

# The Eggs Factor

Photo © Dave Woodhead www.woodentops.org.uk







There are some similarities between the X Factor on ITV and the Eggs Factor of the Bunnies: more people than ever take on the challenges they offer. There are the talented and not so talented but all are given a warm welcome. The X Factor may be on the big screen in your living room, while the Eggs Factor is on the big screen in the pub, either way both provide their own unique evening's family entertainment. Excitement in both can reach a screaming fever pitch, at the Eggs Factor this is caused by the chocolate throw out. People do the silliest things in both, some dress up to stand out from the crowd, some paint their faces, either way it's good, clean fun!

The Bunnies have even managed to take to the air waves this year with Leeds Pulse Radio presenter Becky Holmes taking on the challenge, describing the races on radio as 'Despite the cuddly name, the bunny runs are anything but – they are a gruelling 3-mile run up and down hills, quarries and tracks'. Becky however did improve her time by three minutes by the end of the four race series, and even challenged fellow presenter Alex Duffy to an Eggs Factor race. Becky pulled out a minute lead over Alex and raced to victory, but the BIG QUESTION was: did Becky cheat her way to the Pulse Podium? Video evidence seems to suggest that she started before Alex was aware the race had begun, check it out on: [www.pulse.co.uk/blog?id=6737](http://www.pulse.co.uk/blog?id=6737)



### What is it like to run a Bunny?

**'I ran and ran until my muscles burned, my veins pumped battery acid... and then I ran some more' says Scott Baistow**



Pulse Radio Stars Alex Duffy & Becky Holmes square up



## BR1 - IT'S A RECORD!

You'd have thought with the Easter Bunny having just finished his deliveries and been seen hopping into the distance, that runner's addiction for chocolate eggs would have been well and truly satisfied. How wrong could you be, because a record 313 toed the start for the first eggstravaganza. On the line was the biggest chocolate addict out there, Mr. Bunny himself, the legend that is Ian Holmes – the whopping amount of chocolate he has acquired over the years is beyond belief. 44 year old Ian delivered again, winning for the twenty eighth time but he didn't have it all his own way as Ilkley Harrier Tom Adams, recent winner of the Baildon Boundary Way and the Guiseley Gallop, scampered to the Egg Stage in 3-31. Ian didn't make his move until the up and down bit of West End Quarry where he majestically took the lead and easily won in 15-41, with Tom finishing in 16-00 and Tim Midgley third in 16-15. Two cracking U14 runners made the top ten with James Hall finishing sixth and Max Wharton ninth, before Steve Oldfield romped across the line to set a new V50 record of 17-31 beating Andy Normandale's record by ten seconds. Steve must also have a very sweet tooth because he has sixteen V40 titles to his name. But the biggest record breaker was Peter Covey of Bingley Harriers, who astonishingly smashed the V70 record by 8 minutes 53 seconds to finish in one hundred and thirty sixth position with a time of 22-21.

Having been immortalised on the overall Bunny Beer label for having won the series jointly with Vanessa Peacock in 2003, 25 year old Helen Glover finally won a Bunny outright. BR1 is surely the one to win, because this is where the perpetual cuddly bunny rabbit trophy is up for grabs, and now Helen's name is etched forever with the likes of Carol Greenwood, Victoria

Wilkinson, Sarah Rowell, Pauline Munro, Natalie White, Sharon Taylor, Mary Wilkinson, Blue Haywood to name but a few. Helen won in 19-08, with Sally Morley second and Kath Farquhar third. Ilkley Harrier Sally did lead her girls to the team chocolate eggs, with Kelly Harrison thirteenth and Alison Bennett sixteenth, beating the Holmfirth girls by one point! In sixth overall Gill Myers set a new FV50 record of 20-41 beating Mary Green's 2008 time by 12 seconds. Chasing her home were first FU16 Emma Spencer and first FU14 was Harmonie Waterman. Emma an England junior international had earlier in the race displayed a great turn of speed to win the Egg Stage in 4-19.

