

Winter Handicap Run 12 - 13 March 2024

Thanks to Alison and Karen for starting and recording duties this week.

It may have looked like spring but the blustery wind reminded everyone it was still mid March.

After a little cajoling, 16 runners started the last race of the Winter Series. 14 went on to finish while David and Scott cut theirs a little short.

Overall the conditions were perhaps a little worse than average as only 6 of the 14 finishers met or beat their handicap.

Alison had the comfort of watching proceedings safe in the knowledge that she had already collected enough points to ensure she couldn't be caught. All the happier as she reported that she was on the mend from the recent shin splints set back to her marathon training.

Guest appearance from Robbie Youngson to remind everyone that he is still very much interested in maintaining his hold on the Age Graded Shield which won't be decided until the end of the forthcoming Summer series. Apparently there are 17 mini-shields on the trophy which he would like to put his name on.

With Alison confirmed in first spot and Nathan safe in second, there was still a keen race to be had between Greg and Carol for the remaining third prize. Both Greg and Carol could have been excused for taking it a bit easier with Carol racing at Inverness Half and Greg doing his 3rd and "last" D33 at the weekend. However they both gave it their all with Carol coming out on top by taking 2nd spot on the night with a seasons best to confirm 3rd, edging Greg off the podium. She was chased all the way down the finishing straight by Nathan who pulled out a big Pb with a time of 43:52. Carol's time was 43:05. Ex Tesco colleague, Peter Hall reminded us of his potential with an identical time to be first finisher on the night.

So the Winter series Handicap results are Alison 1st with 67 pts, ahead of Nathan Graham in 2nd with 62pts and Carol in 3rd with 56pts. Greg finished 4th a measly 1pt further back.

Age graded results were: Robbie Youngson 1st with 81.25%; 2nd Carol Massie- 78.03% and 3rd was Lisa Allan - 74.19%.

Looking forward to nicer weather, the first race of the Summer season takes place on 10 April 2024 from the The Golf Club/Dunes as usual from 6pm. Hope to see you all there.

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
13/03/2024	12	TIME	56'40"				%	Per Mile	per Km		13/03/2024
PETER HALL	11:00	43:05	54:05	1		7	65.73	7:59	4:58	34:20 [1]	28:19
CAROL MASSIE	11:40	43:05	54:45	2	10	7	78.03	7:59	4:58	37:16	33:37
NATHAN GRAHAM	10:55	43:52	54:47	3	9	9	53.00	8:07	5:03	45:28	23:15
ANDREW WEST	17:05	39:03	56:08	4	8	4	67.78	7:14	4:30	37:50	26:28
SHAUN PIRIE	20:50	35:25	56:15	5	7	2	66.21	6:34	4:05	35:47	23:27
MORAG THOMPSON	11:10	45:32	56:42	6	6	11	63.84	8:26	5:14	39:06	29:04
ROBBIE YOUNGSON	22:20	34:51	57:11	7	5	1	81.25	6:27	4:01	32:26	28:19
LISA ALLAN	19:00	38:21	57:21	8	4	3	74.19	7:06	4:25	34:13	28:27
MARTIN WATT	17:15	40:15	57:30	9	3	5	61.70	7:27	4:38	36:12	24:50
RICHARD MUTCH	12:55	45:16	58:11	10	2	10	56.59	8:23	5:13	38:24	25:37
GREG BRUCE	17:30	41:06	58:36	11	1	6	58.19	7:37	4:44	38:38	23:55
JIM BOWIE	12:25	46:36	59:01	12		12	66.02	8:38	5:22	37:19	30:46
MALCOLM TAYLOR	10:25	49:26	59:51	13		13	54.92	9:09	5:41	45:20	27:09
CHARLIE NOBLE	10:25	50:31	00:56	14		14	64.67	9:21	5:49	37:29	32:40
DAVID ABERNETHY	08:15	00:00	08:15	DNF			#DIV/0!	0:00	0:00	39:14	27:36
SCOTT GIBB	10:35	00:00	10:35	DNF			#DIV/0!	0:00	0:00		