

Winter Handicap Run 01 - 11 October 2023

Thanks to Greg and Morag for doing the starting duties. They have also been responsible for the following race report, so a big thank you to both.

Going into many of the club runners favourite race route we had 11 yes's to the left and 7 no's to the right. For some reason there was quite a few call offs at the last minute – fair weather footers. Early favourites were Dru and Charlie as they turned up first.

As we were waiting for the clock to count down to 6 o'clock Greg was doing his best Bruce Forsyth impression but telling everyone "you're my favourite".



I (Greg) did a pre-race route check, and all was fine apart from the high wind on basically 80% of the route and saw a rainbow down Watermill Road much to my surprise.

In the race itself, Nathan looking very bright was off first. Everyone (as usual) was talking up the preconditions and down their chances, especially Stuart Craib who really couldn't see himself passing the round 10 in front of him HE DID just that!

Mo and yours truly walked Kirkton Loop as I didn't do that section as part of my route check as it started raining heavy. Much to the starters delight however the rain did stay off for the duration of the race. We got back in time to see Alison West leading the charge into Kirkton. Things however changed up a bit on this, the hardest and hilliest part of the 5.4 mile course, and saw runners finishing in a totally different order.

Duncan Abernethy was running well but succumbed to an Achilles injury and walked across the line for best of the rest (11th).

What do points maketop 3 was Stuart Craib, Alison West, and final podium position was summers Mr Consistency, point record breaker Martin Watt, but a special Brucey Bonus went to Stuart Craib for not only starting last, finishing first but banging out a PB too.

Didn't they all do well?

Over and Out.

Gregise & SloMo

Brian Urquhart had best Age group score with 78.56% followed by Gillian Strachan with 74.37% and Carol Massie with 73.13%. the top 4 finishers managed to better their handicap so conditions couldn't have been that bad.

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page and the new and updated FRC Webpage.

<https://www.fraserburghrunningclub.co.uk>

Winter H'Cap 2023/24

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB
11/10/2023	1	TIME	56'40"				%	Per Mile	per Km	
STUART CRAIB	21:30	34:35	56:05	1	10		0.00	6:24	3:59	34:49
ALISON WEST	11:15	45:00	56:15	2	9		0.00	8:20	5:11	41:20
MARTIN WATT	18:15	38:06	56:21	3	8		0.00	7:03	4:23	36:12
CALLUM MUTCH	17:35	38:54	56:29	4	7		0.00	7:12	4:29	36:50
ANDREW WEST	17:25	39:52	57:17	5	6		0.00	7:23	4:35	37:50
CHARLIE NOBLE	12:50	45:12	58:02	6	5		0.00	8:22	5:12	37:29
GILLIAN STRACHAN	18:35	39:32	58:07	7	4		0.00	7:19	4:33	36:21
BRIAN URQUHART	19:25	38:47	58:12	8	3		0.00	7:11	4:28	35:10
CAROL MASSIE	12:35	45:58	58:33	9	2		0.00	8:31	5:17	37:16
NATHAN GRAHAM	10:35	49:41	00:16	10	1		0.00	9:12	5:43	
DUNCAN ABERNETHY	16:55	47:08	04:03	11			0.00	8:44	5:25	34:53