## BR2 – RECORDIFIC!!

With all the chocolate associated with these runs they have always been bunnylicious, but now you could add recordific too. Why because a massive 334 all comers, an improvement of 21 from last weeks turn out, with seven new running records also being set. What an amazing sight it was to witness all ages, sizes and abilities form a multi coloured snake which wound it's way over and around the contours of Penistone Hill. 27 year old Tom Adams had the leg speed to hold off England junior, 17 year old, Thomas Sessford's challenge for the Egg Stage, and with it he equaled the record jointly held by Andi Jones and Jack Thompson at 3-23. As usual Mr. Bunny, Ian Holmes sat off the pace – after all he is 44 now! – and watched on as the lactic acid took its toll on Tom. He then eased past to cruise to his twenty ninth victory. Tom Adams got his second wind – or was it his third? – to hold off the England and GB international Adam Osborne, who two days previously had won the Wardle Skyline race.

25 year old Katie Walshaw took the Bunny by

the ears to win the Egg Stage in 4-08 and the race comfortably in 17-53 to become the third Holmfirth lady to win, Lisa Lacon and Natalie White being the others. Last year's FU14 champ, Bo Bo Haywood returned and finished second overall plus first FU14, with FV40 record breaker, Kath Farquhar finishing third, Holly Williams fourth with FU16 Emma Spencer fifth. The team choc went to Holmfirth ladies with Katie, Kath and FU14 Harmonie Waterman seventh. What a surprise the mild weather has been of late, so you could say the going was, speedier too.

Three record holders from last week went even speedier, V50 Steve Oldfield improved by 38 seconds, V70 Peter Covey improved by 40 seconds and FV50 Gill Myers, fresh from winning in Ireland, improved by 12 seconds. Four more speedy superstars joined them as record breakers. V60 Brian Parkinson took 3 seconds off Dave Tait's 2008 time, BU14, Max Wharton took 23 seconds off Marc Scott's 2007 time, FV40 Kath Farquhar took 47 seconds off Alison Bennett's 2007 time and very recent birthday girl Margaret Jagan who turned 60 in the week took 2 minutes 2 seconds off Jan Atkins 2007 time. Two juniors went one step further and ran in fancy dress, Imogen Bristow donned her Tutu whilst Tommy Thorp put on his best bib and tucker, for their efforts they won Easter eggs, while FU14 Issy Wharton won the free, guess the winning ladies time, Easter egg.



Photo © Stuart James



Photo © David Brett www.photos-dsb.co.uk

Above: Pendle AC with the Eggs Factor. Main photo, left to right: 73 Ian Nixon, 76 Max Wharton, 283 William Smith, 159 Robin Lawrence, 43 Tom Adams – BR 4 start



Winner of all four Bunnies and series winner Katie Walshaw with Robin Bradbury after the Egg Stage



### BR3 – ‘EGGPIC STAGE SPRINT’

The sun kept shining and the runners just kept on coming with 296 eager runners not yet being fed up of chasing chocolate. Although shy of last weeks mammoth 334 field this race still bettered previous years records. Quick off the mark was fancy dress bumble bee, Chris Needham, who flew away at the start, although Sam Richards was clipping his wings, but the buzz soon went out of his legs when 18 year old Sam Tosh hammered past at a great ‘hare’ of knots. Winner of the last two Egg Stage prizes, Tom Adams, gave chase and approaching the Egg Stage sign a fierce ‘Eggpic stage sprint’ ensued with a frantic race to the post, Tom narrowly won by the width of his Ilkley vest in 3-29, as Sam’s poor legs just couldn’t carry him through the line – you could see the lactic acid surging through his veins. 33 year old international Adam Osborne, who couldn’t stay with this pace finally caught Tom on the gradual climb to Penistone Quarry and with Tom still blowing hard, Adam opened the winning lead to win his first ever Bunny in 15-26. In his first outing since knee surgery Karl Gray surprised himself and others with second overall and first V40. All the biking he’s been doing has certainly paid off. Tom finished third. Young talent is aplenty in these races and once again the BU14 record was taken down a notch. Wharfedale’s Under 14 Yorkshire Champion, William Smith certainly hit form taking seven seconds off Max Wharton’s week old time finishing ninth overall, with Max only eighteen seconds behind!

Three series winners emerged as V50 Steve Oldfield, V60 Brian Parkinson and V70 Peter Covey all won again. The chocoholics of Bingley Harriers dominated the team award again, this week with Chris Edwin in fourth, Martin Peace in sixth and Jamie Robinson eleventh.

