

Winter Handicap Run 03 - 5 November 2025

Another good night for racing with the added attraction of the sky being lit up across the town. Not by the street lights unfortunately but the annual Guy Fawkes nonsense.

Thanks to Greg, Stephen and Alan for doing starting/recording duties. Greg doesn't like to miss a race night but was due to appear at some other Running Club bash so he came though to officiate at the start before handing the reins to Alan Taylor for the finish.

Similar to Race 2 we had a returning runner, Katherine Mitchell, as the bookies favourite for the 10 points tonight. It didn't take long for Katherine to take the lead and hold on to it all the way to the finish. Next race won't be so easy for her as her handicap will have caught up. Mark Brown also made a long overdue return to race night with the fastest time on the night but had a bit of a lonely run over the majority of the route before the tail enders came into view on the final stretch. A slightly easier handicap should bring him more back into the body of the kirk next time.

The third "newbie" was Marc Simpson who recorded the second fastest time. He now requires a further 2 runs to be eligible for points.

Another dark night with the added risk from slippery underfoot conditions highlighted not only the importance of hiv-iz clothing but also the necessity for the addition of active lights.

First three finishers were Katherine, Grant and Martin with his first winter run this season. But it was Johnny Beedie in 6th place who still leads the table with 23 points ahead of Jim Bowie with 14 points in second and Grant Dewar in third with 13 points.

Only 5 out of 22 runners managed to beat their Handicap tonight so conditions perhaps were good but not ideal. Looking forward to a much closer race next time as the handicap system catches up.

Best 3 Age graded% were Robbie Youngson (80.44%), Lisa Alan (79.77%) and Jim Bowie (73.74%).

Winter Race 4 takes place on Wednesday 19 November. Karen and Johnny I believe will be starters for Race 4.

Full results, points table and Guidance Notes will be added to 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
05/11/2025	3	TIME	58:15				%	Per Mile	per Km		05/11/2025
KATHERINE MITCHELL	10:50	44:45	55:35	1	10	14	70.47	8:04	5:01		31:32
GRANT DEWAR	20:15	37:29	57:44	2	9	6	67.32	6:45	4:12	38:02	25:14
MARTIN WATT	19:50	38:02	57:52	3	8	8	67.88	6:51	4:16		25:49
JIM BOWIE	14:45	43:23	58:08	4	7	13	73.34	7:49	4:51	43:31	31:49
RICHARD MUTCH	15:55	42:16	58:11	5	6	12	63.09	7:37	4:44	42:21	26:40
JOHNNY BEEDIE	17:50	40:32	58:22	6	5	10	69.74	7:18	4:32	40:23	28:16
LISA ALLAN	21:05	37:19	58:24	7	4	5	79.77	6:43	4:11	37:24	29:46
ALISON WEST	11:40	46:53	58:33	8	3	16	64.95	8:27	5:15	44:49	30:27
DUNCAN ABERNETHY	19:50	38:45	58:35	9	2	9	72.95	6:59	4:20		28:16
SHAUN PIRIE	20:51	37:44	58:35	10	1	7	64.18	6:48	4:14	37:24	24:13
MARC SIMPSON	22:10	36:41	58:51	11		2	64.93	6:37	4:06		23:49
ROBBIE YOUNGSON	22:10	36:43	58:53	12		4	80.44	6:37	4:07	36:04	29:32
LILLIAN TAYLOR	04:35	54:32	59:07	13		19	64.82	9:50	6:06		35:21
DAVID ABERNETHY	07:25	51:44	59:09	14		18	55.09	9:19	5:48	54:58	28:30
MORAG THOMPSON	14:15	44:55	59:10	15		15	67.01	8:06	5:02	44:01	30:06
AARON PRITCHARD	22:55	36:42	59:37	16		3	66.80	6:37	4:07	35:21	24:31
MARK BROWN	25:55	34:19	01:00:14	17		1	70.57	6:11	3:51		24:13
KAREN ROBERTSON	19:10	41:21	01:00:31	18		11	66.02	7:27	4:38	39:07	27:18
CAROL MASSIE	12:05	48:44	01:00:49	19		17	72.54	8:47	5:27	48:38	35:21
CHARLIE NOBLE	05:30	56:44	01:02:14	20		20	60.84	10:13	6:21	52:30	34:31
GRAEME CLARK	05:50	00:00	05:50	DNF			#DIV/0!	0:00	0:00	53:47	32:33