Winter 11 Handicap Run – 17 March 2021

A return to head to head racing. Well almost as we had to go off in two groups to comply with the current regulations. Thanks to the starters Moira and Greg for doing the duties. Especially Greg who did his virtual effort at 4 o’clock before taking charge of the 6 o’clock group.

19 runners took part in what was a decent night for racing. Some running with carbon under their feet; others with a sack of coal on their back.

No less than 6 Pbs were broken tonight with potentially significant impact on the out come of the final race. Ladies were to the fore with Jennifer finishing first and Joyce in second place. Jennifer in bettering her Pb by 2min 20sec and Joyce hers by 58sec. Jim Bowie who lead the first group home had a seasons best by 1min 9sec to take third place points. Charlie has also pushed his way into contention with a 40 sec seasons best.

Other Pbs were Alison 6sec; Stuart Craib 26sec; Lynne-Marie 23sec; and Martin Watt 5 sec.

So that’s us down to the last race of the Winter. Things couldn’t really be tighter. Alison West has regained top spot on 44 points, closely followed by Lynne-Marie on 43. Martin Watt completes the top three on 41. Both Alison and Martin have now scored in at least 8 runs so will have their potential to add points slightly constrained. Joyce who has only scored in 4 runs has the habit however of scoring big so its going to be a nervous couple of weeks.

Final race will take place on Wednesday 31 March with clock starting at 6:00pm from the Community Centre/Pool depending on Covid guidelines. Make sure to check the Teamreach App to register and get final instructions. Lets see if we can get more than 24 runners out to end the winter series.

So another reminder to ensure that you are ready to race: checked the App, route conditions, warmed up, appropriate clothing, laces tied, and watch ready to record and double check it is actually running well before the last mile.

Full results, points table and Guidance Notes are on the Teamreach App and FRC Webpage.

<https://sites.google.com/site/fraserburghrunning/home/new-news/winterhandicapisback>

Stay Safe

Slowcoach