

## Summer Handicap Run 12 - 10 September 2025

The 19 runners for the last of the Summer race was greeted by truly autumnal weather with a raging head wind at the start. Fortunately no rain. Not too cold for the runners but a bit of a cold stand for the timekeepers/starters, Graeme Clark and Stephen Hadden. Thanks to Stephen for helping out at the last minute.

The debate at the start was whether any of our two leaders were in a position to take maximum points from what appeared to be tough handicaps starts. The consensus appeared to be that it was most unlikely.

In the event Richard was just a second outside his previous best for the Season and Karen smashed her Course Pb. Remarkable considering the elements had conspired against them with the first half headwind perhaps taking too much out of them to take full advantage of the tail wind on the final mile. Richard left nothing on the table to take first place and 10pts, but it was Karen finishing in second place with a Pb and 9 points that retained her lead to be crowned the Seasons winner. This brought a great cheer from the attending ladies. But to be fair the gents all joined in to acclaim a fine summer of racing for a worthy winner.

Karen finished with 61 points to Richards 57. The only other Pb was from Wilson Willox who took 6 points on the night to just overtake Jim Bowie for third place overall. Hard to luck Jim who was always in the hunt for a top three placing from the half way stage of the season.

Best 3 Age graded% were Brian (80.39%), Robbie (80.14%) and Wilson (73.10%). Despite Brians fine run it wasn't enough to make it into the top three for the annual Age graded competition. Robbie retains his hold on it for yet another year (83.68%) with the closest of things for second and third. Carol just held on by 0.1% from Lisa (81.03% v 81.02%)

The handicaps for the Winter League will be calculated based on the the Results from the Summer 12 race. For newcomers please note the start takes place from the Swimming pool entrance and involves navigating the darkened streets of the Broch so be prepared to wear hi-viz clothing and lights when necessary to be safe especially with a significant number of street lights having been cut down last year.

Winter Race 1 will takes place on Wednesday 8 October. There will be a couple of opportunities to do a recce of the route on 24/09 and 2/10 for any first timers.

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
10/09/2025	<b>12</b>		<b>53'33"</b>				<b>%</b>	Per Mile	per Km		10/09/2025
RICHARD MUTCH	14:40	37:56	52:36	1	10	10	64.19	7:26	4:37	36:28	24:21
KAREN ROBERTSON	17:55	35:02	52:57	2	9	4	71.17	6:52	4:16	35:38	24:56
SHAUN PIRIE	18:25	34:40	53:05	3	8	2	63.80	6:48	4:13	33:47	22:07
GRANT DEWAR	18:05	35:04	53:09	4	7	5	65.21	6:53	4:16	35:02	22:52
WILSON WILLOX	14:00	39:21	53:21	5	6	12	73.10	7:43	4:48	39:35	28:46
MARTIN WATT	18:30	35:07	53:37	6	5	6	67.16	6:53	4:17	33:21	23:35
ROBBIE YOUNGSON	20:00	33:39	53:39	7	4	1	80.14	6:36	4:06	29:53	26:58
BRIAN URQUHART	17:55	35:47	53:42	8	3	8	80.39	7:01	4:22	32:13	28:46
JIM BOWIE	13:50	40:01	53:51	9	2	13	72.59	7:51	4:53	33:34	29:03
JAMIE MATHERS	19:06	34:46	53:52	10	1	3	62.90	6:49	4:14	33:45	21:52
PETER HALL	17:17	36:36	53:53	11		9	73.00	7:11	4:28	32:20	26:43
ALISON WEST	10:20	43:36	53:56	12		15	63.80	8:33	5:19	39:33	27:49
DUNCAN ABERNETHY	18:50	35:21	54:11	13		7	72.37	6:56	4:18	33:22	25:35
MORAG THOMPSON	12:25	41:52	54:17	14		14	65.64	8:13	5:06	36:30	27:29
GREG BRUCE	15:25	39:06	54:31	15		11	57.59	7:40	4:46	37:15	22:31
MALCOLM TAYLOR	10:00	45:27	55:27	16		17	56.77	8:55	5:32	41:42	25:48
ALEC WATSON	08:15	47:50	56:05	17		18	45.47	9:23	5:50	53:13	21:45
CAROL MASSIE	12:05	45:27	57:32	18		16	70.08	8:55	5:32	36:17	31:51
DAVID ABERNETHY	08:15	49:19	57:34	19		19	52.79	9:40	6:01	36:18	26:02