

Winter Handicap Run 07 – 4 January 2023

Blustery wind tonight to welcome in the first race of the new year. Good to see a few more runners flush with their New Year Resolutions in their pockets.

Thanks to Euan and Stuart Craib for setting everyone off and documenting the results. A bit of a cold one on the fingers though.

Best dressed runner tonight was Callum Mutch with his multi coloured tie-dyed breeks. Well done Calum for taking notice of the regular request be seen.

New year but same leader at the top with David Abernethy making a big statement with another 10 pointer to put him 16 points clear at the top.

Best runs were from David and Graeme Clark who were the only two to break their handicap tonight in finishing first and second. No Pbs on show so conditions were definitely the winner.

With Charlie Noble not back from Christmas in Ponty, Gillian and Carol had the chance to close the gap at the top. With Gillian still recovering from illness, Carol completed only her third run of the series to jump into overall third spot behind Gillian and Charlie

**Age graded positions:** 1. Carol Massie (76.11%)- 2. Gillian Strachan (73.74%) and 3. Jim Bowie (70.31%).

Returning runners tonight were Johnny Beedie, Callum Mutch, Bruce Irvine and Jane Lowe. To add to this we had Maureen Garden making a guest appearance at the finish line. See you next time at the start line Maureen?

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

I remind everyone to take particular care when running down West Road where there are 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 your eyes and ears and in particular be aware of cars turning into a junction from behind you.

You may have heard me saying the North League XC was a week on Saturday but that was rubbish. The date is **28 January at Aden Park hosted by Peterhead AAC**. This is by far the closest one to us so it would be good to see if the Broch runners can outnumber the Western Isles contingent.

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
04/01/2023	7	TIME	56'40"				%	Per Mile	per Km		04/01/2023
DAVID ABERNETHY	10:30	45:53	56:23	1	10		59.64	8:30	5:17	39:14	27:22
GRAEME CLARK	11:50	44:37	56:27	2	9		68.96	8:16	5:08	35:17	30:46
CAROL MASSIE	13:30	43:36	57:06	3	8		76.11	8:04	5:01	37:16	33:11
GREG BRUCE	14:25	42:42	57:07	4	7		55.39	7:54	4:55	38:50	23:39
ANDREW WEST	17:45	39:24	57:09	5	6		66.62	7:18	4:32	37:50	26:15
SHAUN PIRIE	19:35	37:45	57:20	6	5		62.38	6:59	4:21	36:26	23:33
MORAG THOMPSON	14:00	43:24	57:24	7	4		66.24	8:02	5:00	39:06	28:45
GRACE RENNIE	16:05	42:01	58:06	8	3		62.83	7:47	4:50	[1]	26:24
JIM BOWIE	15:00	43:20	58:20	9	2		70.31	8:01	4:59	37:19	30:28
GILLIAN STRACHAN	18:55	39:25	58:20	10	1		73.74	7:18	4:32	36:21	29:04
ALISON WEST	13:05	45:21	58:26	11			63.40	8:24	5:13	41:20	28:45
CALLUM MUTCH	18:15	40:44	58:59	12			62.89	7:33	4:41	36:50	25:37
BRUCE IRVINE	14:10	45:24	59:34	13			53.85	8:24	5:14	[2]	24:27
JANE LOWE	12:05	48:37	00:42	14			0.00	9:00	5:36	42:43	
JOHNNY BEEDIE	15:10	46:42	01:52	15			57.60	8:39	5:22	36:51	26:54

[1] 40:51  
40:20

[2] 42:30  
45:24