

## Winter Handicap Run 02 - 22 October 2025

The second race in a row was greeted by excellent running conditions. Lets hope that's a sign of whats to come this winter and not the lousy weather we've had since.

It was very dark from the start as the street lights which are still standing were not yet on. But the efforts shone bright from 16 racers and few others just out for a run.

Thanks to Brenda and Morag for doing starting/recording duties.

We had a couple of newcomers racing , with Elliott Wallace who has rejoined the Club and Sandy Duncan who had completed 3 summer races to make him eligible for points this time. He set off first and was the bookies favourite to also finish first. He did not disappoint.

Being the week before the clocks go back, it was anticipated to be quite dark around the town, and it proved to be so. Good to see a good range of lights and Hi-viz with Greg probably taking the prize for most original, sporting a pair of flashy gloves making him look a little like Spiderman.

As I've suggested above the bookies favourite did hold everyone off and went home content with 10 points. He will have to work extra hard though next race to repeat the feat.

First three finishers were Sandy followed by Alison and Johnny Beedie who is enjoying his rapid return to form.

Quite a number of Course Pbs again this week which is no surprise given its only the second race but nevertheless some very competitive times. Elliott perhaps surprised himself with in his first race night which will give him confidence to push forward in future.

Best 3 Age graded% were Jim Bowie (73.11%), Carol (72.69%) and the aforementioned Johnny Beedie (70.00%).

Once again if you are intending running in the evenings it is important to wear bright clothing and lights and note that it will be a requirement when entering the Race night fun.

Winter Race 3 takes place on Wednesday 5 November. Hopefully Guy Fawkes night isn't spoiled by any indiscriminate letting off of fireworks. Be careful, be safe. Greg and Richard I believe will be starters for Race 3.

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
22/10/2025	<b>2</b>	TIME	<b>58:15</b>				<b>%</b>	Per Mile	per Km		22/10/2025
SANDY DUNCAN	03:25	53:36	57:01	1	10	15	54.60	9:39	6:00		29:16
ALISON WEST	10:35	46:36	57:11	2	9	11	65.34	8:24	5:13		30:27
JOHNNY BEEDIE	16:55	40:23	57:18	3	8	5	70.00	7:17	4:31	41:20	28:16
ELLIOTT WALLACE	12:30	44:49	57:19	4		9	56.30	8:05	5:01		25:14
JIM BOWIE	14:05	43:31	57:36	5	7	8	73.11	7:50	4:52	45:27	31:49
JAMIE MATHERS	21:05	36:41	57:46	6	6	1	65.29	6:37	4:06	37:11	23:57
MALCOLM TAYLOR	09:45	48:18	58:03	7	5	12	58.52	8:42	5:25	48:41	28:16
GRANT DEWAR	20:10	38:02	58:12	8	4	2	66.35	6:51	4:16	38:07	25:14
ANDREW WEST	18:50	39:28	58:18	9	3	4	69.81	7:07	4:25	39:24	27:33
CHARLIE NOBLE	05:45	52:46	58:31	10	2	14	65.41	9:30	5:55	52:30	34:31
KAREN ROBERTSON	19:30	39:07	58:37	11	1	3	69.79	7:03	4:23	41:06	27:18
RICHARD MUTCH	16:20	42:21	58:41	12		7	62.97	7:38	4:45	43:28	26:40
GREG BRUCE	17:50	41:06	58:56	13		6	60.02	7:24	4:36	40:27	24:40
CAROL MASSIE	12:30	48:38	01:08	14		13	72.69	8:46	5:27		35:21
NATHAN GRAHAM	15:55	45:30	01:25	15		10	52.34	8:12	5:06		23:49
DAVID ABERNETHY	07:50	54:58	02:48	16		16	51.85	9:54	6:09	01:03:02	28:30