Holmfirth Harriers again supplied the ladies

winner with Katie Walshaw winning the Egg Stage again in 4-09 and the race in twenty eighth overall in 17-39, an improvement of nine seconds from last week. Just like BR2 Bo Bo Haywood finished second and first GU14, improving by three seconds. Kath Farquhar finished third and first FV40 with Emma Spencer fourth and first FU16. Kath is leading the series, and no matter what has won the FV40 with three wins, other series winners were Gill Myers FV50, who broke her week old record by 13 seconds and Margaret Jagan, FV60. Holmfirth girlies again won the team prize with Katie, Kath and Lucy Griffiths in fifth overall.

### BR4 – ‘IT’S THE TAKING PART THAT COUNTS’

This series has been the most successful since it began way back in 1992, with more runners than ever from all walks of life and abilities, the young, the old, the fit, the not so fit, the fast, the not so fast – because it’s the taking part that counts.

First to do battle were Pulse Radio presenters, Becky Holmes and Alex Duffy, who were given a minutes head start, it wasn’t long before they were swallowed up by the 285 swarm of athletes. Taking the honours in the DJ stakes, in her fastest ever time of 28-05, was 33 year old Becky, with 24 year old Alex finishing in 29-54, some 19 places behind. Fastest off the mark and fleetest of foot however was 15 year old Jack Thorp of Bingley Harriers who had the edge over 17 year old, Joe Johnson to win the Egg Stage in 3-25, he then eased off the pace having done his nights work to finish in sixty fifth position, while Johnson held it together a bit more to finish twenty second.

Recently married top orienteer, Ian Nixon won his first ever Bunny in 15-39, while Chris Edwin had a tremendous tussle, overtaking Tom Adams and Ben Crowther in the last 100 metres to take

second. Three records tumbled in the male categories: William Smith improved the BU14 record to 16-18 which also beat Marc Scott’s BU16 record, so William now holds both records and on the night finished sixth overall, chased home by first V40 Zip Jones and Anniversary Wa BU14 winner Max Wharton. Just to prove that it’s not only young guns that can run fast and furious, V70 Peter Covey improved his own record to 21-12 taking 29 seconds off, while V60 Brian Parkinson took 18 seconds off his record to return a time of 19-41. Wharfedale Harriers took the team with Jonathan Bradshaw fifth, William Smith sixth and James Hall ninth.

Katie Walshaw didn’t disappoint and won the Egg Stage for the third time in 4-04 and the race for the third time in 17-45 finishing in twenty sixth overall, with three wins the series win was completed. Katie along with Tom Adams the mens series winner will now feature on the 2011 Bunny Beer bottle label. 13 year old Bo Bo Haywood is fast becoming a force to be reckoned with and duly obliged by rewriting Mel Hyder’s FU14 and FU16 records, taking 25 seconds off Mel’s 2007 FU14 time and 9 seconds off her 2009 time to finish thirty fourth overall in 18-10. Another youngster showing her potential was Harmonie Waterman, who featured in the last Fellrunner. This 13 year old finished in third overall, just ahead of Sophie Lovell. Holmfirth Harriers with Katie, Harmonie and Lucy Griffiths in sixth clinched the team chocolate eggs again.

A big thank you must go to Steph Thompson the video girl, the Old Sun Hotel staff, Up & Running for race numbers and the biggest thanks of all to our helpers: Wendy Holder, Linda Hargreaves, Emily Wood, Holly Crossfield, Sam Wood, Paul Wood, Shirley Wood, Paul Crabtree, Lawrence Basham and Carol & Michael Fryer – **you are ‘bunny’ brilliant!**



# 'You are living'

**By GU14 winner & double record holder - Bo 'Bo' Haywood from Lincoln Wellington AC**

Bunnies are what running is all about! I believe that when you are doing a Bunny you are living and when you're not you're waiting for the next one to come.

I look forward to them all year round, so through the cold dark winter I did cross country, which after a really good Northern champs where I finished 5th, the rest of the season didn't go so well. I get asthma and when I get a cold it flares up and affects my breathing particularly when running hard. I decided to start running more for myself and chose to leave my coach so I could run and train as I wished. It also means I can run which ever fell races I want, which is good.

I even did a forty mile run for charity in 5 hours 52 minutes and raised £600 for the charity, One Water.

