

29TH MARCH 2016 BUNNY RUN ONE 3MILE/300FT

277 runners braved the wet, cold and windy conditions for Bunny Run One, with Tom Adams and Katie Walshaw once again dominating proceedings. Tom had to work hard to win his 16th Egg Stage with Jack Smith intent on breaking him, but Jack's legs gave way at the vital push towards the line as Tom stretched his legs, a mere second separated them. Tom then cruised to his 10th BR victory, whilst Jack Wood also from Ilkley Harriers ran a strong race to finish second with Jack Smith third, suffering Egg Stage lactic acid. Christian Holmes ran a brilliant race to win the V40 Bunny Trophy and finish fourth. Jack White once again travelled up from Norfolk to compete and finished first BU16 and a very impressive eighth overall with William Thompson taking the BU14 awards. 53 year old Steve Hunt won the V50's, John Bassinder the V60's and Malcolm Coles the V70's. Ilkley Harriers with Tom, Jack and BU16 Euan Brennan in 15th easily won the mens team.

' I first developed an interest in fell running around eight years ago while in the Lake District at a friends wedding, I had spotted a book in a shop window in Keswick called, Feet in the clouds. I found myself reading about a man from Keighley called Ian Holmes who was the best fell runner in Britain. I was inspired, so I began running but it was a year later when I ran my first race. A friend of mine had told me there was this race on Penistone Hill named the Bunny Run and that I should do it. I remember thinking I was going to win as I thought it would be a small event. I went off like a rocket, I was leading the race and in front of Ian Holmes after 100 yards and then it hit me going up the hill. I remember thinking I can't breath and why is everybody passing me. I think I came about 80th. I've learned a lot about running since then from Ian and many others in the sport. In tonight's race I had started badly, I found myself well down the field and struggling to get round the masses. As the race developed at the front I was steadily making my way through the field, I just seemed to keep passing people. What I couldn't understand though was why I seemed to be catching Jack Smith a talented young runner and a friend. It wasn't until after the race that I realised that Jack had actually raced Tom Adams for the short lap known as the Egg Stage. This had pushed Jack and in fact Tom into the red, Jack was struggling to recover for a while having sprinted so hard early on. I was amazed to finish fourth behind Jack and first V40. My Mother who sadly passed away the day before the race was a very strong minded person and a positive thinker. She installed confidence in us from an early age. She made us believe we could achieve anything if we put our minds to it. I'd like to think she powered me round the run. On a wet night in muddy conditions something made me run faster than I normally can without tiring or feeling pain,' said Haworth antique dealer Christain

Bunny girl Katie Walshaw returned to win the Egg Stage for the 17th time and win the race for the 16th time finishing 21st overall. Fresh from winning the Lancashire GU14 fells championship the previous day Briony Holt finished second overall and first FU14 with another FU14 Alice Jones only 11 seconds behind in third, impressively Alice even wore bunny facepaint and ears. Ruby Sykes in fourth and Jordan Mullinger in fifth along with winner Katie, made it a winning night for Holmfirth Harriers in the ladies team prizes. Sixth overall was first FV40 Kirsty Hall, Laura Knowles won the FU16's, Kath Brierley won the FV50's and Margaret Jagan the FV60's. Hope you all enjoyed seeing the new structure on the West End Quarry car park near the cricket ground our winter venue, don't worry it's not staying. The BBC are building a mock up of Bronte Parsonage for a TV drama about the Bronte's, once done it will be very impressive, keep your eyes on it while the series is running. Been told it's only staying there until the end of May, filming dependant on the weather of course. The night was ended with the chaos and mayhem that is the legendary chocolate throw out, if you didn't catch anything, get some practice in for next week. See you all for more Bunny Mayhem next Tuesday remember 7-15pm start!!

1	TOM ADAMS 10TH WIN		ILKLEY	15.35	99
2	JACK WOOD		ILKLEY	15.59	149
3	JACK SMITH		WHARFEDALE	16.48	182
4	CHRISTIAN HOLMES	V40	WHARFEDALE	16.53	76
5	HARRY HOLMES		YORK KNAVESMIRE	17.03	195
6	KAI SUNMAN		HOLMFIRTH	17.11	165
7	MATTHEW MERRICK		BINGLEY	17.23	63
8	JACK WHITE	U16	CITY OF NORWICH	17.27	1
9	TOM COLLINGE		QUEENSBURY RC	17.36	87

