

Summer Handicap Run 08 – 24 July 2024

Fine weather for the second successive race so summer really is here.

Thanks to Peter and George for doing starting duties tonight on what was Peters 60th birthday.

Good to see Brian Urquhart managing to race, having foregone his grandfather duties run in only his second Summer outing this season. This has put the pressure on to Robbie whose hopes to retain the Age graded title may have taken a wee dunt.

11 runners tonight took on the warm conditions slightly helped by a little breeze. 5 of them managed to beat their handicap with Brian finishing a clear first followed by Carol and Martin coming in almost together.

Wilson took a full minute off his Pb with Carol, Brian and Martin recording a seasons best.

Martins recent diet and training regime obviously paying off, allowing him to push Nathan back to second by 2 pts, leaving Duncan in third to enjoy his holiday. We may see things closing a bit at the top in coming weeks as Nathan as now scored in all 8 races and Martin 7 out the first 8.

The leading three Age graded% were Brian (83.18%), Robbie (81.28%) and Carol (75.11%). So no change at the top of Age Graded competition.....yet. Brian score is the best AG% for this years competition.

Race 9 will take place on 7 August from Golf Club car park/Dunes as usual. NB this is this week instead of the normal two week break to catch up on the rain postponements last month.

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
31/07/2024	8	TIME	53'33"				%	Per Mile	per Km		31/07/2024
BRIAN URQUHART	18:10	34:35	52:45	1	10	3	83.18	6:47	4:13	32:13	28:46
CAROL MASSIE	11:20	41:51	53:11	2	9	8	75.11	8:12	5:06	36:17	31:26
MARTIN WATT	19:10	34:02	53:12	3	8	2	68.76	6:40	4:09	33:21	23:24
ROBBIE YOUNGSON	20:40	32:35	53:15	4	7	1	81.28	6:23	3:58	29:53	26:29
WILSON WILLOX	12:45	40:34	53:19	5	6	6	69.60	7:57	4:57	41:30	28:14
JIM BOWIE	13:05	40:40	53:45	6	5	7	70.74	7:58	4:57	33:34	28:46
GREG BRUCE	15:20	38:28	53:48	7	4	5	58.15	7:33	4:41	37:15	22:22
LILLIAN TAYLOR	03:25	50:30	53:55	8	3	11	62.24	9:54	6:09	49:41	31:26
NATHAN GRAHAM	17:25	36:36	54:01	9	2	4	59.43	7:11	4:28	36:08	21:45
GRAEME CLARK	09:40	45:41	55:21	10	1	9	64.32	8:57	5:34	32:49	29:23
CHARLIE NOBLE	09:15	46:37	55:52	11		10	66.50	9:08	5:41	31:40	31:00