

Winter Handicap Run 7 – 15 January 2025

With the snow and ice finally lifted from the streets of the Broch we were happy to see fine conditions for the rearranged race 7. Indeed I was a little overdressed and suffered the usual overheating from an unwise clothing choice. (Well it did feel cold during the warmup. I'll never learn?)

Welcome to Wilson Willox to his first Winter Race night. His biggest challenge was to find his way round the route without getting lost. Thanks to the presence of other runners around him he succeeded in finding his way from Start to Finish but I have my doubts if he is any the wiser where he was running. We'll maybe find out next Race. Good to see Charlie back running again after his Wales trip. That is in both senses of the word as it wouldn't be a Charlie run without a wee fall and sure enough he did get a closer look at Welsh soil when he didn't notice a set of steps in the dark. No more damage done than already from last year. Hopefully the lighter nights will soon be back again.

Carol has extended her lead in the points table but it was Alison with the largest smile who took the 10 points well ahead of second and third placed Shaun Pirie and Greg Bruce. Both seem to have shaken off a bit of a down turn in the last couple of races to start to climb the table again. Carol has now scored in each of the first 7 races with an average score of over 6 so she may take some catching. The only seasons best came from Alison and only the first three finishers beating their handicap. Ten runners were over 25sec slower than their handicap which may indicate the effect of the Christmas New Year festivities or weather, rather than the conditions on the night.

Carol leads overall on 44pts, ahead of Peter Hall on 35 pts and Jim Bowie on 30 pts.

The leading three Age graded% were Robbie Youngson (82.57%), Carol (80.09%) and Peter Hall (73.38%). So after 6 races the Age Graded table is still headed by Lisa, Carol and Peter in that order. Robbie though is looking menacing in the wings with having done two counting races so far.

While we hope for brighter nights soon, please ensure you have reflective clothing and preferably lights when taking part in the next Race on 22 January. Failure to do so may mean you are not permitted to race.

As you perhaps heard elsewhere Carol met the Platinum standard for the 3k at the Metro prom 3k this week and as I write this heads to Nairn for the Cross Country League race. A test over grass Links and sandy beach. Lisa missed her Platinum 3K standard by less than a second on Friday too. I know the feeling as I had the same misfortune at Nairn 10k a few years back. Best of luck to all those heading to Nairn today in what looks like perfect weather. The last XC league race of the season takes place at Forres on 1 February.

The 5th Metro 3k Prom race is on 7 February <https://www.entrycentral.com/festival/3301> with the 6th and final on the 7 March. Better luck at one of these Lisa.

The Scottish National XC champs take place in Falkirk on 22 February with entries open now and closing on Thursday 6th February 2025 at 5pm.

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

<https://runabc.co.uk/>. It may open on the "North" Tab so make sure you select the "Scotland" Tab for more local racing.

Check the Club website for more info <https://www.fraserburghrunningclub.co.uk>
Slowcoach.

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Winter route PB	World Std Time
08/01/2025	7	TIME	56'55"				%	Per Mile	per Km		08/01/2025
ALISON WEST	11:00	45:12	56:12	1	10	12	65.82	8:22	5:12	41:20	29:45
SHAUN PIRIE	20:00	36:53	56:53	2	9	2	63.85	6:50	4:15	35:25	23:33
GREG BRUCE	15:30	41:24	56:54	3	8	6	57.77	7:40	4:46	38:38	23:55
JIM BOWIE	14:05	42:56	57:01	4	7	9	72.36	7:57	4:56	37:19	31:04
CAROL MASSIE	14:30	42:32	57:02	5	6	8	80.09	7:53	4:54	37:16	34:04
PETER HALL	18:25	38:57	57:22	6	5	4	73.38	7:13	4:29	34:20	28:35
MARTIN WATT	20:10	37:26	57:36	7	4	3	66.83	6:56	4:19	36:12	25:01
RICHARD MUTCH	14:15	43:30	57:45	8	3	10	59.35	8:03	5:00		25:49
ROBBIE YOUNGSON	23:15	34:37	57:52	9	2	1	82.57	6:25	3:59	32:26	28:35
MORAG THOMPSON	11:50	46:12	58:02	10	1	13	63.64	8:33	5:19	39:06	29:24
KAREN ROBERTSON	15:55	42:18	58:13	11		7	62.84	7:50	4:52	41:02	26:35
WILSON WILLOX	13:50	44:39	58:29	12		11	68.23	8:16	5:08		30:28
DUNCAN ABERNETHY	19:05	40:25	59:30	13		5	67.71	7:29	4:39	34:53	27:22
GRAEME CLARK	09:30	51:13	00:43	14		14	61.34	9:29	5:54	35:17	31:25
CHARLIE NOBLE	08:40	55:00	03:40	15		15	60.30	10:11	6:20	37:29	33:10