

## Summer Handicap Run 04 – 22 May 2024

The forecast was for rain before 6 pm and boy was it correct. The line was quickly turned into a series of water jumps with the a strong breeze helping on the way out. The down side was that the rain just got worse and the wind was head-on coming back to finish. Perhaps not surprisingly there was a bit of reluctance to come out the car before the start and not a lot of normal warmups to be seen. However there were a best of season turnout of 18 runners plus Alison and Maureen to do the starting duties. So thanks to both of them for not just turning round and heading home.

Good to see Alan Taylor coming along for his first race night. Not so much a baptism of fire: more a traditional baptism.

Everyone got started on time with the exception of Brian who is renown for getting lost during races. On this occasion he was posted missing having mistimed his warmup and not to be seen at his allotted start time.

The weather did mean relatively slower times tonight with a few exceptions. 5 runners managed to beat their handicap. Special mention to Nathan Graham again for continuing to improve his course set with a new Pb on the route, taking a massive 47 sec off his last run. Thats now 4 consecutive Pbs in the first 4 races of the season. Well done Nathan.

The first 3 finishes were Martin, Nathan and Duncan. Martin was particularly pleased having dipped under 7 min/mile pace for the first time in a wee while.

This leaves Nathan still leading the points table with 28 pts but Martin has now closed to 27 pts and Morag in 3rd with 20 pts.

Best 3 Age graded% were Brian (80.62%), Robbie (79.69%) and Lisa (77.33%). So Robbie retains his lead. But signs are that Brian is ready overtake him when he next finds his way to the start line. The heat is on. Lets hope for some heat anyway.

Race will take place on 5 June from Golf Club car park/Dunes as usual. Peter and Pat have both now set their handicap and will be eligible for points next run. Lets see another good turn out for hopefully some nice June weather.

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			H'cap	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
22/05/2024	<b>4</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		22/05/2024
MARTIN WATT	17:20	35:19	52:39	1	10	4	65.74	6:55	4:18	33:21	23:13
NATHAN GRAHAM	14:05	38:42	52:47	2	9	7	56.20	7:35	4:43	39:29	21:45
GRAEME CLARK	03:00	50:02	53:02	3		17	58.73	9:49	6:06	32:49	29:23
DUNCAN ABERNETHY	14:25	38:52	53:17	4	8	8	65.31	7:37	4:44	33:22	25:23
LISA ALLAN	18:55	34:24	53:19	5	7	3	77.33	6:45	4:12	32:24	26:36
PETER HALL	14:30	39:01	53:31	6		9	67.88	7:39	4:45	32:20	26:29
ALAN TAYLOR	03:00	50:53	53:53	7		18	54.47	9:59	6:12		27:43
BRIAN URQUHART	18:35	35:21	53:56	8	6	5	80.62	6:56	4:18	32:13	28:30
ROBBIE YOUNGSON	21:05	33:14	54:19	9	5	1	79.69	6:31	4:03	29:53	26:29
RICHARD MUTCH	11:35	43:03	54:38	10	4	13	55.63	8:26	5:15	36:28	23:57
STUART CRAIB	20:40	34:12	54:52	11	3	2	67.88	6:42	4:10	32:29	23:13
MORAG THOMPSON	12:25	42:44	55:09	12	2	11	63.61	8:23	5:12	36:30	27:11
CAROL MASSIE	12:10	43:22	55:32	13	1	15	72.48	8:30	5:17	36:17	31:26
SHAUN PIRIE	19:50	36:11	56:01	14		6	60.62	7:06	4:25	33:47	21:56
ANDREW WEST	17:55	39:08	57:03	15		10	63.76	7:40	4:46	34:27	24:57
MALCOLM TAYLOR	09:40	47:44	57:24	16		16	52.72	9:22	5:49	41:42	25:10
WILSON WILLOX	14:25	42:59	57:24	16		14	65.68	8:26	5:14		28:14
GREG BRUCE	15:55	42:50	58:45	18		12	52.22	8:24	5:13	37:15	22:22