

Winter Handicap Run 1 – 13 October 2021

Winter race 1 means the winter season is definitely started with dark nights replacing the warm balmy evenings of summer – remember them? All the complaints of it being too hot or too many flies and bugs. Well that's all replaced with complaints of too cold; too windy; too many cars and too dark (and too hot).

Nevertheless it was pretty good running conditions that greeted the faithful as they assembled at the Pool door for Race 1. A similar number of starters were ready for the different challenges of the winter route, in particular working out how to pace the various ups and owns of the course. This is perhaps indicated by the lack of PBs with only Gillian managing to record one. Great running recently from Gillian has certainly brought a smile to her face and traces of cockiness in her dealings with Charlie! However half the field did manage to match or beat their handicap so looking good for some good battles in the months ahead.

Thanks to our starters, Lisa and Robbie fresh from their London efforts for getting everyone off on time and recording the finish.

The first three finishers were Gillian, Dru and Morag with Alison the best of the rest holding off a fast finishing Keith Buchan for fourth.

Age graded positions: 1- Keith Buchan (83.40%) 2- Gillian Strachan (78.88%)
3- Charlie Noble (77.40%)

Good to see Shuan Walker back racing again and getting his speed back. And a special mention to Bruce Irvine who made his return to FRC racing after a break of some 25 years. Still a work in progress. Didn't quite manage to follow the course tonight but no excuses next time. Welcome back both.

Darkness did fall before the finish so a reminder to be adequately kitted out for these runs with light and/or luminous clothing and lights in addition to clothes to match the various weather conditions we are likely to experience: cold wind or hot and windy.

Next race Wednesday 27 October from Pool.

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

<https://www.fraserburghrunningclub.co.uk>

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
13/10/2021	1	TIME	56'40"				%	Per Mile	per Km		
GILLIAN STRACHAN	18:45	36:27	55:12	1	10		78.88	6:45	4:12	36:53	28:45
ANDREW WEST	17:40	37:59	55:39	2	9		0.00	7:02	4:22	37:50	
MORAG THOMPSON	14:00	41:45	55:45	3	8		67.54	7:44	4:48	39:06	00:28:12
ALISON WEST	13:35	42:28	56:03	4	7		66.99	7:52	4:53	41:20	28:27
KEITH BUCHAN	25:15	30:51	56:06	5	6		83.04	5:43	3:33	29:54	25:37
JIM BOWIE	17:15	39:10	56:25	6	5		76.34	7:15	4:30	37:19	29:54
MARTIN WATT	19:15	37:25	56:40	7	4		65.35	6:56	4:18	36:12	24:27
SHAUN WALKER	16:50	39:55	56:45	8	3		0.00	7:24	4:36	38:22	
LYNNE MARIE MASSON	14:20	42:39	56:59	9	2		64.99	7:54	4:55	42:09	27:43
GRAEME CLARK	14:40	42:31	57:11	10	1		71.66	7:52	4:54	35:17	30:28
RICHARD MUTCH	15:55	41:33	57:28	11			60.69	7:42	4:47	38:24	25:13
DEREK MILNE	21:15	36:17	57:32	12			69.50	6:43	4:11	33:27	25:13
MATTHEW CRAWFORD	15:05	42:57	58:02	13			55.06	7:57	4:57	39:45	23:39
CHARLIE NOBLE	17:15	41:05	58:20	14			77.40	7:36	4:44	37:29	31:48
GREG BRUCE	16:20	42:11	58:31	15			63.02	7:49	4:51	38:50	26:35
JOHNNY BEEDIE	16:50	42:11	59:01	16			63.26	7:49	4:51	36:51	26:41
DAVID ABERNETHY	11:05	DNF	#VALUE!	DNF			#VALUE!	#VALUE!	#VALUE!	39:14	26:54
BRUCE IRVINE	16:25	DNF	#VALUE!	DNF			#VALUE!	#VALUE!	#VALUE!		