

Summer Handicap Run 05 – 5 June 2024

Yet another mixed day of weather with thunderstorms around the region but thankfully it was dry tonight with a bit of a cross wind so not too bad conditions for running.

Good to see Alan Taylor returning and encouraging his wife Lillian to join the fun. We also had the debuts of Jenna Noble and Jennifer Anderson to swell the number of starters to 19. Hopefully well see them again in the forthcoming weeks. Make sure your watch is fully charged next time Jenna 😊

7 runners managed to beat their handicap finisher times so an indication of reasonable conditions and improving form.

Thanks to Sandra and Stephen Milne for coming out of retirement to reprise their roles as Handicap starters.

With Lillian and Alan still non-counters towards points as they have yet to have their handicap set, it was Martin who picked up another 10 points with Duncan and Charlie as second and third counters. This was a significant improvement by Martin; over 1 minute faster than last race and his best pace for some time. Both Duncan and Charlie also recorded their best time for the season.

Wilson Willox had the only Pb but there were another 6 seasons bests.

With the Broch 10k this Sunday perhaps a few runners were pacing themselves to leave some more in the tank for the race. There's still time to let Lisa know if you can bring some sandwiches or fancies to help with the after race spread. Or even help with marshalling the course.

Martin has now jumped over Nathan to lead the points table by a single point. Morag has quietly improved her points to be a clear third with Duncan and Lisa equal 4th. But next race will only be the half way stage.

Best 3 Age graded% were Lisa (77.74%), Carol (72.73%) and Charlie (69.56%). So Robbie who is currently recovering from man flu can perhaps breath a little easier while still retaining his lead in the Age graded competition.

Race will take place on 19 June 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			H'cap	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
05/06/2024	5	TIME	53'33"				%	Per Mile	per Km		05/06/2024
LILLIAN TAYLOR	02:40	49:41	52:21	1		17	63.27	9:45	6:03		31:26
MARTIN WATT	18:15	34:07	52:22	2	10	1	68.05	6:41	4:09	33:21	23:13
ALAN TAYLOR	02:40	49:55	52:35	3		18	56.03	9:47	6:05		27:58
DUNCAN ABERNETHY	14:40	38:04	52:44	4	9	4	66.68	7:28	4:38	33:22	25:23
CHARLIE NOBLE	09:15	43:55	53:10	5	8	12	69.56	8:37	5:21	31:40	30:33
LISA ALLAN	19:10	34:13	53:23	6	7	2	77.74	6:43	4:10	32:24	26:36
MORAG THOMPSON	12:00	41:34	53:34	7	6	9	65.40	8:09	5:04	36:30	27:11
GRAEME CLARK	09:45	44:22	54:07	8	5	13	66.23	8:42	5:24	32:49	29:23
NATHAN GRAHAM	14:50	39:19	54:09	9	4	5	55.32	7:43	4:47	38:42	21:45
RICHARD MUTCH	11:10	43:26	54:36	10	3	11	55.14	8:31	5:18	36:28	23:57
JENNIFER ANDERSON	09:45	45:04	54:49	11		14	55.14	8:50	5:30		24:51
GRACE RENNIE	14:35	40:23	54:58	12	2	7	60.30	7:55	4:55	37:38	24:21
SHAUN PIRIE	19:25	35:35	55:00	13	1	3	61.64	6:59	4:20	33:47	21:56
CAROL MASSIE	11:45	43:24	55:09	14		10	72.43	8:31	5:17	36:17	31:26
GREG BRUCE	15:30	39:59	55:29	15		6	55.94	7:50	4:52	37:15	22:22
WILSON WILLOX	14:00	41:30	55:30	16	3	8	68.03	8:08	5:03	42:24	28:14
ALISON WEST	11:45	45:45	57:30	17		15	60.07	8:58	5:35	39:33	27:29
JENNA NOBLE	09:45	48:40	58:25	18		16	50.24	9:33	5:56		24:27
DAVID ABERNETHY	09:15	00:00	09:15	DNF			#DIV/0!	0:00	0:00	36:18	25:48