However I missed Bunny One and so spent the next week pleading with my parents to do the following ones, **I got my own way!**

Although they are always over the same course they are always different - the amount of mud, the wind, the rain, and the competitors! However when you stand on the start line there are always familiar faces, everyone smiling, everyone edging forward, the excitement and nerves building up inside you as you think "who is going to be here this week?, how fast will I run?". Then you get a deafening shout from Dave, '**GET BACK !!!**' which when you start on the his side it really does actually hurt your ears.

The first hill I personally call 'the lactic acid hill', you fly off trying to get to the front, which is far too fast, and your legs die by the time you reach the top, they do have time to recover on a gentle downhill which takes you to the 'double ditches' at the bottom. These make your legs want to give way just before the Egg Stage!

A rapid descent follows, then the 'killer hill' !!! This seems to go on and on and on, but actually it only takes about 20 seconds and you are pushed along by cheering spectators. They think they understand your pain, maybe they've tried it once, and said never again or maybe they just like to see people in pain.

After a zig zaggy path, you are blessed by the best part: the quarry!!! I love the quarry as I love the challenge of powering up the other side and trying to overtake as many people as I can - the overtaking part never goes quite as planned as I usually get rather tired before I reach the top!

Coming out of the quarry, going down what seems like a slight hill, then along a twisty path, takes you to the oversized pond and here I try to focus on keeping up the pace - but always I get distracted by the



Bo Bo Haywood GU14 & GU16 champion.  
Bottom left: A much younger Bo Bo Haywood competing at Pendle in 2005 by David Brett



picturesque views and also have to concentrate on not falling into the cold water.

A small climb from the pond, a relaxing downhill, and once again over those 'double ditches' past the Egg Stage marker and then another downhill taking you to the 'killer hill' again, this time it really kills you and no one quite knows how bad you feel at this point!! You know you only have one minute left now, but this makes it more challenging losing your legs as you fly down towards the finishing line!! Most people collapse on the floor and if you have come in the top three, you get something that at that point in time is not one of most popular things: a photo call!! Trying to put on your best fake smile, when all you want to do is sit in a heap on the floor and get your lungs back!!!

Heading down the hill to the pub after the race, simply listening to all the mumbling going on, as everyone is discussing how much fun they had - which bits they enjoyed and which bits they wanted to enjoy, but pain got the better of them is more fun.

Then this is where the real crazy chocolate fun starts, I can never believe my eyes at the sight of how much chocolate there is! It's overpowering! There must be over 150 Easter eggs piled up on three pub tables with people crammed oh, so tight in the pub. All with cups of warm soup and a bread roll. There is always a lovely atmosphere as the video of the event plays. Every one happy with their achievements! Most of the people are eyeing up the one Easter egg that they want!

And then..... Dave announces the winners....

They get things ranging from chocolate to chocolate to chocolate ... oh and to garlic bread flavour crisps and flashing teeth!! I don't think I have ever seen a winner who has been able to walk out of the pub without people helping them, as their pile of goodies are dropping around them. Maybe one day soon that could be me. Similarly I don't think I have ever seen anyone who has participated in the event walk out of the pub empty handed because of the throw out!!! Chocolate bars, crisps and even Easter eggs are hurled towards you!! The thing I remember most about a particular throw out is my big bruise on my head!! This was because a hard Creme egg was launched my way!! And as my catching skills are not the best, one hit my head! So watch out!!!

Now can you see why I say that when you are doing a Bunny you are living??? You have to try one for your self!!!!



Bunny girls photo call, left to right: Bo Bo Haywood 2nd, Katie Walshaw 1st & Harmonie Waterman 3rd at BR4

World Masters V65 podium  
L-R Norman Bush, bronze,  
Peter Covey, gold  
& Kaspar Scheiber, silver

