

BUNNY RUNS 2004

BLUE IS THE NEW YOU

Blue is the colour, Electric blue, Out of the blue, Bluemin' marvellous, but that doesn't do justice to how the youngster Blue Haywood has performed at the 2004 Bunny Runs. At just 4' 8" and 4 stone 13 pounds, this diminutive figure has excellent style which she now intends to let loose on the fell running scene. The race organisers, the Woodentops even gave her star billing by honouring her 2004 under-13 National X-Country championship win with being Bunny Run 2 star celebrity.

"We haven't ever had a National X-Country champion grace any of our races, and thought it warranted something special," commented the organisers.

Little Blue showed her potential by setting new FU16 & FU14 records that very night, taking 30 seconds from England junior, Danielle Walker's year old mark. In recognition of all this, at the raucous prizegiving she was presented with a Lindt Swiss chocolate 2.2 lb gold bunny, plus her normal choice off the mountainous table of eggs. She even finished second lady, two places and 9 seconds down to 34 year old Lisa Mawer, from the high calibre Bingley Harriers stables. Lisa thoroughly enjoyed her first BR experience, especially all the chocolate prizes, yes, she's a chocoholic, and her children Harry & Rosie who also competed, helped mum out in the tasting of them.

Crème de la crème, came at BR4 where Blue ran her way into the record books by being the first ever junior male or female to win the overall series, this for a 12 year old is astonishing. As tradition dictates, the overall series male and female winners are immortalized on BR Series bottles of Briscoe's Brewery beer labels - with special permission from Sally and Russell, her proud parents, this will happen in 2005.

Another enormous Lindt gold bunny found a home at the Haywood's household, for Blue's ladies' outright win at BR4, but not for long as she took this one to Tuxford school and sold raffle tickets, thereby raising fifty pounds for leukaemia research. The BR2 gold bunny was given to her eldest brother Jerry, who was competing in the London marathon and raising funds for leukaemia research.

Besides her National win, Blue also won the Nottinghamshire county title, was 3rd in the Inter-Countries and 2nd in the Reebok X-Country series, making it an "out of the blue" start to the season.

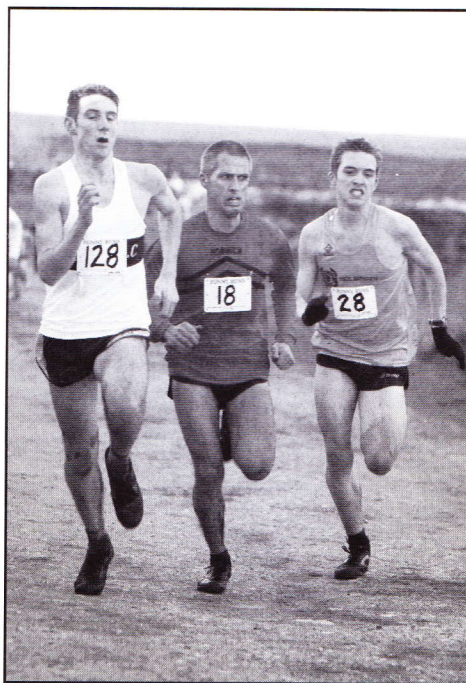
Jogging/running since the age of 8, with brothers Elliot and Dexter she learnt to be very competitive and even now gives Brighton University student Jerry a good work out.



Blue Haywood at Bunny Run One (Photo David Brett)

Her talents aren't only in her feet, but her fingers too, as she plays the flute to grade seven. The BR's saw not only U16's Elliot and Dexter competing, but sister Mia and dad Russell - maybe mum Sally will take up the challenge next year, since with Mia she intends competing in the London marathon.

This isn't Blue's first experience on the fells, previously she has competed in the Race the Train event and the Wincle Trout race.



Stuart Hunn, Rob Haworth and Jake Harman go eyeballs out at Bunny Run One (Photo David Brett)

The other athlete to be immortalized on the beer label is Mark Buckingham, the male series winner, and at only 18, he has many more BR's to win in the future.

At BR1 - The Eggstravaganza, stars of TV's SAS challenge series turned out to take the 'Who Dares Wins' spirit to the Guide Inn and Harden Moor high above Keighley, West Yorkshire. Adventure racer Mark Chryssanthou and Dr. Wendy Dodds, both made it to the latter stages of the SAS - Are You Tough Enough? and were that night's star celebrities. Over 50 English champion Wendy ran with a backpack on, as both competed in their combat tops as used on TV. Mark finished 35th, a second ahead of lady winner Natalie White, who recorded her 2nd BR win, while Wendy was 120th, and first over 50 from 244 runners.

A veteran of these races, Mark Buckingham, 18, finally came of age by getting his hands on the fluffy bunny rabbit trophy, and his sweet success was rewarded by a huge amount of chocolate goodies. But it was defeating reigning English champion, and 21 times a BR winner, Ian Holmes which gave him his greatest thrill. He stuck to his game plan, and waited until the final 600 metres before kicking hard for the finish line. 'Sharkey's' impressive run was in the words of Holmes, "Won the hard way, and well deserved. He has so much talent and with using tactics is a much better athlete". Sharkey also took his 8th Egg Stage win in 3-27.

