

Summer Handicap Run 10 – 14 August 2024

Third race night in a row and warm with strong breeze to test the runners.

Thanks to Richard and Brenda for getting everyone off on time and recording the finishers.

13 runners this week, including Alison who dithered about racing but after a bit of a warm up decided it was worth a go. Well it was worth a point in the end finishing with a seasons best. The only Sb of the night.

Greg turned around his disappointing finish last week by strolling in first allowing himself plenty time to take video of all those trailing in behind. Good runs from Duncan and Martin in finishing in second and third with Peter consolidating his improvement in fourth.

The points table now shows Martin on top with 64pts followed by Nathan on 60pts and Duncan on 46pts. All three have now scored in 8 or more races so there is still potential for all to change in the remaining 2 races.

The leading three Age graded% were Robbie (81.61%), Carol (73.87%) and Peter (71.82%). Still all to play for here although Robbie has consolidated his lead a bit.

This Wednesday we have the Peter Ritchie Memorial Mormond Hill Race, From Hospital Brae Strichen, with first runner starting at 6:15pm. If racing make sure you get your name down on Teamreach before Wednesday so the Handicaps can be finalised. A reminder that you need to have a current Summer league handicap to be a counter in the race, but everyone is open to come and take part and enjoy the run.

Race 11 will take place the following Wednesday, 21 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	Race		H'cap	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
14/08/2024	10	TIME	53'33"				%	Per Mile	per Km		14/08/2024
GREG BRUCE	14:40	37:59	52:39	1	10	7	58.89	7:27	4:38	37:15	22:22
DUNCAN ABERNETHY	17:40	35:52	53:32	2	9	4	70.77	7:02	4:22	33:22	25:23
MARTIN WATT	19:20	34:24	53:44	3	8	3	68.02	6:45	4:12	33:21	23:24
PETER HALL	16:35	37:12	53:47	4	7	6	71.82	7:18	4:32	32:20	26:43
SHAUN PIRIE	19:45	34:12	53:57	5	6	2	64.38	6:42	4:10	33:47	22:01
ROBBIE YOUNGSON	21:35	32:27	54:02	6	5	1	81.61	6:22	3:57	29:53	26:29
CAROL MASSIE	11:55	42:33	54:28	7	4	9	73.87	8:21	5:11	36:17	31:26
NATHAN GRAHAM	17:50	36:43	54:33	8	3	5	59.24	7:12	4:28	35:44	21:45
GRAEME CLARK	09:15	45:19	54:34	9	2	11	64.84	8:53	5:31	32:49	29:23
ALISON WEST	10:30	44:28	54:58	10	1	10	61.81	8:43	5:25	39:33	27:29
DAVID ABERNETHY	08:50	46:24	55:14	11		12	55.60	9:06	5:39	36:18	25:48
ANDREW WEST	17:05	38:27	55:32	12		8	64.89	7:32	4:41	34:27	24:57
CHARLIE NOBLE	08:25	47:49	56:14	13		13	64.83	9:23	5:50	31:40	31:00