

Winter Handicap Run 06 - 17 December 2025

A better night than forecast but a bit of rain arrived along with stronger head wind as the race hit the Beach. I am reliably informed making especially difficult for those running with specs.

Nevertheless, 19 runners took part tonight looking to break into the top 5 places overall.

Thanks to Dru and Peter for doing starting/recording duties.

A clear winner tonight on his third run was Elliott who finished clear of Marc Simpson who was on his second run with Lillian holding on for third spot. Lillian has taken a minute off each of her runs this season with certainly more to come. With both Elliott and Marc still to complete their 3 runs to become eligible for points she was rewarded with 10 points.

The top seven runners all recorded a season best time with Dash making it eight. The eight top finishers all came home under their handicap. Not too bad conditions then.

In the overall League table Johnny Beedie (30 pts) drops to second behind Jim Bowie (31pts) with Martin sharing second place (30 pts). It's only the Half way stage so plenty of room for change before the Summer returns.

Best 3 Age graded% were Lisa Allan (78.26%), Dash (75.66%) and Jim Bowie (74.09 %). So all this leaves Lisa, Jim and Carol leading the way.

Winter Race 7 is scheduled for 7 January 2026

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 |
|--------------------|----------|-------|---------------|-------|--------|-----|-------|----------|---------|-------------|----------------|
| 17/12/2025 | 6 | TIME | 58:15 | | | | % | Per Mile | per Km | | 17/12/2025 |
| ELLIOTT WALLACE | 16:00 | 39:50 | 55:50 | 1 | | | 63.35 | 7:11 | 4:28 | 42:15 [1] | 25:14 |
| MARC SIMPSON | 21:45 | 34:47 | 56:32 | 2 | | | 68.47 | 6:16 | 3:54 | 36:41 [2] | 23:49 |
| LILLIAN TAYLOR | 04:50 | 52:29 | 57:19 | 3 | 10 | | 67.35 | 9:27 | 5:53 | 53:24 | 35:21 |
| JIM BOWIE | 14:00 | 43:25 | 57:25 | 4 | 9 | | 74.09 | 7:49 | 4:52 | 43:31 | 32:10 |
| KATHERINE MITCHELL | 13:30 | 44:04 | 57:34 | 5 | 8 | | 71.56 | 7:56 | 4:56 | 44:45 | 31:32 |
| JAMIE MATHERS | 21:45 | 36:09 | 57:54 | 6 | 7 | | 66.25 | 6:31 | 4:03 | 36:32 | 23:57 |
| MARTIN WATT | 20:55 | 37:09 | 58:04 | 7 | 6 | | 69.49 | 6:42 | 4:10 | 37:18 | 25:49 |
| JOHNNY BEEDIE | 17:30 | 40:40 | 58:10 | 8 | 5 | | 69.51 | 7:20 | 4:33 | 40:23 | 28:16 |
| LISA ALLAN | 20:25 | 38:02 | 58:27 | 9 | 4 | | 78.26 | 6:51 | 4:16 | 37:19 | 29:46 |
| RICHARD MUTCH | 15:35 | 43:03 | 58:38 | 10 | 3 | | 61.94 | 7:45 | 4:49 | 42:21 | 26:40 |
| DASH | 22:45 | 35:49 | 58:34 | 11 | 2 | | 75.66 | 6:27 | 4:01 | 36:31 | 27:06 |
| GREG BRUCE | 16:40 | 42:18 | 58:58 | 12 | 1 | | 58.31 | 7:37 | 4:44 | 40:27 | 24:40 |
| ALISON WEST | 11:55 | 47:19 | 59:14 | 13 | | | 65.09 | 8:32 | 5:18 | 46:22 | 30:48 |
| DUNCAN ABERNETHY | 19:05 | 40:40 | 59:45 | 14 | | | 69.51 | 7:20 | 4:33 | 38:45 | 28:16 |
| CAROL MASSIE | 11:15 | 48:52 | 00:07 | 15 | | | 72.34 | 8:48 | 5:28 | 48:38 | 35:21 |
| MORAG THOMPSON | 13:00 | 48:17 | 01:17 | 16 | | | 63.07 | 8:42 | 5:24 | 44:01 | 30:27 |
| GRANT DEWAR | 20:20 | 43:31 | 03:51 | 17 | | | 57.99 | 7:50 | 4:52 | 37:29 | 25:14 |
| MARK BUCHAN | 21:15 | 42:39 | 03:54 | 18 | | | 59.16 | 7:41 | 4:47 | 36:59 | 25:14 |
| GRAEME CLARK | 05:50 | 07:28 | 13:18 | 19 | | | 48.25 | 12:09 | 7:33 | 53:47 | 32:33 |