

Winter Handicap Run 6 – 18 December 2024

Another week of unsettled weather probably affected the numbers running tonight. However this gave those who did brave the blustery wind a chance to bring in the points without affecting their handicap too much for the next race.

Thanks to Scott Gibb and Graeme Clark for doing starting duties.

Being now on the Jobseekers register seems to have its advantages as Carol continues her recent improved performance in taking an easy win to extend her lead in the points table. She ran a big seasons best to finish ahead of other improver, Karen Robertson, who ran her 6th successive Pb in second place. In 3rd place was Callum Mutch with another consistent time to hold off Lisa on Crimond Court.

Another struggle for Greg tonight at the other end of the field indicated he may need to put his feet up for couple of weeks to recharge his batteries to kick start 2025.

The only other season best was from Dru West in his first run of the Winter season indicating that the conditions were not at all favourable, making Carol and Karen's runs even more respectable.

Carol leads overall in 38 pts ahead of Peter Hall on 30 pts and Karen and Jim Bowie on 23 pts each.

The leading three Age graded% were Carol Massie (80.38%), Lisa Allan (80.31%) and Peter Hall (74.27%). So after 6 races the Age Graded table is still headed by Lisa, Carol and Peter in that order.

There is now a short break for the festivities with Race 7 taking place in the New Year on 8 January in hopefully better weather. So easy on the Christmas pudding and miscellaneous libations.

Upcoming races include [Kayleigh's Wee Stars Turkey Trot](#) this Sunday 222 December ; [Brewdog Christmas Run](#) on 28 December; [Lumphanan Detox 10K](#) on 2 January; [El-Brim-ick Dash](#) (a long established wee hill race to start the year on 4 January); Metro 3K along the Aberdeen Beacon Prom on 10 January, and [North District XC League Race 4 Nairn](#) on 18 January. (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/01/2025> . It may open on the "North" Tab so make sure you select the "Scotland " Tab for more local racing.

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
18/12/2024	6	TIME	56'55"				%	Per Mile	per Km		18/12/2024
CAROL MASSIE	13:50	42:23	56:13	1	10	7	80.38	7:51	4:53	37:16	34:04
KAREN ROBERTSON	15:25	41:02	56:27	2	9	6	64.78	7:36	4:43	41:28	26:35
CALLUM MUTCH	16:05	40:29	56:34	3	8	5	64.31	7:30	4:40	36:50	26:02
LISA ALLAN	20:50	35:48	56:38	4	7	1	80.31	6:38	4:07	34:13	28:45
PETER HALL	18:15	38:29	56:44	5	6	3	74.27	7:08	4:26	34:20	28:35
MORAG THOMPSON	11:55	45:04	56:59	6	5	10	65.24	8:21	5:11	39:06	29:24
ALISON WEST	11:10	45:54	57:04	7	4	11	64.81	8:30	5:17	41:20	29:45
ANDREW WEST	17:45	40:03	57:48	8	3	4	66.63	7:25	4:37	37:50	26:41
SHAUN PIRIE	20:25	38:18	58:43	9	2	2	61.49	7:06	4:24	35:25	23:33
JIM BOWIE	14:30	44:30	59:00	10	1	9	69.81	8:14	5:07	37:19	31:04
NATHAN GRAHAM	17:30	44:28	01:58	11		8	52.29	8:14	5:07	41:55	23:15
GREG BRUCE	15:55	49:48	05:43	12		12	48.03	9:13	5:44	38:38	23:55