Another 18 year old, Chris Doyle finished 3rd, while 15 year old Alistair Brownlee improved the U16 record by 4 seconds, a record that had stood for 27 BR races, to Max Brear 1997. (remember it's 4 races a year). Meanwhile V40 Andy Shaw made it a clean sweep for the large contingent of Holmfirth Harriers, who are home from home on Tuesday nights, and where Amy Griffiths and Jordanna Harman are the BR running fashion icons.

BR2 - The Eggstreme, saw 37 year old Ian Holmes, the Bunny Run master take revenge on Sharkey, with his tactics coming out on top. Sharkey took his 9th Egg Stage win in a fast 3-21, and Ian never let the pace drop. In fact on the greasy banking climb it was Sharkey in his fell shoes who stormed up, against Ian's road flats. But maybe that was too much effort, because, despite a trip en route back to the Egg Stage, Ian re-challenged and passed a lactic acid leg filled Sharkey to win by 10 seconds in 17-14, a very fast time, for Ian's 22nd BR win.

Of course this saw Blue Haywood the celebrity, which she handled with much maturity as 255 runners cheered and

applauded her before the race even began, and consequently finished 2nd to Lisa Mawer.

With the 3 Peaks championship race looming, Ian rested and watched BR3 - The Eggcess, but Sharkey continued to take number 10 Egg Stage prize, and had the legs to beat John Heneghan by 4 seconds. Shaw again took the V40 while new V40 boy Chris Smale, was chasing him down at the finish, before happy sweet 16 year old Brownlee came 4th. The celebrity was 1997 World Junior Mountain Running champion, Victoria Wilkinson, who had just returned from road cycle racing in Holland, and even donned running shoes that night. Victoria an international road, x-country and fell runner won her first ever England vest at the Grasmere Home International as a 15 year old, finishing 2nd, and a year later won the international at Edinburgh, before winning the Worlds in the Czech Republic as a 19 year old. Injuries curtailed her career on and off, so to the bike she took, and hasn't looked back, being now a world class mountain biker and cyclo cross competitor. Now 25, she only runs once or twice a week, but puts hours in on the bike. In fact that morning she had cycled for 3 hours, so to win the BR was some surprise, "I didn't have the leg speed on the paths, but am fit through biking which must have helped. I remembered the race from before, but can't remember there being so many juniors. It was great to see so many, especially girls enjoying the event, and the prize giving atmosphere is unbelievable!!".

Victoria, last ran in the BR seven years ago in the world championship year - so see what a BR can do for you. Her time of 21-36 was excellent on the wet & windy evening, Helen Glover was 2nd with FU14 Amy McGivern 3rd, and FU16 sister Ruth 4th from 245 including 76 ladies.

So to BR4 - The Eggshastaed, with 3 Peaks winner Andy Peace the starter, (Holmes finished 3rd), and 226 eager runners ready to tackle the 3 mile/300ft course. Chris

Doyle showed his potential in winning his first ever BR and Egg Stage with his fastest time 18-03, and Wajib Ali having an inspired run to finish 2nd, 18-27. Brownlee took his 7th U16 win, and Shaun Livesey a First V40, along with birthday boy Grant Cunliffe the U14. At the other end of the age scale history was made when Ken Bingley of Ackworth runners set a first ever V70 record at 31-38, and still had 35 cheeky young pups behind him.

Blue won the ladies, while Amy McGivern, just pipped a tiring Bingley's, FU16 Alice Fulton, who gave Blue a real tussle until the steep banking, here Blue literally scurried to the top. Alice, 3rd in the Yorkshire X-Countries, loves the Bunnies, as it seems do new recruits the McGivern's, Ruth and Amy, because they got stronger as the series progressed. When Blue won the National, Amy was the first Holmfirth Harrier to win a National individual medal, Bronze, and with talent like this around all that's needed is for it to be nurtured properly. So with all these youngsters running the Bunny Runs you could say they have the seniors definitely on the run!

Many tales are to be told at the Bunnies, but one worth a mention, was one excited youngster who managed to lose a shoe in the infamous bog at the furthest point, and had to negotiate the tough climb and remainder with only one shoe; nothing new there. But he then insisted that his mum accompany him to retrieve the footwear: after what really was an impossible search in the black lagoon, he then announced that the prize giving was due to start, and no way could he miss that, no matter what. So consequently he then had his poor mum go at race pace all the way back to the Guide Inn, still minus the shoe, but mucky to boot! Thanks Angus.

So to the finale, the BR Relays where the choice of colour for the raw egg batons had to be blue, in recognition of little Blue's exploits at the Bunny's. She couldn't be

there, having just won the Crag Vale fell race the previous day beating Calder's Jo Smith, also setting a new senior record and school work taking precedence.