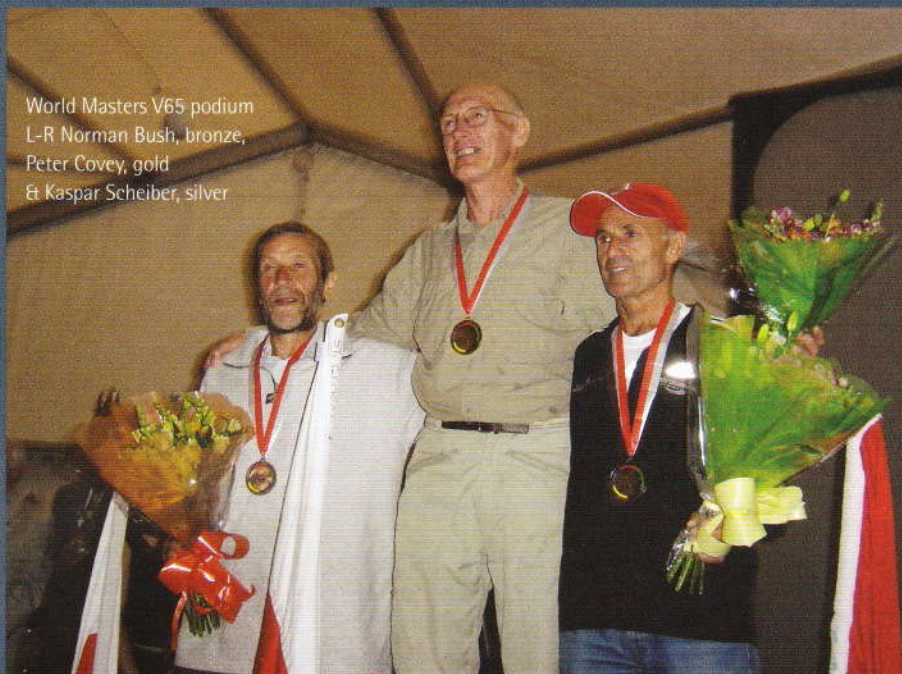


Photo © Dave Woodhead www.woodentops.org.uk

## I have a score to settle with the little people...

By Over 70's Bunny Run Series Winner & record holder - Pete Covey of Bingley Harriers

### Intro

**David Woodhead (D.W):** Peter Covey of Bingley, I seem to remember you in Pudsey & Bramley.

**Pete Covey (P.C):** I was a member of Pudsey & Bramley for 55 years, but unfortunately they don't have any old men running for them and Bingley have a thriving 60+ section, hence the change.

**D.W** Have you any other involvement in Athletics?

**P.C:** I am a grade 3 middle distance coach and a grade 2 timekeeper although I don't practice either at the present time. I am also on the Committee of the Yorkshire Veterans Athletic Association.

**D.W:** How come after all these years this is your first Bunny Run Series?

**P.C:** Being my first series I wrote a little article which I hoped you might print in which I explain how this happened.

**D.W:** Having run for so long you must have many memories of races.

**P.C:** "Running - Yes", "Races - No". Racing has never been the be all and end all for me. In the early years my team mates were Pete Watson, Alan Cocking, Jack McHale and Barry Geldard and we were a team to be reckoned with, certainly up to North of England standard. But over the years my outlook has changed and I get just as much pleasure running with my daughters in the Dales or in the Lakes and lately in the Pyrenees now.

**D.W:** Apart from this Bunny Run Series win what other race has given you satisfaction?

**P.C:** Well obviously I have to put Keswick 2005 up there with them. To win the World Masters Age Group was a very rewarding time. It's the first time in my life that I targeted a specific race. It started in the March before, Debbie my daughter and I looked at the course and decided there were three different sections. So I worked on three slightly different programmes each week. The gradual gradient and the steep uphill wasn't a problem as I love running uphill. The hard part was doing two to three miles down hill at full pace. Ironically this was the section that won me the race. But it must be remembered these are age group wins and bear no relationship to the men at the front.

**D.W:** You have mentioned running with your daughters. Are they in athletics?

**P.C:** My eldest daughter, Helen, was Yorkshire 800 metres under 15 Champion but now only runs for pleasure. My other daughter, Debbie, is like me in that she loves running for running sake not for the competition. Being married to Gary Devine means that she has plenty of scope to run and to coach.

**D.W:** How would you sum up your life so far?

**P.C:** Fantastic. I was born before the war (1939), one of 18 children, 14 boys and 4 girls so have always been part of a caring family. I married Iris, my wife, in 1965 and have two cracking girls. We also have two gorgeous granddaughters and who knows the fell running tradition may run into another generation.

**D.W:** Any advice for the younger runners of today?

**P.C:** 1 Enjoy the sport.  
2 Never give up (you don't know what's



round the corner).

