

Winter Handicap Run 10 – 16 February 2022

Storm Dudley had been forecast all week with the promise of strong winds and a bit of rain. In the event the wind was a bit of a dud but the continual rain for most of the day kept the puddles well topped up and made for unpleasant running conditions. Lots of muttering about calling the whole thing off before the start fell on deaf ears. With Carol and Moira in charge of the clock it was never going to happen. Perhaps the runners won't agree with me but well done on getting everyone of with a smile on their faces.

Jennifer Reid came back for her second run determined not to make the same mistake of forgetting to start her watch. She did succeed but more than made up for that by not being able to stop it at the end. So she'll have to come back again next race to make amends. She did however manage to show a clean pair of heels again to the rest of the field and improved her time by over 2 minutes.

Just like last race, David Abernethy held on to second place all the way round to take another 10 pointer with a seasons best. Shaun Pirie in his first point counting race, finished in third. Third counter was Stuart Craib who is proving to be the most consistent runner with all his times in a tight range.

Age graded positions: 1- Gillian Strachan (78.20%) 2- Charlie Noble (73.02%) 3- Stuart Craib (68.87%). This means it is still Keith Buchan leading from Carol and Gillian overall with the best three Age graded scores. Gillian has however closed the gap to Carol.

It wouldn't be a race report without mentioning Greg. He couldn't get his watch into start mode and wasn't pleased with his choice of music so it took until the monument before he got it started. As Carol said to me "he didn't have a clue" of his run time. It didn't slow him down though as it was his third best run in his run of perfect attendance so far. Two races to go. He managed 11 out of 12 last summer so can he top that.

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 March from Pool. Perhaps we'll be in a more settled period of weather by then and some Pbs.

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
16/02/2022	10	TIME	56'40"				%	Per Mile	per Km		
JENNIFER REID	07:25	47:02	54:27	1		12	0.00	8:43	5:25		
DAVID ABERNETHY	11:10	44:38	55:48	2	10	10	60.83	8:16	5:08	39:14	27:09
SHAUN PIRIE	18:15	38:10	56:25	3	9	4	61.09	7:04	4:24	37:47	23:19
STUART CRAIB	20:50	35:46	56:36	4	8	1	68.87	6:37	4:07	35:19	24:38
GILLIAN STRACHAN	20:00	36:46	56:46	5	7	2	78.20	6:49	4:14	36:21	28:45
DEREK MILNE	20:00	36:47	56:47	6	6	3	68.55	6:49	4:14	33:27	25:13
MARTIN WATT	18:50	38:11	57:01	7	5	5	64.03	7:04	4:24	36:12	24:27
GREG BRUCE	16:15	40:48	57:03	8	4	7	57.97	7:33	4:42	38:50	23:39
ALISON WEST	13:20	43:58	57:18	9	3	9	65.39	8:09	5:04	41:20	28:45
DUNCAN ABERNETHY	18:20	40:04	58:24	10	2	6	66.60	7:25	4:37	34:53	26:41
CHARLIE NOBLE	15:05	43:33	58:38	11	1	8	73.02	8:04	5:01	37:29	31:48
MORAG THOMPSON	15:00	45:16	1:00:16	12		11	62.85	8:23	5:13	39:06	28:27