

Winter Handicap Run 03 – 9 November 2022

Good turnout tonight with 17 runners in what turned out to be good running conditions despite a bit of a southerly breeze. This is confirmed by the first 10 finisher beating their par times.

Thanks to Brenda and Richard Mutch for setting everyone off and documenting the results with their usual smiles while staying on their feet. Hope to see you back racing soon Ritchard. However I did hear Brenda complain about the cold despite being well wrapped up. It didn't feel cold when running so maybe see you toe the line next race too Brenda.

There was only one Pb, from Shaun Pirie who 36:26 lowered his best set last race night. However there were also 7 season bests from runners who have ran 2 or more races.

Welcome to Stephen Fawdry in his first Handicap race. Two more races now required before counting for points.

But run of the night was from David Abernethy who finished comfortably over a minute in front of Alison, who was nevertheless delighted with her time being good enough to complete her Club Standards for the year. She can now relax for a couple of weeks before Half Marathon day on 20 November.

David and Alison are now are joint leaders in the points table at this early stage of the season.

The sprint for the finish is always entertaining as runners of all abilities tend to come together at the the top of Crimond Court. Best sprint of the day was Andy Higgins holding off Charlie to make sure he was in the points in his first counting race. Big smile from Andy. Stewards inquiry from Charlie.

Age graded positions: 1-Charlie Noble (77.87%) 2- Gillian Strachan (77.65%) and 3- Carol Massie (74.99%).

At the tail end of the race there was a small debate between Martin Watt and Morag Thompson. Both claiming they were last finisher. Official winner of the wooden spoon was Martin so Morag left with no claim to fame tonight. But she has a couple of weeks to fully recover from recent maladies and to have a similar debate at the other end of the race. She will benefit from the 25 sec uplift while those around her will have a less favourable start times.

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

There appears to be quite a large number of cars last night so I would ask everyone to take particular care when running down West Road where there a numerous side junctions. To make it easier for motorists to see runners can everyone also stick to the footpath on the **right** side for the entire length of West Road and if in any doubt (despite the Highway Code) give way to cars. Use you eyes and ears and in particular be aware of cars turning into a junction from behind you.

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
09/11/2022	3	TIME	56'40"				%	Per Mile	per Km		09/11/2022
DAVID ABERNETHY	08:55	45:19	54:14	1	10	15	59.91	8:24	5:13	39:14	27:09
ALISON WEST	12:40	42:56	55:36	2	9	10	66.96	7:57	4:56	41:20	28:45
MALCOLM TAYLOR	09:45	46:15	56:00	3	8	16	58.16	8:34	5:19		26:54
GREG BRUCE	15:15	40:58	56:13	4	7	7	57.73	7:35	4:43	38:50	23:39
SHAUN PIRIE	19:50	36:26	56:16	5	6	1	64.64	6:45	4:12	36:50	23:33
STEPHEN HADDEN	11:45	44:35	56:20	6		14	56.11	8:15	5:08		25:01
GRAEME CLARK	12:05	44:25	56:30	7	5	12	69.27	8:14	5:07	35:17	30:46
GILLIAN STRACHAN	19:05	37:26	56:31	8	4	2	77.65	6:56	4:19	36:21	29:04
ANDY HIGGINS	06:25	50:10	56:35	9	3	17	61.93	9:17	5:46		31:04
CHARLIE NOBLE	15:15	41:21	56:36	10	2	9	77.87	7:39	4:46	37:29	32:12
JIM BOWIE	16:25	40:44	57:09	11	1	6	74.14	7:33	4:41	37:19	30:12
MATTHEW CRAWFORD	19:05	38:16	57:21	12		3	62.15	7:05	4:24	37:17	23:47
CALLUM MUTCH	18:40	39:08	57:48	13		4	65.46	7:15	4:30	36:50	25:37
STEPHEN FAWDRY	17:20	41:14	58:34	14		8	58.00	7:38	4:45		23:55
CAROL MASSIE	14:20	44:15	58:35	15		11	74.99	8:12	5:06	37:16	33:11
MORAG THOMPSON	15:15	44:34	59:49	16		13	63.84	8:15	5:08	39:06	28:27
MARTIN WATT	19:30	40:43	00:13	17		5	60.50	7:32	4:41	36:12	24:38