

Summer Handicap Run 11 – 4 September 2024

With the late change in the weather last week for the Mormond Handicap race it was with a bit of trepidation that 15 runners turned up for the penultimate race of the Summer Series.

Thanks to Lisa for stepping in at the last minute to do the starting duties.

We had two first timers tonight with Alison Shepherd and Liam Bowie accepting the challenge. Hope to see them both back for the last race this coming Wednesday, 11 September.

Nathan with his 8th Pb of the Season has now improved his time from Race 1 of 43:34 to 35:27. Lillian also equalled her Pb with 49:41. In addition we had seasons bests from Martin Watt, Duncan Abernethy and Robbie Youngson.

Lillian lead all the way to finish 1st with Nathan closing quickly in 2nd pulling Duncan along on his tail for 3rd.

The points table now shows Martin still on top with 65pts, Nathan right on his heels on 64pts and Duncan in third on 53pts. Too close to call.

Robbie having celebrated his 60th Birthday this week recorded his best Age graded score of the last 12 months as well as the fastest time on the night overall. The leading three Age graded% were Robbie (83.66%), Brian (82.39%) and Carol (73.36%). So Robbie still leads Brian overall but he can't be declared the winner yet as Brian is still within reach.

To ensure a wee racing break before the winter series starts, the 12th and final race of the summer will be held on Wednesday 11 September from usual start.

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page and the FRC Webpage.

<https://www.fraserburghrunningclub.co.uk>

Handicap race	Race	1	H'cap	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
04/09/2024	11	TIME	53'33"				%	Per Mile	per Km		04/09/2024
LIAM BOWIE	00:00	43:41	43:41			8	0.00	8:34	5:19		
LILLIAN TAYLOR	03:05	49:41	52:46	1	10	14	64.11	9:45	6:03	49:41	31:51
NATHAN GRAHAM	17:25	35:27	52:52	2	9	5	61.35	6:57	4:19	35:44	21:45
DUNCAN ABERNETHY	17:40	35:15	52:55	3	8	4	72.01	6:55	4:18	33:22	25:23
MARTIN WATT	19:10	33:55	53:05	4	7	2	68.99	6:39	4:08	33:21	23:24
ROBBIE YOUNGSON	21:10	31:56	53:06	5	6	1	83.66	6:16	3:53	29:53	26:43
GRAEME CLARK	08:50	44:27	53:17	6	5	11	66.10	8:43	5:25	32:49	29:23
BRIAN URQUHART	18:35	34:55	53:30	7	4	3	82.39	6:51	4:15	32:13	28:46
CHARLIE NOBLE	08:00	46:08	54:08	8	3	13	67.20	9:03	5:37	31:40	31:00
SCOTT GIBB	10:10	44:08	54:18	9	2	9	61.59	8:39	5:23	43:09	27:11
CAROL MASSIE	11:30	42:51	54:21	10	1	7	73.36	8:24	5:13	36:17	31:26
GREG BRUCE	15:35	39:20	54:55	11		6	56.86	7:43	4:48	37:15	22:22
ALAN TAYLOR	03:15	52:16	55:31	12		15	53.51	10:15	6:22	49:55	27:58
ALISON SHEPHERD	09:40	46:02	55:42	13		12	59.05	9:02	5:37		27:11
MORAG THOMPSON	12:00	44:26	56:26	14		10	61.18	8:43	5:25	36:30	27:11