

Winter Handicap Run 11 – 1 March 2023

High pressure in the air tonight. Both in terms of atmospheric conditions and the pressure on the chasers to hunt David Abernethy down at the top of the table before we reach the finish line in a fortnights time.

Thanks to Karen and Jennifer for doing the starting duties in getting everyone off on time and recording times and positions in perhaps the most legible form this season.

A good turn out of 18 runners tonight, a couple more than last race and the welcome return to the club of Scott Gibb who last took part over the previous version of the route.

Despite what Charlie says, the high pressure kept the breeze down to almost negligible levels and the temperatures was just right for good running, evidenced by the number of runners beating their Handicap -14; Seasons bests - 12; of which Pbs - 4.

Pbs from Malcolm Taylor , Greg Bruce, Stephen Hadden and Stuart Craib.

First three on the night were Malcolm, Johnny Beedie and Greg Bruce who just overhauled Stephen Hadden on the line.

Shaun Pirie unfortunately didn't make the start line due to work commitment so its down now to just Greg to try and overhaul David's top spot in the last race in a fortnights time. His 8 points tonight put him within 7 of the lead but with his much harder handicap (+65 sec) and David benefitting from his -25 sec leaves David in a 1min 30 sec better position. It's still David's to lose.

Age graded positions: 1. Robbie Youngson (82.32%)- 2. Carol Massie (79.32%) and 3. Gillian Strachan (78.70%). This moves Robbie to Age-Grade lead with Carol moving into 2nd and Gillian dropping to 3rd.

Lets have a big turnout for the last race to finish the winter with a bang. It is Metrological Spring after all.

Lighter nights are on their way but, please ensure you are dressed for dark night running on busy streets with light or luminous clothing and preferably carrying lights.

Last Winter Handicap Wednesday 15 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 |
|------------------|-------|-------|--------|-------|--------|-----|-------|----------|---------|-----------------|----------------|
| 01/03/2023 | 11 | TIME | 56'40" | | | | % | Per Mile | per Km | | 01/03/2023 |
| SCOTT GIBB | 00:00 | 48:51 | 48:51 | 1 | | | 56.02 | 9:03 | 5:37 | | 27:22 |
| MALCOLM TAYLOR | 09:55 | 45:20 | 55:15 | 2 | 10 | | 59.34 | 8:24 | 5:13 | 46:15 | 26:54 |
| JOHNNY BEEDIE | 14:20 | 41:02 | 55:22 | 3 | 9 | | 65.56 | 7:36 | 4:43 | 36:51 | 26:54 |
| GREG BRUCE | 16:55 | 38:38 | 55:33 | 4 | 8 | | 61.56 | 7:09 | 4:27 | 38:50 | 23:47 |
| STEPHEN HADDEN | 12:32 | 43:02 | 55:34 | 5 | 7 | | 58.60 | 7:58 | 4:57 | 44:09 | 25:13 |
| CAROL MASSIE | 13:45 | 41:50 | 55:35 | 6 | 6 | | 79.32 | 7:45 | 4:49 | 37:16 | 33:11 |
| MARTIN WATT | 17:00 | 38:38 | 55:38 | 7 | 5 | | 63.76 | 7:09 | 4:27 | 36:12 | 24:38 |
| ALISON WEST | 12:25 | 43:18 | 55:43 | 8 | 4 | | 66.40 | 8:01 | 4:59 | 41:20 | 28:45 |
| LISA ALLAN | 19:55 | 36:04 | 55:59 | 9 | 3 | | 78.19 | 6:41 | 4:09 | 34:13 | 28:12 |
| STUART CRAIB | 21:15 | 35:00 | 56:15 | 10 | 3 | | 70.95 | 6:29 | 4:02 | 35:17 | 24:50 |
| CALLUM MUTCH | 17:00 | 39:18 | 56:18 | 11 | 1 | | 65.18 | 7:17 | 4:31 | 36:50 | 25:37 |
| MORAG THOMPSON | 13:50 | 42:36 | 56:26 | 12 | | | 67.49 | 7:53 | 4:54 | 39:06 | 28:45 |
| GILLIAN STRACHAN | 19:35 | 36:56 | 56:31 | 13 | | | 78.70 | 6:50 | 4:15 | 36:21 | 29:04 |
| DUNCAN ABERNETHY | 17:35 | 39:04 | 56:39 | 14 | | | 68.86 | 7:14 | 4:30 | 34:53 | 26:54 |
| RICHARD MUTCH | 14:25 | 42:44 | 57:09 | 15 | | | 59.48 | 7:55 | 4:55 | 38:24 | 25:25 |
| ROBBIE YOUNGSON | 23:10 | 34:07 | 57:17 | 16 | | | 82.32 | 6:19 | 3:56 | 32:26 | 28:05 |
| CHARLIE NOBLE | 14:00 | 44:19 | 58:19 | 17 | | | 72.66 | 8:12 | 5:06 | 37:29 | 32:12 |
| DAVID ABERNETHY | 11:55 | 50:40 | 02:35 | 18 | | | 54.01 | 9:23 | 5:50 | 39:14 | 27:22 |