

FRC SUMMER RACE 2, 22-04-2026.

Tonight the weather was once again nice although a nippy sea breeze was lingering!

Karen, still suffering from injury setbacks and myself Gregsie smarting from Manchester 26.2 Sunday past, were on starter / recording duties.

Everyone got away on time except for our favourite author Liam Bowie who went a warmup at around 10 past and decided a good chinwag with pals was more appealing than setting off at his start time haha!

David Abernethy was back to his old ways and set off 8 mins late! and sealed it with a DNF.

Robbie was once again here to continue his battle with Mrs Platinum Lisa in the age grading battle! Getting too close to call.

Pat Willox was 1st off as the clock hit 6, but who'd be 1st back?
Stephen McKenzie was 1st back on his debut run over the Summer Course but will need one more to set his handicap - well done though!
Lynne-Marie Masson on her long awaited (4.5 year) return took a hard earned 10 points....come back sooner this time though! 9 points went to Arron in a well executed race after being last(officially) off; 8 points to Alistair who improved his time greatly; 7 points to winner of race 1, Grant who re-reset his previous race Pb; 6 points went to Wilson who set a new 30s Pb, 5 points went to Christopher Bell a returning previous league winner; 4 points to main man Martin Watt; 3 points to that man Robbie; 2 to a fellow Manchester Marathoner Carol who went faster than race 1. Final point went to a Bowie (Jim) who started on time and went slightly faster than in race 1.

All in we'd 20 racers tonight so hopefully we can keep these numbers for the rest of the season in order to keep things spicy!!!

Race 3 takes place 06/05/26.

Chap on...Race correspondent Gregsie X

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
22/04/2026	2		53:35				%	Per Mile	per Km		22/04/2026
STEPHEN MCKENZIE	11:50	39:34	51:24	1		13	58.21	7:45	4:49	[1]	23:02
LYNNE MARIE MASSON	13:15	38:53	52:08	2	10	11	69.91	7:37	4:44	38:44	27:11
AARON PRITCHARD	20:40	31:36	52:16	3	9	1	70.36	6:12	3:51	32:59	22:14
ALISTAIR MCCALLUM	09:20	42:59	52:19	4	8	14	64.48	8:26	5:14	43:47	27:43
GRANT DEWAR	19:10	33:13	52:23	5	7	5	69.34	6:31	4:03	34:25	23:02
WILSON WILLOX	13:45	38:51	52:36	6	6	10	74.77	7:37	4:44	39:21	29:03
CHRISTOPHER BELL	07:50	44:55	52:45	7	5	17	50.54	8:48	5:28	44:58	22:42
MARTIN WATT	20:20	32:32	52:52	8	4	2	72.49	6:23	3:58	33:21	23:35
ROBBIE YOUNGSON	20:05	32:55	53:00	9	3	3	81.92	6:27	4:01	29:53	26:58
CAROL MASSIE	09:40	43:29	53:09	10	2	16	74.24	8:32	5:18	36:17	32:17
JIM BOWIE	14:25	39:03	53:28	11	1	12	75.25	7:39	4:46	33:34	29:23
LISA ALLAN	20:20	33:09	53:29	12		4	82.00	6:30	4:02	32:24	27:11
ANDREW WEST	17:00	36:34	53:34	13		9	69.42	7:10	4:27	34:27	25:23
ALISON WEST	10:50	43:01	53:51	14		15	65.40	8:26	5:15	39:33	28:08
ELLIOTT WALLACE	19:20	34:49	54:09	16		6	66.16	6:50	4:15	[2]	23:02
SHAUN PIRIE	19:00	35:30	54:30	17		8	62.63	6:58	4:20	33:47	22:14
LILLIAN TAYLOR	06:40	48:47	55:27	18		18	66.18	9:34	5:57	48:28	32:17
PAT WILLOX	00:00	57:00	57:00	19		19	56.64	11:11	6:57	56:52	32:17
LIAM BOWIE	23:00	34:53	57:53	20		7	65.07	6:50	4:15	38:57 [3]	22:42
DAVID ABERNETHY	06:15	00:00	06:15	DNF			#DIV/0!	0:00	0:00	36:18	26:16