

Winter Handicap Run 9 – 2 February 2022

Its good to report that the weather was pretty good for tonight's run. Compared to last race night it was positively balmy. A little light rain didn't slow runners down but rather kept them cool. So although there were no PBs, 6 out of the 16 runners beat their handicap and two had their seasons best – David Abernethy and Morag Thompson.

Thanks to our starter, Graeme for getting everyone off on time.

A big welcome to Jennifer Reid for coming along for her first run having been assured it wasn't a race. In case your wondering it's a TT which apparently hasn't the same connotations as " a Race"

Jennifer managed to hold off all pursuers despite the starter failing to remind her to start her watch at the start. Her reward is a later start time for the next TT.

In second place came David Abernethy with his usual 100% effort followed closely by Carol Massie. Duncan could only watch as Morag turned on her afterburners to lift her pace and leave him in her wake on the finishing straight for third.

This was good enough to take Morag into joint first in the league alongside Martin Watt who was again in the points. Carol and Duncan follow in third and fourth.

Age graded positions: 1- Keith Buchan (81.07%) 2- Carol Massie (79.02%) 3- Gillian Strachan (78.41%). This means it is still Keith Buchan leading from Carol and Gillian overall with the best three Age graded scores.

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 16 February from Pool. Perhaps well be in a more settled period of weather by then.

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
02/02/2022	9	TIME	56'40"				%	Per Mile	per Km		
JENNIFER REID	06:00	49:15	55:15	1		16	0.00	9:07	5:40		
DAVID ABERNETHY	10:15	45:30	55:45	2	10	14	59.67	8:26	5:14	39:14	27:09
CAROL MASSIE	14:30	41:28	55:58	3	9	9	79.02	7:41	4:46	37:16	32:46
MORAG THOMPSON	14:25	41:42	56:07	4	8	11	68.23	7:43	4:48	39:06	28:27
DUNCAN ABERNETHY	17:50	38:20	56:10	5	7	6	69.61	7:06	4:25	34:53	26:41
STUART CRAIB	20:25	35:48	56:13	6	6	2	68.81	6:38	4:07	35:19	24:38
GREG BRUCE	16:05	40:26	56:31	7	5	8	58.49	7:29	4:39	38:50	23:39
MARTIN WATT	18:55	37:51	56:46	8	4	5	64.60	7:01	4:21	36:12	24:27
CHARLIE NOBLE	15:15	41:37	56:52	9	3	10	76.41	7:42	4:47	37:29	31:48
SHAUN PIRIE	18:30	38:23	56:53	10		7	0.00	7:06	4:25		
GILLIAN STRACHAN	20:20	36:40	57:00	11	2	3	78.41	6:47	4:13	36:21	28:45
RICHARD MUTCH	15:15	41:54	57:09	12	1	12	60.18	7:46	4:49	38:24	25:13
DEREK MILNE	20:30	36:53	57:23	13		4	68.37	6:50	4:15	33:27	25:13
KEITH BUCHAN	26:10	31:36	57:46	14		1	81.07	5:51	3:38	29:54	25:37
JIM BOWIE	15:25	43:18	58:43	15		13	69.75	8:01	4:59	37:19	30:12
JOHNNY BEEDIE	15:20	45:31	00:51	16		15	58.62	8:26	5:14	36:51	26:41