

## Winter Handicap Run 05 - 13 December 2023

Thanks to Johnny Beedie and David Abernethy for doing starting duties.

A bit of late cajoling from Alison managed to draw 10 racers out on a fine night for running. In addition David, Graeme and Laura did a part of the course as non counters

Charlie spent the week trying to encourage as many runners as he could muster to run as long as they had the potential to finish in front of Alison to limit her points gathering! All's fair in love and racing. Looks like he will have to try harder next week or find a few minutes himself.

There haven't been many Pbs this season so far so it was really good to see Nathan smash his best by 2 min. with a time of 45:56. A couple of seasons bests from Dru and Morag , apparently much to her surprise.

Nathan did more than enough to take first place with Martin Watt in second and Dru taking third. The remaining times tended fall into one of two blocks: one around 39minutes and another around 46 minutes. Odd one out was needless to say Greg who was somewhere in the middle.

Age category winner tonight was Gillian Strachan with 75.94%; 2nd Carol Massie - 74.87% and 3rd was Charlie Noble - 70.68%.

Overall leader in the Handicap is still Alison with 36 pts) with Martin Watt in second, 31pts) and Charlie planning his next gambit on 26pts.

Next race takes place next week on Wednesday 20 December from Sport Centre as usual from 6pm.

Why not make room for your Christmas feasting with a race night run and see if we can push numbers up a bit before the New Years resolutions are made.

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	World Std Time
13/12/2023	<b>5</b>	TIME	<b>56'40"</b>				<b>%</b>	Per Mile	13/12/2023
<b>NATHAN GRAHAM</b>	<b>08:55</b>	<b>45:56</b>	<b>54:51</b>	<b>1</b>	<b>10</b>		<b>50.62</b>	<b>8:30</b>	<b>23:15</b>
<b>MARTIN WATT</b>	<b>17:55</b>	<b>38:09</b>	<b>56:04</b>	<b>2</b>	<b>9</b>		<b>65.09</b>	<b>7:04</b>	<b>24:50</b>
<b>ANDREW WEST</b>	<b>17:00</b>	<b>39:10</b>	<b>56:10</b>	<b>3</b>	<b>8</b>		<b>67.57</b>	<b>7:15</b>	<b>26:28</b>
<b>GILLIAN STRACHAN</b>	<b>17:45</b>	<b>38:43</b>	<b>56:28</b>	<b>4</b>	<b>7</b>		<b>75.94</b>	<b>7:10</b>	<b>29:24</b>
<b>GREG BRUCE</b>	<b>16:25</b>	<b>40:26</b>	<b>56:51</b>	<b>5</b>	<b>6</b>		<b>58.82</b>	<b>7:29</b>	<b>23:47</b>
<b>CAROL MASSIE</b>	<b>12:00</b>	<b>44:54</b>	<b>56:54</b>	<b>6</b>	<b>5</b>		<b>74.87</b>	<b>8:19</b>	<b>33:37</b>
<b>CHARLIE NOBLE</b>	<b>11:40</b>	<b>46:13</b>	<b>57:53</b>	<b>7</b>	<b>4</b>		<b>70.68</b>	<b>8:34</b>	<b>32:40</b>
<b>ALISON WEST</b>	<b>12:20</b>	<b>45:38</b>	<b>57:58</b>	<b>8</b>	<b>3</b>		<b>64.43</b>	<b>8:27</b>	<b>29:24</b>
<b>MORAG THOMPSON</b>	<b>11:50</b>	<b>46:57</b>	<b>58:47</b>	<b>9</b>	<b>2</b>		<b>61.91</b>	<b>8:42</b>	<b>29:04</b>
<b>JIM BOWIE</b>	<b>14:05</b>	<b>46:00</b>	<b>00:05</b>	<b>10</b>	<b>1</b>		<b>66.23</b>	<b>8:31</b>	<b>30:28</b>