

## Summer Handicap Run 08 – 16 July 2025

This must have been one of the most unpleasant racing conditions for some time. Warm and humid and only a light warm breeze left only the recorders with a smile on their faces by the end.

Thanks to Graeme and Robbie for doing starting and recording.

Sandy Duncan came back for his second reset run and a first showing of Brian Urquhart this year kept the start numbers up to 18, only a touch under the average turnout this summer.

A measure of the conditions can be seen in that only the first three finishers beat their handicap - Malcolm, Dash and Karen. Karen just missed holding off Dash for second spot but was pushed on the a Pb in a near dead heat. Malcolm in first place was the only other to post a seasons best.

Morag and Wilson seemed to be attached as they started and finished together but there was no doubt that it was a real race for the last two points positions. At the tail end of the race we had another close finish, with Charlie just managing to hold off a closing David.

Biggest movers in the points contest were Karen whose hard fought 8 points moved her ahead of Richard at the top. While Jim Bowie maintained his fine summer form to move into third, ahead of Grant who had to pull out with a shin injury.

Best 3 Age graded% were Lisa (79.17%), Brian (78.49%) and Dash (77.44%). So no change at the top with Robbie still leading Carol and Lisa (with only 0.01% between them).

Race 9 will take place on 30 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.

This Wednesday is the Peter Ritchie memorial Handicap race up and down Mormond Hill. Please support this annual run by entering the run on Teamreach App

<https://www.fraserburghrunningclub.co.uk>

Handicap race	RACE	TIME	HCP	Place	Points	Scratch	AGP	Minutes	Minutes	Summer route PB	World Std Time
16/07/2025	<b>8</b>		<b>53'33"</b>				<b>%</b>	Per Mile	per Km		16/07/2025
<b>MALCOLM TAYLOR</b>	<b>09:25</b>	<b>43:36</b>	<b>53:01</b>	<b>1</b>	<b>10</b>	<b>14</b>	<b>58.68</b>	<b>8:33</b>	<b>5:19</b>	<b>41:42</b>	<b>25:35</b>
<b>DASH</b>	<b>21:20</b>	<b>31:42</b>	<b>53:02</b>	<b>2</b>	<b>9</b>	<b>1</b>	<b>77.44</b>	<b>6:13</b>	<b>3:52</b>	<b>31:01</b>	<b>24:33</b>
<b>KAREN ROBERTSON</b>	<b>17:00</b>	<b>36:02</b>	<b>53:02</b>	<b>3</b>	<b>8</b>	<b>5</b>	<b>69.20</b>	<b>7:04</b>	<b>4:23</b>	<b>36:08</b>	<b>24:56</b>
<b>JIM BOWIE</b>	<b>14:35</b>	<b>39:00</b>	<b>53:35</b>	<b>4</b>	<b>7</b>	<b>8</b>	<b>74.49</b>	<b>7:39</b>	<b>4:45</b>	<b>33:23</b>	<b>29:03</b>
<b>LISA ALLAN</b>	<b>19:20</b>	<b>34:20</b>	<b>53:40</b>	<b>5</b>	<b>6</b>	<b>2</b>	<b>79.17</b>	<b>6:44</b>	<b>4:11</b>	<b>32:24</b>	<b>27:11</b>
<b>PETER HALL</b>	<b>17:50</b>	<b>35:54</b>	<b>53:44</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>74.42</b>	<b>7:02</b>	<b>4:22</b>	<b>32:20</b>	<b>26:43</b>
<b>LILLIAN TAYLOR</b>	<b>05:05</b>	<b>48:46</b>	<b>53:51</b>	<b>7</b>	<b>4</b>	<b>15</b>	<b>65.31</b>	<b>9:34</b>	<b>5:57</b>	<b>48:28</b>	<b>31:51</b>
<b>DUNCAN ABERNETHY</b>	<b>15:50</b>	<b>38:14</b>	<b>54:04</b>	<b>8</b>	<b>3</b>	<b>7</b>	<b>66.91</b>	<b>7:30</b>	<b>4:40</b>	<b>33:22</b>	<b>25:35</b>
<b>MORAG THOMPSON</b>	<b>13:40</b>	<b>40:38</b>	<b>54:18</b>	<b>9</b>	<b>2</b>	<b>11</b>	<b>67.64</b>	<b>7:58</b>	<b>4:57</b>	<b>36:30</b>	<b>27:29</b>
<b>WILSON WILLOX</b>	<b>13:35</b>	<b>40:44</b>	<b>54:19</b>	<b>10</b>	<b>1</b>	<b>12</b>	<b>69.97</b>	<b>7:59</b>	<b>4:58</b>	<b>39:49</b>	<b>28:30</b>
<b>ALISON WEST</b>	<b>11:10</b>	<b>43:11</b>	<b>54:21</b>	<b>11</b>		<b>13</b>	<b>64.42</b>	<b>8:28</b>	<b>5:16</b>	<b>39:33</b>	<b>27:49</b>
<b>SHAUN PIRIE</b>	<b>19:15</b>	<b>35:44</b>	<b>54:59</b>	<b>12</b>		<b>3</b>	<b>61.89</b>	<b>7:00</b>	<b>4:21</b>	<b>33:47</b>	<b>22:07</b>
<b>BRIAN URQUHART</b>	<b>18:45</b>	<b>36:39</b>	<b>55:24</b>	<b>13</b>		<b>6</b>	<b>78.49</b>	<b>7:11</b>	<b>4:28</b>	<b>32:13</b>	<b>28:46</b>
<b>SANDY DUNCAN</b>	<b>03:25</b>	<b>52:06</b>	<b>55:31</b>	<b>14</b>		<b>16</b>	<b>51.28</b>	<b>10:13</b>	<b>6:21</b>	<b>39:09</b>	<b>26:43</b>
<b>GREG BRUCE</b>	<b>15:50</b>	<b>39:56</b>	<b>55:46</b>	<b>15</b>		<b>10</b>	<b>56.39</b>	<b>7:50</b>	<b>4:52</b>	<b>37:15</b>	<b>22:31</b>
<b>ANDREW WEST</b>	<b>16:55</b>	<b>39:24</b>	<b>56:19</b>	<b>16</b>		<b>9</b>	<b>63.87</b>	<b>7:44</b>	<b>4:48</b>	<b>34:27</b>	<b>25:10</b>
<b>CHARLIE NOBLE</b>	<b>06:45</b>	<b>57:51</b>	<b>04:36</b>	<b>17</b>		<b>17</b>	<b>54.48</b>	<b>11:21</b>	<b>7:03</b>	<b>31:40</b>	<b>31:31</b>
<b>DAVID ABERNETHY</b>	<b>08:40</b>	<b>55:57</b>	<b>04:37</b>	<b>18</b>		<b>18</b>	<b>46.53</b>	<b>10:58</b>	<b>6:49</b>	<b>36:18</b>	<b>26:02</b>
<b>GRANT DEWAR</b>	<b>18:30</b>	<b>00:00</b>	<b>18:30</b>	<b>DNF</b>			<b>#DIV/0!</b>	<b>0:00</b>	<b>0:00</b>	<b>35:02</b>	<b>22:52</b>