

## Winter Handicap Run 10 – 15 February 2023

Lovely clear skies this last few days with red sunrise and sunsets courtesy of the Sahara Desert dumping its sand all over my car. But although there was a noticeable breeze it was good running conditions.

Thanks to Shaun and David for setting everyone off and documenting the results. Our new Communications Officer made sure other were aware of their responsibilities before the start so the pressure was on. All went well though until Shaun lost track of the time and almost left the clock behind, sitting on the fence at the finish. Alison's sharp eyes saved the day. Otherwise an exemplary job done by the two.

A good turn out of 16 runners tonight who had conformed with Alison's request to get their names into the Teamreach app before mid-day.

With David and Shaun both not running tonight, it gave Greg the chance to close in on the top two. However it seemed a tough task as his handicap had been severely cut after last race night. However he pulled the rabbit out of the bag and stormed home in first for 10 points to add to his two second places in Races 8 and 9. Not sure if he was helped or hindered by the fact that Andy Higgins wasn't running tonight as he hared off chasing a virtual Andy. Who knows if this might yet count against him with his handicap again being slashed by another 80 seconds with only 2 races to go.

Bruce Irvine recorded the exact same time as he ran for Race 9, 44:17. The suspicion is that he forgot to start his watch and still had the time of race 9 showing on the screen. He takes some watching does Bruce.

No Pbs tonight but 9 seasons bests from Greg, Graeme, Gillian, Stuart, Robbie, Johnny, Lisa, Martin and Duncan.

Greg was followed home by Graeme with Gillian just seconds behind.

**Age graded positions:** 1. Robbie Youngson (83.91%)- 2. Gillian Strachan (78.38%) and 3. Carol Massie (77.29%). It seems that Gillian's hold onto the top of the Age-graded table may soon be coming to an end with Robbie needing one more similar result to jump into top spot.

It too tight to call at the top of the points table with both Greg and Shaun having recorded their best season's runs in the last two races, with handicap now to match. Both are chasing David who is suffering from an injury which forced him to rest tonight. But he is 13 and 14 points ahead of his rivals so it is still his to lose although he too is left with his best handicap of the season. All three have scored in 8 races so they will have some points knocked off depending on their previous lowest scores.

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

Next Winter Handicap Wednesday 1 March.

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
15/02/2023	10	TIME	56'40"				%	Per Mile	per Km		15/02/2023
GREG BRUCE	15:30	39:46	55:16	1	10	5	59.81	7:22	4:35	38:50	23:47
GRAEME CLARK	12:10	43:42	55:52	2	9	13	70.40	8:06	5:02	35:17	30:46
GILLIAN STRACHAN	18:50	37:05	55:55	3	8	4	78.38	6:52	4:16	36:21	29:04
CAROL MASSIE	13:05	42:56	56:01	4	7	12	77.29	7:57	4:56	37:16	33:11
STUART CRAIB	20:55	35:23	56:18	5	6	2	70.18	6:33	4:04	35:17	24:50
ROBBIE YOUNGSON	22:55	33:28	56:23	6	5	1	83.91	6:12	3:51	32:26	28:05
JOHNNY BEEDIE	14:20	42:18	56:38	7	4	9	63.59	7:50	4:52	36:51	26:54
LISA ALLAN	20:00	36:45	56:45	8	3	3	76.73	6:48	4:14	34:13	28:12
MALCOLM TAYLOR	10:00	46:45	56:45	9	2	16	57.54	8:39	5:23	46:15	26:54
CHARLIE NOBLE	14:10	42:40	56:50	10	1	10	75.47	7:54	4:55	37:29	32:12
MORAG THOMPSON	14:00	42:52	56:52	11		11	67.07	7:56	4:56	39:06	28:45
BRUCE IRVINE	12:55	44:17	57:12	12		14	55.21	8:12	5:06	43:57	24:27
MARTIN WATT	17:25	40:07	57:32	13		7	61.40	7:26	4:37	36:12	24:38
ALISON WEST	12:50	44:49	57:39	14		15	64.15	8:18	5:09	41:20	28:45
DUNCAN ABERNETHY	18:00	40:01	58:01	15		6	67.22	7:25	4:36	34:53	26:54
CALLUM MUTCH	17:25	41:01	58:26	16		8	62.45	7:36	4:43	36:50	25:37