

FRC SUMMER RACE 4, 13 May-2026.

Team Reach app was in overdrive this week with yes after yes which saw 26 names down to run. The weather was good again, maybe a bit too warm, although on the return we'd a gentle cross wind on the 2nd part of the line.

Raymond Clark was making his race debut and didn't disappoint with a brisk 30:46...(talking about setting the bar high eh)...taking 2nd place after starting last but as we all know, 3 is the magic number before one counts for points!

Scott Gibb pb'd by 5 seconds and took some points at the same time. Colin Gibson fresh out the gym (the lad has guns) was also doing his 1st Race night and set a time of 45:25 of which he's undoubtedly going to beat going forward!

Pat Willox although out the points also set a new pb taking an amazing 38 seconds off - brilliant effort!

We have to thank Marc Simpson & Graeme Clark for recording duties, executed perfectly given the high volume of racers we're now getting.

Dash, one of the last away was 1st back in 32:12 on his 1st run of this summer closely followed by Raymond (not counting). 2nd was Carol Massie; 3rd was ever dependable Martin Watt 32:44 just 12seconds outside his pb; 4th was Jamie Mathers only 25seconds from his pb; 5th was Alison West 42:52; 6th Scott Gibb with his new pb of 39:19; 7th Lynne Marie Masson 39:24; 8th Dru West 36:44; 9th Mrs Platinum Lisa 33:26 and 10th Aaron Pritchard 31:57.

So the table now has Carol, who has scored in all 4 races so far, sitting pretty on top with Grant and Scott in second and third place but having only scored in 2 apiece.

Another close one tonight with regards to Robbie and Lisa's age grading battle at the top! Robbie has stretched his lead a little while Jim Bowie sits in 3rd place but with Peter sneaking quietly up on his heels.

Not to sound like a broken record but let's keep encouraging other members to come along and take members part. This weeks finishers was the largest for many years.

Byeeeeee, 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
20/05/2026	4		53:35				%	Per Mile	per Km		20/05/2026
DASH	20:45	32:12	52:57	1	10		76.86	6:19	3:55	31:01	24:45
RAYMOND CLARK	22:15	30:46	53:01	2			71.07	6:02	3:45		21:52
CAROL MASSIE	10:25	42:38	53:03	3	9		75.72	8:22	5:12	36:17	32:17
MARTIN WATT	20:40	32:44	53:24	4	8		72.05	6:25	3:59	32:32	23:35
JAMIE MATHERS	19:15	34:10	53:25	5	7		64.20	6:42	4:10	33:45	21:56
ALISON WEST	10:35	42:52	53:27	6	6		65.63	8:24	5:13	39:33	28:08
SCOTT GIBB	14:10	39:19	53:29	7	5		66.81	7:43	4:47	39:24	26:16
LYNNE MARIE MASSON	14:15	39:24	53:39	8	4		68.99	7:44	4:48	38:44	27:11
ANDREW WEST	17:00	36:44	53:44	9	3		69.10	7:12	4:29	34:27	25:23
LISA ALLAN	20:25	33:26	53:51	10	2		81.31	6:33	4:04	32:24	27:11
AARON PRITCHARD	22:00	31:57	53:57	11	1		69.59	6:16	3:54	31:36	22:14
ALISTAIR MCCALLUM	10:35	43:24	53:59	12			63.86	8:31	5:17	42:59	27:43
GRANT DEWAR	20:10	33:50	54:00	13			68.62	6:38	4:07	33:13	23:13
ROBBIE YOUNGSON	21:00	33:03	54:03	14			81.59	6:29	4:02	29:53	26:58
DUNCAN ABERNETHY	16:40	37:35	54:15	15			68.65	7:22	4:35	33:22	25:48
CHRISTOPHER BELL	09:00	45:24	54:24	16			50.37	8:54	5:32	44:35	22:52
COLIN GIBSON	09:00	45:25	54:25	17			51.93	8:54	5:32		23:35
MORAG THOMPSON	15:00	39:26	54:26	18			70.54	7:44	4:48	36:30	27:49
PAT WILLOX	00:00	54:48	54:48	19			58.91	10:45	6:41	55:26	32:17
RICHARD MUTCH	14:45	40:18	55:03	20			60.42	7:54	4:55	36:28	24:21
WILSON WILLOX	14:45	40:18	55:03	21			71.38	7:54	4:55	38:49	28:46
GREG BRUCE	15:15	40:40	55:55	22			55.82	7:58	4:57	37:15	22:42
JIM BOWIE	14:05	42:47	56:52	23			68.68	8:23	5:13	33:34	29:23
DAVID ABERNETHY	05:50	51:22	57:12	24			51.14	10:04	6:16	36:18	26:16
MALCOLM TAYLOR	08:55	48:51	57:46	25			52.81	9:35	5:57	41:42	25:48
STEPHEN HADDEN	13:40	45:00	58:40	26			53.63	8:49	5:29	39:37	24:08