

Winter Handicap Run 04 - 22 November 2023

Thanks to Scott and Malcolm for doing the starting duties.

Lowest turnout of the season so far with only 9 starters. Perhaps the threat of wintry conditions put a few off but although quite windy it was surprisingly warm. I for one had too many layers on.

Alison set off at a determined pace and quickly passed Graeme who was being paced by David Abernethy in the first km. It took 'til the harbour before she overhauled Nathan, who had a lot to live up to after last times Pb. She went on to increase her lead to finish the only runner who managed to beat the handicap start time. The wind was obviously having an impact, in more ways than one it seems, so lots more to see from her in the coming weeks.

In second place was Martin Watt, who passed Graeme in the last few hundred metres. Graeme held on for third.

No close sprint finishes tonight with the remaining runners coming in with about 20 - 30 seconds so between them.

So apart from Alison all other runners will have an earlier start time for their next race.

No Pbs to report.

Age category winner tonight was Gillian Strachan with 74.84%; 2nd Charlie Noble - 71.48% and 3rd was Graeme Clark - 67.41%.

Alison is now the clear leader in the Handicap by increasing her lead over Charlie with 33pts to Charlies 22pts. Martin Watt has zoomed into 2nd equal place.

Good news for Greg watchers is that having seen his appeal against his too harsh handicap start time this week being refused he did manage to claw back about 2 minutes of his perceived discrepancy.

Next race takes place on Wednesday 06 December 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
22/11/2023	4	TIME	56'40"				%	Per Mile	per Km		22/11/2023
ALISON WEST	11:30	44:19	55:49	1	10	4	248.10	8:12	5:06	41:20	49:57
MARTIN WATT	18:10	38:43	56:53	2	9	1	206.16	7:10	4:27	36:12	19:49
GRAEME CLARK	11:15	45:49	57:04	3	8	6	250.89	8:29	5:16	35:17	54:57
GILLIAN STRACHAN	18:10	39:17	57:27	4	7	2	207.51	7:16	4:31	36:21	21:31
CHARLIE NOBLE	12:05	45:42	57:47	5	6	5	247.12	8:28	5:16	37:29	52:56
NATHAN GRAHAM	09:20	48:57	58:17	6	5	9	261.87	9:04	5:38	47:57 [1]	08:11
GREG BRUCE	16:55	41:59	58:54	7	4	3	219.41	7:46	4:50	38:38	32:07
MORAG THOMPSON	12:15	47:14	59:29	8	3	8	248.13	8:45	5:26	39:06	57:12
JIM BOWIE	14:30	46:00	00:30	9	2	7	236.96	8:31	5:18	37:19	49:00