65 eager first leg runners scrambled to collect the blue batons, with a few looking perplexed as they were informed a broken or cracked egg would result in a minute penalty. The 'yolk' was on them, as this wasn't implemented, but could be, and besides only half a dozen breakages occurred.

Youngster Amy McGivern was shell shocked after being teamed up with two of the fastest ever relay ladies, Sarah Rowell and Anne Buckley. This trio didn't disappoint, winning in 47-28 and achieving the 3 fastest times that night, Buckley 15-18, Rowell 15-59, McGivern 16-11, to collect the beer and two chocolate eggs each. The change over took a little longer, because Buckley had difficulty ferretting the baton egg out of her cleavage, much to the amusement of the male runners offering assistance. This technique is often used by the fairer sex, although we hate to think where the men might devise as a safe haven for the baton. Just warmed up Rowell then proceeded to anchor P&B Ladies, Sally Corbin and Debbie Hardy to second ladies team and 2 more chocolate eggs each. Having had to frustratingly watch the BR'S with injury, Danielle Walker ran 16-21 to bring U16 Burnley Girls into 3rd and the 4th fastest leg.

The 'Gone with Wind' team of Chris Doyle, Lee Sziemasko and Mark Buckingham led all the way with Sharkey 3 seconds faster than Sziemasko in 12-37. A welcome surprise was the Norman brothers and Nick Leigh from Altrincham finishing 2nd, with Andrew posting the fastest lap in 12-34, to go 5th on the all time fastest leg chart, even with the slippery conditions.

But this relay is about friendship, camaraderie and fun, hence ad hoc and family teams get together with prizes to win. It's bizarre and humorous what weird team names are thought up, Run Rabble Run, The Freaks, Egg Squashers, Silly Old Fools, 3 Degrees, Charlie's Angels, Pendle Princesses, Tea Biscuit and a Slice of Bacon, why this? because Sean McVittie, Jack Thompson & Philip Bacon teamed up - say no more. The list is endless and imaginative, it's a pity we can't mention them all, it's a small part of what makes these relays so popular.

After the usual mountain of chocolate eggs has been awarded and the renowned chocolate throw out thrown out to the baying crowds, the food noshed, the results scrutinized, a pint or two sunk, it's home and normality for another year. All that's left are empty Easter Egg cartons, chocolate wrappers and some weary organisers, while that night's relay video still plays in the Guide Inn.

See you all next year



Vicky Snape to the fore at Bunny Run Two (Photo David Brett)

Cad Bury

BUNNY RUN ONE
West Yorkshire
CS/3m/300ft 6.04.04

1. M. Buckingham	Holm	17.36
2. I. Holmes	Bing	17.49
3. C. Doyle	Traff	18.21
4. A. Brownlee	Bing	18.40
5. C. Loftus	Kghly	18.42
6. A. Shaw O/40	Holm	18.42
7. S. Bottomley	P&B	18.59
8. S. Livesey O/40	Bowland	19.05
9. W. Ali	Felldancer	19.15
10. R. Lawrence	Bing	19.18

VETERANS O/40

1. (6) A. Shaw	Holm	18.42
2. (8) S. Livesey	Bowland	19.05
3. (15) R. Haworth	Horw	19.32

VETERANS O/50

1. (91) H. Atkinson	Bing	24.29
2. (101) P. Gillham	Chor	25.17
3. (108) I. Goodyear	Bing	25.36

VETERANS O/60

1. (99) M. Coles	Skyrac	25.14
2. (179) R. Cutts	Longw	29.26

LADIES

1. (36) N. White	Holm	20.57
2. (54) H. Glover	Kghly	22.20
3. (56) B. Haywood U/14	LincWell	22.22
4. (72) A. Fulton U/16	Bing	23.30
5. (74) A. McGivern U/14	Holm	23.38

232 finishers

HEROD FARM HILL RACE
Derbyshire
AS/8m/1100ft 07.04.04

A quality field competed in this fast and furious race organised by Glossopdale Harriers. The course takes in two steep accents and descents of Whitley Nab in the High Peak above Glossop. Despite days of unpredictable weather conditions were dry, but muddy.

Clare Baguley

1. T. Austin	DkPk	23.04
2. J. Ingram	Saddle	23.53
3. A. Johnson	Macc	24.07
4. G. Cudahy	Stock	24.14
5. M. Hayman	DkPk	24.57
6. A. Trigg O/40	Unatt	25.43
7. N. Bassett O/40	Staffs	25.51
8. P. Targett	Clay	25.59
9. C. Fray O/40	Penn	26.23
10. D. Gibbons	Penn	26.33

VETERANS O/50

1. (25) R. Taylor	Penn	29.03
2. (26) M. Cortvriend	Macc	29.15
3. (28) S. Frith	Barns	29.31

VETERANS O/60

1. (59) R. Wignall	Altr	35.26
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VETERANS O/70

1. (67) B. Thackery	DkPk	38.49
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LADIES

