

8/9 February 2025

This weekend featured two exciting races: the fifth Metro Aberdeen Proms 3K and the Scottish Athletics Masters XC Championships in Dundee.



Metro Aberdeen Prom 3K

With schools off for the long weekend, the Metro Aberdeen Prom was well represented for this month's race. Aaron Allan made his debut—though whether we'll see him again remains uncertain, unless a KFC bribe is involved!

Unfortunately, a strong headwind on the way out meant conditions were less favourable than last month, making it tougher for runners to hit their target times. However, with just one race left in the series, a few FRC members are still in contention for top spots in their respective age categories. It's all to play for in the final race!

Scottish Athletics Masters XC – Camperdown Park, Dundee

Saturday saw a trip to Dundee for the Masters XC, where it was great to see so many clubs from across Scotland competing—especially the teams we don't often meet in the North District League.

The last time I raced this event was in 2017, and while the route itself remained unchanged, the start and finish lines were moved to the bottom of the hill instead of the top. That didn't make things any easier, though—it still meant tackling the hill twice!

Conditions were perfect for racing: sunshine, decent underfoot conditions, and — being in the women's race — I only had to climb the hill twice, unlike the younger men who faced it three times. A challenging but rewarding day of racing!



That's a wrap on this season's cross country racing! It's not everyone's cup of tea, but those who took part this year will no doubt sing its praises. FRC had representation at every race except one — a fantastic effort. Already looking forward to the 2025/2026 season!

Metro Aberdeen Proms 3k

Robbie Youngson 10:59

Lisa Allan 11:37

Brian Urquhart 12:16

Greg Bruce 12:26

Richard Mutch 13:09

Wilson Willox 13:20

Graeme Clark 15:03

Aaron Allan 15:37

Brenda Mutch 20:05