

## **FRASERBURGH RUNNING CLUB PRIZEGIVING 2024**

### **Club Standards**

**Copper** – Greg Bruce, Alison Shepherd

**Bronze** – Emma Fraser, Alison West

**Silver** – Graeme Clark

**Gold** – Duncan Abernethy, Lisa Allan, Carol Massie & Wilson Willox

**Platinum** – Max Abernethy & Robbie Youngson

### **Winter League 2023/24**

1<sup>st</sup> Alison West (67)

2<sup>nd</sup> Nathan Graham (62 points)

3<sup>rd</sup> Carol Massie (56 points)

**Scratch Male** (combined total of 4 best run times)

1<sup>st</sup> Shaun Pirie (143.53)

2<sup>nd</sup> Martin Watt (153.26)

3<sup>rd</sup> Greg Bruce (158.33)

**Scratch Female**

1<sup>st</sup> Lisa Allan (151.16)

2<sup>nd</sup> Gillian Strachan (155.47)

3<sup>rd</sup> Carol Massie (177.35)

### **Summer League 2024**

1<sup>st</sup> Martin Watt (66) winner two years in a row on exact same points as last year

2<sup>nd</sup> Nathan Graham (65)

3<sup>rd</sup> Duncan Abernethy (53points)

## **Scratch Male**

1<sup>st</sup> Robbie Youngson (128.18)

2<sup>nd</sup> Martin Watt (136.16)

3<sup>rd</sup> Shaun Pirie (137.50)

## **Scratch Female**

1<sup>st</sup> Lisa Allan (137.35)

2<sup>nd</sup> Emma Fraser (154.17)

3<sup>rd</sup> Morag Thompson (167.33)

**Age Graded Trophy** average of 3 best age graded performances over the winter 23/24 & summer '24 handicap races.

1<sup>st</sup> Robbie Youngson (83.36%) (improvement from last year 82.97%)

2<sup>nd</sup> Brian Urquhart (82.73%)

3<sup>rd</sup> Lisa Allan (77.78%)

## **Peter Ritchie Mormond Hill Memorial Race**

**Winner** – Callum Mutch

**Memorial Trophy** – Carol Massie

## **Runners Runner of the Year**

This award is voted for by you runners (WITH **only** 29 CLUB MEMBERS TAKING THE TIME TO GIVE A VOTE – 1 vote less than last year) which resulted in 10 different people being nominated including-

MAX ABERNETHY, GREG BRUCE, CAROL MASSIE, EUAN SIMPSON, NATHAN GRAHAM, ALISON WEST, DAVID ABERNETHY, ROBBIE YOUNGSON, GRAEME, CLARK, MARTIN WATT, DUNCAN ABERNETHY

3<sup>RD</sup> PLACE WITH 3 VOTES – GREG BRUCE

2<sup>ND</sup> PLACE EQUAL WITH 5 VOTES – ALISON WEST & ROBBIE YOUNGSON

RUNNERS RUNNER of the Year WITH 7 VOTES – **NATHAN GRAHAM**

**Endeavour Trophy** –, this has been awarded to someone who is a very encouraging and supportive member of the club especially with new comers on Tuesday night, someone whom we can always rely on to help at our club events, and is a regular attender at club sessions throughout the week and can more than often be seen at the parkrun at the weekend, clocking up a fair amount of miles every year, she has been spotted recently donning the club colours at a few local events, maybe we can lure her to attend a few more, this award goes to **Karen Abernethy**

**Junior Greatest Effort** –this award goes to someone who has grown up into a fine young athlete, no stranger to hard work on his sessions and really gives his all across all the disciplines he is training in, recently been selected onto the Triathlon Scotland Performance Pathway Squad preparing the next generation of athletes towards commonwealth development, no surprises this award goes to **Israel Noble**.

**Wrinklies Greatest Effort Female** – This runner perhaps hasn't had her "best year" as she would say but continues to turn out and race over a variety of distances, whether it be in the mud at cross-country, or on the roads 3k, 5k, 10k, 10 miler, HM and Marathon she's done it all this year and still achieving gold standard for all distances - this year's wrinklies award for greatest effort goes to **Carol Massie**

**Wrinklies Greatest Effort Male** – This is a runner who has suffered from a few injuries in previous years, but this year has shown considerable improvements on his age grade performances throughout the winter and summer club races, with some impressive times on the road over 3k, 5k and 10K getting closer back to his best, he has also upgraded on last years silver standard to GOLD - this year's wrinklies award for greatest effort goes to **Duncan Abernethy**

**Most Improved** – this runner has shown considerable improvements over the last year, attending most club sessions and putting a lot of hard efforts in which has evidently shown in his performances knocking over 8 mins off his summer race time and over 7 mins from his winter race times from last year to this year, improving his age grade from 46% to almost 62% which im sure will continue to rise, this years Most Improved Runner is **Nathan Graham**