

Summer Handicap Run 07 – 17 July 2024

Its now 4 weeks since Race 6 was ticked off with 2 postponements due to course flooding, so it was a pleasant surprise have possibly the first Summer Race this year in Summer conditions.

Thanks to Robbie and Stuart for doing starting duties tonight with both electing the other to be in charge. In the event all runners were set off on time and times all recorded.

The 4 week break allowed Charlie to come back from Wales without having missed a race. He may have left a little of his fitness behind though.

Good to see 16 runners set off especially Callum Mutch for his second run. It would encourage Callum to see some more early entries for the Mormond Hill race to be held on 31 August at 11am. Starting at the Ritchie Hall it heads up hill to the Horse before returning down past the quarry to finish back at the park.

Entry via Entrycentral

https://www.entrycentral.com/Mormond-Hill-Run?fbclid=IwY2xjawEGWKtleHRuA2FlbQIxMQABHc_oFovbucJvIviyaN4JH1h6HIAE6YF2g5tiSbkgyQus09qeoYR94ZnZ_Q_aem-tc8qd2TiyRZxoUiFmR24A

A lot of work goes into organising these smaller local races with accompanying risk so its a case of use it or lose it.

Nathan continues to show great improvement with another big Pb of 36:08 finishing second to a flying Duncan who also had a 2 min seasons best. Shaun finished 3rd, equalling his Pb with 33:47.

We had 2 Pbs and 4 seasons bests. Was it the warmer weather or increased fitness?

So we have Nathan increasing his lead at the top on 51 pts, Martin still in 2nd with 47 pts and Duncan taking a large leap into 3rd with 30 pts.

The leading three Age graded% were Lisa (78.26%), Carol (74.43%) and Jim Bowie (71.03%). So no change at the top of Age Graded competition.

Race 8 will take place on 31 July from Golf Club car park/Dunes as usual. Next Wednesday sees us returning to White Cow Woods for Runbuchan.

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
17/07/2024	7	TIME	53'33"				%	Per Mile	per Km		17/07/2024
DUNCAN ABERNETHY	15:05	36:13	51:18	1	10	5	70.09	7:06	4:25	33:22	25:23
NATHAN GRAHAM	16:15	36:08	52:23	2	9	4	60.19	7:05	4:24	37:17	21:45
SHAUN PIRIE	19:15	33:47	53:02	3	8	1	65.17	6:37	4:07	33:47	22:01
JIM BOWIE	12:45	40:30	53:15	4	7	8	71.03	7:56	4:56	33:34	28:46
MARTIN WATT	19:00	34:22	53:22	5	6	3	68.09	6:44	4:11	33:21	23:24
CALLUM MUTCH	16:05	37:17	53:22	6	5	6	64.73	7:19	4:33	34:56	24:08
CAROL MASSIE	11:20	42:14	53:34	7	4	10	74.43	8:17	5:09	36:17	31:26
LISA ALLAN	19:20	34:21	53:41	8	3	2	78.26	6:44	4:11	32:24	26:53
GREG BRUCE	15:45	38:18	54:03	9	2	7	58.40	7:31	4:40	37:15	22:22
WILSON WILLOX	13:10	41:31	54:41	10	1	9	68.00	8:08	5:04	41:30	28:14
LILLIAN TAYLOR	03:50	51:12	55:02	11		13	61.39	10:02	6:14		31:26
ALISON WEST	10:55	44:31	55:26	12		11	61.74	8:44	5:25	39:33	27:29
ALAN TAYLOR	03:40	53:10	56:50	13		14	52.60	10:25	6:29		27:58
CHARLIE NOBLE	09:40	48:49	58:29	14		12	63.50	9:34	5:57	31:40	31:00
PAT WILLOX	00:00	58:56	58:56	15		16	54.04	11:33	7:11	56:52	31:51
GRAEME CLARK	10:05	53:56	04:01	16		15	54.48	10:35	6:34	32:49	29:23