

Winter Handicap Run 2 – 27 October 2021

Tonight's pre run discussion was dominated by the question of whether two layers or one layer would be best as conditions were a bit in between. As it turned out they were good and the single layers probably made the better choice.

Numbers were a bit down on last race but things were as competitive as ever.

Thanks to our starters, Richard and Johnny for doing start/finish duties having both fallen foul of injury in the last few days. Seems Richards short lived venture in long jumping will need to take a backseat until next summer now.

Despite the fair conditions only the first 3 finishers managed to beat their handicap with the majority of runners gathering the 25 sec earlier start for next time out. With only 9 counting finishers most runners went home with at least 2 points.

First home was Robbie Youngson who hasn't wasted much time in getting back to speed after his marathon performance in London. Kevin Brooks was second with his second run after returning to racing and Stuart Craib was third with a new PB of 35'19"

Age graded positions: 1- Robbie Youngson (85.25%) 2- Carol Massie (80.94%)
3- Charlie Noble (73.81%)

Bruce Irvine managed to start and finish this week so has now two more runs to set his handicap.

Duncan Abernethy showed that he is returning to form after his illness finishing just in front of Alison who was delighted with her 4 points to put her joint top of table with Martin Watt (Mr consistent). Gillian is joined in third place by Robbie.

A reminder about running 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 10 November 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
27/10/2021	2	TIME	56'40"				%	Per Mile	per Km		
ROBBIE YOUNGSON	22:45	32:39	55:24	1	10	1	85.25	6:03	3:45	32:26	27:50
KEVIN BROOKS	12:20	43:20	55:40	2		10	67.77	8:01	4:59		29:22
STUART CRAIB	21:10	35:19	56:29	3	9	2	69.75	6:32	4:04	35:34	24:38
CAROL MASSIE	16:25	40:29	56:54	4	8	5	80.94	7:30	4:40	37:16	32:46
MARTIN WATT	19:15	37:54	57:09	5	7	3	64.51	7:01	4:22	36:12	24:27
JOYCE LEITH	15:00	42:15	57:15	6	6	6	62.92	7:49	4:52	41:41	26:35
BRUCE IRVINE	15:00	42:30	57:30	7		7	57.10	7:52	4:53		24:16
DUNCAN ABERNETHY	18:45	39:27	58:12	8	5	4	67.64	7:18	4:32	34:53	26:41
ALISON WEST	14:10	44:19	58:29	9	4	11	64.20	8:12	5:06	41:20	28:27
GREG BRUCE	15:55	43:09	59:04	10	3	9	61.61	7:59	4:58	38:50	26:35
CHARLIE NOBLE	16:50	43:05	59:55	11	2	8	73.81	7:59	4:58	37:29	31:48
JOHN BRUCE	11:50	DNF	#VALUE!	DNF			#VALUE!	#VALUE!	#VALUE!	43:10	24:27