

## Winter Handicap Run 05 – 7 December 2022

First real threat of winter conditions for Race 5 with a bit of prior discussion about whether to go ahead or not. Sufficient hardy runners turned up and were thankful that the earlier wintry showers had relented and it was a mostly dry run. There was also the bonus of the tail wind along the beach front to make up for the West Road blast.

Thanks to Callum Mutch and Keith Buchan for setting everyone off and documenting the results.

Conditions however did play a part with only David Abernethy beating his handicap, and then by only 2 seconds. This was good enough to give him the second 10 pointer in three races and puts him top of the pile, leap frogging both Alison and Matthew who drop to second and third place.

Best runs were from Stephen Hadden and Jim Bowie who finished in second and third place on the night. No Pbs and the only Seasons best recorded by Martin Watt so room for improvement all round suggests the league is still wide open.

Closest finishes were between Andy Higgins, Charlie Noble and Gillian Strachan. Charlie had to give up the chase on Andy but a glance round on Strichen Road spurred him on to stay in front of Gillian. Gillian had the last laugh though as she still recorded the best Age graded time ahead of Charlie and Jim Bowie.

**Age graded positions:** 1-Gillian Strachan (75.86%)- Charlie Noble (75.47%) and 3- Jim Bowie (73.18%).

Good to See Richard Mutch back on the foot racing scene with an excellent time. Someone had to be the unlucky runner and it turned out to be Duncan who left with Nil points tonight but did his handicap no harm for the last race before Christmas.

Please ensure you are dressed for dark night running on busy streets with light or luminous clothing and preferably carrying lights. Santa hats not mandatory.

I remind 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>

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
07/12/2022	<b>5</b>	TIME	<b>56'40"</b>				<b>%</b>	Per Mile	per Km		07/12/2022
DAVID ABERNETHY	10:55	45:43	56:38	1	10	10	59.39	8:28	5:16	39:14	27:09
STEPHEN HADDEN	12:05	44:39	56:44	2	9	8	56.03	8:16	5:08		25:01
JIM BOWIE	15:35	41:16	56:51	3	8	3	73.18	7:39	4:45	37:19	30:12
ANDY HIGGINS	06:30	50:58	57:28	4	7	11	60.95	9:26	5:52	50:10	31:04
CHARLIE NOBLE	14:55	42:40	57:35	5	6	5	75.47	7:54	4:55	37:29	32:12
GILLIAN STRACHAN	19:20	38:19	57:39	6	5	1	75.86	7:06	4:25	36:21	29:04
RICHARD MUTCH	15:15	42:47	58:02	7	4	6	59.41	7:55	4:55	38:24	25:25
ALISON WEST	13:30	44:36	58:06	8	3	7	64.46	8:16	5:08	41:20	28:45
MARTIN WATT	19:05	40:36	59:41	9	2	2	60.67	7:31	4:40	36:12	24:38
GREG BRUCE	15:15	45:35	00:50	10	1	9	51.88	8:26	5:15	38:50	23:39
DUNCAN ABERNETHY	19:15	42:11	01:26	11		4	63.77	7:49	4:51	34:53	26:54