

Winter Handicap Run 01 - 08 October 2025

Summer is officially over with the first Winter Handicap Race over a slightly longer route, due to the Council imposed darkness which has fallen over the Broch. Hopefully the altered route turns out to be a safer option.

Thanks to Martin Watt and Carol for doing starting/recording duties.

In perhaps the best running conditions of the entire year we had 20 runners taking the opportunity to toughen up their handicap. David who has improved his timekeeping recently seems to have fallen back into his old ways and missed the start by some distance. Nevertheless he manfully chased after the other 19 and completed the course albeit after most folk had left for their well deserved supper.

Our Marathon runners, Karen and Richard were understandably still getting back to top speed but will feel the benefit of giving it a go tonight. Although there aren't any Pbs for the first run over a course there were 12 runners who beat their handicap indicating how favourable the conditions were.

First home was a fast improving Johnny Beedie finishing over half a minute ahead of Greg Bruce who was half a minute ahead of Morag who was delighted with her time and performance. However she was not quite so happy when she saw her handicap for the next race. You've got to take the rough with the smooth!

Best 3 Age graded% were Robbie (81.89%), Lisa (79.59%) and Peter (75.73%). Will this be the year Robbie has to hand over the trophy? We'll have to wait and see but it looks like this might be an even closer this year.

For newcomers please note the start takes place from the Swimming pool entrance and involves navigating the darkened streets of the Broch so be prepared to wear hi-viz clothing and lights when necessary to be safe especially with a significant number of street lights having been cut down last year. Yes it was totally dark by the finish of this race.

Winter Race 2 will takes place on Wednesday 22 October. Greg and Morag will be starters for Race 2 and both are hoping that it will be excellent running conditions once more to minimise the damage done to their handicaps.

Full results, points table and Guidance Notes are on the Teamreach App, FRC members Messenger page and the new and updated FRC Webpage.

<https://www.fraserburghrunningclub.co.uk>

Handicap race			HCP 5.55 mile	Place	Points	Scr	AGP	Minutes	Minutes	5.55mile PB	World Std Time
08/10/2025	1	TIME	58:15				%	Per Mile	per Km		08/10/2025
JOHNNY BEEDIE	14:40	41:20	56:00	1	10	11	68.39	7:27	4:38	41:20	28:16
GREG BRUCE	16:05	40:27	56:32	2	9	9	60.98	7:17	4:32	40:27	24:40
MORAG THOMPSON	12:50	44:01	56:51	3	8	13	68.38	7:56	4:56	44:01	30:06
AARON PRITCHARD	21:45	35:21	57:06	4	7	1	69.35	6:22	3:58	35:21	24:31
ANDREW WEST	17:45	39:24	57:09	5	6	8	69.92	7:06	4:25	39:24	27:33
PETER HALL	18:15	39:00	57:15	6	5	7	75.73	7:02	4:22	39:00	29:32
SCOTT GIBB	09:35	47:46	57:21	7	4	15	60.19	8:36	5:21	47:46	28:45
JAMIE MATHERS	20:15	37:11	57:26	8	3	3	64.41	6:42	4:10	37:11	23:57
ROBBIE YOUNGSON	21:30	36:04	57:34	9	2	2	81.89	6:30	4:02	36:04	29:32
CHARLIE NOBLE	05:15	52:30	57:45	10	1	17	65.75	9:28	5:53	52:30	34:31
SHAUN PIRIE	20:25	37:24	57:49	11		4	64.75	6:44	4:11	37:24	24:13
GRANT DEWAR	19:55	38:07	58:02	12		6	66.20	6:52	4:16	38:07	25:14
MALCOLM TAYLOR	10:10	48:41	58:51	13		16	58.06	8:46	5:27	48:41	28:16
LISA ALLAN	21:30	37:24	58:54	14		5	79.59	6:44	4:11	37:24	29:46
JIM BOWIE	14:30	45:27	59:57	15		14	70.00	8:11	5:05	45:27	31:49
GRAEME CLARK	06:15	53:47	01:00:02	16		18	60.52	9:41	6:01	53:47	32:33
RICHARD MUTCH	16:45	43:28	01:00:13	17		12	61.35	7:50	4:52	43:28	26:40
KAREN ROBERTSON	19:55	41:06	01:01:01	18		10	66.42	7:24	4:36	41:06	27:18
DAVID ABERNETHY	16:05	01:03:02	01:19:07	19		19	45.21	11:21	7:04	01:03:02	28:30
ALISON WEST	10:35	00:00	10:35	DNF			#DIV/0!	0:00	0:00		30:27