1. (32) Z. Tucker	Bitterne	30.26
2. (43) E. McGuire O/40	Stock	32.01
3. (50) M. Calvert O/40	Macc	33.13
4. (51) C. Mosey O/40	DenbyD	33.23
5. (52) E. Doherty	Unatt	33.24

71 finishers

McVEIGH CLASSIC
Mourne Mountains
AS/4m/1200ft 08.04.04

The clocks go forward and all of a sudden it's bright enough to run in the forests and mountains after 7.30pm heralding another Hill & Dale Series. Traditionally, of recent times, it starts with the McVeigh Classic in Castlwellan Forest

Park and the personal excesses of the winter period are exposed for all to see as the race winds its way up and down and up and down, finishing with the very public 'crawl' up the grassy slope in the shadow of the castle.

113 brave souls gathered by the lakeside and the atmosphere as ever was fantastic with the air full of anticipation. For anyone who knows Castlwellan Forest Park, the race has three serious climbs, the Ridge Walk, Slievenaslat and also Foxes Green with, of course, a lot of height loss in between each.

Amid the raucous noise there was a poignant moment's silence for Michael Morgan, founder of the Hill & Dale Series who died in the past year. Appropriately the silence was broken as the clock turned to 7.30pm, Michael set the trend that still exists today that the race should start on time.

Up front, Alan McKibben started fast as usual, followed by Neil Carty. Behind was one of this winter's cross-country champions, in a January race when he dropped McKibben on the last lap, Francis Marsh, who led the rest of the bunch. In close order were Mark Alexander and Andy Gregg.

As the years go by and old and new faces appear at the races, only one thing really changes, everyone is one year older than last year. Pointedly, Billy Magee, former Mountain Racing Association Chairman and Northern Ireland Team Manager, has now turned 60 and you wouldn't believe it, it seems to have been a new lease of life as he stormed home in 54th out of 113. At the other end of the spectrum, 16-year-old Shane Doherty is this year's youth find of the early season as he surprised everyone, with the exception of himself, to come home in 6th place overall.

Neck and neck as they appeared at the finish, it was McKibben who summoned up the extra effort and out kicked Carty to win in a time just 5 seconds outside Deon McNeilly's 2002 record.

The ladies' winners from the last three years, Shileen O'Kane and Sharon McBurney were notable by their absence (O'Kane recently had a baby but is allegedly already back in training). This left the way clear for Kerry Harty, another youthful star of times past who is returning this year to top class competitive action. Special mention of the night goes to fireman Jess Anderson who marked his decision (it's only taken him two years) to join Newcastle AC with an early nomination for the 'lost in the mountains' award. I know it's only the forest, but Anderson set off for his warm-up and decided to take a short cut back through the young Christmas trees. Not so soon after he appeared at the start area with blood oozing from scratches all over his body - this wasn't a case of 'did not finish' instead a case of 'did not start'.

Someone handed in £5 as the race entry fee and willingly took back £2 in change. Honesty will be applauded when the transgressor owns up next week and the return of £1 will be sufficient - suspects are in the following order - those who live in Blayney, those who also work in Bessbrook and finally, those who shop regularly in Newry - you know who you are!

BOGBOY

1. A. McKibben	N'castle	32.33
2. N. Carty	NBelfast	32.35
3. F. Marsh	NDown	34.24
4. M. Alexander	Bally	34.32
5. A. Greg	Larne	34.46
6. S. Doherty Jun	MUlster	35.18
7. P. Rodgers	N'castle	35.23
8. J. McCann	N'castle	35.26
9. D. Brannigan	N'castle	35.37
10. G. Bailey	ACKC	35.49

VETERANS O/40

1. (11) D.Allen	Albert	35.59
2. (16) E. Bell	Abbey	36.31
3. (27) C. McAlinden	N'castle	38.37

VETERANS O/50

1. (18) B. McKay	Albert	36.52
2. (42) W. Kettyle	ACKC	41.36
3. ((61) F. Hamond	BARF	43.42

VETERANS O/60

1. (54) B. Magee	Larne	43.07
2. (109) H. Young	Unatt	56.50

LADIES

1. (36) K. Harty	N'castle	40.40
2. (58) A. Sandford O/40	N'castle	43.20
3. (79) T. McCann O/40	LVO	45.57
4. (82) S. Murphy	N'castle	46.25
5. (84) B. Brown O/40	ACKC	46.51

112 finishers

KNOCKFARRELL HILL RACE
Ross-shire
BS/5m/1200ft 10.04.04

The highlight of this year's race was a fine run by Tracy Brindley to set a new course record for the ladies, which knocked seconds off the record she set in 1998. Graeme Bartlet was a comfortable winner but was almost two minutes down on his record time set in 2000. A total of 40 runners entered, which was very pleasing, as apart from the championship year it was our highest entry since 1986. There were only 10 runners under forty which makes you wonder what will be happening in ten years time. Many thanks to all the marshals and helpers who ensured the day ran very smoothly.

