

## Summer Handicap Run 06 – 18 June 2025

With the Broch 10k last weekend there was still a good turn out of 20 runners for Race 6. The weather was looking a bit gloomy and a strong headwind was threatening along the line. Fortunately it was more of a cross wind again so good running conditions.

Morag was in recruiting mode at the 10k and persuaded Mark Buchan to come and test himself and start the process of setting his handicap. And once again everyone was in party mood at the finish. Those that were still standing that is.

Thanks to Stephen Hadden and Lisa for doing starting and recording.

A steady stream of finishes kept the recorders on their toes. Three Pbs and another eight Seasons bests demonstrated that their training was going well. Special mention to Scott Gibb who was running his first Summer race this year and perhaps surprised himself with an excellent time to grab the last points of the night.

First home was James McRobbie with an almost 3min Pb to take his first points of the season. Malcolm Taylor's recent long runs seems to have helped him take second spot with Richard Mutch in third. Approximately a minute separated 1st from 2nd, and 2nd from 3rd.

So a bit of a change at the top of the table with Richard surging past Karen who didn't add to her total and Grant edging Charlie out of the top three.

Best 3 Age graded% were Dash (77.28%), Peter (74.87%) and Jim Bowie (73.33%). So no change at the top with Robbie still leading Carol and Lisa

Race 7 will take place on 7 July from Golf Club car park/Dunes as usual. Yes we will be into July and haven't had a summer postponement yet. Fingers crossed this will continue.

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
18/06/2025	<b>6</b>		<b>53'33"</b>				<b>%</b>	Per Mile	per Km		18/06/2025
<b>JAMES MCROBBIE</b>	<b>13:30</b>	<b>37:12</b>	<b>50:42</b>	<b>1</b>	<b>10</b>	<b>8</b>	<b>59.18</b>	<b>7:18</b>	<b>4:32</b>		<b>22:01</b>
<b>MALCOLM TAYLOR</b>	<b>07:55</b>	<b>43:45</b>	<b>51:40</b>	<b>2</b>	<b>9</b>	<b>17</b>	<b>58.48</b>	<b>8:35</b>	<b>5:20</b>	<b>41:42</b>	<b>25:35</b>
<b>RICHARD MUTCH</b>	<b>14:50</b>	<b>37:55</b>	<b>52:45</b>	<b>3</b>	<b>8</b>	<b>10</b>	<b>63.65</b>	<b>7:26</b>	<b>4:37</b>	<b>36:28</b>	<b>24:08</b>
<b>JAMIE MATHERS</b>	<b>18:00</b>	<b>34:51</b>	<b>52:51</b>	<b>4</b>	<b>7</b>	<b>3</b>	<b>62.75</b>	<b>6:50</b>	<b>4:15</b>	<b>35:31</b>	<b>21:52</b>
<b>MARK BUCHAN</b>	<b>17:00</b>	<b>35:54</b>	<b>52:54</b>	<b>5</b>		<b>6</b>	<b>0.00</b>	<b>7:02</b>	<b>4:22</b>		
<b>DASH</b>	<b>21:15</b>	<b>31:46</b>	<b>53:01</b>	<b>6</b>	<b>6</b>	<b>1</b>	<b>77.28</b>	<b>6:14</b>	<b>3:52</b>	<b>31:01</b>	<b>24:33</b>
<b>GRANT DEWAR</b>	<b>18:05</b>	<b>35:04</b>	<b>53:09</b>	<b>7</b>	<b>5</b>	<b>4</b>	<b>65.21</b>	<b>6:53</b>	<b>4:16</b>	<b>35:27</b>	<b>22:52</b>
<b>PETER HALL</b>	<b>17:35</b>	<b>35:41</b>	<b>53:16</b>	<b>8</b>	<b>4</b>	<b>5</b>	<b>74.87</b>	<b>7:00</b>	<b>4:21</b>	<b>32:20</b>	<b>26:43</b>
<b>ANDREW WEST</b>	<b>17:05</b>	<b>36:18</b>	<b>53:23</b>	<b>9</b>	<b>3</b>	<b>7</b>	<b>69.33</b>	<b>7:07</b>	<b>4:25</b>	<b>34:27</b>	<b>25:10</b>
<b>ALISON WEST</b>	<b>10:55</b>	<b>42:34</b>	<b>53:29</b>	<b>10</b>	<b>2</b>	<b>15</b>	<b>65.35</b>	<b>8:21</b>	<b>5:11</b>	<b>39:33</b>	<b>27:49</b>
<b>SCOTT GIBB</b>	<b>09:55</b>	<b>43:44</b>	<b>53:39</b>	<b>11</b>	<b>1</b>	<b>16</b>	<b>59.53</b>	<b>8:35</b>	<b>5:20</b>	<b>43:09</b>	<b>26:02</b>
<b>MARTIN WATT</b>	<b>18:50</b>	<b>34:50</b>	<b>53:40</b>	<b>12</b>		<b>2</b>	<b>67.18</b>	<b>6:50</b>	<b>4:15</b>	<b>33:21</b>	<b>23:24</b>
<b>GREG BRUCE</b>	<b>15:40</b>	<b>38:08</b>	<b>53:48</b>	<b>13</b>		<b>11</b>	<b>59.05</b>	<b>7:29</b>	<b>4:39</b>	<b>37:15</b>	<b>22:31</b>
<b>JIM BOWIE</b>	<b>14:20</b>	<b>39:37</b>	<b>53:57</b>	<b>14</b>		<b>13</b>	<b>73.33</b>	<b>7:46</b>	<b>4:50</b>	<b>33:23</b>	<b>29:03</b>
<b>CHARLIE NOBLE</b>	<b>07:35</b>	<b>46:52</b>	<b>54:27</b>	<b>15</b>		<b>19</b>	<b>66.15</b>	<b>9:11</b>	<b>5:43</b>	<b>31:40</b>	<b>31:00</b>
<b>KAREN ROBERTSON</b>	<b>17:25</b>	<b>37:50</b>	<b>55:15</b>	<b>16</b>		<b>9</b>	<b>65.68</b>	<b>7:25</b>	<b>4:37</b>	<b>36:08</b>	<b>24:51</b>
<b>GRAEME CLARK</b>	<b>06:50</b>	<b>48:33</b>	<b>55:23</b>	<b>17</b>		<b>20</b>	<b>61.24</b>	<b>9:31</b>	<b>5:55</b>	<b>32:49</b>	<b>29:44</b>
<b>DAVID ABERNETHY</b>	<b>09:20</b>	<b>46:07</b>	<b>55:27</b>	<b>18</b>		<b>18</b>	<b>56.45</b>	<b>9:03</b>	<b>5:37</b>	<b>36:18</b>	<b>26:02</b>
<b>DUNCAN ABERNETHY</b>	<b>16:40</b>	<b>39:10</b>	<b>55:50</b>	<b>19</b>		<b>12</b>	<b>65.32</b>	<b>7:41</b>	<b>4:46</b>	<b>33:22</b>	<b>25:35</b>
<b>NATHAN GRAHAM</b>	<b>15:15</b>	<b>42:05</b>	<b>57:20</b>	<b>20</b>		<b>14</b>	<b>51.68</b>	<b>8:15</b>	<b>5:08</b>	<b>35:27</b>	<b>21:45</b>