

Winter Handicap Run 05 - 3 December 2025

Good night for running with a gentle breeze from the south. 17 runners tonight looking to chase down Johnny's lead in the Points table. Well everyone except Johnny who wasn't feeling the love and hoping to just minimize the losses.

Thanks to Alan and Shaun for doing starting/recording duties.

Scott Gibb took the honours with his best run of the season, finishing comfortably in front of Martin Watt. Alison finished third also with a season's best.

Seven runners recorded a season best time, all within their Handicap. Good to see Christopher Bell returning to Race night for the first time since he won the League title back in 2019/20. Starting under his previous handicap as adjusted for the slightly longer route he had to run alone for much of the race before being passed by the first three finishers and passing Lillian in the last 100m for 4th place.

Johnny Beedie still leads the table with 25 points but Martin has jumped into 2nd with 24 points, Alison one further point back with 23 points and Jamie and Jim Bowie on 22 points.

Best 3 Age graded% were Lisa Allan (78.75%), Dash (74.21%) and Jim Bowie (71.96%).

Winter Race 6 takes place on Wednesday 17 December.

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
03/12/2025	5	TIME	58:15				%	Per Mile	per Km		03/12/2025
SCOTT GIBB	10:05	46:28	56:33	1	10	13	61.87	8:22	5:12	47:46	28:45
MARTIN WATT	19:50	37:18	57:08	2	9	4	69.21	6:43	4:11	38:02	25:49
ALISON WEST	10:55	46:22	57:17	3	8	12	66.43	8:21	5:12	46:36	30:48
CHRISTOPHER BELL	07:30	50:00	57:30	4	7	14	49.70	9:01	5:36		24:51
LILLIAN TAYLOR	04:10	53:24	57:34	5	6	16	66.20	9:37	5:59	54:32	35:21
MARK BUCHAN	20:38	36:59	57:37	6	5	3	68.23	6:40	4:08	37:40	25:14
JAMIE MATHERS	21:30	36:32	58:02	7	4	2	65.56	6:35	4:05	36:41	23:57
LISA ALLAN	20:30	37:48	58:18	8	3	5	78.75	6:49	4:14	37:19	29:46
JOHNNY BEEDIE	17:45	40:43	58:28	9	2	6	69.42	7:20	4:34	40:23	28:16
GREG BRUCE	17:00	41:34	58:34	10	1	8	59.34	7:29	4:39	40:27	24:40
JIM BOWIE	14:25	44:13	58:38	11		10	71.96	7:58	4:57	43:31	31:49
RICHARD MUTCH	16:00	43:09	59:09	12		9	61.80	7:46	4:50	42:21	26:40
MORAG THOMPSON	13:25	45:47	59:12	13		11	66.51	8:15	5:08	44:01	30:27
DASH	23:10	36:31	59:41	14		1	74.21	6:35	4:05		27:06
KAREN ROBERTSON	18:45	41:13	59:58	15		7	66.24	7:26	4:37	39:07	27:18
CHARLIE NOBLE	05:05	55:32	00:37	16		17	62.15	10:00	6:13	52:30	34:31
CAROL MASSIE	11:40	50:57	02:37	17		15	69.38	9:11	5:42	48:38	35:21