

Winter Handicap Run 9 – 5 February 2025

A perfect winter's evening for race 9 of the 12 race Winter series. Could the top three maintain or even build on their lead at the top of the points table? A good turn out of 18 racers and a few just out for a bit of exercise, toed the line under a starry sky with little or no wind to bother them. Just a wee hint of frost.

Again there were a couple of new(er) faces joining in, Alastair McCallum and Dianne Lumsden more used to the Tuesday meet-up but most welcome to also join in on Wednesday as well or instead of their normal running night.

Thanks to Richard and Brenda Mutch for taking care of the start and recording the finish.

A couple of interesting head to heads tonight with Morag attempting to hold off her Cross Country team mate, Carol. And Lisa similarly trying to get the better of Robbie Youngson. Morag did her best to hold Carol off til the top of Kirkton Road but her effort may just have pulled Carol along to a big Seasons best. Robbie improved over his last race time by almost 1 minute but it just wasn't enough to catch Lisa with her Seasons best. Robbie's 34:12 was just 2 sec faster than Dash to be first scratch. But with Dash improving his handicap by almost 2 min, tables will surely be turned next time out.

The first 3 finishers were Dash, Liam Bowie and James McRobbie.

But it is still Carol who leads the way on 52pts from Jim Bowie on 38pts, ahead of Peter on 35pts who had a DNF due to a nagging Calf strain. Both Carol and Jim have now scored on 8 or more points this season so there's still time for a bit of closing up at the top in the remaining 3 races.

The leading three Age graded% were Robbie Youngson (83.58%), Carol (81.34%) and Lisa (80.91%).

So after 9 races the Age Graded table is now headed by Robbie, Lisa and Carol with only 0.01 of a point between Lisa and Carol. (241.82 v 241.81).

I wish all those taking part in the Metro 3k on Friday and the Scottish Masters XC in Dundee on Saturday all the best.

Winter 10 will take place on Wednesday 19 February from the Sports Centre as usual with the clock starting at 6:00pm. Please come ready for dark night running with hi-vis clothing and/or lights.

If you want to look further ahead to plan this year's 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
05/02/2025	9	TIME	56'55"				%	Per Mile	per Km		05/02/2025
DASH	20:50	34:14	55:04	1		2	0.00	6:20	3:56	[1]	
LIAM BOWIE	16:30	39:09	55:39	2	10	4	61.09	7:15	4:30	40:06	23:55
JAMES MCROBBIE	15:50	39:55	55:45	3	9	6	58.75	7:24	4:36	41:01	23:27
CAROL MASSIE	14:00	41:53	55:53	4	8	9	81.34	7:45	4:49	37:16	34:04
MORAG THOMPSON	11:00	45:06	56:06	5	7	11	65.19	8:21	5:11	39:06	29:24
LISA ALLAN	20:40	35:32	56:12	6	6	3	80.91	6:35	4:05	34:13	28:45
ROBBIE YOUNGSON	22:25	34:12	56:37	7	5	1	83.58	6:20	3:56	32:26	28:35
JIM BOWIE	13:35	43:15	56:50	8	4	10	71.83	8:01	4:59	37:19	31:04
ANDREW WEST	17:20	39:31	56:51	9	3	5	67.52	7:19	4:33	37:50	26:41
GREG BRUCE	17:00	40:14	57:14	10	2	8	59.86	7:27	4:38	38:38	24:05
GILLIAN STRACHAN	17:20	40:06	57:26	11	1	7	74.19	7:26	4:37	36:21	29:45
NATHAN GRAHAM	08:50	49:40	58:30	12		13	46.81	9:12	5:43	41:55	23:15
ALISTAIR MCCALLUM	08:50	52:17	01:07	13		14	0.00	9:41	6:01		
DIANE LUMSDEN	08:50	52:17	01:07	13		14	50.59	9:41	6:01		26:27
DUNCAN ABERNETHY	18:15	45:32	03:47	15		12	60.10	8:26	5:14	34:53	27:22
CHARLIE NOBLE	07:50	56:12	04:02	16		16	59.02	10:24	6:28	37:29	33:10
KAREN ROBERTSON	15:30	00:00	15:30	DNF			#DIV/0!	0:00	0:00	41:02	26:35
PETER HALL	18:00	00:00	18:00	DNF			#DIV/0!	0:00	0:00	34:20	28:35