

Winter Handicap Run 8 – 19 January 2022

A word on the weather first as usual. It was a mixed sort of day leading up to 6pm but the weather gods decided to time their best/worst to coincide with the West Road section. Driving hail/sleet in the face was the welcome waiting for runners turning into West Road.

Thanks to our starters, Brenda and Alison for getting everyone off on time. Not sure Richard was entirely happy with Alison volunteering though as it meant he had lost his excuse to have a night off. Not the best of nights though to stand at the finish line either.

Again there were no Pbs and only the first two finisher managed to get anywhere near their handicap times.

Best runs were from the Martin Watt and Morag who came closest to their seasons best, with Morag just failing to hold off Martin in the run to the finish. So it was 10 points to Martin; 9 points to Morag; and 8 points to Carol. This consolidates Martin in top spot but Morag is keeping him honest only 4 behind. Gillian remains in 3rd spot having missed tonight's race with a dodgy hamstring. Lots still to do as there are still 40 points available before the end of the season.

Age graded positions: 1- Carol Massie (76.26%) 2- Charlie Noble (70.25%) 3- Jim Bowie (69.69%). This means it is still Keith Buchan leading from Carol and Gillian overall with the best three Age graded scores.

Derek Milne had the best scratch time of 37:22 which reinforces the difficulty of the conditions – a sentiment widely reported on Strava. So well done to everyone who turned up to the start tonight.

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 2 February from Pool. Hers hoping for more favourable conditions.

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
19/01/2022	8	TIME	56'40"				%	Per Mile	per Km		
MARTIN WATT	19:10	37:44	56:54	1	10	2	64.80	6:59	4:21	36:12	24:27
MORAG THOMPSON	14:40	42:17	56:57	2	9	6	67.28	7:50	4:52	39:06	28:27
CAROL MASSIE	14:55	42:58	57:53	3	8	8	76.26	7:57	4:57	37:16	32:46
GREG BRUCE	16:30	41:37	58:07	4	7	5	56.83	7:42	4:47	38:50	23:39
DEREK MILNE	20:50	37:22	58:12	5	6	1	67.48	6:55	4:18	33:27	25:13
DUNCAN ABERNETHY	18:15	40:00	58:15	6	5	4	66.71	7:24	4:36	34:53	26:41
RICHARD MUTCH	15:40	42:58	58:38	7	4	7	58.69	7:57	4:57	38:24	25:13
STUART CRAIB	20:55	37:52	58:47	8	3	3	65.05	7:01	4:21	35:19	24:38
JIM BOWIE	15:50	43:20	59:10	9	2	9	69.69	8:01	4:59	37:19	30:12
CHARLIE NOBLE	15:40	45:16	00:56	10	1	10	70.25	8:23	5:13	37:29	31:48
GRAEME CLARK	14:40	00:00	14:40	DNF			#DIV/0!	0:00	0:00	35:17	30:28