

Summer Handicap Run 09 – 7 August 2024

Going to be a busy few weeks with this catch up race held only one week after Race 8 with Race 10 scheduled for next week and the Mormond Handicap run the week after.

Dru assisted Graeme with the starting duties while the racers took on the warm and sticky conditions with a strong wind doing little to help keep them cool.

Brian, perhaps sensing an opportunity to seize the lead in the age graded race turned up ready to race for the second consecutive week. Robbie, the current leader was there too to take on the challenge head on.

10 runners toed the start line with half of them succeeding on beating their handicap at the finish

Yet another Pb for Nathan after a bit of a recount which has allowed him to recapture a share of the lead in the Points table with Martin Watt on 60 pts. However it was Peter Hall who was first back tonight with a seasons best after his warm weather training in Spain. He was followed in by Nathan and Robbie Youngson, who also recorded his season best. Duncan in finishing 4th, jumps up to be 3rd place in the Points table a little back on 37pts.

Greg appears to have given up the chase for this season crown blaming his recent struggle to recover his usual form on a return to chasing the round ball around a grass park.

The leading three Age graded% were Robbie (82.80%), Brian (82.23%) and Carol (75.50%). So Robbie retakes the lead and will be looking forward to his forthcoming birthday to give him a bit more leeway in the current 2 way race. I believe it is not til the last race of the season so plenty hard work to do between now and then.

Race 10 will take place this coming Wednesday, 14 August 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
07/08/2024	9	TIME	53'33"				%	Per Mile	per Km		07/08/2024
PETER HALL	15:25	37:00	52:25	1	10	6	72.21	7:15	4:31	32:20	26:43
NATHAN GRAHAM	17:00	35:44	52:44	2	9	4	60.87	7:00	4:21	36:08	21:45
ROBBIE YOUNGSON	21:00	31:59	52:59	3	8	1	82.80	6:16	3:54	29:53	26:29
DUNCAN ABERNETHY	17:20	35:51	53:11	4	7	5	70.80	7:02	4:22	33:22	25:23
CAROL MASSIE	11:40	41:38	53:18	5	6	8	75.50	8:10	5:04	36:17	31:26
MARTIN WATT	19:30	34:12	53:42	6	5	2	68.42	6:42	4:10	33:21	23:24
BRIAN URQUHART	19:00	34:59	53:59	7	4	3	82.23	6:52	4:16	32:13	28:46
CHARLIE NOBLE	08:50	45:28	54:18	8	3	10	6.66	31:16	56:43	31:40	31:00
GREG BRUCE	15:05	40:10	55:15	9	2	7	55.68	7:53	4:54	37:15	22:22
DAVID ABERNETHY	09:15	49:55	59:10	10	1	9	51.69	9:47	6:05	36:18	25:48