

Summer Handicap Run 10 - 13 August 2025

Still in heat wave mode with high temperatures and the following wind along the finish straight along the line making for tough conditions and some pacing issues.

Thanks to Morag and Alan for doing starting and recording.

Alec Watson making his handicap debut put in a good effort but perhaps overestimated the pace in the middle section to leave him with a difficult finish. Hopefully he will have recovered for another challenge on Saturday with his first time over the Mormond Hill race course.

Only the first three managed to beat their handicap, with Duncan putting in a second successive seasons best performance to finish 1 minute ahead of Lisa and Karen to add to his 10pts from last race. Will he live to regret that exuberant run? The only other seasons best were ran by Graeme and of course Alec on his first run.

With only two races left of the Summer Season, the top of the table looks like:
1= Karen and Richard 47 pts from 7 scoring races; 3. Jim 38pts from 8 scoring races. Malcolm and Duncan are the best of the rest but still 20pts up for grabs.

Gregs warm weather training earlier this month appears to have misfired as this was his slowest run this season by some margin, leaving him well out of the running for a top three place this summer.

Best 3 Age graded% were Lisa (78.41%), Robbie (76.12%) and Duncan (72.96%). So no change at the top with Robbie still leading Carol and Lisa (with only 0.01% between them).

Race 11 will take place on 27 August 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 |
|------------------|-----------|-------|---------------|-------|--------|---------|----------|----------|---------|-----------------|----------------|
| 13/08/2025 | 10 | | 53'33" | | | | % | Per Mile | per Km | | 13/08/2025 |
| DUNCAN ABERNETHY | 17:30 | 35:04 | 52:34 | 1 | 10 | 3 | 72.96 | 6:53 | 4:16 | 33:22 | 25:35 |
| LISA ALLAN | 18:50 | 34:40 | 53:30 | 2 | 9 | 2 | 78.41 | 6:48 | 4:13 | 32:24 | 27:11 |
| KAREN ROBERTSON | 17:05 | 36:29 | 53:34 | 3 | 8 | 8 | 68.34 | 7:09 | 4:27 | 36:02 | 24:56 |
| RICHARD MUTCH | 15:05 | 38:36 | 53:41 | 4 | 7 | 9 | 63.08 | 7:34 | 4:42 | 36:28 | 24:21 |
| WILSON WILLOX | 13:40 | 40:05 | 53:45 | 5 | 6 | 10 | 71.77 | 7:52 | 4:53 | 39:49 | 28:46 |
| JAMIE MATHERS | 19:25 | 34:26 | 53:51 | 6 | 5 | 1 | 63.50 | 6:45 | 4:12 | 33:45 | 21:52 |
| MALCOLM TAYLOR | 10:25 | 43:32 | 53:57 | 7 | 4 | 13 | 59.26 | 8:32 | 5:18 | 41:42 | 25:48 |
| JIM BOWIE | 14:10 | 40:14 | 54:24 | 8 | 3 | 11 | 72.20 | 7:53 | 4:54 | 33:34 | 29:03 |
| GRAEME CLARK | 06:25 | 48:00 | 54:25 | 9 | 2 | 17 | 61.94 | 9:25 | 5:51 | 32:49 | 29:44 |
| SHAUN PIRIE | 18:50 | 35:37 | 54:27 | 10 | 1 | 6 | 62.10 | 6:59 | 4:20 | 33:47 | 22:07 |
| CHARLIE NOBLE | 05:55 | 48:38 | 54:33 | 11 | | 18 | 64.80 | 9:32 | 5:56 | 31:40 | 31:31 |
| MARTIN WATT | 19:20 | 35:31 | 54:51 | 12 | | 5 | 66.40 | 6:58 | 4:20 | 33:21 | 23:35 |
| ALISON WEST | 10:45 | 44:26 | 55:11 | 13 | | 14 | 62.60 | 8:43 | 5:25 | 39:33 | 27:49 |
| SCOTT GIBB | 09:25 | 45:59 | 55:24 | 14 | | 16 | 56.61 | 9:01 | 5:36 | 43:09 | 26:02 |
| ROBBIE YOUNGSON | 20:20 | 35:06 | 55:26 | 15 | | 4 | 76.12 | 6:53 | 4:17 | 29:53 | 26:43 |
| LILLIAN TAYLOR | 04:45 | 51:23 | 56:08 | 16 | | 19 | 61.99 | 10:05 | 6:16 | 48:28 | 31:51 |
| CAROL MASSIE | 12:55 | 45:14 | 58:09 | 17 | | 15 | 70.41 | 8:52 | 5:31 | 36:17 | 31:51 |
| DASH | 21:50 | 36:28 | 58:18 | 18 | | 7 | 67.32 | 7:09 | 4:27 | 31:01 | 24:33 |
| GREG BRUCE | 15:25 | 43:12 | 58:37 | 19 | | 12 | 52.12 | 8:28 | 5:16 | 37:15 | 22:31 |
| ALEC WATSON | 06:25 | 53:13 | 59:38 | 20 | | 20 | 0.00 | 10:26 | 6:29 | | |