

Winter Handicap Run 01 – 12 October 2022

Well summer has gone and dark nights are with us so it must be time for Winter racing with hi-vis and flashing lights and careful crossing of busy streets. But the weather didn't feel much different from recent Summer races. So not too cold or too hot but a bit breezy. But overall the weather provided no excuses for getting the season off to a fast start.

Thanks to Greg and his second in command, Robbie Youngson for doing starting duties with all runners being set off (almost) on schedule. I sensed a little of a mini blame culture happening at the finish though. But thanks again guys as we had the largest number of runners for a while.

With Robbie not running it gave others a chance to lead the Age graded table, at least for a little while. It was Charlie who took full advantage but he was still little off an 80% score. Carol and Jim Bowie are second and third with Morag nipping at their heels.

First back tonight however was Stephen Hadden who has set himself quite a target to beat next time he runs. He still needs another race under his belt before he can score points. So it was Matthew Crawford who was first counter with a 2 min 28 sec Pb, followed home by training partner Jim Bowie; Charlie Noble and Morag.

7 of our runners improved their handicap including returning member, Shaun Walker. Other runners starting the journey back to fitness were, Johnny Beedie, Bruce Irvine and Andy Higgins. So the weather must have been favourable.

Age graded positions: 1-Charlie Noble (78.50%) 2- Carol Massie (78.42%) and 3- Jim Bowie (75.00%).

Please remember that if you intend running next race night to register in the Team Reach App before 12 noon on race day as it makes it a lot easier for the starters to have you start times looked out.

Also please ensure you are dressed for dark night running on busy streets with light or luminous clothing and preferably carrying lights.

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>

Winter H'cap 2022/23

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
12/10/2022	1	TIME	56'40"				%	Per Mile	per Km		12/10/2022
STEPHEN HADDEN	10:10	44:55	55:05	1		11	55.70	8:19	5:10		25:01
MATTHEW CRAWFORD	18:35	37:17	55:52	2	10	1	63.79	6:54	4:17	39:45	23:47
JIM BOWIE	15:40	40:16	55:56	3	9	5	75.00	7:27	4:38	37:19	30:12
CHARLIE NOBLE	15:00	41:01	56:01	4	8	7	78.50	7:36	4:43	37:29	32:12
MORAG THOMPSON	14:45	41:25	56:10	5	7	8	68.69	7:40	4:46	39:06	28:27
CAROL MASSIE	14:05	42:19	56:24	6	6	9	78.42	7:50	4:52	37:16	33:11
SHAUN WALKER	16:35	39:57	56:32	7	5	4	58.20	7:24	4:36	38:22	23:15
GRACE RENNIE	16:25	40:20	56:45	8	4	6	65.45	7:28	4:39		26:24
MALCOLM TAYLOR	10:00	46:57	56:57	9	3	14	57.29	8:42	5:24		26:54
SHAUN PIRIE	20:25	37:24	57:49	10	2	2	62.97	6:56	4:18	37:47	23:33
CALLUM MUTCH	19:05	39:12	58:17	11	1	3	64.84	7:16	4:31	36:50	25:25
JOHNNY BEEDIE	15:35	43:02	58:37	12		10	62.51	7:58	4:57	36:51	26:54
LYNNE MARIE MASSON	14:00	45:24	59:24	13		12	61.56	8:24	5:14	42:09	27:57
BRUCE IRVINE	14:35	45:31	00:06	14		13	53.72	8:26	5:14	[1]	24:27
ANDY HIGGINS	10:25	50:20	00:45	15		15	61.72	9:19	5:48	42:57	31:04
DAVID ABERNETHY	09:20	53:49	03:09	16		16	50.45	9:58	6:12	39:14	27:09