

Winter Handicap Run 5 – 4 December 2024

This race came around a bit too soon after race 5 due to postponement. The early morning frost had lifted and all looked good for nice racing conditions. However by race time the weather was on the change. A blustery wind for the start which only picked up as the race went on. But the icing on the cake was when the rain started coming down for the last 10 minutes or so. The beach front was where the worst of the wind was felt where the seconds were lost which had earlier been made up down West Road. And the rain and wind at the finish gave the recorders a bit of a headache in keeping the timing sheets dry and legible.

Thanks to Malcolm Taylor and Graeme Clark for doing starting duties.

It is credit to all the runners that there were any Pbs tonight but it took 4 Pbs and a seasons best to finish in the top 5.

First home was Liam Bowie with over a minute Pb well ahead of Carol Massie in second with a season best, and James McRobbie in third with his Pb. The other Pbs were from Grant Dewar in 4th and Karen Robertson in 5th.

More of a struggle at the other end of the field with Greg Bruce finishing literally on all fours in a time of 44:44, by far his slowest of the year.

The leading three Age graded% were Lisa Allan (79.13%), Carol Massie (79.04%) and Peter Hall (73.83%). So after 5 races the Age Graded table is now headed by Lisa, Carol and Peter.

Carol also jumps to the top of the points table followed by Peter in second and Jim in third.

Race 6 will take place on 18 December in hopefully better weather.

Races before then are the Metro 3K along the Aberdeen Beacon Prom this Friday lunchtime, and the North District League XC at Aden Park the following day. Races for all Ages with the senior race at 2:15pm. Club colours are required for this one, but not SAL membership.

If you want to look further ahead to plan next years racing take a browse through the runABC race calendar on the following link:

<https://runabc.co.uk/races/12/2024> . It may open on the “North” Tab so make sure you select the “Scotland “ Tab for more local racing. Festive Santa runs can be found in Turriff, Aberdeen and further afield. You may also like to support Kayleighs Wee Stars Turkey Trot on 22 December. A social 8k run to help make room for all that Turkey and other goodies the following week while raising money for a good cause this Christmas.

<https://www.entrycentral.com/event/126692>

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
04/12/2024	5	TIME	56'55"				%	Per Mile	per Km		04/12/2024
LIAM BOWIE	15:15	40:06	55:21	1	10	5	59.64	7:26	4:37	41:39	23:55
CAROL MASSIE	13:20	43:06	56:26	2	9	12	79.04	7:59	4:58	37:16	34:04
JAMES MCROBBIE	15:30	41:01	56:31	3	8	8	57.17	7:36	4:43	41:38	23:27
GRANT DEWAR	16:25	40:16	56:41	4	7	6	60.72	7:27	4:38	40:28	24:27
KAREN ROBERTSON	15:25	41:28	56:53	5	6	9	64.11	7:41	4:46	41:30	26:35
CALLUM MUTCH	16:30	40:52	57:22	6	5	7	63.70	7:34	4:42	36:50	26:02
PETER HALL	18:40	38:43	57:23	7	4	4	73.83	7:10	4:27	34:20	28:35
LISA ALLAN	21:15	36:20	57:35	8	3	1	79.13	6:44	4:11	34:13	28:45
MARTIN WATT	20:35	37:17	57:52	9	2	2	67.10	6:54	4:17	36:12	25:01
MORAG THOMPSON	12:20	45:47	58:07	10	1	15	64.22	8:29	5:16	39:06	29:24
GILLIAN STRACHAN	17:45	40:44	58:29	11		10	73.04	7:33	4:41	36:21	29:45
JIM BOWIE	14:55	44:26	59:21	12		13	69.24	8:14	5:07	37:19	30:46
SHAUN PIRIE	20:50	38:34	59:24	13		3	61.06	7:09	4:26	35:25	23:33
NATHAN GRAHAM	17:55	42:51	00:46	14		11	54.26	7:56	4:56	41:55	23:15
GREG BRUCE	16:20	44:44	01:04	15		14	53.46	8:17	5:09	38:38	23:55
CHARLIE NOBLE	09:05	52:37	01:42	16		16	63.03	9:45	6:03	37:29	33:10