

Winter Handicap Run 08 – 25 January 2023

The balmy weather conditions of the last couple of days deserted us tonight for the postponed race 8. We were at least spared the winter chills of a week ago. Nevertheless cold blustery wind made for difficult running.

Thanks to Maureen and Carol for setting everyone off and documenting the results. A bit of a cold one on the fingers again.

Calum Mutch was best dressed runner again tonight. Good to see a big turn out of 19 runners: the largest field of the season so far. first time appearance from Robbie Youngson, Stuart Craib and Jennifer Reid.

Strichen Road provided a bit of an assault course with tar heaps, diggers and raised metalwork to catch the unwary. West Road too was quite busy with cars entering or leaving the side streets.

No pbs but a few close ones. Best runs from Shaun Pirie, who just missed a Pb; the two Wests; Greg Bruce and Morag Thompson. But David Abernethy did enough with a steady run to retain top spot for at least another week, 12 points ahead of Shaun with the two West holding hands a further 8 points back. Can he hold on for another 4 runs?

**Age graded positions:** 1. Robbie Youngson (80.54%)- 2. Gillian Strachan (76.90%) and 3. Charlie Noble (75.18%).

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 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.

A reminder that the North League XC is this Saturday **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.

And because of last weeks postponement, next race will take place on Wednesday 1 February, weather permitting.

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
25/01/2023	8	TIME	56'40"				%	Per Mile	per Km		25/01/2023
SHAUN PIRIE	19:10	36:28	55:38	1	10	3	64.58	6:45	4:12	36:26	23:33
GREG BRUCE	14:00	41:56	55:56	2	9	9	56.40	7:46	4:50	38:50	23:39
ANDREW WEST	17:21	38:35	55:56	3	8	5	68.03	7:09	4:26	37:50	26:15
ALISON WEST	12:40	43:23	56:03	4	7	12	66.27	8:02	5:00	41:20	28:45
DAVID ABERNETHY	10:44	45:29	56:13	5	6	17	60.17	8:25	5:14	39:14	27:22
MORAG THOMPSON	13:35	42:38	56:13	6	5	10	67.44	7:54	4:54	39:06	28:45
GILLIAN STRACHAN	18:30	37:48	56:18	7	4	4	76.90	7:00	4:21	36:21	29:04
GRAEME CLARK	12:05	44:31	56:36	8	3	15	69.11	8:15	5:07	35:17	30:46
STUART CRAIB	21:00	35:46	56:46	9	2	2	69.43	6:37	4:07	35:17	24:50
STEPHEN HADDEN	12:15	44:46	57:01	10	1	16	55.88	8:17	5:09	44:24	25:01
MALCOLM TAYLOR	10:25	46:47	57:12	11		18	57.50	8:40	5:23		26:54
JENNIFER REID	09:15	48:02	57:17	12		19	57.70	8:54	5:32	47:02	27:43
CHARLIE NOBLE	14:30	42:50	57:20	13		11	75.18	7:56	4:56	37:29	32:12
BRUCE IRVINE	13:45	43:57	57:42	14		14	55.63	8:08	5:04	[1]	24:27
CALLUM MUTCH	17:50	39:59	57:49	15		6	64.07	7:24	4:36	36:50	25:37
ROBBIE YOUNGSON	23:20	34:52	58:12	16		1	80.54	6:27	4:01	32:26	28:05
JIM BOWIE	14:35	43:47	58:22	17		13	69.59	8:06	5:02	37:19	30:28
MARTIN WATT	18:15	40:39	58:54	18		8	60.60	7:32	4:41	36:12	24:38
DUNCAN ABERNETHY	18:50	40:21	59:11	19		7	66.67	7:28	4:39	34:53	26:54