

Winter Handicap Run 4 – 27 November 2024

This was the postponed race from the previous week where snow especially out with the town put a pause to the series. Although quite cold the conditions could be described as favourable, even more so than last race night so no surprise there were a few more Pbs again.

Thanks to Duncan Abernethy and Drew West for doing starting duties.

Richard Mutch celebrated his debut this season with a runaway victory in front of Jim Bowie in second and Karen Robertson 3rd who both recorded seasons Pbs over the Winter Course. In fact the first 8 finishers all recorded season best or PB times. Greg Bruce put a stop to that in 9th place blaming the wrong hat for his less than perfect run. There were a total of 12 Pbs or Seasons bests on the night.

The leading three Age graded% were Lisa Allan (80.57%), Carol Massie (77.87%) and Gillian Strachan (75.44%). So after 4 races the Age Graded table is headed by Carol Massie, Peter Hall and Jim Bowie.

These three also lead the Points table but in the reverse order: Jim - 22pts; Peter - 20 pts and Carol - 19pts.

Race 5 will take place on 4 December in less than a week due to the postponement. Doesn't time just fly past.

Both Grant Dewar and James McRobbie will be eligible to race for points having now set their handicaps based on completing 3 runs.

This weekend we have a small contingent of runners going to the North District XC Champs at Gordonstoun. Lets see a few more running for the Club in the next North League fixture set for Aden Park, hosted by Peterhead AC on Saturday 7 December. There is no requirement to be SAL registered so as long as you are a paid up member of FRC you just need to turn up with club colours and enjoy the Cross Country fun. The small entrance fee is covered by the Club funds. What's not to like.

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
27/11/2024 [4]	4	TIME	56'55"				%	Per Mile	per Km		27/11/2024
RICHARD MUTCH	11:40	42:42	54:22	1	10	12	60.46	7:54	4:55	38:24	25:49
JIM BOWIE	13:55	42:00	55:55	2	9	11	73.25	7:47	4:50	37:19	30:46
KAREN ROBERTSON	14:30	41:30	56:00	3	8	7	64.06	7:41	4:47	42:25	26:35
MORAG THOMPSON	11:45	44:34	56:19	4	7	14	65.97	8:15	5:08	39:06	29:24
PETER HALL	18:15	38:16	56:31	5	6	3	74.70	7:05	4:24	34:20	28:35
MARTIN WATT	20:15	36:22	56:37	6	5	2	68.79	6:44	4:11	36:12	25:01
GRANT DEWAR	16:10	40:28	56:38	7		5	60.42	7:30	4:39	[1]	24:27
LISA ALLAN	21:10	35:41	56:51	8	4	1	80.57	6:36	4:06	34:13	28:45
GREG BRUCE	16:25	40:35	57:00	9	3	6	58.93	7:31	4:40	38:38	23:55
JAMES MCROBBIE	15:30	41:38	57:08	10		8	56.33	7:43	4:48	[2]	23:27
LIAM BOWIE	15:30	41:39	57:09	11		9	0.00	7:43	4:48	[3]	
CAROL MASSIE	13:45	43:45	57:30	12	2	13	77.87	8:06	5:02	37:16	34:04
GILLIAN STRACHAN	18:10	39:26	57:36	13	1	4	75.44	7:18	4:32	36:21	29:45
ALISON WEST	11:35	46:34	58:09	14		15	63.89	8:37	5:22	41:20	29:45
NATHAN GRAHAM	18:20	41:55	00:15	15	3	10	55.47	7:46	4:49	42:23	23:15
GRAEME CLARK	09:55	51:32	01:27	16		16	60.96	9:33	5:56	35:17	31:25
CHARLIE NOBLE	09:30	52:06	01:36	17		17	63.66	9:39	6:00	37:29	33:10

Winter H'Cap 2024/25

[1] Winter 1 - 48:05
Winter 3 - 40:45
Winter 4 - 40:28

[2] Winter 2 - 42:37
Winter 3 - 41:24

[3] Last 2 Summer races