

Winter Handicap Run 2 – 16 October 2024

Mild night but a bit of a breeze met the runners tonight. Good to see a decent field of 18 for the second of the Winter series.

Thanks to Morag and Greg for doing Starting and recording duties.

Nice to see the return of the first timers from Race 1 and the addition of James McRobbie.

The first five finishers have all still to set their Handicap so they will see a tougher start time for their the next run. The first nine all managed to beat their current start time so that perhaps might suggest conditions weren't too bad. Others will probably disagree with that though.

First of the counting runners was Robbie Youngson who not only beat all his last Winter's times but also scored higher than any of his recent Age graded percentages, Summer or Winter. Some way to put the challenge down for the coming year. Second counter was Jim Bowie with Shaun Pirie as their counter.

The leading three Age graded% were Robbie Youngson (84.90%), Carol Massie (74.17%) and Peter Hall (72.27%).

David Abernethy just made his start time having completed his warm up chasing a sheep - each to their own! He seemed intent in spoiling the party by pushing the early pace a little beyond his current fitness before easing back at 3km much to the relief of the racers close by.

The points leader board shows Graeme still leading with 12pts, 2pts ahead of Jim Bowie and Robbie Youngson on 10pts.

As this is a self timed event it greatly helps the resolution of any queries with the results if when using Strava that you set your privacy setting to Everyone and switch on Flybys. However if you prefer to maintain your current privacy settings then that is fine. Regardless can everyone ensure you have auto-pause disabled on your watch as this can lead to discrepancies in recorded finish times. The Race time will always be your "Elapsed Time" and not necessarily your "Moving Time"

Race 3 will take place on 29 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>

Winter H'Cap 2024/25

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
23/10/2024	2	TIME	56'55"				%	Per Mile	per Km		23/10/2024
MATTHEW SUTHERLAND	09:10	45:17	54:27	1		10	0.00	8:23	5:13	[1]	
LAETITIA JACK	09:10	46:17	55:27	2		12	0.00	8:34	5:20	[2]	
ALISON SHEPHERD	08:00	48:09	56:09	3		17	60.37	8:55	5:33	[3]	29:04
JAMES MCROBBIE	13:45	42:37	56:22	4		7	55.03	7:54	4:54		23:27
KAREN ROBERTSON	12:50	43:34	56:24	5		9	61.02	8:04	5:01	[4]	26:35
ROBBIE YOUNGSON	22:55	33:40	56:35	6	10	1	84.90	6:14	3:52	32:26	28:35
JIM BOWIE	13:45	43:05	56:50	7	9	8	71.41	7:59	4:58	37:19	30:46
SHAUN PIRIE	20:05	36:47	56:52	8	8	2	64.02	6:49	4:14	35:25	23:33
PETER HALL	17:20	39:33	56:53	9	7	4	72.27	7:19	4:33	34:20	28:35
GRAEME CLARK	10:20	47:01	57:21	10	6	13	66.82	8:42	5:25	35:17	31:25
SCOTT GIBB	09:55	47:42	57:37	11	5	16	57.86	8:50	5:29	48:51	27:36
ALISON WEST	10:20	47:20	57:40	12	4	15	62.11	8:46	5:27	41:20	29:24
CALLUM MUTCH	17:15	40:26	57:41	13	3	5	63.85	7:29	4:39	36:50	25:49
CAROL MASSIE	11:55	45:56	57:51	14	2	11	74.17	8:30	5:17	37:16	34:04
STEPHEN MILNE	10:50	47:11	58:01	15		14	64.57	8:44	5:26	36:07 [5]	30:28
MARTIN WATT	20:30	38:02	58:32	16	1	3	65.78	7:03	4:23	36:12	25:01
NATHAN GRAHAM	18:45	42:23	01:08	17	3	6	54.86	7:51	4:53	43:52	23:15
DAVID ABERNETHY	08:55	54:58	03:53	18		18	50.21	10:11	6:20	39:14	27:36