R. Wilby

1. G. Bartlet	ForrH	39.19
2. D. Cummins	Shettle	41.28
3. A. Smith O/40	Dees	41.49
4. A. Macleod O/40	HHR	42.29
5. S. Worlsey O/40	Inv	43.01
6. P. MacLean	Lochaber	43.18
7. T. Brindley	Carn	43.20
8. M. Johnson	Carn	44.43
9. A. Dytych O/40	HHR	45.09
10. A. MacDougal	HHR	45.22

VETERANS O/50

1. (11) G. Mitchell	Inv	45.27
2. (16) B. Brooks	Lochaber	48.42
3. (17) A. Brett	HHR	48.49

LADIES

1. (7) T. Brindley	Carn	43.20
2. (22) M. Johnstone O/40	HHR	51.58
3. (23) J. Wilson O/40	Inv	52.09
4. (27) D. MacDonald O/40	HBT	54.30
5. (29) J. Cleghorn O/40	HHR	58.28

38 finishers

RIVINGTON PIKE FELL RACE
Lancashire
BS/3.25m/700ft 10.04.04

Rob Jackson made history in this year's annual Rivington Pike Fell Race. Thirty eight year old Rob became the first runner ever to complete 20 consecutive Pike races. Not only that but he continued his superb record by finishing ninth and making it twelve top ten finishes out of the last sixteen races. George Arnold also completed his 20th Pike Race and finished runner up in the M65 category. The race was won by Andi Jones, who also won the £50 prize for the first man to reach the Pike Tower, getting there in 10.09.

Liz Procter was first lady, also winning £50 for being the first female to reach the Pike Tower (12.59). Janet Rashleigh was the first Horwich RMI Harrier winning the Lady over 40 category and with Suzanne Budgett (2nd Lady over 40) hot on her heels, just two places behind, and

VETERANS O/50		
1. (14) R. McArthur	Melth	47.58
2. (32) R. Kersey	Holm	51.01
3. (35) I. Mitchell	Longw	51.49

VETERANS O/60		
1. (62) K. Bamforth	Holm	61.05
2. (66) T. Cock	Holm	62.25

LADIES		
1. (29) S. Newman O/40	CaldV	50.45
2. (33) A. Allen	Tipt	51.23
3. (37) H. Berry	Holm	51.58
4. (45) S. Hammond	Tatten	54.26
5. (49) C. Waterhouse	Hfx	55.42

87 finishers

GLENTRESS DUATHLON OVERALL RESULTS Scotland

The final (Long) Duathlon gave an exciting end to the local mountain bike/hillrunning series. The Long race was won by newcomer Chris Smith, who came from behind on the run (8th) to take first on the day. Ladies winner was Jill Tait, with Stuart Whittle as first Vet 40 year old. First Team was Emma Guy (The Hub) with runner Kate Jenkins.

An excellent last race saw both the Male and Female trophies decided on only a few places in the final race. The Male Vet trophy was more of a certainty with three excellent performances by Stuart Whittle.

The Male troy was taken by Andrew Wardman from the Hub to give a popular win for the Local man who works at Glentress. Alasdair Anthony put up a brave effort, but being new to mountain biking was not as comfortable in the icy conditions found on some parts of the course, which was adapted to two low level loops for safety.

The Female trophy was a hard fought duel between local ladies Susan Grey and last year's winner Suzanne Gilchrist. Susan won by a few points and gave us a great end to the series. While various other ladies competed, and gave strong performances, Susan ensured that the trophy remains in the Borders for another year.

The Three Race Series was completed by fifteen athletes, although entries were up on last year, a testament to the growing popularity of the sport in Glentress. A total of around 170 entries were received for the races, which brings people from all over the UK, during one of the quieter spells in the area. The event is strongly supported by local businesses, including PMS Limited, Villeneuve Wines, Walter the Jewellers and the Hub in the Forest, from whom full results can be obtained. The events are organised by Peebles Cycle Club, the Hub and Scottish Hillrunners.

1. A. Wardman (General)	9 pts
2. A. Anthony (Elite)	12 pts
3. S. Whittle O/40 (Elite)	13 pts
4. G. Tompsett (Elite)	28 pts
5. G. May (Elite)	29 pts

VETERANS O/50	
1. J. Blair-Fish (General)	80 pts

VETERANS O/60	
1. J. Douglas (Novice)	161 pts

LADIES	
1. S. Grey (General)	155 pts
2. S. Gilchrist (General)	158 pts

TRUNCE 2 West Yorkshire CS/4.25m/550ft 19.04.04

Another amazing turnout with total numbers topping 200 for the third time since the race started in 1968.

The weather was perfect, although a little cold for timekeeping and the descents were a little slippery but, then again, what do you expect in these races?

