

Winter Handicap Run 03 - 8 November 2023

Thanks to Lisa and Duncan for doing the starting duties. Once again Morag and Greg have given their impression of the race. This time from the very front and the very last place. Perhaps we can do this more often?

Top and Tail - Observations from first and last place.

I tentatively arrived at the swimming pool too early – I'm never early - for my first race night since August. Earlier in the day it was lashing down so I wasn't 100% committed to running but it dried up to be a PB perfect night, "nonwindy, favourable conditions" as Greg described it, but will anyone take advantage of that?

View from behind.....

Lisa and Duncan set everyone off. By the time I got to the top of Strichen Road I was seriously questioning my decision to run but I ploughed on. I broke down the route into sections in my head to avoid fear of running 8.7km. The first person to pass me was the flashing bum of Gillian Cardno Strachan - good lo lights! Really easy to see as she sped off into the distance. Then it was Jim Bowie with Shaun Pirie with Martin Watt in hot pursuit. Big shout out to Robbie Youngson who gave me much needed encouragement as he too sped off ahead. That was it, I was now officially last. The worst part for me was going up to the monument, but knowing he hard work had been done, I wasn't going to give up with just the Kirkton Road climb to go. I made it to the finish line 11th out of 11. Someone's got to do it.

View from the front.....

Nathan got things started and finished in 8th place with his second Pb on the course, improving greatly each time by around a minute. It was on the harbour stretch that everyone passed me, by contrast it took our top finisher Greg Bruce to the harbour to pass everyone he started behind. Gregsie started off 5th and soon found himself top of the pops by Shore Street and kicked on in the same vein to finish with a healthy 3 minute 12 second lead in front of 2nd place Robbie Youngson. He thinks he would have time for a swift half at the Bala – ha ha! A far cry from his previous worst. I asked Greg how it was leading the race home. He said "scary". He had to keep 10 runners behind him for the last 2.8 miles, it was his to lose at this point. As I entered Kirkton for the last section Greg was coming down Strichen Road. If he had ran a little faster he could have high-fived me in passing. 😊

Having checked out the results there were no PB's, much to my surprise.

SloMo (last) & Gregsie (first)

Third place went to Carol Massie who battled with Alison most of the way who carries out her run as an interval session. Perhaps it is a little surprising to those onlooking that the only Pb was from Nathan. This was his third run on this course so can now benefit from the possibility of Pb points hereon in.

Age category winner tonight was Robbie Youngson with 82.52%; 2nd Gillian Strachan - 76.30% and 3rd was Carol Massie - 75.32%.

Overall leader in the Handicap is Alison (23 pts) who increased her lead over Charlie in 2nd (16 pts) with Robbie moving into joint 3rd with Stuart - (15 pts).

Next race takes place on Wednesday 22 November from Sport Centre as usual from 6pm

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	World Std Time
08/11/2023	3	TIME	56'40"				%	Per Mile	per Km		08/11/2023
GREG BRUCE	13:20	39:47	53:07	1	10	5	59.78	7:22	4:35	38:38	23:47
ROBBIE YOUNGSON	22:00	34:19	56:19	2	9	1	82.52	6:21	3:57	32:26	28:19
CAROL MASSIE	11:45	44:38	56:23	3	8	6	75.32	8:16	5:08	37:16	33:37
ALISON WEST	11:15	45:10	56:25	4	7	7	64.35	8:22	5:12	41:20	29:04
GILLIAN STRACHAN	18:10	38:32	56:42	5	6	4	76.30	7:08	4:26	36:21	29:24
MARTIN WATT	18:35	38:28	57:03	6	5	3	64.56	7:07	4:26	36:12	24:50
SHAUN PIRIE	20:20	36:49	57:09	7	4	2	63.69	6:49	4:14	35:47	23:27
NATHAN GRAHAM	09:45	47:57	57:42	8	3	10	48.49	8:53	5:31	[1]	23:15
CHARLIE NOBLE	12:30	47:09	59:39	9	2	9	69.28	8:44	5:26	37:29	32:40
JIM BOWIE	14:55	45:50	00:45	10	1	8	66.47	8:29	5:17	37:19	30:28
MORAG THOMPSON	12:40	49:11	01:51	11		11	52.08	9:06	5:40	39:06	25:37