

Winter Handicap Run 04 - 19 November 2025

First of the difficult running nights of this Winter season.

Threats of rain and hail but especially strong winds straight out of the Arctic made the West Road down hill feel like running up a mountain. If you want some proof of the difficulty you just have to compare the runners Handicap times with the Handicap target. Only the two recent additions to the Handicap managed to beat their handicap tonight. Well done to Elliot Wallace and Mark Buchan but they will have the disadvantage of having to raise their game again to match their handicap next time.

Thanks to Johnny Beedie and Karen Robertson for doing starting/recording duties.

Elliot came home first with a big improvement on his first run, 2 minutes clear of the rest of the field, and will need just one more run to then start accumulating points. Mark Buchan doing his first winter race was first counter having done three Summer races earlier in the year.

Jamie Mathers and Jim Bowie took the 9 and 8 points respectively.

A bit of unexpected darkness hindered runners coming on to Quarry Road before turning onto Harbour Road due to a number of street lights being out of action. I have been informed that this has now been attended to. It does pay to report this type of fault to the Council for them to expedite repairs.

Johnny Beedie still leads the table with 23 points but with Jim Bowie now only one point back with 22 points and Grant Dewar in third with 19 points.

Best 3 Age graded% were Lisa Allan (77.12%), Jim Bowie (72.26%) and Duncan Abernethy (70.32%). Good to see a few new faces appearing at the top of the Age graded table. Early days yet though.

Winter Race 5 takes place on Wednesday 3 December. Starters are listed as Alan Taylor and Shaun Pirie.

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
19/11/2025	4	TIME	58:15				%	Per Mile	per Km		19/11/2025
ELLIOTT WALLACE	13:25	42:15	55:40	1		8	59.72	7:37	4:44	44:49 [1]	25:14
MARK BUCHAN	20:15	37:40	57:55	2	10	2	66.99	6:47	4:13	37:40	25:14
JAMIE MATHERS	21:35	36:47	58:22	3	9	1	65.11	6:38	4:07	36:41	23:57
JIM BOWIE	14:50	44:02	58:52	4	8	10	72.26	7:56	4:56	43:31	31:49
MARTIN WATT	20:15	39:11	59:26	5	7	5	65.89	7:04	4:23	38:02	25:49
GRANT DEWAR	20:45	38:45	59:30	6	6	4	65.12	6:59	4:20	37:29	25:14
LISA ALLAN	20:55	38:36	59:31	7	5	3	77.12	6:57	4:19	37:19	29:46
DUNCAN ABERNETHY	19:30	40:12	59:42	8	4	7	70.32	7:15	4:30	38:45	28:16
ALISON WEST	11:20	48:40	01:00:00	9	3	12	63.29	8:46	5:27	44:49	30:48
SCOTT GIBB	10:30	49:38	01:00:08	10	2	13	57.92	8:57	5:33	47:46	28:45
MORAG THOMPSON	13:50	47:07	01:00:57	11	1	11	63.88	8:29	5:17	44:01	30:06
GREG BRUCE	17:25	44:00	01:01:25	12		9	56.06	7:56	4:56	40:27	24:40
AARON PRITCHARD	22:30	40:11	01:02:41	13		6	61.01	7:14	4:30	35:21	24:31
DAVID ABERNETHY	07:00 [2]	56:42	01:03:42	14		14	50.26	10:13	6:21	54:58	28:30