10	PAUL TIFFANY	V40	BINGLEY	17.42	60
11	DAMIAN HILPIN		PENISTONE	17.43	154
12	GRAHAM ASKEW	V40	BINGLEY	17.51	86
13	JACK DENTON		CALDER	17.55	5
14	SAM CLEGG		IDLE	17.56	40
15	EUAN BRENNAN	U16	ILKLEY	18.01	181
16	LEWIS WRIGHT		UA	18.02	58
17	FINN KERRY	U16	HOLMFIRTH	18.15	295
18	IAN WILLIS	V40	KLY & C	18.16	124
19	PAUL CARMAN		ILKLEY	18.19	95
20	JON WALLER		PENISTONE	18.25	120
21	KATIE WALSHAW 16TH WIN	F	HOLMFIRTH	18.26	9
22	DANNY SHAW		TRAFFORD	18.35	142
23	ROBBIE MATTHEWS	U16	ILKLEY	18.37	185
24	MARK GOLDIE	V40	CALDER	18.41	153
25	ROBERT HINCHCLIFFE		HOLMFIRTH	18.45	224
26	MARK CONNOR		CALDER	18.47	230
27	GRAHAM PILLING		P&B	18.48	133
28	JAMES GRAY		ST. THERESA'S AC	18.52	139
29	ANDREW BRITTON	V40	IDLE	18.55	20
30	ROBERT DAVIES		SALTAIRE STRIDERS	19.02	188
31	MARTIN HOWARD		CALDER	19.09	6
32	ETHAN HASSELL		UA	19.19	298
33	GRAHAM CORBETT		SALTAIRE STRIDERS	19.24	55
34	TRISTAN SHEARD	V40	CALDER	19.34	69
35	REUBEN MANTLE	U16	BINGLEY	19.38	71
36	MICK HILL	V40	P&B	19.41	269
37	WILLIAM THOMPSON	U14	WHARFEDALE	19.44	15
38	JAMIE WRENCH		TODMORDEN	19.45	152
39	BRIONY HOLT	FU14	CLAYTON	19.45	72
40	EDDIE HINCHCLIFFE		HOLMFIRTH	19.50	223
41	JOE ATHERTON		KLY & C	19.53	226
42	JACK WALTON	U16	KLY & C	19.56	10
43	ALICE JONES	FU14	WHARFEDALE	19.56	104
44	CHRIS JONES	V40	WHARFEDALE	19.57	106
45	JAMES ASKEW	U16	BINGLEY	19.57	85
46	ASHLEY CAVALIER		STAINLAND	19.59	297
47	ALFIE WALKER	V40	KLY & C	20.00	64
48	LEE KAZNOWSKI		BAILDON	20.02	202
49	DAVID CHANDLER		ILKLEY	20.03	114
50	ROBIN TUDDENHAM	V40	TODMORDEN	20.08	292
51	RUBY SYKES	F	HOLMFIRTH	20.12	163
52	PETER LLOYD		KLY & C	20.22	267
53	JACK PAGE		UA	20.24	191
54	MARTIN FILLINGHAM		SALTAIRE STRIDERS	20.26	264
55	JORDAN MULLINGER	F	HOLMFIRTH	20.31	286
56	BEN JOYNSON		ILKLEY	20.34	187
57	CHRIS HALL		STAINLAND	20.38	43
58	MALCOLM McMILLAN		BAILDON	20.40	159
59	RICHARD JOEL	V40	ILKLEY	20.43	208
60	ALEXANDER THOMPSON	U14	WHARFEDALE	20.48	16

