

Winter Handicap Run 08 - 24 January 2024

Thanks to Carol Massie for stepping in at last minute to be starter.

Good to see the return of Peter Hall to the running community. You could say his dog dragged him along but he came himself tonight. He asked me what his Pb for the course was and I said about 35 minutes. It's actually 34:20. But your not there at the moment Pete so just concentrate on getting a bit better over the next few months and don't be in too big a hurry. Johnny Beedie also made his first Winter Run of year in his normal no holds back style.

The recent poor weather associated with Isha and Jocelyn caused a reluctant enrolment on Teamreach but a bit of cajoling by Alison again this week saw 14 starters, the largest number this season. Maybe Kathleen will encourage a few more next week. Yes Run 9 will be next week. That's winter for you.

Anyway the wind had calmed somewhat for start time leading to difficult but manageable conditions. It was a bit milder which made the choice of clothes difficult for most people. However no such difficulty for Shaun Pirie who wore his usual short sleeved top. Tough man.

Similar story from the start with Nathan pushing on in front with Graeme hard on his tail for the first half. Peter was happy to stick with Graeme until his calf started to cramp so made the sensible choice to stop at Kirkton Road rather than risk damage by racing the hill up and back down to the finish. There always another day.

Kirkton did its usual with the on form runners coming to the fore. Greg, following a bit of hands on from Jackie Birnie looked strong and held on to finish first with Duncan and Shaun closing quickly in second and third. Nathan managed to find enough to get back into 4th with an almost 30 sec Pb.

Nathan's was the only Pb tonight but seasons bests were recorded by Malcolm Taylor, David Abernethy, Duncan Abernethy and Johnny Beedie.

Age graded results were: Stuart Craib 1st with 71.20%; 2nd Duncan Abernethy - 67.65% and 3rd was Graeme Clark - 67.44%.

Overall leader in the Handicap is still Alison, with 48 pts ahead of Nathan Graham in second, 46pts and Greg on 39pts. Getting a wee bit closer at the top. With 4 runs to go, Nathan has now scored in all 8 of the first 8 runs and Alison in 7 so plenty could change yet as only the best 8 scores count at the end of the season.

Race 9 takes place next week due to this being a postponed run, on 31 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
24/01/2024	8	TIME	56'40"				%	Per Mile	per Km		24/01/2024
GREG BRUCE	15:25	40:08	55:33	1	10	5	59.26	7:26	4:37	38:38	23:47
DUNCAN ABERNETHY	15:40	40:08	55:48	2	9	5	67.65	7:26	4:37	34:53	27:09
SHAUN PIRIE	19:30	36:21	55:51	3	8	2	64.51	6:44	4:11	35:47	23:27
NATHAN GRAHAM	10:35	45:28	56:03	4	7	8	51.14	8:25	5:14	45:56	23:15
GRAEME CLARK	10:10	46:04	56:14	5	6	9	67.44	8:32	5:18	35:17	31:04
MORAG THOMPSON	11:20	45:26	56:46	6	5	7	63.98	8:25	5:14	39:06	29:04
STUART CRAIB	21:40	35:08	56:48	7	4	1	71.20	6:30	4:03	34:35	25:01
ALISON WEST	11:10	46:22	57:32	8	3	10	63.41	8:35	5:20	41:20	29:24
MARTIN WATT	18:30	39:27	57:57	9	2	3	62.95	7:18	4:32	36:12	24:50
MALCOLM TAYLOR	10:20	48:30	58:50	10	1	12	55.98	8:59	5:35	45:20	27:09
DAVID ABERNETHY	09:30	49:20	58:50	11		13	55.95	9:08	5:41	39:14	27:36
JIM BOWIE	13:15	46:33	59:48	12		11	66.09	8:37	5:21	37:19	30:46
JOHNNY BEEDIE	15:15	44:53	00:08	13		6	60.49	8:19	5:10	36:51	27:09
PETER HALL	18:00	00:00	18:00	DNF			#DIV/0!	0:00	0:00	34:20	28:19