

FRC SUMMER RACE 6, 17/06/26.

On what was a really fine night (17 degrees) in the Broch we had a drop in numbers to (if superstitious) a low of 13.

Where's everyone gone is the question. One regular we can excuse though was Morag who was preparing for the Highland Cross event on the Saturday, a gruelling race which she enjoys and executes very well.... 180/767!

Given the heat, it was only Wilson who got anywhere near to pb territory and this indeed coincided with him taking the victory & being one of only 2 bettering the handicap time....well done Alison too!

Times & placings of top 10 go like this.... Wilson Willox 39:11, Alison West 42:53, Lynne Marie Masson 39:34, Shaun Pirie 36:55, Elliot Wallace 36:18, Martin Watt 35:22, David Abernethy 49:06, Richard Mutch 42:14, Dash 35:13, & last and least myself Gregsie B 43:43 leaving 3 poor souls pointless ... like the tv show!
Well done everyone though.

Lynne Marie now tops the table ahead of Carol and Martin. Wilson's 10 points means he closes the gap to 1 point from 2nd place.

No change at the top of the Age graded table though.

Many thanks to Morag & Carol for setting everyone off on time and recording at the finish.

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
17/06/2026	6		53:35				%	Per Mile	per Km		17/06/2026
WILSON WILLOX	13:55	39:11	53:06	1	10		73.42	7:41	4:47	38:49	28:46
ALISON WEST	10:20	42:53	53:13	2	9		65.60	8:25	5:14	39:33	28:08
LYNNE MARIE MASSON	14:15	39:34	53:49	3	8		68.70	7:45	4:49	38:44	27:11
SHAUN PIRIE	18:00	36:55	54:55	4	7		60.23	7:14	4:30	33:47	22:14
ELLIOTT WALLACE	18:55	36:18	55:13	5	6		63.45	7:07	4:25	34:49	23:02
MARTIN WATT	20:25	35:22	55:47	6	5		66.68	6:56	4:19	32:32	23:35
DAVID ABERNETHY	06:55	49:06	56:01	7	4		53.50	9:38	5:59	36:18	26:16
RICHARD MUTCH	13:55	42:14	56:09	8	3		57.66	8:17	5:09	36:28	24:21
DASH	21:25	35:13	56:38	9	2		70.28	6:54	4:17	31:01	24:45
GREG BRUCE	14:25	43:43	58:08	10	1		51.93	8:34	5:20	37:15	22:42
PAT WILLOX	00:00	58:28	58:28	11			55.93	11:28	7:07	54:23	32:42
AARON PRITCHARD	21:40	37:37	59:17	12			59.11	7:23	4:35	31:36	22:14
CHARLIE NOBLE	04:05	59:08	03:13	13			53.30	11:36	7:12	31:40	31:31