61	JOHN CONROY	V40	KLY & C	20.50	56
62	STEVE HUNT	V50	SPEN	20.51	68
63	KIRSTY HALL	FV40	WHARFEDALE	20.52	73
64	ANNABEL MASON	F	WAKEFIELD	20.53	198
65	DAMIAN PEARSON		STAINLAND	20.53	296
66	ALAN WALSH		WHARFEDALE	20.55	229
67	MATTHEW MURRAY		CALDER	20.58	53
68	GREG TRUSSELLE		BINGLEY	20.58	275
69	PAUL CRABTREE	V40	KLY & C	21.00	262
70	RACHEL PILLING	F	P&B	21.05	132
71	JONATHAN EAGLE	V50	HORSFORTH	21.09	138
72	WILLIAM RUSHWORTH		STAINLAND	21.15	128
73	LINDSEY OLDFIELD	F	CALDER	21.15	8
74	NIGEL CROSSLEY	V40	HALIFAX	21.16	172
75	SVEN SHAW		UA	21.18	103
76	AMY FRANCIS	F	SKYRAC	21.20	90
77	GRAHAM BIRD	V50	WHARFEDALE	21.25	112
78	JACOB VAN GEFFEN		PENDLE	21.26	144
79	ZOE STORR	F	HOLMFIRTH	21.32	288
80	RICHARD BUCKLE	V40	LEEDS BRAD TRI	21.33	49
81	ANDY ROBINSON		BAILDON	21.35	280
82	JIM HARRIS	V40	STAINLAND	21.37	213
83	KEVIN BRAIN	V50	BAILDON	21.38	46
84	NICK ODDY	V40	SKIPTON	21.40	30
85	JONATHAN SUTCLIFFE	U14	BINGLEY	21.43	74
86	STEPH WILSON	F	P&B	21.51	179
87	BEN REES	U14	BINGLEY	21.54	92
88	PAUL BAIRSTOW	V40	UA	21.59	290
89	ETHAN ADAMS	U16	TODMORDEN	22.01	270
90	ANTHONY COSTELLO	V50	CALDER	22.02	189
91	LUCY JACQUES	F	ILKLEY	22.06	115
92	EMILY JONES	FU14	WHARFEDALE	22.10	105
93	LESLEY WATSON	FV40	BINGLEY	22.13	265
94	DECLAN WALKER	U14	P&B	22.19	102
95	CHARLIE TIGER SMITH	U16	ILKLEY	22.23	93
96	KEVIN JAGGER	V40	STAINLAND	22.27	174
97	CHRIS CHARLESWORTH	V40	PENISTONE	22.32	27
98	MARY GIBBONS	F	ILKLEY	22.34	150
99	SIMON BARRANS	V50	HOLMFIRTH	22.38	225
100	DON COBB		BAILDON	22.39	274
101	SEAN LENNON	V50	IDLE	22.44	75
102	LOGAN HARGREAVES MADHAS	U16	WHARFEDALE	22.47	66
103	PETER HILLIARD	V50	IDLE	22.50	48
104	LAURA HUBBARD	F	KLY & C	22.51	91
105	JANN SMITH	FV40	ILKLEY	22.53	94
106	MARTIN WOOD	V50	STAINLAND	22.54	77
107	RUBY FIRTH	FU14	BINGLEY	22.56	82
108	PAUL McCORMICK	V40	STAINLAND	23.03	34
109	NATASHA GEERE	FV40	SPEN	23.03	134
110	MARTHA WRIGHT	F	UA	23.04	59
111	ERIK POWELL	U14	CALDER	23.04	193
112	CIAREN CRABTREE	U14	UA	23.07	263
113	JOHN BASSINDER	V60	STAINLAND	23.07	96
114	JULIE FIELD	FV40	STAINLAND	23.10	3
115	VICTORIA MERRICK	F	BINGLEY	23.14	61
116	DAVID MELLOR	V40	ST. THERESA'S AC	23.16	117

117	RICHARD CROMBIE		STAINLAND	23.18	219
118	ARRON ADAMS	U16	TODMORDEN	23.22	271
119	JOSEPH CARNELLY	U14	BINGLEY	23.28	23
120	GARETH WARD		SALTAIRE STRIDERS	23.33	119
121	STUART HAYTON	V50	BOWLAND	23.34	47
122	CAROLINE HARDING	FV40	P&B	23.35	101
123	ANNA KEYS	F	PUDSEY PACERS	23.36	227
124	PETER ELLERTON	V60	BINGLEY	23.38	131
125	NEIL FAIRBURN	V50	BAILDON	23.38	205
126	JOSEPH CHILDS	U14	BINGLEY	23.40	79
127	KATH BRIERLEY	FV50	TODMORDEN	23.45	201
128	JOANNE WILLIAMSON	F	ILKLEY	23.49	186
129	HARRY ATKINSON	V60	BINGLEY	23.55	200
130	VICKY OMELIANCWICZ	F	BINGLEY	23.55	234
131	LORRAINE NAYLOR	FV40	STAINLAND	23.59	24
132	LUKE SALMONS		UA	24.01	50
133	RACHEL CROSSLAND	F	CALDER	24.06	293
134	EMMA THOMPSON	FV40	STAINLAND	24.08	218
135	DAVID TOLSON	V50	RED ROSE	24.17	37
136	DYLAN THORNTON	U14	BINGLEY	24.20	168
137	EDWARD WILKINSON	U14	P&B	24.23	100
138	CAMERON RUSHWORTH		STAINLAND	24.24	129
139	LAURA KNOWLES	FU16	KLY & C	24.29	19
140	TOM FRYERS	U14	PENISTONE	24.30	148

