

Winter Handicap Run 12 - 18 March 2026

We've reached the latest milestone in our year with the Finale of the Winter League which started on 8 October 2025. A season of mixed weather with more windy days than I can remember and a postponement due more to the strength of the wind than the frosty pavements. So it came as somewhat of a relief that the final race was treated to a calm mild night with just a hint of the light nights to come.

Thanks to Dru and Duncan for doing starting and recording duties at the finish, assisted by Alan Taylor.

It was good to welcome Andy Han who came along to the first of perhaps many Club nights. Thanks to Jamie who escorted him round the course ensuring he didn't get lost.

Martin Watt who had already secured 1st place in Race 11 turned up and smashed his Pb with 36:22 to rubber stamp his win. But it was all about who would finish second and third. Six runners were in with a mathematical chance but unfortunately Johnny Beedie had other things on his mind so was unable to start. So it was down to Lillian, Morag, Jim Bowie, Richard Mutch and Elliott Wallace to fight it out. And what fight it was, made so much harder by the other runners also giving it their best shot.

But it was Jim Bowie who won the battle for runner-up with a large Pb and an impressive Age graded time (75.07%); with Morag taking third spot also with a Pb much to her surprise.

First 3 finishers on the night were Jim Bowie, Scott Gibb and Charlie Noble. Special mention of Charlie who has struggled most of the season but summoned up a bit of his never say die attitude to find a bit of his summer form to record his best run since Race 2. Bring on the Summer.

Scott appears to have benefitted from a bit of a reset of his training in recent months and can also look forward to the summer season.

Best 3 Age graded% on the night were Lisa (81.07%), Jim (75.07%) and Marc (71.02 %). So all this leaves Lisa, Jim and Carol leading the way. NB this is only the half way stage in this competition with the Summer Series still to count.

The final overall League results are 1st Martin (57 pts); 2nd Jim Bowie (50pts) and 3rd Morag Thompson (47pts).

Summer Race 1 is scheduled for 8 April 2026 with the race starting at the Golf Club as usual with a nice warm breeze to push you home. The Handicap Race takes turn about with the Runbuchan series for which we are asked to assist with suggestions and action in setting them up.

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 |
|-----------------|-----------|-------|---------------|-------|--------|-----|---------|----------|---------|-------------|----------------|
| 18/03/2026 | 12 | TIME | 58:15 | | | | % | Per Mile | per Km | | 18/03/2026 |
| JIM BOWIE | 13:35 | 42:51 | 56:26 | 1 | 10 | 7 | 75.07 | 7:43 | 4:48 | 43:25 | 32:10 |
| SCOTT GIBB | 11:25 | 45:07 | 56:32 | 2 | 9 | 10 | 63.72 | 8:08 | 5:03 | 46:24 | 28:45 |
| CHARLIE NOBLE | 03:00 | 53:55 | 56:55 | 3 | 8 | 12 | 64.02 | 9:43 | 6:02 | 52:30 | 34:31 |
| LISA ALLAN | 20:15 | 36:43 | 56:58 | 4 | 7 | 3 | 81.07 | 6:37 | 4:07 | 37:19 | 29:46 |
| RICHARD MUTCH | 15:15 | 41:58 | 57:13 | 5 | 6 | 6 | 63.54 | 7:34 | 4:42 | 42:21 | 26:40 |
| MORAG THOMPSON | 14:25 | 42:56 | 57:21 | 6 | 5 | 8 | 70.92 | 7:44 | 4:48 | 43:51 | 30:27 |
| MARTIN WATT | 21:05 | 36:22 | 57:27 | 7 | 4 | 2 | 70.99 | 6:33 | 4:04 | 37:09 | 25:49 |
| LILLIAN TAYLOR | 07:10 | 50:49 | 57:59 | 8 | 3 | 11 | 69.56 | 9:09 | 5:41 | 50:42 | 35:21 |
| MARC SIMPSON | 24:40 | 33:32 | 58:12 | 9 | 2 | 1 | 71.02 | 6:03 | 3:45 | 33:33 | 23:49 |
| ELLIOTT WALLACE | 21:05 | 37:25 | 58:30 | 10 | 1 | 4 | 67.44 | 6:45 | 4:11 | 37:10 | 25:14 |
| ANDY HAN | 18:50 | 41:00 | 59:50 | 11 | | 5 | 0.00 | 7:23 | 4:35 | | |
| GREG BRUCE | 16:35 | 43:24 | 59:59 | 12 | | 9 | 57.26 | 7:49 | 4:52 | 40:27 | 24:51 |
| ALISON WEST | 11:35 | 00:00 | 11:35 | DNF | | | #DIV/0! | 0:00 | 0:00 | 45:50 | 30:48 |
| DAVID ABERNETHY | 06:35 | 00:00 | 06:35 | DNF | | | #DIV/0! | 0:00 | 0:00 | 54:58 | 28:45 |
| JAMIE MATHERS | 21:15 | 00:00 | 21:15 | DNF | | | #DIV/0! | 0:00 | 0:00 | 36:09 | 23:57 |