

Handicap race	H'cap Race	TIME	HCP 5.1 mile	Place	Points	Scratch	AGP	Minutes	Minutes	Summer route PB	World Std Time
15/07/2026	8		53:35				%	Per Mile	per Km		15/07/2026
ALISON WEST	10:40	42:12	52:52	1	10	12	66.67	8:16	5:09	39:33	28:08
ALISTAIR MCCALLUM	10:25	42:31	52:56	2	9	13	65.78	8:20	5:11	42:59	27:58
LYNNE MARIE MASSON	14:00	39:07	53:07	3	8	7	69.49	7:40	4:46	38:44	27:11
SCOTT GIBB	14:40	38:28	53:08	4	7	6	68.28	7:33	4:41	38:57	26:16
ELLIOTT WALLACE	18:30	35:00	53:30	5	6	4	65.81	6:52	4:16	34:49	23:02
MARTIN WATT	20:25	33:17	53:42	6	5	2	71.41	6:32	4:03	32:32	23:46
DAVID ABERNETHY	06:05	47:41	53:46	7	4	16	55.09	9:21	5:49	36:18	26:16
GREG BRUCE	13:35	40:22	53:57	8	3	10	56.23	7:55	4:55	37:15	22:42
PAT WILLOX	00:00	53:59	53:59	9	2	17	60.57	10:35	6:35	54:23	32:42
WILSON WILLOX	14:25	39:45	54:10	10	1	8	72.37	7:48	4:51	38:49	28:46
MALCOLM TAYLOR	08:30	45:52	54:22	11		15	56.25	9:00	5:35	41:42	25:48
JIM BOWIE	13:50	40:37	54:27	12		11	72.34	7:58	4:57	33:34	29:23
RAYMOND CLARK	22:50	31:38	54:28	13		1	69.13	6:12	3:51	30:46	21:52
JAMIE MATHERS	19:20	35:14	54:34	14		5	62.25	6:55	4:18	33:45	21:56
MORAG THOMPSON	14:45	40:04	54:49	15		9	69.43	7:51	4:53	36:30	27:49
KEITH BUCHAN	21:30	33:41	55:11	16		3	74.07	6:36	4:06	28:05	24:57
CAROL MASSIE	10:55	44:29	55:24	17		14	72.57	8:43	5:25	36:17	32:17

FRC SUMMER RACE 8, 15/07/26.

On a cosy night, much like race 7, 17 athletes had their name down and made the start line...but would they all see the dream finish line?

The biggest question on everyone's lips was "would we be seeing the recent Bounty Comps 200'000 winners Dru & Alison or would they be off on a last minute bargain holiday to the sun again"??

As it goes, Alison was one of the 17 but Dru was busy 'doing jobs' on the works boat!

The ever present Richard Mutch was hosting friends and family so was missing. Im sure we can let him off though!

The top 5 bettered their set handicap and the next 4 weren't overly far away!

Keith Buchan did his 3rd race and will score points again going forward & be ready for the Peter Ritchie Mormond Hill Memorial Race on Wednesday.

The top 10 tonight were as follows...On a winning streak Alison 42.12, Alistair (PB) 42:31, Lynne Marie Masson 39:07, Scott Gibb 38:28 (PB), Elliot Wallace 35:00, Martin Watt 33:17, David Abernethy (who'd plenty left in the tank @ the end) 47:41, Meee, Gregsie 40:22 (finally half decent again), & Pat Willox 53:59 (PB).

Thanks to Stephen & Sandra for nearly getting everyone away in time & recording the results on everyone's return.

No changes in the Age Grading battle tonight for different reasons! On to race 9 we go with LMM top of the pile closely followed by Martin Watt and Alistair McCallum.

You're working again (finally) race reporter. Gregsie 88

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>