

## Winter Handicap Run 12 – 16 March 2022

Following a bit cajoling, 18 runners entered for the final race of the Winter series. Good to see Blackie making an appearance.

Weather was favourable so this bodes well for the forthcoming Summer Series. Yes it's almost summer, so time to throw off the long breeks and blue ganzies and get ready for some sun.

The Inverness Half on Sunday had differing effects on the runners who also toed the line at the Pool. Both Alison and Martin were feeling the fatigue effects and posted a DNF. While Duncan having enjoyed a good run at Inverness was full of running in posting his best time for a while and Seasons best by 1 minute. Blackie too gave its his best but ran out of puff coming along the Beach. Hopefully he'll be racing fit again before too long.

Martin had potentially the most to lose with both Morag and Carol having the chance to overtake him to snatch top place in the League. He endured an anxious wait at the finish line to see the first runners come down the home straight. He must have been well pleased to see Duncan come round the corner in the lead with Charlie not too far behind.

So first 3 positions on the night were Duncan Abernethy, Charlie Noble and Johnny Beedie. Johnny had one of his best runs of the season too.

Greg continued his run of consecutive appearances at race night with a perfect 10. However his super time in race 11 probably left him too much to do to retain his position in the top three with Carol and Duncan both leapfrogging him. Carol just taking overall 3<sup>rd</sup> top spot in front of Duncan.

So Winter Series results were:

- 1<sup>st</sup> Martin Watt
- 2<sup>nd</sup> Morag Thompson
- 3<sup>rd</sup> Carol Massie

Winter 12 race Age graded positions: 1- Robbie Youngson (83.84%) 2- Carol Massie (81.24%) and 3- Gillian Strachan (78.88%). This means it is still Keith Buchan leading from Carol and Gillian overall with the best three Age graded scores. These scores will be carried forward into the Summer Series so its not over yet for the Age Groupers.

For the last time in a while I'll remind you that all training should be done having considering 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.

Watch out on the Teamreach App for the start of the Summer Series where the start times will be based on the handicap positions from the last of the Winter Series.

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
16/03/2022	<b>12</b>	TIME	<b>56'40"</b>				%	Per Mile	per Km		
DUNCAN ABERNETHY	17:45	36:58	54:43	1	10	6	72.18	6:51	4:15	34:53	26:41
CHARLIE NOBLE	14:15	41:34	55:49	2	9	15	76.50	7:42	4:47	37:29	31:48
JOHNNY BEEDIE	14:55	41:03	55:58	3	8	13	65.00	7:36	4:43	36:51	26:41
CAROL MASSIE	15:40	40:20	56:00	4	7	9	81.24	7:28	4:39	37:16	32:46
SHAUN PIRIE	18:05	38:05	56:10	5	6	7	61.23	7:03	4:23	37:47	23:19
GILLIAN STRACHAN	19:55	36:27	56:22	6	5	4	78.88	6:45	4:12	36:21	28:45
DEREK MILNE	19:30	36:52	56:22	7	4	5	68.40	6:50	4:15	33:27	25:13
RICHARD MUTCH	15:40	40:50	56:30	8	3	11	61.76	7:34	4:42	38:24	25:13
MORAG THOMPSON	15:20	41:15	56:35	9	2	14	68.97	7:38	4:45	39:06	28:27
ROBBIE YOUNGSON	24:00	33:12	57:12	10	1	1	83.84	6:09	3:49	32:26	27:50
STUART CRAIB	21:25	35:48	57:13	11		2	68.81	6:38	4:07	35:17	24:38
ANDREW WEST	18:00	39:18	57:18	12		8	66.24	7:17	4:31	37:50	26:02
LISA ALLAN	21:15	36:12	57:27	13		3	77.21	6:42	4:10	34:13	27:57
GREG BRUCE	16:50	40:40	57:30	14		10	58.16	7:32	4:41	38:50	23:39
BRIAN TAYLOR	17:30	41:01	58:31	15		12	66.72	7:36	4:43	36:37	27:22
ALISON WEST	12:55	00:00	12:55	DNF			#DIV/0!	0:00	0:00	41:20	28:45
ANDREW BLACKHALL	25:25	00:00	25:25	DNF			#DIV/0!	0:00	0:00	31:22	
MARTIN WATT	19:30	00:00	19:30	DNF			#DIV/0!	0:00	0:00	36:12	24:27