

Winter Handicap Run 11– 5 March 2025

Probably the best running conditions at night for some time gave runners a great chance to improve their seasons best. It was perhaps a little surprising that only Dash, Malcolm and Morag achieved it though. Morag was the best of the 3 with a time which she hasn't bettered since Race 12 on 13 March 2023. Malcolm managed to take 3 min off his previous outing. Only Dash and Morag managed to better their handicap times so perhaps the conditions weren't as benign as they seemed. Turnout was a little down with 12 runners starting

Thanks to Alison and Carol for handling the start and recording the finish.

Morag's first place finish leapt her into 2nd place overall behind Carol but she may be kicking herself with her margin of victory tonight, as it means a significant penalty on her handicap start time for the last race.

So it is still Carol who leads the way on 52pts from Morag on 45 pts and Jim Bowie on 44pts. The top five runners all have 8 or more counting times so will be subject to slight adjustments to any points scored in the final race. Charlie was pleased to record his first point of the season with a significant improvement on his last 4 races.

The leading three Age graded% were Dash (77.47%), Lisa (76.26%) and Jim Bowie (69.47%).

So after 11 races the Age Graded table is unchanged with Robbie, Lisa and Carol at the top.

Winter 12 will take place on Wednesday 19 March from the Sports Centre as usual with the clock starting at 6:00pm. The clocks won't have changed so please come ready for dark night running with hi-vis clothing and/or lights.

The spring and early summer racing season is now underway but 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
05/03/2025	11	TIME	56'55"				%	Per Mile	per Km		05/03/2025
MORAG THOMPSON	11:35	44:14	55:49	1	10	6	66.47	8:11	5:05	39:06	29:24
DASH	22:40	33:53	56:33	2	9	1	77.47	6:16	3:54	34:14 [1]	26:15
MARTIN WATT	19:35	37:41	57:16	3	8	2	66.39	6:59	4:20	36:12	25:01
JIM BOWIE	13:40	44:43	58:23	4	7	7	69.47	8:17	5:09	37:19	31:04
LISA ALLAN	21:00	37:42	58:42	5	6	3	76.26	6:59	4:20	34:13	28:45
DUNCAN ABERNETHY	17:25	41:59	59:24	6	5	4	65.18	7:46	4:50	34:53	27:22
GREG BRUCE	16:15	43:26	59:41	7	4	5	55.45	8:03	5:00	38:38	24:05
SCOTT GIBB	11:00	48:54	59:54	8	3	8	56.44	9:03	5:38	45:31	27:36
GRAEME CLARK	08:40	51:42	00:22	9	2	10	60.77	9:34	5:57	35:17	31:25
CHARLIE NOBLE	07:00	53:30	00:30	10	1	11	61.99	9:54	6:09	37:29	33:10
MALCOLM TAYLOR	09:25	51:24	00:49	11		9	53.24	9:31	5:55	45:20	27:22
DAVID ABERNETHY	08:30	00:00	08:30	DNF			#DIV/0!	0:00	0:00	39:14	27:36

Winter H'Cap 2024/25

[1] Winter 8 - 36:05

Winter 9 - 34:14

Winter 10 - 34:17