Andy Plummer

1. S. Marsden	24.53
2. J. Cox O/40	24.54
3. T. Tett O/40	25.29
4. A. Meskimmon	26.06
5. A. Carruthers O/40	26.26
6. S. Rippon O/40	26.29
7. L. Lewis	26.37
8. A. Shelbourne	26.45
9. R. Atkinson	26.56
10. M. Levery O/40	27.03

LADIES	
1. (47) J. Seymour	30.33
2. (62) L. Bland	32..22
3. (72) C. Couch O/40	32.47
4. (79) N. Spinks	33.26
5. (82) K. Goldthorpe O/40	33.41

178 finishers

BUNNY RUN 3 – THE EGGCESS West Yorkshire CS/3m/300ft 20.04.04

1. M. Buckingham	Holm	18.15
2. J. Heneghan	P&B	18.19
3. A. Shaw O/40	Holm	18.47
4. C. Smale O/40	Tod	18.52
5. A. Brownlee	Bing	19.03
6. W. Ali	Felldancer	19.14
7. J. Harman	Holm	19.20
8. N. Bourke	Leeds	19.22
9. B. Lindsay	Pendle	19.22
10. G. Pearce	Ilk	19.31

VETERANS O/40		
1. (3) A. Shaw	Holm	18.47
2. (4) C. Smale	Tod	18.52
3. (11) A. Clarke	Cald	19.37

VETERANS O/50		
1. (74) P. Jagan	Bing	23.47
2. (80) H. Atkinson	Bing	24.15
3. (90) S. Thompson	Bing	24.46

VETERANS O/60		
1. (137) T. Cock	Holm	26.59
2. (188) R. Cutts	Longwood	29.44
3. (205) P. Mitchell	Kghly	30.55

LADIES		
1. (41) V. Wilkinson	Unatt	21.36
2. (53) H. Glover	Kghly	22.25
3. (56) A. McGivern U/14	Holm	22.36
4. (63) R. McGivern U/16	Holm	23.12
5. (68) A. Fulton U/16	Bing	22.33
6. (75) K. Drake O/40	Hfx	23.50
7. (79) D. Atkins	Chor	24.09
8. (82) S. Varley U/14	Holm	24.22

244 finishers

SLIEVE MARTIN Mourne Mountains AS/4m/1700ft 22.04.04

1. A. McKibben	N'castle	34.45
2. D. Brannigan	N'castle	36.08
3. J. Brown O/40	BARF	36.42
4. A. Gregg	Larne	36.52
5. G. Bailey	ACKC	37.14
6. E. Hanna	ACKC	37.24
7. P. Rodgers	N'castle	37.45
8. J. McCloy Jun	MUlster	37.49
9. B. Campbell	N'castle	37.57
10. J. Gregg	TPurple	38.12

VETERANS O/40		
1. (3) J. Brown	BARF	36.42
2. (20) C. McAlinden	N'castle	40.32
3. (23) D. Bell	N'castle	41.55

VETERANS O/50		
1. (44) D. Rankin	BARF	45.13

2. (45) M. McVeigh	N'castle	45.25
3. (47) P. McGuckin	ACKC	45.28

LADIES		
1. (37) K. Harty	N'castle	44.25
2. (41) A. Sandford O/40	N'castle	44.47
3. (60) T. McCann O/40	N'castle	47.18
4. (72) S. Murphy	N'castle	49.06
5. (74) B. Brown O/40	ACKC	49.13

104 finishers

P & O KNOCKDHU CLASSIC County Antrim AS/4.7m/1470ft 24.04.04

Tim Davies of Wales was the convincing winner of the P & O Irish Sea Knockdhu Classic Mountain Race held at Cairncastle. Larne Athletic Club promoted the event, now in its thirteenth year, with P & O Irish Sea, Johnson and Courtney Solicitors, Larne, Carrickfergus and Ballyclare and Larne Borough Council providing valued sponsorship.

Davies was prominent from the start along with Scottish veterans Stewart Whittle and Colin Donnelly and Welsh team-mate Alun Vaughan. He pulled away by Sallagh Braes and was almost a minute clear as he crossed the line.

Whittle finished an impressive second to lead the Scottish team to victory in the veterans' event. With three more Scots, Tim Lenton, Brian Marshall and Jethro Lennox following Vaughan in the senior race. Scotland narrowly took the team prize from Wales on countback.

In the Senior Ladies race, Angela Brand-Barker of Wales finished over two minutes ahead of Helen Murray of Scotland and team-mate Jane Lloyd to lead Wales to a team victory.

Earlier, the Junior race went to Iain Donnan from Scotland, with his team-mate Jennifer Emsley winning the Junior Ladies race. Scotland won the Junior Male team prize while the Junior Female team prize was won by Wales.

Open race

The Open Race was incorporated into with the international event and attracted an entry of 46 runners. Dan Whitehead won in twelfth place overall followed by Simon Taylor and David McNeilly.

Peter McClenaghan was first Veteran over 40 with Kevin Grogan and Robert Webb first in the 45+ and 50+ categories respectively. Jim Patterson won the 55+ category, finishing in 29th place overall. Charlie Love won the Over 60 category, in which race organizer Billy Magee was placed second.

