

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
	22/12/2021	6	TIME	56'40"			%	Per Mile	per Km		
GREG BRUCE	15:25	39:47	55:12	1	10	6	59.20	7:22	4:35	38:50	23:33
RICHARD MUTCH	14:40	40:34	55:14	2	9	7	62.16	7:31	4:40	38:24	25:13
DUNCAN ABERNETHY	17:45	37:58	55:43	3	8	4	70.28	7:02	4:22	34:53	26:41
KEITH BUCHAN	25:25	30:30	55:55	4	7	1	83.99	5:39	3:31	29:54	25:37
ANDREW WEST	18:00	38:42	56:42	5	6	5	67.27	7:10	4:27	37:50	26:02
SHAUN PIRIE	19:15	37:47	57:02	6		2	0.00	7:00	4:21		
ALISON WEST	13:45	43:18	57:03	7	5	11	66.40	8:01	4:59	41:20	28:45
EUAN SIMPSON	19:15	37:55	57:10	8	4	3	67.56	7:01	4:22	37:26	25:37
JOHNNY BEEDIE	16:10	41:59	58:09	9	3	9	63.56	7:46	4:50	36:51	26:41
JIM BOWIE	16:40	41:55	0:58:35	10	2	8	72.05	7:46	4:49	37:19	30:12
CAROL MASSIE	15:45	43:08	58:53	11	1	10	75.97	7:59	4:58	37:16	32:46

Winter Handicap Run 6 – 22 December 2021

Another cold one tonight, but favorable running conditions. Some excellent performances but no Pbs.

Thanks to our starters, Stuart Craib and Jennifer Beedie for getting everyone off on time. Jennifer took Keith Buchan's place as starter allowing him to turn in another top class Age graded time. A late surge in the list of runners meant that Greg had to change his plan to simply jog round to get in the points. Instead he recorded his best time of the season to pip Richard for first spot. Not far behind in third, Duncan also took a chunk off his seasons best showing signs of getting back to form.

It seems that a hard weeks training can produce the performance as many running tonight have been upping their efforts in recent days and weeks and been rewarded with fast times.

Special mention to Shaun Pirie who did his first race night and surprised himself with his time. Euan decided to race at the last minute to show him the route and also recorded a fast time in what was his first of the season. Adding another few miles to ensure he beats his Strava challenge. Richard took strength from his return to his happy place on Mormond Hill after his recent injury to take a chunk off his seasons best and Jim Bowie also getting back near his best. Greg's win followed his first place last race and a hard track session this week on a foreign track

Age graded positions: 1- Keith Buchan (83.99%) 2- Carol Massie (75.97%)
3- Jim Bowie (72.05%)

So at half way it has all closed up at the top of the table with Martin Watt still leading Gillian by 1pt, but with Greg only a point further back and Alison right on his tail.

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.

Hope everyone has a good holiday period and come back ready to take on whatever 2022 has to throw at us. What doesn't break us only make us stronger.

Next race Wednesday 5 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>