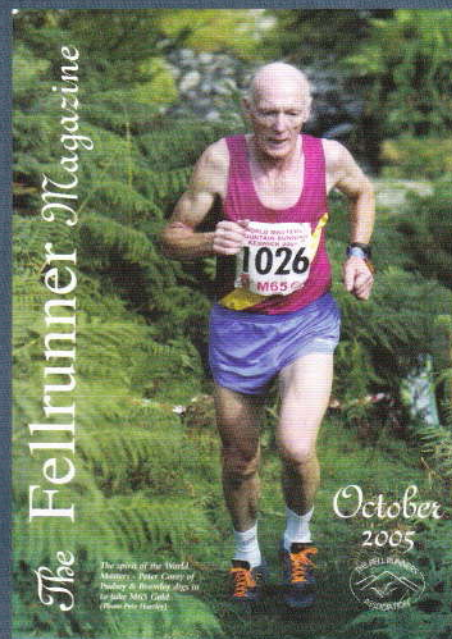
3 Be patient, especially with injuries.

### Peter Covey's Story

Following nearly 2 years out of action through injury my daughter Debbie, persuaded me back to running with the words 'it's obvious your running days are numbered, so there is one thing you must do before you hang up your shoes...the Bunny Run Series'. Having run for over 50 years I had done most of the events that interested me, but never a Bunny (that is not to say they didn't interest me!). So along with over 300 other participants I lined up at Haworth for my first. At the start I felt like Gulliver in Lilliput with so many little people around me, but when Dave shouted 'go' all that changed. These little people took on wings and flew up the hill leaving me gasping in their wake. I finally settled

into some kind of rhythm and even managed to pass some of the little people. I was feeling quite good and pleased with myself until the last drop into the quarry to the finish, when once again the little people swarmed past.

Meanwhile up at the front, wonder man, Holmes was doing his usual and winning his 28th Bunny title. So ended my first lesson. The second and third Bunny Runs took a similar theme but I was learning fast. Why should I a ten stone 70 year old be pushed around by a five stone 12 year old girl? No Way! On the fourth Bunny I managed to find some space and zipped round in my fastest time of the series. So was my daughter right in saying what she did? Definitely, the Bunny Series are a 'one off' (thank goodness). A fantastic sense of fun runs throughout. Will I do them again? Definitely, **I have a score to settle with the little people...**



Above: Peter Covey on the October 2005 magazine cover.  
V70 Bunny Series winner Peter Covey



Photo © Paul Wood





Photo © Dave Woodhead www.woodtops.org.uk

Winner of 3 Egg Stages Tom Adams out kicks Sam Tosh at BR3

## Welcome to the world of Bunny Series winner

### Tom Adams of Ilkley Harriers

For the majority of my life I have lived in a little seaside resort called Grimsby, and I guess this is where my earliest memory of running began. I was probably about nine years old and I had been challenged to a sprint across the playground at lunchtime. My competitor, David Tanner, he was known for his speed, but after a close race, I was crowned the fastest boy in the playground.

Comprehensive school introduced me to track running and cross country. I started off being a sprinter, but I slowly progressed onto longer distances, which I felt more comfortable doing. I always did really well at running at school, but unfortunately when it came to representing the school, the places always went to the lads on the football team. I have never really been into football, and I think I'll always hold a grudge

against the PE staff for not letting me show my running potential.

College went by in a flash, and some alright A-level results took me to university to study Forestry in Lincoln. Although university was a bit of a boozy affair, I still found time to occasionally run on a morning and do a bit of mountain biking on the weekends. It was in Lincoln where I did my first ever 10k, coming across the line in just under an hour!

After graduating I was successful in getting a job with the Environment Agency in Leeds, and this was how I ended up moving to Yorkshire. I continued to run to keep fit, but running around the streets of Beeston wasn't really what I was looking for, so I ended up training with Leeds City AC. Running with a club was all completely new to me, but I really enjoyed it, and it was a good way to meet new people in a strange city.

It was here where I met a wise man called Greg Hull, who first mentioned a category of running known as 'fell'. I was somewhat intrigued, but wasn't introduced to fell running until a few years later.

