

Winter Handicap Run 07 - 3 January 2024

Thanks to Callum Mutch and Stuart Craib for doing starting duties.

One more runner (12) than last race toed the line for the first Winter race of 2024. Good to see David Abernethy tackling the full route for the first time this season. He is not the only one looking longingly at their Previous best time on the results sheet wondering how they ever managed that time. Important to not dwell on the past but look to just make improvements the future, even if it is just in Age graded times.

A cold windy night as has been the norm these past few weeks greeted the runners as they huddled at the start waiting for their call to run.

The surprise starter was Charlie who must have bribed the bus driver to get him home from Wales in time for Race night. His primary goal was to ensure he didn't miss out on the extra 25 sec for the next race. However he also was keen to stop Alison from increasing her lead at the top of the table which he narrowly achieved, finishing just ahead of her. However he may regret having persuading her to enter the race as she will now also be the recipient of 25 sec.

The race started similar to Race 6 with Nathan pushing on in front with Graeme hard on his tail for the first half. However when Graeme faded in the second half it was Morag who eventually caught him up Kirkton road. However Nathan wasn't going to let her win easy and the two raced head to head to the finish with Morag winning by a mere 5 seconds. Good going from Morag who took on the Lumphanan Detox 10k the day before. Not quite a Pb from Nathan but given the conditions probably his best run so far. Morag has now improved her time by 4 min in the 5 races she's competed in this season. Greg who also did the Detox yesterday following the Elgin parkrun on New Years day and Aberdeen Beach parkrun on 30 December was the 3rd fastest runner tonight. Finishing order was therefore, 1st - Morag; 2nd - Nathan; 3rd - Gillian

No pbs and only Morag achieving as sons best
Age graded results were: Gillian Strachan 1st with 74.30%; 2nd Carol Massie - 72.27% and 3rd was Charlie Noble - 67.26%.

Overall leader in the Handicap is still Alison, with 45 pts ahead of Nathan Graham in second, 39pts and Gillian on 38pts. Getting a wee bit closer at the top.

Next race takes place on 17 January 2024 from the 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
03/01/2024	7	TIME	56'40"				%	Per Mile	per Km		03/01/2024
MORAG THOMPSON	11:00	45:19	56:19	1	10	5	64.14	8:24	5:13	39:06	29:04
NATHAN GRAHAM	10:20	46:04	56:24	2	9	7	50.47	8:32	5:18	45:56	23:15
GILLIAN STRACHAN	17:30	39:34	57:04	3	8	2	74.30	7:20	4:33	36:21	29:24
GREG BRUCE	15:50	41:33	57:23	4	7	3	57.24	7:42	4:47	38:38	23:47
GRAEME CLARK	10:35	46:59	57:34	5	6	9	66.12	8:42	5:24	35:17	31:04
CAROL MASSIE	11:20	46:27	57:47	6	5	8	72.37	8:36	5:21	37:16	33:37
SHAUN PIRIE	19:55	38:15	58:10	7	4	1	61.31	7:05	4:24	35:47	23:27
DUNCAN ABERNETHY	16:05	42:53	58:58	8	3	4	63.31	7:56	4:56	34:53	27:09
JIM BOWIE	13:40	45:47	59:27	9	2	6	67.20	8:29	5:16	37:19	30:46
CHARLIE NOBLE	11:15	48:34	59:49	10	1	11	67.26	9:00	5:35	37:29	32:40
ALISON WEST	11:35	48:22	59:57	11		10	60.79	8:57	5:34	41:20	29:24
DAVID ABERNETHY	09:55	54:08	04:03	12		12	50.99	10:01	6:14	39:14	27:36
MALCOLM TAYLOR	10:20	00:00	10:20	DNF			#DIV/0!	0:00	0:00	45:20	27:09