

Winter Handicap Run 7 – 5 January 2022

Talk in the lead up to Race night was whether there were going to be sufficient entries to make it a race for points. The weather in the lead up was not amenable to racing round the dark streets and numbers looked like they were going to be below the 8 race starters requirement. However the earlier wintry winds and sleet desisted and sufficient runners came out to make a race of it.

Thanks to our starters, Karen Abernethy and Tracey Weston for getting everyone off on time. Well nearly everyone as Jim Bowie had to head back home when he realized he still had grandchildrens safety seats in his car. He made it back to the start in time to join the race 1 minute after his allocated time but still did enough to gather 2 points.

It is perhaps no surprise that there was only one Pb and no other seasons bests given it was the first race after the Christmas and New Year festivities. Gillian sneaked a full second off her Pb in finishing in second place just behind 10 pointer Morag who has recorded consistent times all season. Martin Watt completed the top three finishers. Carol Massie made it three ladies in the top four.

Age graded positions: 1- Gillian Strachan (79.09%) 2- Carol Massie (78.51%)
3- Charlie Noble (75.83%)

Gillian now shares top spot in the league with Martin and Morag's 10 points taking her into third.

Gillian also had the best scratch time of all runners which makes her the undoubted champion on the night.

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 19 January 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
05/01/2022	7	TIME	56'40"				%	Per Mile	per Km		
MORAG THOMPSON	14:35	42:00	56:35	1	10	10	67.74	7:47	4:50	39:06	28:27
GILLIAN STRACHAN	20:20	36:21	56:41	2	9	1	79.09	6:44	4:11	36:22	28:45
MARTIN WATT	19:30	37:28	56:58	3	8	2	65.26	6:56	4:19	36:12	24:27
CAROL MASSIE	15:20	41:44	57:04	4	7	8	78.51	7:44	4:48	37:16	32:46
DUNCAN ABERNETHY	18:40	38:37	57:17	5	6	4	69.10	7:09	4:27	34:53	26:41
JOHNNY BEEDIE	15:45	41:41	57:26	6	5	7	64.01	7:43	4:48	36:51	26:41
CHARLIE NOBLE	16:05	41:56	58:01	7	4	9	75.83	7:46	4:50	37:29	31:48
RICHARD MUTCH	16:05	42:10	58:15	8	3	11	59.80	7:49	4:51	38:24	25:13
JIM BOWIE	17:15	41:10	58:25	9	2	6	73.36	7:37	4:44	37:19	30:12
SHAUN PIRIE	18:55	39:33	58:28	10		5	0.00	7:19	4:33		
DEREK MILNE	21:15	37:49	59:04	11	1	3	66.68	7:00	4:21	33:27	25:13
GREG BRUCE	16:55	42:14	59:09	12		12	56.00	7:49	4:52	38:50	23:39
DAVID ABERNETHY	10:40	49:34	1:00:14	13		13	54.77	9:11	5:42	39:14	27:09
GRAEME CLARK	14:40	00:00	14:40	DNF			#DIV/0!	0:00	0:00	35:17	30:28