

## Winter Handicap Run 06 - 20 December 2023

Thanks to Dru and Martin Watt for doing starting duties.

A few returning runners tonight which brought the number of runners up to 11, which is the most we've had out this season.

A bit of a taster as far as the wind was concerned as we encountered the beginning of the forecast storm Pia. However it was still relatively mild which, made for reasonable running conditions. The instinct is to put on more clothes than necessary so there were a few complaints of it being too hot by the finish.

However whether because of the wind or heat, only Alison and Morag managed to beat their last weeks times and there were no Pbs this week. No one managed to beat their handicap time so tonights runners will be rewarded with a wee bit easier start time next race.

Nathan set off hard from the start, determined to build on his last weeks performance. Having pulled away from Graeme in the first half of the run he was eventually caught and passed by both Graeme and Alison before the finish. Nevertheless he maintained his form to take third spot. Graeme held off a closing Alison to take second spot.

Good to see both Callum and Richard Mutch and Malcolm Taylor return to Race Night.

Age graded results were: Gillian Strachan 1st with 74.12%; 2nd Carol Massie - 73.91% and 3rd was Graeme Clark - 67.37%.

Overall leader in the Handicap is still Alison, increasing her lead with 45 pts ahead of Martin Watt in second, 31pts and Gillian and Nathan now tied on 30 pts. However with 6 races still to go it is looking like a close one this year.

Next race takes place early in the New Year, 3 January 2024 from the Sport Centre as usual from 6pm.

So put this on your New Year's resolution list and put your name down for Race 7.

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
20/12/2023	6	TIME	56'40"				%	Per Mile	per Km		20/12/2023
GRAEME CLARK	10:50	46:07	56:57	1	10	7	67.37	8:32	5:18	35:17	31:04
ALISON WEST	11:55	45:06	57:01	2	9	5	65.19	8:21	5:11	41:20	29:24
NATHAN GRAHAM	10:45	46:21	57:06	3	8	8	50.16	8:35	5:20	45:56	23:15
CAROL MASSIE	11:45	45:29	57:14	4	7	6	73.91	8:25	5:14	37:16	33:37
GILLIAN STRACHAN	17:55	39:40	57:35	5	6	1	74.12	7:21	4:34	36:21	29:24
MORAG THOMPSON	11:25	46:24	57:49	6	5	9	62.64	8:36	5:20	39:06	29:04
DUNCAN ABERNETHY	16:30	41:51	58:21	7	4	3	64.87	7:45	4:49	34:53	27:09
CALLUM MUTCH	17:45	40:51	58:36	8	3	2	63.20	7:34	4:42	36:50	25:49
GREG BRUCE	16:15	43:06	59:21	9	2	4	55.18	7:59	4:58	38:38	23:47
RICHARD MUTCH	13:20	46:28	59:48	10	1	10	55.13	8:36	5:21	38:24	25:37
MALCOLM TAYLOR	10:45	50:44	01:29	11		11	53.52	9:24	5:50	45:20	27:09