

FRC SUMMER RACE 5, 03 June-2026.

Timekeepers India & Alan Taylor - cheers. Esp India's handwriting in recording finishers who were coming in fast and furious.

Weather 6 degrees, 17 mi/h wind from SE.

18 folk down on the app and started tonight, you could say a drastic drop from recent races but we'd of called that decent in recent years!

David Abernethy beat his handicap by 87sec tonight. Clearly arrived on time, might've even done a warmup...he's sure to feel the repercussions in the next race!

The top 7 beat their handicap but only Pat Willox set a new Pb. Keith Buchan came 4th but this being just his 2nd race in his comeback - we all know the rules!

Marc Simpson & Charlie sadly DNF. The former possibly still feeling the affects of his recent amazing Edinburgh Marathon effort.

The 3 Amigos (Carol, Grant & Scott) at the top currently were AWOL so gave the chasing pack a chance to catch up.....would they though?

1st tonight was indeed David, he was buzzing; 2nd in a rich vein of form, Morag Thompson; 3rd Jim Bowie; 4th (not counting) Keith Buchan...so Alistair, 5th (7s from his pb); Jamie Mathers 6th; our favourite cop Lynne- Marie Masson 7th; big Shaun Pirie 8th; Martin Watt 9th; and Wilson Willox 10th; and taking the last point was Richard Mutch!

So it was Morag and Lynne-Marie who heaped the pressure on at the top with Lynne -Marie now in second and Morag in third, pushing Grant down to fourth. Robbie had the night off the battle with Lisa in the age grading battle leaving no change in the Age Graded positions.

Gregsie x

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

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
03/06/2026	5		53:35				%	Per Mile	per Km		03/06/2026
DAVID ABERNETHY	05:25	46:42	52:07	1	10	15	56.25	9:09	5:41	36:18	26:16
MORAG THOMPSON	14:35	38:23	52:58	2	9	6	72.47	7:32	4:41	36:30	27:49
JIM BOWIE	13:40	39:18 [1]	52:58	3	8	7	74.77	7:42	4:47	33:34	29:23
KEITH BUCHAN	20:55	32:03	52:58	4		1	77.22	6:17	3:54	28:05	24:45
ALISTAIR MCCALLUM	10:10	43:04	53:14	5	7	12	64.36	8:27	5:15	42:59	27:43
JAMIE MATHERS	19:25	33:52	53:17	6	6	3	64.76	6:38	4:08	33:45	21:56
LYNNE MARIE MASSON	14:10	39:21	53:31	7	5	8	69.08	7:43	4:48	38:44	27:11
SHAUN PIRIE	18:10	35:36	53:46	8	4	5	62.45	6:59	4:20	33:47	22:14
MARTIN WATT	20:50	33:09	53:59	9	3	2	71.14	6:30	4:02	32:32	23:35
WILSON WILLOX	14:21	39:45	54:06	10	2	9	72.37	7:48	4:51	38:49	28:46
RICHARD MUTCH	14:20	39:57	54:17	11	1	10	60.95	7:50	4:52	36:28	24:21
PAT WILLOX	00:00	54:23	54:23	12		16	60.13	10:40	6:38	54:48	32:42
LISA ALLAN	20:10	34:20	54:30	13		4	79.17	6:44	4:11	32:24	27:11
ALISON WEST	10:45	43:46	54:31	14		13	64.28	8:35	5:20	39:33	28:08
CHRISTOPHER BELL	08:35	46:21	54:56	15		14	49.33	9:05	5:39	44:35	22:52
GREG BRUCE	14:50	40:48	55:38	16		11	55.64	8:00	4:58	37:15	22:42
CHARLIE NOBLE	04:05	00:00	04:05	DNF			#DIV/0!	0:00	0:00	31:40	31:31
MARC SIMPSON	23:50	00:00	23:50	DNF			#DIV/0!	0:00	0:00	29:47	21:45