Billy was one of the nine Larne Athletic Club runners taking part and Larne Athletic Club would like to thank all those who assisted with marshalling, timekeeping or played any part in ensuring a successful event.

Bill Magee

1. T. Davies	Wales	35.07
2. S. Whittle O/40	Scotland	35.59
3. A. Vaughan	Wales	36.13
4. C. Donnelly O/40	Scotland	36.21
5. T. Lenton	Scotland	36.27
6. B. Marshall	Scotland	36.36
7. J. Lennox	Scotland	37.26
8. N. Carty	N.Ireland	37.30
9. P. Nolan	Ireland	38.13
10. R. Gallagher O/40	Scotland	38.27

VETERANS O/50		
1. (29) J. Patterson	N'castle	43.50
2. (49) R. Webb	ManxH	48.22
3. (58) D. Rankin	BARF	51.30

VETERANS O/60		
1. (50) C. Hove	DundH	48.36
2. (62) B. Magee	Larne	53.00
3. (78) S. Cromar	Dundee	56.08

LADIES

1. (42) H. Murray	Scotland	47.02
2. (45) J. Lloyd	Wales	47.30
3. (48) C. Partington	IOM	48.02
4. (52) A. Jones	Wales	49.11
5. (54) A. Sandford	Nthnl	49.28

90 finishers

MOELWYN THREE PEAKS RACE

Gwynedd

AM/11.5m/2800ft 24.04.04

1. R. Thomas	Eryri	1.23.01
2. J. McQueen	Eryri	1.23.59
3. T. Higginbottom	Eryri	1.24.53
4. R. Haliday	Eryri	1.26.26
5. R. Owen O/40	Eryri	1.26.56
6. C. Smale	Tod	1.32.47
7. B. Beachell	Eryri	1.33.43
8. M. Pickering O/50	Eryri	1.34.34
9. R. Wilson	MDC	1.37.08
10. P. O'Brien	Eryri	1.37.33

VETERANS O/60

1. (12) D. Williams	Eryri	1.39.15
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LADIES

1. (18) R. Metcalfe	Eryri	1.43.39
2. (34) V. Mushgrove O/40	Eryri	1.58.44
3. (38) M. Oliver O/50	Eryri	2.00.58
4. (40) J. Ewels	Buckley	2.03.44
5. (42) E. Salisbury O/40	Eryri	2.05.25

BUNNY RUN 4 – THE EGGSHAUSTED

West Yorkshire

CS/3m/300ft 27.04.04

1. C. Doyle	Traff	18.03
2. W. Ali	Fell	18.27
3. J. Heneghan	P&B	18.36
4. A. Brownlee U/16	Bing	18.57
5. S. Livesey O/40	Bowl	19.03
6. B. Lindsay U/16	Pendle	19.10
7. S. Bottomley	P&B	19.35
8. B. Ross	BfdGram	19.37
9. R. Howorth O/40	Horw	19.38
10. J. Harman U/16	Holm	19.50

VETERANS O/40

1. (5) S. Livesey	Bowl	19.03
2. (9) R. Howorth	Horw	19.38
3. (14) A. Shaw	Holm	20.04

VETERANS O/50

1. (79) H. Atkinson	Bing	24.30
2. (97) P. Gillham	Chor	25.19
3. (111) P. Yates	Roth	26.05

VETERANS O/60

1. (98) M. Coles	Skyrac	25.23
2. (130) T. Cock	Holm	27.03

VETERANS O/70

1. K. Bingley	Ack	31.38
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LADIES

1. B. Haywood U/14	LincWell	22.16
2. (49) A. McGovern U/14	Holm	22.59
3. (52) A. Fultton U/16	Bing	23.09
4. (64) D. Atkins	Chor	23.32
5. (73) K. Drake O/40	Spenn	24.23
6. (75) L. Griffiths	Holm	24.26
7. (77) S. Varley U/14	Holm	24.27
8. (80) C. Tomaney	LeedsUni	24.31

220 finishers

PENTYRCH HILL RACE

Glamorgan

BM/6.5m/1600ft 27.04.04

Race conditions were good. Underfoot was firm and the weather was fairly mild, dry and with little wind.

Julian Baker, Les Croupiers established a clear lead through the first major climb through the

forest, so that by the half way mark he was some 2 minutes in the lead. He treated the steep climbs with contempt to finish in a new course record of 44 minutes 14 seconds, almost 4 minutes in front of Peter Coles. The field was well spaced out.

The standard this year (other than the winner) was disappointing with many regular competitors missing. The field was almost 20 athletes down on recent years (60 starters) and a feature was the number of unattached runners (20).

As usual, the runners were complimentary about the marshals around the course (32) so there was no chance of anyone getting lost, of the three sweepers at the back of the field, and of the availability of showers and drinks.

