

Summer Handicap Run 01 -8 April 2026

Idyllic conditions tonight for the start of the series saw 17 ready and willing participants meeting at the Dunes Golf Club without the strong wind of last weeks recce!

Thanks to Martin & Alison for recording duties tonight!

Once again Speedie Beedie was missing, but not due to dodgy guts, this time he was lambing....birthing new eens!

Top news was Robbie regaining his place at the top after getting 3rd run in after only doing 2 during the winter

But Lisa was highest age grade on the night.....the battle commences!

Tonight saw 5 of the later starters making it to the dreamland of points. Grant Dewar starting 4th last crossed the line 1st with a nice 37s pb into the bargain followed by myself in 2nd (surprisingly) 40sec short of pb starting 11th =; Rich 3rd; from starting a lucky 13th was Duncan "I'm going to finish last" Abernethy; starting 15th was Mrs Platinum Lisa bombing through to 4th; 5th Morag; 6th good old legend Charlie; 7th Carol; 8th Shaun from 16th; 9th Jim & 10th starting from 17th, super Robbie taking the last point!

It's Grant's title to lose now but will he hang on with 11 races to go? Answers on a postcard.

Race 2 takes place on 22nd April with some likely to be tender after Manchester Marathon!

Gregsie xXx

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	H'cap Race	TIME	HCP 5.1 mile	Place	Points	Scratch	AGP	Minutes	Minutes	Summer route PB	World Std Time
08/04/2026	1		53:35				%	Per Mile	per Km		08/04/2026
GRANT DEWAR	17:45	34:25	52:10	1	10	3	66.92	6:45	4:12	35:02	23:02
GREG BRUCE	15:05	37:54	52:59	2	9	6	59.89	7:26	4:37	37:15	22:42
DUNCAN ABERNETHY	16:10	36:55	53:05	3	8	5	69.89	7:14	4:30	33:22	25:48
LISA ALLAN	19:55	33:13	53:08	4	7	1	81.84	6:31	4:03	32:24	27:11
MORAG THOMPSON	14:15	38:57	53:12	5	6	7	71.42	7:38	4:45	36:30	27:49
CHARLIE NOBLE	04:15	49:03	53:18	6	5	15	64.25	9:37	5:59	31:40	31:31
CAROL MASSIE	09:25	43:57	53:22	7	4	12	73.45	8:37	5:21	36:17	32:17
SHAUN PIRIE	18:55	34:37	53:32	8	3	4	65.05	6:47	4:13	33:47	22:31
JIM BOWIE	14:20	39:12	53:32	9	2	8	74.96	7:41	4:47	33:34	29:23
ROBBIE YOUNGSON	20:10	33:31	53:41	10	1	2	80.46	6:34	4:05	29:53	26:58
RICHARD MUTCH	15:05	39:19	54:24	11		9	61.93	7:43	4:47	36:28	24:21
WILSON WILLOX	14:10	40:22	54:32	12		10	71.97	7:55	4:55	39:21	29:03
ALISTAIR MCCALLUM	09:45	44:48	54:33	13		13	61.87	8:47	5:28	43:47	27:43
STEPHEN HADDEN	13:30	41:06	54:36	14		11	58.72	8:04	5:01	39:37	24:08
MALCOLM TAYLOR	09:20	46:49	56:09	15		14	55.11	9:11	5:42	41:42	25:48
LILLIAN TAYLOR	07:05	49:50	56:55	16		16	64.78	9:46	6:04	48:28	32:17
PAT WILLOX	00:00	57:18	57:18	17		17	56.34	11:14	6:59	56:52	32:17