

## 4th Metro Aberdeen Proms 3K – Rescheduled & Worth the Wait!



Today's twice-rescheduled 4th Metro Aberdeen Proms 3K took place in ideal conditions, drawing an impressive 107 runners, including seven from FRC—the highest turnout in a long time!

Carol Massie celebrated a milestone, achieving her first platinum standard of 2025, though she noted that conditions were “ideal, apart from the sandpit stretch in front of the beach toilets.”

With sun shining and a balmy 10°C, it was a fantastic day for racing, and all FRC runners put in strong performances:

### FRC Results:

- Lisa Allan – 11:20
- Greg Bruce – 12:29
- Carol Massie – 13:34
- Wilson Willox – 13:47
- Stephen Hadden – 13:49
- Graeme Clark – 14:42
- Alison West – 15:02

Lisa Allan will be going all out in the next race after narrowly missing out on her platinum standard today. With two more races to go before the summer break, I'm sure she will be determined to make it count!

### What Are Club Standards?

*Club Standards are based on age-graded tables published by World Masters Athletics, which compare performances to global best times across different age groups in both road and track events.*

*Performance Categories:*

- *Platinum*
- *Gold*
- *Silver*
- *Bronze*
- *Copper*

*To qualify for an annual club standard, you must record times in three different distances, one of which must be 10K or longer, on an accurately measured course (including club race nights).*

*To submit your claim, provide your age, race title, and supporting evidence for all 3 races to Lisa Allan, last counting race, Fraserburgh Half.*

See link for standards, check yours out today! <https://fraserburghrunningclub.co.uk/club-standards/>