

## Winter Handicap Run 3 – 10 November 2021

Once again a difficult night to decide what the running conditions were like. It was a bit chilly but the debate was about the effect of the wind. It felt pretty benign at the start but the race spotters advised that the wind could be decisive up Strichen Road and along the harbour and beach. Thank you Mr Beedie and Mr Noble.

Greg was looking forward to a low turnout again this week but numbers crept up to 15, so a walk for points was no longer on the cards. Runners were set off with just about optimal spacing to make it competitive all round the way round the course.

Thanks to our starters, Carol and Jennifer for doing start/finish duties.

Old heads were in evidence tonight with our “senior” runners taking every opportunity to hide behind the runner in front to break the wind at strategic places on the course. Smells like wiffy tactics to me.

First home was Martin Watt in a seasons best of 36:46. In second place Graeme Clark held off Joyce and Alison: Joyce in a new Pb of 41:30 and Alison just a second off her seasons best despite a little hiccup going up Kirkton Road. Other seasons best for Charlie, and Shaun.

Gillian discovered the down side of having a great run a couple of races ago when despite another good run she was out of the points. Never mind a better start time next race will ease the pain.

Age graded positions: 1- Keith Buchan (81.80%) 2- Charlie Noble (79.10%)  
3- Gillian Strachan (77.49%)

So that all leaves Martin on top spot with 21 points; Alison in second with 18 points and Joyce in third with 14 points.

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 24 November from Pool.

A last shout out to anyone who is willing to help marshal at our Half Marathon on 21 November. We are still potentially a few short. If you can help get in touch with Alison West asap. We only do 2 races a year so it is not a big commitment to help out occasionally.

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
10/11/2021	<b>3</b>	TIME	<b>56'40"</b>				%	Per Mile	per Km		
MARTIN WATT	18:50	36:46	55:36	1	10		66.50	6:49	4:14	36:12	24:27
GRAEME CLARK	14:15	41:37	55:52	2	9		73.21	7:42	4:47	35:17	30:28
JOYCE LEITH	14:35	41:30	56:05	3	8		64.06	7:41	4:47	41:41	26:35
ALISON WEST	13:45	42:29	56:14	4	7		67.67	7:52	4:53	41:20	28:45
SHAUN WALKER	16:45	39:48	56:33	5	6		58.42	7:22	4:35	38:22	23:15
CHARLIE NOBLE	16:25	40:12	56:37	6	5		79.10	7:27	4:38	37:29	31:48
STUART CRAIB	21:20	35:20	56:40	7	4		69.72	6:33	4:04	35:19	24:38
DEREK MILNE	20:50	36:00	56:50	8	3		70.05	6:40	4:09	33:27	25:13
JOHNNY BEEDIE	16:25	40:29	56:54	9	2		65.91	7:30	4:40	36:51	26:41
KEITH BUCHAN	25:50	31:19	57:09	10	1		81.80	5:48	3:36	29:54	25:37
GILLIAN STRACHAN	20:15	37:06	57:21	11			77.49	6:52	4:16	36:27	28:45
CALLUM MUTCH	18:10	39:40	57:50	12			64.08	7:21	4:34	36:50	25:25
MORAG THOMPSON	14:55	43:00	57:55	13			65.58	7:58	4:57	39:06	28:12
GREG BRUCE	15:30	43:06	58:36	14			61.68	7:59	4:58	38:50	26:35
ANDREW WEST	18:40	40:37	59:17	15			64.10	7:31	4:40	37:50	26:02