

FRC SUMMER RACE 3, 06 May-2026.

An amazing 24 athletes (believe it or not) took off at their start time!

Keith Buchan was resetting his time having not raced for quite some time! With an on form Duncan Abernethy starting 1 minute behind me I was expecting to be passed going into 2 mile...it never happened and ended up 1 of 2 dnf's along with Aaron Pritchard....hopefully nothing too serious lads!

People were suggesting it wasn't overly warm for a summers night in the Broch, I'd say it was an ideal night for it...IF the legs would only play ball post marathon, they certainly aren't as yet...enough about me though haha!!

Robbie Youngson was top of the charts tonight with regards to age grading as his friend & foe (Lisa) was on starter & recording duties...the next episode will be soon enough rest assured! Kat & Elliot were assisting Lisa - cheers guys.

1st back tonight was Scott Gibb, Peter Hall next in with a good effort before tackling Garioch HM Sunday, a very speedy (sub 30) Marc Simpson 3rd, Stephen Hadden 4th, Chris Bell 5th again, Carol Massie 6th, Robbie Youngson 7th, Morag 8th, Keith (not counting), Richard 9th & Wilson Willox taking 10th and the last point. We had Pbs from Scott, Marc, Christopher, Wilson and Pat Willox indicating fair conditions.

Grant still leads the way on 17 pts ahead of Carol and Christopher on 11 each. But there is a long line of chasers close behind so all can change very quickly.

Let's keep this high numbers up....makes for an exciting season. Keep on keeping on.

Robbie leads the Age graded with Lisa close behind followed by Jim Bowie.

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
06/05/2026	3		53:35				%	Per Mile	per Km		06/05/2026
SCOTT GIBB	12:20	39:24	51:44	1	10	15	66.67	7:44	4:48	43:09	26:16
PETER HALL	17:30	35:07	52:37	2	9	6	76.79	6:53	4:17	32:20	26:58
MARC SIMPSON	22:55	29:47	52:42	3	8	1	73.03	5:50	3:38		21:45
STEPHEN HADDEN	13:05	39:53	52:58	4	7	14	60.51	7:49	4:52	39:37	24:08
CHRISTOPHER BELL	08:40	44:35	53:15	5	6	18	50.92	8:45	5:26	44:55	22:42
CAROL MASSIE	10:07	43:08	53:15	6	5	17	74.85	8:27	5:15	36:17	32:17
ROBBIE YOUNGSON	20:40	32:36	53:16	7	4	2	82.72	6:24	3:58	29:53	26:58
MORAG THOMPSON	14:40	38:37	53:17	8	3	9	72.03	7:34	4:42	36:30	27:49
KEITH BUCHAN	20:45	32:41	53:26	9		3	75.73	6:25	3:59		24:45
RICHARD MUTCH	14:40	38:52	53:32	10	2	10	62.65	7:37	4:44	36:28	24:21
WILSON WILLOX	14:45	38:49	53:34	11	1	13	74.11	7:37	4:44	38:51	28:46
GRANT DEWAR	20:20	33:25	53:45	12		5	69.48	6:33	4:04	33:13	23:13
JIM BOWIE	14:30	39:29	53:59	13		11	74.42	7:45	4:49	33:34	29:23
MARTIN WATT	21:05	33:01	54:06	14		4	71.43	6:28	4:01	32:32	23:35
SHAUN PIRIE	18:35	35:36	54:11	15		8	62.45	6:59	4:20	33:47	22:14
LYNNE MARIE MASSON	14:40	39:41	54:21	16		12	68.50	7:47	4:50	38:44	27:11
JAMIE MATHERS	19:40	35:25	55:05	17		7	61.93	6:57	4:19	33:45	21:56
PAT WILLOX	00:00	55:26	55:26	18		22	58.24	10:52	6:45	56:52	32:17
LILLIAN TAYLOR	06:15	50:24	56:39	19		19	64.05	9:53	6:09	48:28	32:17
CHARLIE NOBLE	04:30	53:02	57:32	20		20	59.43	10:24	6:28	31:40	31:31
GREG BRUCE	15:40	42:14	57:54	21		16	53.75	8:17	5:09	37:15	22:42
DAVID ABERNETHY	06:15	53:08	59:23	22		21	49.44	10:25	6:29	36:18	26:16
AARON PRITCHARD	22:00	00:00	22:00	DNF			#DIV/0!	0:00	0:00	31:36	22:14
DUNCAN ABERNETHY	16:40	00:00	16:40	DNF			#DIV/0!	0:00	0:00	33:22	25:48