

## Summer Handicap Run 12 - 11 September 2024

Well that was the summer that was - Not really a Summer. However it wasn't too bad for running tonight.

Thanks to Lisa and Alison for doing Starting and recoding duties for the last race of the Summer Series.

First timers from last week, Alison Shepherd and Liam Bowie returned so it couldn't have been too unpleasant an experience for them. Liam was off the shackles of pulling Uncle Jim round the course and significantly improved his time tonight. Aaron Pritchard made his debut and will be looking to make significant progress over the winter months. Scott Gibb also returned for only his second run of the year, but seems to be getting used to running in cushioned shoes. Laura Clark also joined the party.

With Duncan Abernethy already safe in third place overall and enjoying his Chicken Maryland at the Davron, the main interest was on the race between the top two scorers, Nathan and Martin. Both were required to finish quite well up the field if they were going to make a significant change in the results. As it turned out both were unable to improve their totals so Martin remained in top spot with 66b ahead of Nathan on 65.

The other result that was still up for grabs was the Age Graded trophy which Robbie was determined to retain. By the last race Brian Urquhart was breathing down his neck forcing Robbie to produce his best series of runs in the last few races in order to keep his grip on the trophy. Great racing between the two pairs of runners.

The only Pb was from Lilian Taylor who took 4 seconds off her initial effort over the course. Not easy when you have no-one to chase for a large proportion of the race. 9 runners managed to beat par out of 16 starters.

First finisher was Liam Bowie who will see his handicap reduced next time. But there was a big cheer for the first counter with Charlie taking the 10 points to take a giant leap up the points table. Greg took the 9 pts a head of Lillian with 8.

The leading three Age graded% were Robbie (83.62%), Brian (82.62%) and Carol (69.70%).

There now will be a short period of rest, recovery or perhaps more ramping up of training before the Winter series starts on 1 October 2024. Lets hope for a mild and rain free spell.

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		H'cap	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
11/09/2024	<b>12</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		11/09/2024
LIAM BOWIE	09:50	38:57	48:47	1		7	0.00	7:38	4:45		
GRAEME CLARK	00:00	50:37	50:37	2		15	58.05	9:55	6:10	32:49	29:23
LAURA CLARK	00:00	50:37	50:37	3		15	53.11	9:55	6:10	46:19	26:53
CHARLIE NOBLE	07:35	44:36	52:11	4	10	10	69.51	8:45	5:26	31:40	31:00
AARON PRITCHARD	11:05	41:51	52:56	5		8	0.00	8:12	5:06		
GREG BRUCE	15:10	38:02	53:12	6	9	6	58.81	7:27	4:38	37:15	22:22
LILLIAN TAYLOR	03:50	49:37	53:27	7	8	14	64.19	9:44	6:03	49:41	31:51
BRIAN URQUHART	18:40	34:49	53:29	8	7	2	82.62	6:50	4:15	32:13	28:46
ROBBIE YOUNGSON	21:35	31:57	53:32	9	6	1	83.62	6:16	3:54	29:53	26:43
MARTIN WATT	19:40	34:52	54:32	10	5	3	67.11	6:50	4:15	33:21	23:24
SCOTT GIBB	09:45	44:54	54:39	11	4	11	60.54	8:48	5:28	43:09	27:11
SHAUN PIRIE	19:20	35:31	54:51	12	3	4	61.99	6:58	4:20	33:47	22:01
NATHAN GRAHAM	18:05	37:39	55:44	13	2	5	57.77	7:23	4:35	35:27	21:45
ALISON SHEPHERD	07:32	48:12	55:44	14		13	56.40	9:27	5:52		27:11
MORAG THOMPSON	11:35	44:22	55:57	15	1	9	61.27	8:42	5:24	36:30	27:11
CAROL MASSIE	11:05	45:06	56:11	16		12	69.70	8:51	5:30	36:17	31:26