

Winter Handicap Run 3 – 6 November 2024

After a year of difficult racing conditions during most of the summer and autumn, it was good to see a mild night with zero wind for a change. This was reflected by the top 12 finishers all being faster than their handicap. We had 5 course Pbs and 8 Seasons bests so for those that didn't race, you may have a better than usual chance of being in the points next week. But you've got to be in it to win it.

Thanks to David Abernethy and Drew West for doing Starting and recording duties. Not always an easy job as evidenced by the first Stewards Inquiry of the season being required to clarify results.

Grant Dewar took a large chunk off his first race time to be a clear first finisher. However he still requires one more race to set his handicap so it was Carol who was first counter with Scott Gibb second and Alison West in third. Lisa Allan who has been plagued by injury recently was the fastest runner and scored highest in the Age Graded Competition with 80.34%.

Course Pbs came from Grant Dewar, Scott Gibb, Matthew Sutherland, James McRobbie and Karen Robertson.

The leading three Age graded% were Lisa Allan (80.34%), Carol Massie (78.86%) and Peter Hall (73.92%).

The points leader board is now headed by Carol Massie on 17pts, with Alison West, Scott Gibb and Peter Hall second equal with 14pts.

Carol also takes the lead in the Age Graded table with Jim Bowie and Stephen Milne in close attendance. But Peter will be looking to break into the top three next time out.

Race 4 will take place on 20 November.

If you haven't already done this, can you disable Auto pause on your watches as this can give a wrong race time if your watch senses a short pause or even significant slowing for instance in crossing roads, leading to an incorrect race time (shown as "Elapsed Time" in watch and Strava).

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
06/11/2024	3	TIME	56'55"				%	Per Mile	per Km		06/11/2024
GRANT DEWAR	13:45	40:45	54:30	1		7	60.00	7:33	4:41	[1]	24:27
CAROL MASSIE	11:30	43:12	54:42	2	10	13	78.86	8:00	4:58	37:16	34:04
SCOTT GIBB	09:30	45:31	55:01	3	9	17	60.64	8:26	5:14	47:42	27:36
ALISON WEST	09:55	45:19	55:14	4	8	16	64.88	8:24	5:13	41:20	29:24
MATTHEW SUTHERLAND	11:40	43:41	55:21	5		14	0.00	8:05	5:02	[2]	
JAMES MCROBBIE	14:20	41:24	55:44	6		8	56.64	7:40	4:46	[3]	23:27
KAREN ROBERTSON	13:20	42:25	55:45	7		11	62.67	7:51	4:53	[4]	26:35
PETER HALL	17:20	38:40	56:00	8	7	4	73.92	7:10	4:27	34:20	28:35
LISA ALLAN	20:20	35:47	56:07	9	6	1	80.34	6:38	4:07	34:13	28:45
SHAUN PIRIE	20:10	36:07	56:17	10	5	2	65.21	6:41	4:09	35:25	23:33
MARTIN WATT	20:05	36:38	56:43	11	4	3	68.29	6:47	4:13	36:12	25:01
JIM BOWIE	13:50	42:58	56:48	12	3	12	71.61	7:57	4:57	37:19	30:46
MORAG THOMPSON	11:50	45:12	57:02	13	2	15	64.31	8:22	5:12	39:06	29:04
STEPHEN MILNE	10:50	46:15	57:05	14		18	65.87	8:34	5:19	36:07 [5]	30:28
CALLUM MUTCH	16:50	40:26	57:16	15	1	6	64.39	7:29	4:39	36:50	26:02
GREG BRUCE	16:50	41:48	58:38	16		10	57.22	7:44	4:49	38:38	23:55
DUNCAN ABERNETHY	19:30	39:23	58:53	17		5	69.49	7:18	4:32	34:53	27:22
EMMA FRASER	17:15	41:38	58:53	18		9	63.41	7:43	4:48		26:24

[1] Winter 1 - 48:05

[2] Winter 1 - 47:44
Winter 2 - 45:17

[3] Winter 2 - 42:37

[4] Winter 1 - 44:06
Winter 2 - 43:34

[5] Winter 1 - 46:03
Winter 2 - 47:11