

Winter Handicap Run 11 - 28 February 2024

Thanks to Peter Hall and Graeme Clark for starting and recording duties this week.

With a less than promising forecast it was good to see a good turnout of runners with a various choice of clothing layers to get them round the course.

In total 15 brave souls took part including couple of new faces in Maria LP and Emma Fraser running the course for the first time. Thanks to everyone for giving them a warm welcome and especially to Johnny and Charlie for escorting them round the streets.

It seems like the beach front was the least welcoming place to be running with a bit of a headwind to contend with. However it couldn't have been that bad as 7 of the 15 runners beat their handicap time. Despite the usual grumbles from Greg about his handicap being too hard tonight he once again came up with the goods to record a second consecutive seasons best of 39:09. Talking of coming up with the goods, he seems to have misplaced that brown envelope that he mentioned earlier in Messenger.

Shaun's bare arms again seemed to improve his streamline as he romped home in first place ahead of Gillian and Nathan who, in his never say die attitude, overtook Alison in last few metres to take third place. Alison can take solace in the fact that she can't now be caught in the final race for the top spot in 2 weeks time with Nathan and Greg battling for 2nd place with Carol still in the running for a third place finish.

Both newcomers showed promise for more to come later in the season once they become more familiar with the routes.

Age graded results were: Gillian Strachan 1st with 75.38%; 2nd Lisa Allan - 75.26% and 3rd was Carol Massie - 74.76%. Once again you'll notice an all lady top three.

Gillian not happy enough with top Age graded spot, being particularly delighted with her race time of exactly 39:00 and suggested it was worth a bonus point for finishing with 00sec. Duncan who also recorded perhaps a more balanced time of 44:44, was just happy to get round.

The Overall leader in the Handicap is Alison, with 67 pts ahead of Nathan Graham in second, 58pts and Greg Bruce on 55pts.

Final Winter race of season takes place on 13 March 2024 from the Sport Centre as usual from 6pm. Lets see a good turnout to round off the Winter Season with an eye on the summer Season to come.

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
28/02/2024	11	TIME	56'40"				%	Per Mile	per Km		28/02/2024
SHAUN PIRIE	19:55	35:48	55:43	1	10		65.50	6:38	4:07	35:47	23:27
GILLIAN STRACHAN	17:05	39:00	56:05	2	9		75.38	7:13	4:29	36:21	29:24
NATHAN GRAHAM	10:20	45:47	56:07	3	8		50.78	8:29	5:16	45:28	23:15
ALISON WEST	11:45	44:24	56:09	4	7		66.22	8:13	5:07	41:20	29:24
CAROL MASSIE	11:20	44:58	56:18	5	6		74.76	8:20	5:11	37:16	33:37
GREG BRUCE	17:10	39:09	56:19	6	5		61.09	7:15	4:30	38:38	23:55
EMMA FRASER	14:50	41:49	56:39	7			0.00	7:45	4:49		
MORAG THOMPSON	11:30	45:28	56:58	8	4		63.93	8:25	5:14	39:06	29:04
LISA ALLAN	19:25	37:48	57:13	9	3		75.26	7:00	4:21	34:13	28:27
MARTIN WATT	17:40	40:18	57:58	10	2		61.62	7:28	4:38	36:12	24:50
JOHNNY BEEDIE	14:50	43:19	58:09	11	1		62.68	8:01	4:59	36:51	27:09
DAVID ABERNETHY	08:40	50:07	58:47	12			55.07	9:17	5:46	39:14	27:36
DUNCAN ABERNETHY	16:25	44:44	01:09	13			60.69	8:17	5:09	34:53	27:09
CHARLIE NOBLE	10:50	56:08	06:58	14			58.19	10:24	6:28	37:29	32:40
MARIA	10:50	56:33	07:23	15			0.00	10:28	6:31		