

Winter Handicap Run 12 – 15 March 2023

Good turnout for the ultimate race of the Winter season. It was Davids to lose but it did look a hopeless task for Greg to not only finish in front of David but everyone else as well. Conditions didn't feel too bad but times were generally a little slower than last race night.

Thanks to the Wests for doing the starting duties in getting everyone off on time and recording times and positions in the deciding race.

As well as the race for the top spot there were a few battles going on elsewhere. Morag with her second fastest run of the season got the better of Charlie; as too did Lisa but Charlie did managed to hold off Robbie.

But the main event was taking place with the early starters, Malcom and David going head to head keeping each other going at a good pace. Greg seemed resigned to the enormity of his challenge but set of with a purpose for the first 5k but realising he was chasing a lost cause, eased back perhaps with next season in mind.

The only Pb was recorded by Stuart Craib who has improved his time in each of his 4 runs this year. Malcom narrowly missed out on another Pb successfully holding off David in finishing 4th and 5th. Great effort for Malcom after a good run at the Inverness Half on Sunday.

First three on the night were Callum Mutch with a seasons best, Morag Thompson and Stuart Craib.

Shaun Pirie unfortunately missed out due to illness so the final league standings were: 1st David Abernethy, 2nd Greg Bruce and 3rd Shaun Pirie. Andrew and Alison West were the best of the rest.

Age graded positions: 1. Robbie Youngson (80.49%)- 2. Lisa Allan (77.40%) and 3. Charlie Noble (73.74%). So a the half way stage Robbie retains the lead ahead of Carol and Gillian.

So well done to David who took the lead after Race 3 and has successfully defended it ever since. Greg once again is left to try and catch the flowers.

First of the Summer races will take place as usual from Fraserburgh Golf Club on Wednesday 12 April.

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
15/03/2023	12	TIME	56'40"				%	Per Mile	per Km		15/03/2023
CALLUM MUTCH	17:20	38:36	55:56	1	10	4	66.36	7:09	4:27	36:50	25:37
MORAG THOMPSON	14:05	41:59	56:04	2	9	5	68.48	7:46	4:50	39:06	28:45
STUART CRAIB	21:40	34:49	56:29	3	8	2	71.33	6:27	4:00	35:00	24:50
MALCOLM TAYLOR	11:20	45:28	56:48	4	7	12	59.16	8:25	5:14	45:20	26:54
DAVID ABERNETHY	11:30	45:27	56:57	5	6	11	60.21	8:25	5:14	39:14	27:22
LISA ALLAN	20:35	36:26	57:01	6	5	3	77.40	6:45	4:12	34:13	28:12
CHARLIE NOBLE	13:35	43:40	57:15	7	4	8	73.74	8:05	5:02	37:29	32:12
ROBBIE YOUNGSON	22:45	34:43	57:28	8	3	1	80.89	6:26	4:00	32:26	28:05
JIM BOWIE	14:10	43:47	57:57	9	2	9	69.59	8:06	5:02	37:19	30:28
JOHNNY BEEDIE	15:40	42:50	58:30	10	1	6	62.80	7:56	4:56	36:51	26:54
GRAEME CLARK	13:00	46:45	59:45	11		13	66.45	8:39	5:23	35:17	31:04
MIKE HARTLEY	15:15	45:16	00:31	12		10	65.46	8:23	5:13	38:36	29:38
GREG BRUCE	18:00	43:10	01:10	13		7	55.10	8:00	4:58	38:38	23:47