John Gough

1. J. Baker	LesCroup	44.14
2. P. Coles O/40	Unatt	48.09
3. M. Pengilly	Lliswery	48.29
4. R. Manning	MDC	48.54
5. K. Edwards Jun	MDC	49.26
6. D. Cunningham	Unatt	49.40
7. P. Adams O/40	Neath	49.47
8. M. Saunders O/40	MDC	50.11
9. R. Morris O/50	SanDom	50.58
10. D. James Jun	Ponty	52.40

VETERANS O/50

1. (9) R. Morris	SanDom	50.58
2. (20) M. Lucas	MDC	55.38
3. (31) C. Ryder	Unatt	57.57

LADIES

1. (13) A. Scriven	Cardiff	53.19
2. (16) J. Prichard	LesCroup	54.02
3. (25) A. Bedwell O/40	MDC	57.24
4. (42) M. Jones O/40	Islwyn	63.33

59 finishers

GRISEDAL GRIND

Cumbria

AS/3m/1600ft 28.04.04

What an evening! Sunny spells and no wind on Grisedale Summit. It was a good year to be a summit marshal: Pete and Pat managed to compile a comprehensive summit position list in these conditions, many thanks.

Many thanks also to our two road marshals and to my son Christopher for registering you all and then helping to compile the results board. There were a good few supporters out on the hill which also added to the atmosphere! I really appreciated the opportunity to run in an old favourite race and now we've got Christopher trained, we could both run next year!

Hope to see you all at the Lords Seat race on Wednesday, July 14th.

Angela & Tony B-B

1. A. Schofield	Borrow	29.31
2. B. Thompson O/40	CFR	29.35
3. D. Troman	Kesw	29.44
4. R. Lightfoot	CFR	29.50
5. N. Lockwood	Kesw	30.34
6. J. Archbold O/40	CFR	31.08
7. M. Denham-Smith	Kesw	31.16
8. P. Brittleton	Howgill	31.35
9. J. Dawson O/40	CFR	31.39
10. P. Brittleton	Helm	32.05

VETERANS O/50

1. (13) D. Spedding	Kesw	32.56
2. (24) R. James	CFR	35.16
3. (29) B. Short	CFR	36.14

VETERANS O/60

1. (42) J. Richardson	CFR	39.15
2. (43) M. Pitchford	CFR	39.28
3. (78) S. Watson	CFR	47.59

VETERANS O/70

1. (76) D. Rigg	CFR	46.11
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LADIES

1. (23) A. Brand-Barker O/40	Kesw	34.58
2. (28) K. Beaty O/40	CFR	36.09
3. (45) A. Williams	Unatt	40.07
4. (48) J. Meeks O/40	Kesw	40.24
5. (50) S. Schofield	Borr	40.35

89 finishers

REALLY RUNNY BUNNY RELAY

West Yorkshire

(CS/2.5m/250ft) x 3 04.05.04

1. Gone with the wind		38.07
2. Altringham		38.32
3. P&B		40.01
4. 2.4 The Team		42.14
5. Hot Toddlers Mk 2		42.49
6. Holmfirth Vets		43.23
7. 1st Class Royal Mail	Kghly	43.47
8. Limited Edition		44.09
9. No Hoppers		44.47
10. P Stars		45.27

65 teams

CAW FELL RACE

Cumbria

AM/6m/1800ft 05.05.04

Good weather and the absence of bracken from the course (due to moving the race from its previous August slot produced fast times.

Eighteen year old Chris Doyle led throughout and was just two minutes outside the course record. He could have gone faster, but he held back to stay with other lead runners who knew the course.

Jackie Hargreaves ran very strongly up to the top of Caw, arriving there in 11th place, and maintained her lead over Nicola Davis on the home run! Her time of 56.27 took all of 4 minutes off Helen Diamantides' previous record.

Most people seemed to have enjoyed the race and we had healthy numbers entering (68) for this evening event.

Mike Berry

1. C. Doyle	Traff	50.55
2. B. Thompson O/40	CFR	51.48
3. J. Hunt	CFR	52.24
4. B. Taylor	CFR	52.36
5. P. Whiting O/40	Kend	53.30
6. R. Lightfoot	CFR	54.20
7. G. Thorpe O/40	Amble	54.56
8. D. Golding	Amble	54.56
9. H. Jarrett O/50	CFR	55.06
10. P. Crompton O/40	CFR	55.50

VETERANS O/50

1. (9) H. Jarrett	CFR	55.06
2. (27) M. Litt	CFR	61.39
3. (30) D. Fell	CFR	63.13

VETERANS O/60

1. (36) M. Pitchford	CFR	64.45
2. (52) J. Naylor	CFR	77.59
3. (58) S. Watson	CFR	83.20

VETERANS O/70

1. (49) D. Rigg	CFR	75.58
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LADIES

1. (12) J. Hargreaves	CFR	56.27
2. (20) N. Davies O/40	Borr	58.38
3. (38) R. Cash	Borr	66.08
4. (39) V. Robinson	Unatt	67.58
5. (43) N. Goffe O/40	BCR	69.41

67 finishers