

Summer Handicap Run 04 – 21 May 2025

Rain clouds and an increasing breeze were looking threatening as runners collected at the start for Race 4. But although the wind proved troublesome for some it was a god send for others. Can't please everyone.

There were 21 racers tonight and good to see Karen Cowie joining for her first handicap run. Thanks to Lillian for volunteering to show her the route and for managing to hang on to her tail for most of the run.

Thanks to Martin Watt and James McRobbie for doing starting and recording.

Our other Karen maintained her consistent pacing by again running almost the exact time as her last two outings. Greg may be a little disappointed that she didn't quite hit 36:21 for the third time running.

Wilson after collecting his first points in the last run (10pts) made it two in a row (5pts), to jump into the mix at the sharp end of the table.

Karen Robertson still leads the Points table but excellent runs by Richard, Charlie, David and Wilson has shaken up the top 5 places. Particular mention to David Abernethy who is showing signs of coming back to top form with a comfortable lead and 10 points. Other standout runs were from Richard, Charlie, Morag and Greg. Good to see Nathan also putting in a strong performance.

Top of the points table are: 1. Karen, 2. Richard 3=. Charlie David and Wilson

Best 3 Age graded% were Robbie (80.19%), Lisa (78.95%) and Dash (76.24%). So Robbie retains his lead ahead of Carol, Lisa and Dash.

Race 5 will take place on 4 June 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	TIME	HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
21/05/2025	4		53'33"				%	Per Mile	per Km		21/05/2025
DAVID ABERNETHY	07:50	43:46	51:36	1	10	14	59.48	8:35	5:20	36:18	26:02
JAMIE MATHERS	15:55	35:56	51:51	2		4	60.85	7:03	4:23		21:52
GREG BRUCE	14:55	37:27	52:22	3	9	6	60.12	7:21	4:34	37:15	22:31
RICHARD MUTCH	14:05	38:53	52:58	4	8	8	62.07	7:37	4:44	36:28	24:08
ALISON WEST	10:15	42:48	53:03	5	7	13	64.99	8:24	5:13	39:33	27:49
CHARLIE NOBLE	06:50	46:30	53:20	6	6	17	66.67	9:07	5:40	31:40	31:00
WILSON WILLOX	13:45	39:59	53:44	7	5	9	71.28	7:50	4:52	39:49	28:30
KAREN ROBERTSON	17:10	36:34	53:44	8	4	5	67.96	7:10	4:27	36:21	24:51
LISA ALLAN	20:00	34:03	54:03	9	3	3	78.95	6:41	4:09	32:24	26:53
ROBBIE YOUNGSON	20:45	33:19	54:04	10	2	2	80.19	6:32	4:04	29:53	26:43
DASH	22:05	32:12	54:17	11	1	1	76.24	6:19	3:55	31:01	24:33
MALCOLM TAYLOR	08:20	46:27	54:47	12		16	55.08	9:06	5:40	41:42	25:35
MORAG THOMPSON	13:05	41:47	54:52	13		11	65.78	8:12	5:06	36:30	27:29
KAREN COWIE	03:30	51:34	55:04	14		19	52.13	10:07	6:17		26:53
GRANT DEWAR	17:20	37:54	55:14	15		7	60.33	7:26	4:37		22:52
LILLIAN TAYLOR	03:30	51:55	55:25	16		20	61.35	10:11	6:20	49:37	31:51
JIM BOWIE	14:05	42:02	56:07	17		12	69.11	8:15	5:07	33:34	29:03
NATHAN GRAHAM	15:40	41:15	56:55	18		10	52.73	8:05	5:02	35:27	21:45
GRAEME CLARK	07:40	49:52	57:32	19		18	59.63	9:47	6:05	32:49	29:44
CAROL MASSIE	13:45	44:34	58:19	20		15	71.47	8:44	5:26	36:17	31:51
PAT WILLOX	00:00	58:26	58:26	21		21	54.51	11:27	7:07	56:52	31:51