

Winter Handicap Run 09 – 1 February 2023

The big winds stayed up north and despite a few suggestions that it was very windy, it was much better conditions than many of the earlier runs.

Thanks to Malcolm and Carol for setting everyone off and documenting the results.

Another decent turn out with 18 runners although I did hear Alison point out that not everyone had entered their name on Teamreach App by the prescribed time. Please make every effort to do as it does help in knowing who to expect.

Strichen Road was looking bonny with its new coat of asphalt but it did mean a few more cars going about. West Road again was particularly busy, so please take care in particular at all junctions.

Good to see Lisa making her debut this winter, perhaps with one eye on the Scratch trophy.

Shaun Pirie made no mistake tonight with a new Pb of 35:47 with Andy Higgins and Stephen Hadden also recording Pbs of 49:36 and 44:09 respectively. Season's bests were also achieved by Andrew West, Jennifer Reid, Johnny Beedie and Martin Watt. So this suggests that conditions were at least not unfavourable.

First past the post was Andy who was so fast he had finished before he had time to start his watch. Competition at the sharp end was maintained with Greg just edging out David Abernethy for second and David similarly holding off Shaun for third. So we have still David at the top of the table with 64; Shaun on 51; Andrew on 41; Greg on 40 and Alison on 36. Three races to go but both Shaun and David have 8 counters so will drop a few points along the way. Greg has slight advantage of only 7 to his name.

Age graded positions: 1. Gillian Strachan (76.90%)- 2. Lisa Allan (75.94%) and 3. Charlie Noble (75.71%).

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

A reminder that the North League XC league concludes on Saturday **11 February at Forres hosted by Forres Harriers.**

Next Winter Handicap Wednesday 15 February weather permitting.

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page and the 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
01/02/2023	9	TIME	56'40"				%	Per Mile	per Km		01/02/2023
ANDY HIGGINS	06:05	49:36	55:41	1	10	18	62.63	9:11	5:43	50:10 [1]	31:04
GREG BRUCE	14:45	41:08	55:53	2	9	8	57.82	7:37	4:44	38:50	23:47
DAVID ABERNETHY	11:10	44:45	55:55	3	8	16	61.15	8:17	5:09	39:14	27:22
SHAUN PIRIE	20:10	35:47	55:57	4	7	1	65.81	6:38	4:07	36:26	23:33
STEPHEN HADDEN	11:55	44:09	56:04	5	6	13	57.12	8:11	5:05	44:24	25:13
ANDREW WEST	18:05	38:21	56:26	6	5	4	68.45	7:06	4:25	37:50	26:15
JENNIFER REID	08:50	47:42	56:32	7	4	17	58.11	8:50	5:29	47:02	27:43
CHARLIE NOBLE	14:05	42:32	56:37	8	3	9	75.71	7:53	4:54	37:29	32:12
GILLIAN STRACHAN	18:50	37:48	56:38	9	2	3	76.90	7:00	4:21	36:21	29:04
MORAG THOMPSON	14:00	42:41	56:41	10	1	11	67.36	7:54	4:55	39:06	28:45
CALLUM MUTCH	17:27	39:15	56:42	11		5	65.27	7:16	4:31	36:50	25:37
ALISON WEST	13:15	43:52	57:07	12		12	65.54	8:07	5:03	41:20	28:45
JOHNNY BEEDIE	14:45	42:34	57:19	13		10	63.19	7:53	4:54	36:51	26:54
LISA ALLAN	20:25	37:08	57:33	14		2	75.94	6:53	4:16	34:13	28:12
BRUCE IRVINE	13:20	44:17	57:37	15		14	55.21	8:12	5:06	43:57	24:27
MARTIN WATT	17:50	40:21	58:11	16		6	61.05	7:28	4:39	36:12	24:38
DUNCAN ABERNETHY	18:25	40:23	58:48	17		7	66.61	7:29	4:39	34:53	26:54
RICHARD MUTCH	14:50	44:37	59:27	18		15	56.97	8:16	5:08	38:24	25:25