

Winter Handicap Run 8 – 22 January 2025

That's us caught up with the weather and the timetable of Winter Handicap races this winter. Yet again though we were kept guessing right up to the last minute - was it going to be slippery, icy or just right. In the end it was mostly fine but care was needed in a few spots. Times suggest most runners were a bit tentative whether they realised it or not as times were generally a bit slower than handicap. A night for the brave or foolish. Perhaps underlined but fact that Greg took the 10 points well ahead of the next counter. Make your own mind up as to which category that puts him in.

We had a couple of new faces running tonight, Dash and Jock Scott. Both were learning the course so expect more to come from them in future outings.

Thanks to Peter Hall and Karen Robertson for doing starting and recording duties. It was Karen's first time and it was a bit of a baptism of fire keeping everyone in order but all went smoothly and we got everyone off on time and fall finish recorded.

Greg as indicated above returned to form, with Martin Watt 15sec back 2nd and Richard Mutch a further 8sec in 3rd .

This pulls Greg straight back into contention in the over all points table with 25 pts.

But it is still Carol who leads the way on 46pts from Peter, who didn't race tonight on 35pts and Jim Bowie on 34 pts.

The leading three Age graded% were Robbie Youngson (81.36%), Lisa (79.31%) and Carol (78.65%).

So after 8 races the Age Graded table is now headed by Robbie, Lisa and Carol. Robbie now having scored in three races resumes his customary top spot.

The final North League XC race will take place at Forres on Saturday 1 February. All Club members are invited to join in the fun. You do not have to be a member of SAL to run.

This is followed by the next Winter Handicap run 9 which takes place on Wednesday 5 February from the Community Centre as usual. It will still be dark so please wear reflective clothing and/or lights.

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
22/01/2025	8	TIME	56'55"				%	Per Mile	per Km		22/01/2025
GREG BRUCE	15:30	39:55	55:25	1	10	5	59.92	7:24	4:36	38:38	23:55
JOCK SCOTT	08:15	47:11	55:26	2		13	0.00	8:44	5:26		
DASH	19:45	36:05	55:50	3		2	0.00	6:41	4:09		
MARTIN WATT	19:45	36:55	56:40	4	9	4	67.77	6:50	4:15	36:12	25:01
RICHARD MUTCH	13:50	42:58	56:48	5	8	9	60.09	7:57	4:57	38:24	25:49
JAMES MCROBBIE	15:55	41:05	57:00	6	7	8	57.08	7:36	4:44	41:01	23:27
LIAM BOWIE	16:50	40:25	57:15	7	6	6	59.18	7:29	4:39	40:06	23:55
LISA ALLAN	21:05	36:15	57:20	8	5	3	79.31	6:43	4:10	34:13	28:45
JIM BOWIE	14:00	43:26	57:26	9	4	11	71.53	8:03	5:00	37:19	31:04
MORAG THOMPSON	11:25	46:06	57:31	10	3	12	63.77	8:32	5:18	39:06	29:24
CAROL MASSIE	14:25	43:19	57:44	11	2	10	78.65	8:01	4:59	37:16	34:04
ROBBIE YOUNGSON	22:50	35:08	57:58	12	1	1	81.36	6:30	4:03	32:26	28:35
ALISON WEST	11:45	47:14	58:59	13		14	62.99	8:45	5:26	41:20	29:45
DUNCAN ABERNETHY	18:40	40:39	59:19	14		7	67.32	7:32	4:41	34:53	27:22
CHARLIE NOBLE	08:15	54:35	02:50	15		15	60.76	10:06	6:17	37:29	33:10