

Winter Handicap Run 4 – 24 November 2021

Winter has arrived so warm up consisted of group huddle before the start. The only chattering was that of everyone's teeth with temperature only managing to reach 3 degrees. This ensured an invigorating exfoliating shower over the first mile. Nowhere to hide round the course with strong gusts catching out even the most robust runner. The only relief was along Watermill Road/College Bounds and down the final half mile of Strichen Road.

Thanks to our starters, Alison and Maureen for doing start/finish duties.

Despite the unfavorable conditions, 14 runners accepted the challenge including a couple of Sunday's Half marathon runners and a cameo appearance by David Abernethy. It is no surprise that there were no Pbs although there were a few seasons bests.

First home was Morag Thompson who despite or because of her slight frame managed to beat the wind taking full advantage of the tail wind down Strichen Road after a tough Kirkton to be only a couple of seconds off her best run of the season. Derek Milne closed to within 11 seconds in second place, with Gillian a further 9 seconds back in third.

Good to see Jim Bowie and Richard back racing again. Both will have the benefit of 25 sec easier handicap next time out.

Age graded positions: 1- Carol Massie (79.27%) 2- Lisa Allan (78.33%)
3- Gillian Strachan (78.16%)

So that all leaves Martin still on top spot with 26 points; Morag and Gillian join Alison in joint second with 18 points; and Shaun best of the rest on 16 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 8 December 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
24/11/2021	4	TIME	56'40"				%	Per Mile	per Km		
MORAG THOMPSON	14:30	41:47	56:17	1	10	10	68.09	7:44	4:49	39:06	28:27
DEREK MILNE	20:40	35:48	56:28	2	9	2	70.44	6:38	4:07	33:27	25:13
GILLIAN STRACHAN	19:50	36:47	56:37	3	8	3	78.16	6:49	4:14	36:27	28:45
SHAUN WALKER	16:50	40:05	56:55	4	7	7	58.00	7:25	4:37	38:22	23:15
LISA ALLAN	21:15	35:41	56:56	5	6	1	78.33	6:36	4:06	34:13	27:57
MARTIN WATT	19:55	37:26	57:21	6	5	4	65.32	6:56	4:19	36:12	24:27
CAROL MASSIE	16:10	41:20	57:30	7	4	9	79.27	7:39	4:45	37:16	32:46
CALLUM MUTCH	17:45	39:47	57:32	8	3	6	63.89	7:22	4:35	36:50	25:25
DUNCAN ABERNETHY	18:20	39:20	57:40	9	2	5	67.84	7:17	4:32	34:53	26:41
GREG BRUCE	15:05	43:00	58:05	10	1	11	61.82	7:58	4:57	38:50	26:35
ANDREW WEST	18:15	40:08	58:23	11		8	64.87	7:26	4:37	37:50	26:02
JOHN BRUCE	11:50	47:15	59:05	12		14	51.75	8:45	5:26	43:10	24:27
RICHARD MUTCH	15:30	45:45	01:15	13		13	55.12	8:28	5:16	38:24	25:13
JIM BOWIE	17:30	45:22	02:52	14		12	65.91	8:24	5:13	37:19	29:54