

Chapter 3 - March update!

Another quiet month for racing although we are seeing more and more of you out and about.

Race Update



I started off the month supporting at the D33, sadly there was no black and white vests on display but plenty of our fellow runners. Whilst the weather was so bad at home I did reconsider my trip, once I got there we were blessed with big sun, which made for a very enjoyable day. The winning time for 33 miles was 3:39:53 and 4:34:52 for the first female.

Only Brian Urquhart represented FRC at the Nairn 10k finishing in 42:36.



Next on the calendar was the Inverness Half Marathon, we started off with 11 possible entrants, but they were dropping like flies ahead of race day and we ended up with only 6. Duncan Abernethy 1:39:21, Shaun Walker 1:43:41, Carol Massie 1:44:22, Alison West 1:49:24, Malcolm Taylor 1:55:50 and Stephen Hadden 2:01:59. This was Malcolm's first attempt over a half marathon distance and he certainly made his mark, Stephen also nailed it with a 6:51 PB. There was useful information gleaned from this trip north, never travel with Malcolm, he wants to

leave way too early! 😊😊

The 15th March saw our club winter race night draw to a close with David Abernethy being crowned as the winner, Greg Bruce the bridesmaid again in 2nd and Shaun Pirie in third. Despite it being the last race of the series there was no let up and everyone was racing hard, with a few internal battles going on. Only 1 PB to Stuart Craib but a few seasons bests were recorded.

The Park Runs have been well attended this month with the exception of one week where most were cancelled due to the snow. No PB's to report however on the 18th of March FRC scooped 4 first in age categories, (Greg Bruce, Morag Thompson, Mike Hartley and Steven Chalmers) a 2nd in age (Malcolm Taylor) and 2nd Female (Morag Thompson), not bad for a morning's work. To our newest members, can you change your club on your parkun details to Fraserburgh Running Club otherwise you might be missed. 😊



Brian Urquhart and Greg Bruce used the Park Run as a warm up for the Newburgh Beach Bash, Brian finished 1st in his age in a time of 44:41 and Greg in 50:53. This is a very popular race that always has a waiting list, the first and last mile is on paths with the remaining on the sand and dunes, when asked, Greg reported "it was nice weather considering how rubbish the park run weather was.....hard work in the dunes.....a fine event put on by NDRC". Maybe one for your calendar next year. I think they open for entries in October.

The final weekend hosted Sandy Hastie's Peterhead to Fraserburgh Beach Run, 16.5 miles skimming our beautiful coastline. 2 of the top 6 was our very own, Shaun Pirie in 4th 2:28:09 and Matthew Crawford in 5th 2:32:35. Shaun Walker finished in 10th in 2:40:12 and Carol Massie, first lady was 13th in 2:45:01. It was Shaun Pirie's first attempt at the beach run, the head wind didn't dampen his spirit and he said the spread at the end certainly made it all worthwhile. The only negative from the event was the early start made all the earlier with the clocks going forward but it's not put him off doing it again.



Occasional wintry showers and a cold wind greeted those who attended the Miltonduff 10k, the men's race was hotly contested with Max Abernethy having to settle for third place, it was reported as a battle with only 15 seconds separating the top three and it took a course record to win. Brian Urquhart finished in a time of 41:44 (third in his age group).



Month Ahead

The Glenlivet 10k is the first race for April set in the heart of the Cairngorms National Park run by Chest Heart & Stroke Scotland. The finale to the Prom series will be on the 7th of April where everyone's best 3 races will be added together to find out the final standings. Our summer race series starts on the 12th April over a 5.1 mile distance, the route meets at Fraserburgh Golf Club, with parking on either side of the railway line. Look out for Carol Massie and Gillian Strachan at Manchester Marathon on the 16th April and Keith McIntyre, Nicole Campbell and Shaun Walker at London the following weekend on the 23rd. The weekend of the 22nd/23rd is the Balmoral running festival with the 5 and 10k on the Saturday and the Duathlon and 15 mile trail race on the Sunday or why not be a Devil and do all 4? The Kirkhill 8hour Ultra is open for 27 May. Peterhead Athletics Club kick off their 3k series on the 29th of April which runs monthly through until September.

Races are dropping fast, in previous years a lot of these would sell out fast so don't over think it, just get on and enter.

- Formartine & Buchan Railway 12hr Ultra takes place on the 6th May
- Forres Harriers 10k 13th May
- Run Garioch 5k, 10k, Half Marathon 14th May
- Gordon Castle 10k 21st May
- Barra 10k on the 27th May
- Metro Beach 10k 2nd June
- Longside Loop 10 Mile 3rd June
- Our 10k 11th June
- Dunecht Dash 5k 18th June
- Turriff 10k 25th June

- Collieston Multi-Terrain Challenge 2nd July through Forvie Nature Reserve largely trail and path
- Watch this space for PAC's 5k road race 14th July
- Alford 10k on the 16th July
- Chapelton of Elsick 10k 16th July
- Jean Carr Hill Race 30th July
- Deveron Harriers goes live 8pm tonight for the Half Marathon, 10k, 5k and 1k junior fun run on the 6th August
- Monumental Challenge 20th October

This is not an exhaustive list, just the ones I've seen drop lately.

If you don't see your name in lights above, don't be offended, it's just that I didn't know you were racing, drop me a message with your highlights to make sure you are included.

Until next month.....SloMo