 42:09:00	Ella-May Duncan 43:17:00 Loch Ness 10k, 25/9/2016	Alison West 79:13:00 Longside Loop, 2021	Carol Massie 1:35:02 Run Garioch Half, 22/3/2015	Morag Thompson 3:34:33 London Marathon, 23/4/2017					Morag Thompson 01:12:38 2023	
9th			Morag Thompson 21:27 Elgin Parkrun, 11/03/2017		Grace Rennie 37:38:00	Morag Thompson 42:11:00	Morag Thompson 44:23:00 Fraserburgh 10k, 24/05/2015	Karen Abernethy 95:10:00 Longside Loop, 7/05/2022	Patricia Dick 1:37:52 Dyce Half, 7/8/2005	Ella-May Duncan 3:38:28 Stirling Marathon, 21/5/2017					Alison West 01:17:25 2019	
10th			Vicki Eldar 21:31 Ellon parkrun, 29/4/2017		Jayne Watt 38:27:00	Ella-May Duncan 38:31:00	Sandra Milne 44:58:00 Dyke 10k, 25/9/2014		Morag Thompson 1:38:24 Kinloss Half, 19/2/2017	Sandra Milne 3:31:15 London Marathon, 17/04/2005					Nicola Moir 01:19:03 2017	



Fraserburgh Running Club Track Records

Category/ position	400m	1500m	Track Mile	3000m	5000m	10,000m
All Time Male						
1st	Jensen Strachan 72.01 FRC Standards Event, 27/11/2020	Max Abernethy 04:01:02 Scottish National Athletics League Grangemouth 18/06/2023	Robbie Cooman 5:29 FRC Standards Event, 6/09/2021	Max Abernethy 8:28 BMC Regional Race, Glasgow 2/06/2023	Max Abernethy 14:44 Aberdeen Summer Open, 16/7/2023	Charlie Noble 37:16:00 Andrew Forbes Memorial, Coatbridge 15/10/2006
2nd		Calum Crighton 04:44:07 Aberdeen AAC Club Championships 1/09/2016	Derek Milne 5:40 FRC Standards Event, 6/09/2021	Charlie McIntyre 9:04 Shire Harriers Dundee, 30/07/1988	Charlie McIntyre 15:06 Inverness, 18/05/1985	
3rd	Jensen Strachan 05:37 FRC Standards Event, 09/11/2020	Jensen Strachan 5:44 FRC Standards Event, 15/11/2021	Israel Noble 9:57:00 FRC Standards Event, 15/11/2021	Calum Crighton 17:44 Aberdeen AAC Club Champs, 5/5/2016		
4th		Graeme Clark 5:51 Aberdeen AAC Club Championships, 7/4/2014	Calum Crighton 10:05:00 Aberdeen AAC Club Champs, 20/4/2016	Frank Mcdermott 19:00 Police Sports Champs, 9/6/2016		
5th		Brian Urquhart 5:52 FRC Standards Event, 24/10/2022	Graeme Clark 11:19 Aberdeen AAC Championship 20/04/2016	Charlie Noble 21:10 Scottish Athletics National Championship 26/05/2019		
6th		Euan Simpson 5:58 FRC Standards Event, 26/10/2020	Derek Milne 11:40 FRC Standards Event, 6/09/2021	Darren Mutch 21:27 FRC Standards Event, 6/09/2021		
7th		George Moir 6:02 FRC Standards Event, 6/09/2021	Greg Bruce 13:02 FRC Standards Event, 6/09/2021	Mike Hartley 23:07 FRC Standards Event, 6/09/2021		
8th		Andrew West 6:07 FRC Standards Event, 24/10/2022				
9th		Richard Mutch 06:23 FRC Standards Event, 6/09/2021				
10th		Johnny Beedie 06:30 FRC Standards Event, 6/09/2021				



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Category/ position	400m	1500m	Track Mile	3000m	5000m	10,000m
All Time Female						
1st	Marie Duthie	Alycia McKay	Marie Duthie	Alycia McKay	Gillian Strachan	
	04:43 Inverness, 09/09/1990	06:02 FRC Standards Event, 15/11/2021	10:00 Meadowbank 06/06/1990	22:58 FRC Standards Event, 6/09/2021	42:18:00 FRC Standards Event, 15/11/2021	
2nd		Joyce Leith	Laurella Noble		Morag Thompson	
		06:58 FRC Standards Event, 24/10/2022	13:44 FRC Standards Event, 26/10/2020		48:12:00 FRC Standards Event, 15/11/2021	
3rd		Alison West	Tracey Weston			
		07:00 FRC Standards Event, 06/09/2021	19:56 FRC Standards Event, 6/09/2021			
4th		Laurella Noble				
		07:07:00 FRC Standards Event, 26/10/2020				
5th		Amy Irvine				
		07:36:00 FRC Standards Event,15/11/2021				
6th		Diane Lumsden				
		07:56:08 FRC Standards Event, 24/10/2022				
7th		Jennifer Beedie				
		08:32 FRC Standards Event, 6/09/2021				
8th		Brenda Mutch				
		09:28 FRC Standards Event, 6/09/2021				
9th						
10th						