### I was over the moon

I trained with Leeds for a year or so, being introduced to killer hill reps and speed sessions on the track. Greg entered me into the 2004 Complete Runner XC league, I donned the blue and yellow vest and I just managed to scrape into the top 100. Although this doesn't sound like a brilliant result, I was over the moon with my debut cross country race, and I started to remember faces that I was determined to beat in future races.

I now had the racing bug, and my brother, Ben introduced me to my next challenge called Tough Guy. This event is slightly different to your average cross country, mainly due to the big assault course in the middle of it, which gets you running through fire and bogs, crawling under barbed-wire and jumping into icy cold water, to name but a few of the challenges. I completed



four Tough Guys and then decided to retire when they started to become massively over subscribed and very expensive. My best result was about 50<sup>th</sup>.

I think it was in 2005 when Tamara Hird, a colleague of mine at the Environment Agency (and a jolly good fell runner) invited me to my first fell race. It started in Addingham and went straight up and down Beamsley Beacon. I absolutely loved it, and the fact that it was straight to the pub afterwards, just topped off a fantastic evening. I had definitely found my calling in life.

It was not too long before I was fed up of living near the city, and I decided to move closer to the hills to a place called Baildon. It was a fantastic decision-perfect for cycling into the Dales and getting out on the moors. I decided to join a more local running club, and on the recommendation of one of my mates, Justin Phillips, I joined Ilkley Harriers. Tuesday night sessions led by Nick Richardson would take us across some amazing trails over Ilkley and Addingham moorside, which I absolutely adored doing.

Since joining Ilkley, I've competed in loads of races, and had the pleasure to race with some classic athletes, such as my old coach Greg Hull. Races completed have included the OMM, Three Peaks, various trail races, Peco and West Yorkshire cross country leagues and numerous fell races. It's really hard to pick a favourite, but my first ever win at the Hebden Fell race in 2008 was one of my all time best. I've always got a real buzz from racing, and I think it's the fact that I always try and push myself as hard as I can that has brought me on so much in the past few years. However, I've had my fair share of poor races, for instance I wasn't at all prepared for the Three Peaks this year and I really struggled round, feeling hideous all the way from the start of Wherside-oh well, there's always next year!

What does the future hold? Well, I'd like to try and complete the English Fell Championship series and get some kind of ranking, and of course **WIN A BUNNY!**



Tom Adams strings the field out at BR 1

Photo © David Brett www.photos-dsb.co.uk



BR2 L-R Tom Adams, 2nd, winner for 29th time  
Ian Holmes and Adam Osborne, 3rd

Photo © Dave Woodhead www.woodentops.org.uk





# Sophie Lovell of Leeds City

I started running with Leeds University Cross Country Club when I was 18 and have competed mainly in cross country and road events since then. I have only done a few fell races, my first one being Saddleworth last year, which was hard work but good fun and gave me a taste for doing some more. I heard about the Bunnies through various friends, so came along to the second one and loved it! So I had to make sure I could come to the following two and get a team together for the relay. All the races were great fun, with a really friendly atmosphere. The fancy dress costumes throughout the bunny run series also provided sufficient amusement and so dressing up as bunnies for the relay seemed very appropriate. The mountains of chocolate at the presentation and the carnage of all the kids diving to the floor as Creme eggs get thrown out make the Bunnies very unique and definitely worth a try!



Nice ears girls!  
Left to right:  
Sophie Lovell,  
Emma Hall &  
Amy Roach

Photo © Dave Woodhead www.woodentops.org.uk



BR 4 Egg Stage winner Jack Thorp (126) with Shaun Pickard (230), Sophie Lovell (235) & Emma Spencer (134)

## Emma Hall

My name is Emma, and to be honest I'm not a regular fell runner... The bunny run was my first fell running experience! I do a lot of road running as I find running a really good way to keep fit and I enjoy doing exercise outside rather than stuck in a gym. I tend to just go on my own, but have done a few 10k events and did a half marathon recently! Was pretty pleased with how I did so that has encouraged me to do some more events... I'm doing the Leeds half next! Doing the fell running was a really fun experience. It was quite challenging as I am not used to running on rough terrain but the whole atmosphere and enthusiasm of people attending made a really enjoyable experience. I thought the event was really well run and it has definitely encouraged me to do some more fell running events!

If you want to relive the Bunnies, a DVD is available – contact Dave or Eileen Woodhead on 01535 669100



Emma Hall

Photo © Paul Wood