

Winter Handicap Run 09 - 31 January 2024

Thanks to George Moir and Graeme Clark for starting and recording duties this week.

Good to see the return of Peter Hall for the second consecutive week and Diane Lumsden for her first official Race night start after a bit of gentle persuasion. Greg, 10 pointer from the last race was not hopeful of repeating his performance and instead predicted finishing at the opposite end of the results. He did not disappoint. A bit of a sore throat and cold which it now seems he was happy to pass on to a few others.

For a wee while it looked like it may have to be a reduced point race as we were struggling to make the 8 runners required to make it a 10 pointer. However in the end 10 runners started so happy days.

Another breezy and chilly night but no rain so all was well.

It was a night for the ladies though as they took the first three places with Peter finishing in 4th. Never missing a chance to chase after the girls, eh Pete?

However it was Alison who held off the closing Carol and Morag just managing to pace her effort round the Kirkton loop to the finish line. The first four were the only ones to finish under their handicap times.

Shaun was again the fastest on the night who also managed to add a few more miles towards his marathon training. Nathans 6 point finish was effectively reduced to 5 points as he had already accumulated 8 scoring races.

Age graded results were: Carol Massie 1st with 74.62%; 2nd Alison West - 65.16% and 3rd was Morag Thompson - 64.93%. Again you'll notice an all lady top three.

Overall leader in the Handicap is still Alison, with 58 pts ahead of Nathan Graham in second, 51pts and Greg on 42pts. Alisons 10 points a welcome addition as she has now joined Nathan in having scored in 8 or more races.

Race 10 takes place on 14 February 2024 from the Sport Centre as usual from 6pm. Hopefully the next named storm doesn't appear on my doorstep too soon. No offence intended Kathleen.

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>

Slowcoach

Winter H'Cap 2023/24

| Handicap race | | | HCP | Place | Points | Scr | AGP | Minutes | Minutes | Winter route PB | World Std Time |
|----------------|-----------|-------|--------|-------|--------|-----|-------|----------|---------|-----------------|----------------|
| 31/01/2024 | 9 | TIME | 56'40" | | | | % | Per Mile | per Km | | 31/01/2024 |
| ALISON WEST | 10:45 | 45:07 | 55:52 | 1 | 10 | 7 | 65.16 | 8:21 | 5:12 | 41:20 | 29:24 |
| CAROL MASSIE | 10:55 | 45:03 | 55:58 | 2 | 9 | 6 | 74.62 | 8:21 | 5:11 | 37:16 | 33:37 |
| MORAG THOMPSON | 11:15 | 44:46 | 56:01 | 3 | 8 | 5 | 64.93 | 8:17 | 5:09 | 39:06 | 29:04 |
| PETER HALL | 10:35 [1] | 45:41 | 56:16 | 4 | | 8 | 61.98 | 8:28 | 5:15 | 34:20 | 28:19 |
| SHAUN PIRIE | 20:20 | 36:59 | 57:19 | 5 | 7 | 1 | 63.41 | 6:51 | 4:15 | 35:47 | 23:27 |
| NATHAN GRAHAM | 11:10 | 46:11 | 57:21 | 6 | 6 | 9 | 50.34 | 8:33 | 5:19 | 45:28 | 23:15 |
| MARTIN WATT | 18:05 | 40:12 | 58:17 | 7 | 5 | 2 | 61.77 | 7:27 | 4:38 | 36:12 | 24:50 |
| ANDREW WEST | 17:30 | 41:11 | 58:41 | 8 | 4 | 3 | 64.27 | 7:38 | 4:44 | 37:50 | 26:28 |
| GREG BRUCE | 16:30 | 43:20 | 59:50 | 9 | 3 | 4 | 54.88 | 8:01 | 4:59 | 38:38 | 23:47 |
| DIANE LUMSDEN | 09:05 | 51:49 | 00:54 | 10 | | 10 | 50.98 | 9:36 | 5:58 | | 26:25 |