

Winter Handicap Run 5 – 8 December 2021

A slight increase in the number of runners turning up for the 5th race in the series. After a very wet day in the aftermath of the Storm Arwen and Barra it was dry overhead but runners had to negotiate several puddles so there were a few wet feet. Wind was still in evidence but it was blowing from the least troublesome direction, but nevertheless still seems to have affected times a little.

Thanks to our starters, Johnny and Jennifer Beedie for getting everyone off on time using the recently replaced starters clock. The previous one went for a run of its own last time out and hasn't been seen since.

As stated above, times were a bit down tonight with the exception of Mr Inconsistency who improved his season's best by almost a minute and last race time by almost 2 minutes. Lisa also improved on her only other run so far this season with Gillian breaking her PB over the winter course for the second time this year.

First home was Greg who just did enough to hold off Lisa in second and Derek Milne in third. Only 6 runners managed to beat par with the remainder picking up a good pot of handicap seconds to improve their chances next time out.

Age graded positions: 1- Keith Buchan (82.02%) 2- Lisa Allan (79.86%)
3- Gillian Strachan (79.06%)

Martin had to pull out before the finish but still leads the table but with a considerably reduced lead over Gillian in second and Morag in third. But watch out for Derek Milne who is sneaking steadily up with good points in the last 2 races.

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 22 December from Pool.

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page 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
08/12/2021	5	TIME	56'40"				%	Per Mile	per Km		
GREG BRUCE	14:40	41:14	55:54	1	10	8	64.47	7:38	4:45	38:50	26:35
LISA ALLAN	21:00	35:00	56:00	2	9	2	79.86	6:29	4:02	34:13	27:57
DEREK MILNE	20:50	35:23	56:13	3	8	3	71.27	6:33	4:04	33:27	25:13
GILLIAN STRACHAN	19:55	36:22	56:17	4	7	5	79.06	6:44	4:11	36:27	28:45
ANDREW WEST	17:50	38:41	56:31	5	6	6	67.30	7:10	4:27	37:50	26:02
KEITH BUCHAN	25:25	31:14	56:39	6	5	1	82.02	5:47	3:36	29:54	25:37
DUNCAN ABERNETHY	17:55	38:56	56:51	7	4	7	68.54	7:13	4:29	34:53	26:41
MORAG THOMPSON	14:55	42:04	56:59	8	3	9	67.63	7:47	4:50	39:06	28:27
DAVID ABERNETHY	11:05	45:59	57:04	9	2	14	58.50	8:31	5:18	39:14	26:54
STUART CRAIB	21:20	35:45	57:05	10	1	4	68.90	6:37	4:07	35:19	24:38
GRAEME CLARK	15:05	42:27	57:32	11		10	71.77	7:52	4:53	35:17	30:28
ALISON WEST	14:10	43:41	57:51	12		13	65.81	8:05	5:02	41:20	28:45
RICHARD MUTCH	15:05	43:31	58:36	13		12	57.95	8:04	5:01	38:24	25:13
CHARLIE NOBLE	16:30	42:35	59:05	14		11	74.68	7:53	4:54	37:29	31:48
JIM BOWIE	17:05	46:28	1:03:33	15		15	64.35	8:36	5:21	37:19	29:54
MARTIN WATT	19:30	00:00	19:30	DNF			#DIV/0!	0:00	0:00	36:12	24:27