

Winter Handicap Run 02 – 26 October 2022

Nice calm evening after a less than promising start. Not a great turn out of runners with only 11 chasing the points tonight.

Thanks to Joyce and Martin for setting everyone off and documenting the results.

The conditions perhaps were a little misleading as only Alison and Andy Higgins managed to better their handicap time. Andy by only few seconds. This was Andy's second Winter run since having his Handicap reset and having done one Summer race will be looking for points on his next run.

First back was Alison, some distance ahead of Andy with David Abernethy best of the rest just a single second outside his handicap time, holding off Dru with a final burst to the line down Crimond Court.

Shaun Pirie seems to have recovered from his marathon effort and has improved his Winter Route Pb by 33 seconds. Still more to come I suspect.

A race within the race was guaranteed with Greg, Charlie and Mike Hartley all starting on the same time. Positions change throughout the run but Mike finished the strongest, ahead of Greg with Charlie struggling over the final section. However Charlie was still fast enough to have the best Age Grade time ahead of Mike.

Age graded positions: 1-Charlie Noble (71.53%) 2- Mike Hartley (70.42%) and 3- Euan Simpson (68.24%).

For those that did run tonight, most will benefit from an easier handicap start time for their next race as well as the points gained tonight.

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
26/10/2022	2	TIME	56'40"				%	Per Mile	per Km		26/10/2022
ALISON WEST	11:50	44:00	55:50	1	10	8	65.34	8:09	5:04	41:20	28:45
ANDY HIGGINS	06:20	50:13	56:33	2		11	61.87	9:18	5:47	[1]	31:04
DAVID ABERNETHY	08:55	47:46	56:41	3	9	10	56.84	8:51	5:30	39:14	27:09
ANDREW WEST	18:15	38:29	56:44	4	8	4	68.21	7:08	4:26	37:50	26:15
SHAUN PIRIE	20:00	36:50	56:50	5	7	1	63.94	6:49	4:14	37:47	23:33
MATTHEW CRAWFORD	19:25	37:33	56:58	6	6	2	63.34	6:57	4:19	37:17	23:47
EUAN SIMPSON	19:15	37:50	57:05	7	5	3	68.24	7:00	4:21	37:26	25:49
GRACE RENNIE	16:30	40:51	57:21	8	4	5	64.63	7:34	4:42		26:24
MIKE HARTLEY	15:40	42:05	57:45	9	3	6	70.42	7:48	4:51	38:36	29:38
GREG BRUCE	15:40	42:15	57:55	10	2	7	55.98	7:49	4:52	38:50	23:39
CHARLIE NOBLE	15:40	45:01	00:41	11	1	9	71.53	8:20	5:11	37:29	32:12

[1] 50:20