

## Summer Handicap Run 06 – 19 June 2024

The earlier strong wind had almost disappeared by start time and although overcast, it was hot and humid.

Thanks to Morag and Lisa for doing starting duties tonight in preparation for their Highland Cross challenge this weekend. Gillain completes their team so best of luck for Saturday.

Lillian returned this week without Alan who was still a bit under the weather. She had the unenviable job task of starting first with the constant thought that the chase was on. She held everyone off until the finishing straight. Unfortunately its a very long, seemingly never-ending straight.

6 out of the 13 runners managed to beat their handicap finisher times so an indication of reasonable conditions and improving form. The summer flies were out in force but fortunately it seems the non biting variety.

Peter was back in the points tonight for the first time in several years. He was denied top spot however by another big Pb by Nathan. Graeme just held off Greg to finish third counter. This was Gregs best run for some time getting close to his course Pb.

There were 5 seasons bests to add to Nathans Pb.

The start numbers were slightly down this week with a few runners needing the additional time to recover from their efforts at the Broch 10k last Sunday and the forthcoming Peterhead 5k race on Friday.

Half way through the season the top three remain the same, although Nathan has jumped Martin to be top of the table. Morag remains in third with a large contingent closing in 4th place.

With the top hitters being absent this week the leading three Age graded% were Peter (69.39%), Graeme (67.55%) and Dru (66.74%). So no change at the top of Age Graded competition.

Race 7 will take place on 3 July from Golf Club car park/Dunes as usual. The Summer solstice has been left behind but hopefully, for better or worse, it is just the start of the summer proper.

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
19/06/2024	<b>6</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		19/06/2024
<b>NATHAN GRAHAM</b>	<b>14:25</b>	<b>37:17</b>	<b>51:42</b>	<b>1</b>	<b>10</b>	<b>3</b>	<b>58.34</b>	<b>7:19</b>	<b>4:33</b>	<b>38:42</b>	<b>21:45</b>
<b>PETER HALL</b>	<b>14:30</b>	<b>38:10</b>	<b>52:40</b>	<b>2</b>	<b>9</b>	<b>6</b>	<b>69.39</b>	<b>7:29</b>	<b>4:39</b>	<b>32:20</b>	<b>26:29</b>
<b>GRAEME CLARK</b>	<b>09:20</b>	<b>43:30</b>	<b>52:50</b>	<b>3</b>	<b>8</b>	<b>10</b>	<b>67.55</b>	<b>8:32</b>	<b>5:18</b>	<b>32:49</b>	<b>29:23</b>
<b>GREG BRUCE</b>	<b>15:05</b>	<b>37:50</b>	<b>52:55</b>	<b>4</b>	<b>7</b>	<b>5</b>	<b>59.12</b>	<b>7:25</b>	<b>4:37</b>	<b>37:15</b>	<b>22:22</b>
<b>RICHARD MUTCH</b>	<b>10:45</b>	<b>42:31</b>	<b>53:16</b>	<b>5</b>	<b>6</b>	<b>9</b>	<b>56.33</b>	<b>8:20</b>	<b>5:11</b>	<b>36:28</b>	<b>23:57</b>
<b>SHAUN PIRIE</b>	<b>19:00</b>	<b>34:20</b>	<b>53:20</b>	<b>6</b>	<b>5</b>	<b>1</b>	<b>64.13</b>	<b>6:44</b>	<b>4:11</b>	<b>33:47</b>	<b>22:01</b>
<b>LILLIAN TAYLOR</b>	<b>03:50</b>	<b>49:58</b>	<b>53:48</b>	<b>7</b>		<b>13</b>	<b>62.91</b>	<b>9:48</b>	<b>6:05</b>		<b>31:26</b>
<b>MARTIN WATT</b>	<b>19:25</b>	<b>34:53</b>	<b>54:18</b>	<b>8</b>	<b>4</b>	<b>2</b>	<b>66.56</b>	<b>6:50</b>	<b>4:15</b>	<b>33:21</b>	<b>23:13</b>
<b>ANDREW WEST</b>	<b>17:30</b>	<b>37:23</b>	<b>54:53</b>	<b>9</b>	<b>3</b>	<b>4</b>	<b>66.74</b>	<b>7:20</b>	<b>4:33</b>	<b>34:27</b>	<b>24:57</b>
<b>EMMA FRASER</b>	<b>16:40</b>	<b>38:46</b>	<b>55:26</b>	<b>10</b>	<b>2</b>	<b>7</b>	<b>63.67</b>	<b>7:36</b>	<b>4:43</b>	<b>36:52</b>	<b>24:41</b>
<b>DUNCAN ABERNETHY</b>	<b>15:30</b>	<b>40:45</b>	<b>56:15</b>	<b>11</b>	<b>1</b>	<b>8</b>	<b>62.29</b>	<b>7:59</b>	<b>4:58</b>	<b>33:22</b>	<b>25:23</b>
<b>ALISON WEST</b>	<b>11:20</b>	<b>45:42</b>	<b>57:02</b>	<b>12</b>		<b>12</b>	<b>60.14</b>	<b>8:58</b>	<b>5:34</b>	<b>39:33</b>	<b>27:29</b>
<b>WILSON WILLOX</b>	<b>13:35</b>	<b>45:00</b>	<b>58:35</b>	<b>13</b>		<b>11</b>	<b>62.74</b>	<b>8:49</b>	<b>5:29</b>	<b>41:30</b>	<b>28:14</b>