

## Summer Handicap Run 01 – 10 April 2024

Well here we are in Summer again. Oh no it wasn't. Wind from the south today to add to the incessant rain all afternoon and indeed most of the week and month left the railway line a sea of puddles and mud. Fortunately it wasn't too cold for the runners. However it wasn't very pleasant of the starters, Alison and Carol who did great job in less than ideal circumstances. Hopefully they'll find Sundays wee run easier than Race night.

Good to see Emma Fraser starting her first Summer race along with Pat and Wilson Willox in their first Race night. Being unfamiliar with the route, Graeme and Duncan did the honours and escorted them around the course. Despite the weather I think everyone did enjoy the adventure.

Despite the weather there was only the one incident to report. Rather a strange one really but no harm suffered. Turning into the line at Rathen Station, Pat and Graeme commented on the rather strange bird sounds seemingly coming from the adjacent trees. A strange Whoop-Whoop repeating sound. The bird appeared to be following them along the line while keeping out of sight.

A few minute later Graeme happened to glance at his watch and realised that there was an unusual message on the screen replacing the normal pace, power and heart rate data. The Whoop-Whoop sounds seemed to be quite close by this time. It was only then that he realised that the watch had detected what appeared to it to be a Critical Incident requiring immediate assistance. It had thus instigated a text message to Graeme's wife to advise her that Graeme had come to some harm. The sound had been coming from his phone in his Flipbelt worn round his waist all the time and wasn't the rarely seen Lesser Spotted Garmin after all. After a bit of assistance in reading what was on his watch and messages on his phone he was able to advise his wife that all was well and she could therefore stand down the search party. So if you have one of the fancy Garmin watches which offers Incident Detection be aware that they are prone to send out false alerts triggered by as little as a sudden stop when doing even a relatively slow run. Or at least carry reading glasses to respond to the watches alert within the 30sec you get to cancel the alert. (Very small text).

Anyway on to the important stuff. A good turnout on such a poor night with 14 starters. The first 3 finishers on the night were Morag, David and Martin, who all managed to finish under the Handicap time. And well done to Nathan who posted a new Pb for the course.

Best 3 Age graded% were Dru (66.21%), Morag (64.49%) and Martin (62.19%).

Race 2 will take place on 24 April from Golf Club car park/Dunes as usual.

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
10/04/2024	<b>1</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		10/04/2024
MORAG THOMPSON	10:45	42:09	52:54	1	10	7	64.49	8:16	5:08	36:30	27:11
DAVID ABERNETHY	09:00	44:19	53:19	2	9	9	58.22	8:41	5:24	36:18	25:48
MARTIN WATT	16:05	37:20	53:25	3	8	2	62.19	7:19	4:33	33:21	23:13
RICHARD MUTCH	12:00	42:08	54:08	4	7	6	56.84	8:16	5:08	36:28	23:57
ANDREW WEST	16:45	37:41	54:26	5	6	3	66.21	7:23	4:36	34:27	24:57
EMMA FRASER	14:10	40:46	54:56	6		5	60.55	8:00	4:58		24:41
NATHAN GRAHAM	12:20	43:34	55:54	7	5	8	49.92	8:33	5:19	43:54	21:45
SHAUN PIRIE	20:15	36:10	56:25	8	4	1	60.65	7:05	4:24	33:47	21:56
GREG BRUCE	16:20	40:25	56:45	9	3	4	55.34	7:55	4:56	37:15	22:22
ANDY HIGGINS	06:35	52:25	59:00	10	2	12	56.06	10:17	6:23		29:23
DUNCAN ABERNETHY	15:15	45:48	1:01:03	11	1	10	55.42	8:59	5:35	33:22	25:23
WILSON WILLOX	15:15	45:48	1:01:03	11		10	0.00	8:59	5:35		
GRAEME CLARK	00:00:00	1:03:50	1:03:50	13		13	46.03	12:31	7:47	32:49	29:23
PAT WILLOX	00:00:00	1:03:50	1:03:50	13		13	0.00	12:31	7:47		