

Summer Handicap Run 05 – 4 June 2025

Another great turnout for Race 5 and the weather was looking good albeit a fresh breeze was causing some concern. However it turned out to be largely a cross wind so it probably helped rather than hindered.

There were 21 racers for the second consecutive week including a few returning faces who haven't been for a while. Good to see Sandy Duncan back to try and reset his handicap after a few years away. And a welcome to Jessica Thomson who was doing her first Handicap race.

Thanks to Carol and Malcolm for doing starting and recording.

It was a night of close finishes with several battles to the line to keep the recorders on their toes. A night also for Pbs with 6 recorded, not to mention another 6 Seasons bests.

Aaron Pritchard was excited by being entitled to score points for the first time. He duly delivered with a 1 minute Pb and 8 points.

First home was Sandy, but first scorer was Lillian Taylor who also Pbd by over a minute from a closing Grant Dewar who was in turn just pipped Aaron to the line. So it took 3 Pbs to secure the first three places.

Not far behind another battle for places developed between Charlie, Jamie, Karen and Jessica. Followed by another close finish between Alistair, Richard and Alison for the final points. Other Pbs came from Jamie, Karen and Alistair. The points scorers all came in ahead of their handicap.

The top 3 places in the league table remain unchanged with Karen Robertson increasing her lead slightly but excellent runs by Richard, Charlie, Grant and Jim keep it tight at the top. Charlie produced another one of his Jekyll and Hyde performances to remind everyone that he can still run. David who was the run away winner last race had his meticulous pre-race preparation disrupted by a visit from a Jehovah's Witness. His 5 second warmup proved insufficient to match his fast start strategy which forced him to blow up at the half way mark leaving him with a long march home.

Best 3 Age graded% were Lisa (79.34%), Dash (75.54%) and Jim Bowie (74.11%). So no change at the top.

Race 6 will take place on 18 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
04/06/2025	5		53'33"				%	Per Mile	per Km		04/06/2025
SANDY DUNCAN	00:00	50:08	50:08	1		22	53.29	9:50	6:07	39:09	26:43
LILLIAN TAYLOR	03:05	48:28	51:33	2	10	20	65.72	9:30	5:54	49:37	31:51
GRANT DEWAR	16:55	35:27	52:22	3	9	5	64.50	6:57	4:19	36:11	22:52
AARON PRITCHARD	19:00	33:23	52:23	4	8	2	66.25	6:33	4:04	34:34	22:07
JIM BOWIE	13:40	39:12	52:52	5	7	14	74.11	7:41	4:47	33:34	29:03
CHARLIE NOBLE	07:05	45:57	53:02	6	6	19	67.46	9:01	5:36	31:40	31:00
JAMIE MATHERS	17:35	35:31	53:06	7	5	6	61.57	6:58	4:20	35:56	21:52
KAREN ROBERTSON	17:00	36:08	53:08	8	4	9	68.77	7:05	4:24	36:21	24:51
JESSICA THOMPSON	17:20	35:52	53:12	9		7	68.82	7:02	4:22		24:41
ALISTAIR MCCALLUM	09:00	44:21	53:21	10	3	18	61.89	8:42	5:24	44:28	27:27
RICHARD MUTCH	14:40	38:42	53:22	11	2	13	62.36	7:35	4:43	36:28	24:08
ALISON WEST	10:45	42:38	53:23	12	1	17	65.25	8:22	5:12	39:33	27:49
LISA ALLAN	19:35	33:53	53:28	13		3	79.34	6:39	4:08	32:24	26:53
DUNCAN ABERNETHY	16:45	36:53	53:38	14		11	69.36	7:14	4:30	33:22	25:35
ANDREW WEST	17:10	36:30	53:40	15		10	68.95	7:09	4:27	34:27	25:10
MORAG THOMPSON	12:40	41:24	54:04	16		16	66.38	8:07	5:03	36:30	27:29
MARTIN WATT	19:15	34:55	54:10	17		4	67.02	6:51	4:15	33:21	23:24
DASH	21:40	32:30	54:10	18		1	75.54	6:22	3:58	31:01	24:33
STEPHEN HADDEN	13:55	40:31	54:26	19		15	59.11	7:57	4:56	39:37	23:57
GREG BRUCE	16:05	38:38	54:43	20		12	58.28	7:35	4:42	37:15	22:31
SHAUN PIRIE	19:40	35:58	55:38	21		8	61.49	7:03	4:23	33:47	22:07
GRAEME CLARK	07:15	48:37	55:52	22		21	61.16	9:32	5:55	32:49	29:44
DAVID ABERNETHY	09:45	57:33	07:18	23		23	45.24	11:17	7:01	36:18	26:02