

Summer Handicap Run 07 – 2 July 2025

The threat of rain all day didn't materialise and the gentle breeze was across the line so good times were expected.

Thanks to Karen Robertson and Alan Taylor for doing starting and recording.

Charle was first off tonight, but set off in a bit of a negative frame of mind, not feeling the love. He had brought along his Trophy from the Durn Hill race held from Portsoy back in the day to prove that the recent revealing of his record of success at the Cornhill Knock Hill race was no fluke. It covers the period of 1981 to 2000 with Charlie's name on it 18 of the 20 winners. One of the plaques is nameless but I believe it was another Broch runner, Sandy Brown who narrowly beat an injured Charlie in 1988. the other winner, Willie Johnston, may only have his name on it because Charlie turned up for the race one week late due to a date change. No Teamreach or Facebook in those days.

Next off was David Abernethy, who is not known for turning up too early, surprised even himself by having plenty of time for a good warm up. He certainly started at a fine pace but needed to hold on in the last Km.

Jamie Mathers and Martin Watt who ran within seconds of each other in the last race were starting together tonight and once again it was a head to head all the way to the finish. Jamie just edged Martin in the sprint to the line to finish 2nd to Martins 3rd.

However no one was catching Morag tonight. She ran 1min 25sec better than her handicap to finish in 39:55. Her best time since 2023.

Richard, our leader in the Points table found his handicap a little too hard tonight and was out of the points but still sits top. So no change at the top of the table, with Karen in second spot and Grant in third. Good run considering he managed to gain 3 points and a Pb despite suffering from blisters from the 200's finisher on Monday night. They don't call it *blistering* pace for no reason!

Other Pbs were from Alistair McCallum and Jamie Mathers. Seasons best from Morag, Alison and Jim Bowie.

Best 3 Age graded% were Lisa (78.49%), Dash (75.97%) and Jim Bowie (74.49%). So no change at the top with Robbie still leading Carol and Lisa

Race 8 will take place on 16 July 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	Scratch	AGP	Minutes	Minutes	Summer route PB	World Std Time
02/07/2025	7		53'33"				%	Per Mile	per Km		02/07/2025
MORAG THOMPSON	12:15	39:55	52:10	1	10	12	68.85	7:50	4:52	36:30	27:29
JAMIE MATHERS	18:40	33:45	52:25	2	9	2	64.79	6:37	4:07	34:51	21:52
MARTIN WATT	18:45	33:48	52:33	3	8	3	69.23	6:38	4:07	33:21	23:24
ALISTAIR MCCALLUM	09:10	43:47	52:57	4	7	15	63.30	8:35	5:20	44:21	27:43
JIM BOWIE	13:57	39:00	52:57	5	6	10	74.49	7:39	4:45	33:23	29:03
GREG BRUCE	15:25	37:45	53:10	6	5	7	59.65	7:24	4:36	37:15	22:31
ALISON WEST	11:00	42:22	53:22	7	4	14	65.66	8:18	5:10	39:33	27:49
GRANT DEWAR	18:30	35:02	53:32	8	3	5	65.27	6:52	4:16	35:04	22:52
DAVID ABERNETHY	08:55	44:51	53:46	9	2	17	58.05	8:48	5:28	36:18	26:02
ANDREW WEST	17:15	36:36	53:51	10	1	6	68.76	7:11	4:28	34:27	25:10
LISA ALLAN	19:40	34:15	53:55	11		4	78.49	6:43	4:10	32:24	26:53
MALCOLM TAYLOR	09:50	44:14	54:04	12		16	57.84	8:40	5:23	41:42	25:35
DASH	21:45	32:19	54:04	13		1	75.97	6:20	3:56	31:01	24:33
CHARLIE NOBLE	07:10	47:12	54:22	14		18	65.68	9:15	5:45	31:40	31:00
RICHARD MUTCH	15:40	39:36	55:16	15		11	60.94	7:46	4:50	36:28	24:08
MARK BUCHAN	17:40	38:05	55:45	16		8	60.48	7:28	4:38		23:02
DUNCAN ABERNETHY	16:15	41:13	57:28	17		13	62.07	8:05	5:01	33:22	25:35
AARON PRITCHARD	20:10	38:43	58:53	18		9	57.12	7:35	4:43	33:23	22:07