

## Winter Handicap Run 1 – 9 October 2024

We thought Winter race nights couldn't be as bad as they've been this "Summer" but we were wrong.

Thanks to Shaun and Dru for doing Starting and recording duties for the Winter opening run.

First timers almost outnumbered the more seasoned runners which I think is a good sign. Welcome to Karen Robertson, Laetita Jack, Grant Dewar and Matthew Sutherland. Special mention also to the returning Stephen Milne who hasn't raced for number of years. They will all have 3 runs to complete before setting their handicap and joining in the race or points.

As there was only 6 counting runners the points awarded was restricted to a max of 6pts instead of the usual 10pts.

No pbs which is perhaps understandable given the strength of the wind, but Greg was more than pleased with his own effort which seemed to have exceeded his high expectations. Best of the Abernethy's was Karen with both David and Duncan posting a DNF.

The leading three Age graded% were Carol Massie (75.68%), Graeme Clark (67.44%) and Stephen Milne (66.16%).

I'll leave it to Morag to give her impressions of the first winter Race:

*Last night marked the first of the Winter Series race nights, and we were greeted by some tough conditions with strong headwinds and, unfortunately, no significant tailwinds to help us on the return. Despite the challenging weather, it was great to see some new faces on the start line—we hope the wind won't deter anyone from coming back for future races!*

*First home and scoring points was Graeme Clark, followed by Carol Massie and Greg Bruce.*

### *A runners perspective*

*After being off the running scene for a while, with most of my recent runs confined to the treadmill, I was surprised by how last night went. It was probably made easier by having newby Karen Robertson running alongside me—she made sure I didn't dither at the start! Not that I could talk much anyway, as the wind was pushing us back down the hill. Karen stuck with me until I reassured her about the Kirkton loop for her return, and then she took off to catch up with Carol who was just up ahead. Great effort Karen, for your first race night! Hope to see you back for another race. As for the wind, I can't actually recall any tailwinds, or at least none that helped, but there were definitely sections with no headwind, and a few spots without street lights. Hopefully, all the lights will be on for the next race!*

*Onward to the beach—the part I always dread—but thankfully, the wind was more sideways than head-on this time, which was a relief. Along that long stretch, I could finally see the runners ahead of me. They didn't seem to get any closer though, but it's always comforting to know you're not alone out there! Then it was back up to the monument (cue grumbling). It's always a challenge the first time, but the second attempt is even worse. Along Strichen Road, I caught up with Laetitia and Matthew, who were chatting away, so I reckon next time Letitia will be full of running! I ran into*

*her later at Tesco—me still looking like a beetroot, while she looked just fine. She assured me she'd be back for another race night, which was great to hear. Well done, Laetitia and Matthew!*

*The final stretch—Kirkton Loop—is usually my favourite part, but I had forgotten how much of a struggle it can be. Oddly enough, the streetlights being out actually made it a bit easier, and soon enough I was at the top and heading down Strichen Road toward the finish. However the "Bridesmaid" snuck up behind me and passed. I tried to tuck in behind him for a bit of shelter, but he was on a mission, and I couldn't keep up. With the finish line finally in sight, I just kept pushing and was relieved to see the end. All things considered, I was happy to get through without my usual stops. It can only get better from here, right?*

*The next race in the series will take place on the 23rd of October. See you there!*

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page and the FRC Webpage.

<https://www.fraserburghrunningclub.co.uk>

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
09/10/2024	<b>1</b>	TIME	<b>56'55"</b>				<b>%</b>	Per Mile	per Km		09/10/2024
STEPHEN MILNE	00:00	46:03	46:03	1		5	66.16	8:32	5:18	36:07	30:28
GRAEME CLARK	09:25	46:35	56:00	2	6	6	67.44	8:38	5:22	35:17	31:25
KAREN ROBERTSON	11:56	44:06	56:02	3		2	60.28	8:10	5:05		26:35
CAROL MASSIE	11:20	45:01	56:21	4	5	3	75.68	8:20	5:11	37:16	34:04
GREG BRUCE	16:30	40:06	56:36	5	4	1	59.64	7:26	4:37	38:38	23:55
MORAG THOMPSON	11:50	45:04	56:54	6	3	4	64.50	8:21	5:11	39:06	29:04
ALISON WEST	10:45	46:39	57:24	7	2	7	63.02	8:38	5:22	41:20	29:24
LAETITIA JACK	10:00	47:44	57:44	8		8	0.00	8:50	5:30		
MATTHEW SUNDERLAND	10:00	47:44	57:44	8		8	0.00	8:50	5:30		
GRANT DEWAR	13:45	48:05	01:50	10		10	50.85	8:54	5:32		24:27
JIM BOWIE	13:45	48:10	01:55	11	1	11	63.88	8:55	5:33	37:19	30:46
DAVID ABERNETHY	08:55	00:00	08:55	DNF			#DIV/0!	0:00	0:00	39:14	
DUNCAN ABERNETHY	19:30	00:00	19:30	DNF			#DIV/0!	0:00	0:00	34:53	