

## Summer Handicap Run 03 – 8 May 2024

Hot humid evening with little for no wind so ideal for some; not so for others.

Thanks to Shaun and Alison for doing starting and recording duties. Good to see Peter back from retirement and a short stint in Show business.

A much larger turn out of 15 tonight which was good to see.

3 Pbs from Nathan, Emma and Pat. We also had 9 of our 15 starters beat their handicap time, showing it was generally good running conditions. Hopefully this is the start of a good Summer season.

The first 3 finishes were Dru, Martin and Emma who just passed Morag approaching the finish. This was good enough for Dru and Martin to leap into a share of the lead in the overall League points, with Morag and Nathan sharing third spot.

Best 3 Age graded% were Robbie (81.65%), Gillian (75.43%) and Carol (72.12%). So Robbie retains his lead. But it is pretty close behind with Lisa, Carol and Gillian in hot pursuit and Charlie still clinging on to their tails.

Race 4 will take place on 22 May 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
08/05/2024	<b>3</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		08/05/2024
ANDREW WEST	16:20	35:38	51:58	1	10	3	70.02	6:59	4:21	34:27	24:57
MARTIN WATT	16:15	36:14	52:29	2	9	4	64.08	7:06	4:25	33:21	23:13
EMMA FRASER	15:38	36:52	52:30	3	8	6	66.95	7:14	4:30		24:41
MORAG THOMPSON	11:25	41:06	52:31	4	7	11	66.14	8:04	5:01	36:30	27:11
NATHAN GRAHAM	13:40	39:29	53:09	5	6	9	55.09	7:45	4:49	39:52	21:45
GILLIAN STRACHAN	16:50	36:26	53:16	6	5	5	75.43	7:09	4:26	33:21	27:29
STUART CRAIB	20:25	32:54	53:19	7	4	2	70.57	6:27	4:01	32:29	23:13
ROBBIE YOUNGSON	21:00	32:26	53:26	8	3	1	81.65	6:22	3:57	29:53	26:29
PETER HALL	14:30	39:03	53:33	9		8	67.82	7:39	4:46	32:20	26:29
GRACE RENNIE	15:00	39:47	54:47	10	2	10	61.21	7:48	4:51	37:38	24:21
GRAEME CLARK	10:10	44:39	54:49	11	1	14	65.81	8:45	5:26	32:49	29:23
CALLUM MUTCH	16:30	38:53	55:23	12		7	62.07	7:37	4:44	34:56	24:08
CAROL MASSIE	12:35	43:35	56:10	13		13	72.12	8:33	5:19	36:17	31:26
PAT WILLOX	00:00	56:52	56:52	14		15	55.28	11:09	6:56		31:26
GREG BRUCE	15:55	43:19	59:14	15		12	51.64	8:30	5:17	37:15	22:22