141	SIMON BELLWOOD	V50	KLY & C	24.34	11
142	PHILIP WILKINSON		HORSFORTH	24.36	299
143	ABIGAIL WHITE	F	BINGLEY	24.38	26
144	KATIE SMITH	FU16	BINGLEY	24.43	65
145	CATHERINE MILNER	F	BAILDON	24.50	283
146	GEORGE HOBBS	U14	HOLMFIRTH	24.51	221
147	LIZ McDONNELL	FV40	NORTHOWRAM	24.52	108
148	PETER JAGAN	V60	BINGLEY	24.53	158
149	ED SANDER		HORSFORTH	24.54	233
150	ELLIE SUNMAN	F	HOLMFIRTH	24.54	107
151	HELEN HUDSON	FV40	STAINLAND	24.55	194
152	MARTIN WILSON	V60	UA	24.55	180
153	DAMIAN HANDSLIP	V40	NIDD VALLEY	24.57	171
154	ANDREW JACKSON	V50	ILKLEY	24.59	232
155	DIANE HAGGAR	FV50	WHARFEDALE	25.16	211
156	JOHN INGLES	V40	STAINLAND	25.20	35
157	DARREN LONGHORN	V40	SALTAIRE STRIDERS	25.21	126
158	GARY WESTERN	V50	SALTAIRE STRIDERS	25.22	184
159	PAUL FRYERS	V40	PENISTONE	25.25	147
160	LOUISE NASH	FV40	SALTAIRE STRIDERS	25.26	80
161	ANNIE STONE	FU16	HOLMFIRTH	25.29	28
162	BOB BAKER	V60	OTLEY	25.29	170
163	HARRY HOBBS	U16	HOLMFIRTH	25.30	220
164	JO BAILEY-TAYLOR	FV40	HOLMFIRTH	25.31	173
165	MARGARET JAGAN	FV60	CRAVEN ENERGY	25.37	160
166	COLIN DUFFIELD	V50	CALDER	25.41	45
167	ROB MYERS	V60	BAILDON	25.43	33
168	BOB HOWARD	V50	CALDER	25.44	7
169	ALAN TURNER	V50	KLY & C	25.44	156
170	CSABA KATONA		UA	25.46	137
171	JOHN MERRICK	V50	BINGLEY	25.47	62
172	REENA MISTRY	F	ECCLESHILL	25.48	210
173	ANTHONY BLYTH		IDLE	25.51	38
174	CHARLOTTE BARRETT	FU14	WHARFEDALE	25.58	78
175	ALAN DOUGLAS	V40	SALTAIRE STRIDERS	26.00	110
176	TIM MOSEDALE		SALTAIRE STRIDERS	26.06	32
177	TONY MOYLES	V50	UA	26.12	291
178	IAN HARTMAN	V60	BAILDON	26.13	141
179	LUKE HEPPLER		UA	26.18	235
180	STEVEN CROWTHER	V40	STAINLAND	26.20	169
181	ADELA REPERECKI	FV50	ILKLEY	26.21	18
182	ANTHONY MOTT		STAINLAND	26.26	215
183	MICK FORD	V60	BINGLEY	26.34	151
184	TRACY FOY	FV40	SALTAIRE STRIDERS	26.36	167
185	SUSAN LAWRENCE	F	UA	26.39	130
186	ELIZABETH RALPHS	FV50	UA	26.44	143
187	HELEN FAY	FV50	STAINLAND	26.46	161
188	NAOMI ARMITAGE	F	IDLE	26.50	41
189	STEVEN CAVELL	V50	CALDER	26.51	136
190	MALCOLM COLES	V70	VALLEY STRIDERS	26.52	135
191	KEVIN COUGHLAN	V50	TODMORDEN	26.53	89
192	IAN BLAND	V50	BINGLEY	26.54	206
193	GRAHAM COLLINGE	V50	QUEENSBURY RC	26.57	88
194	JANE LEONARD	FV50	TODMORDEN	26.59	203
195	EDWARD BUCKLE		UA	27.00	54
196	RICHARD MURRAY		BINGLEY	27.10	237
197	BRIAN CONROY	V60	STAINLAND	27.17	228
198	PHIL HAWKSWELL	V60	BINGLEY	27.19	176
199	ANNE HANDLEY	FV50	WHARFEDALE	27.23	113

200	JOHN CRABTREE	V60	BAILDON	27.28	212
201	BRUCE DUNCAN	V60	BINGLEY	27.31	42
202	ANN MARIE ROPER	FV40	BINGLEY	27.41	81
203	AILEEN BALDWIN	FV60	STAINLAND	27.51	192
204	GEOFF THOMPSON	V50	WHARFEDALE	27.55	14
205	MATTHEW DUDLEY		BAILDON	27.57	268
206	SARA DEMAINE	FV50	PUDSEY PACERS	28.02	231
207	JOHN VAN GEFFEN	V50	PENDLE	28.07	146
208	JANET TOLSON	FV60	RED ROSE	28.08	36
209	HELEN LOVE	FV50	SALTAIRE STRIDERS	28.14	121
210	MARTIN O'BRIEN	V50	STAINLAND	28.17	197

211	SUE MARTIN	FV50	CALDER	28.18	155
212	HARVEY VAN GEFFEN	U16	PENDLE	28.19	145
213	RAYMOND MOONEY	V50	STAINLAND	28.27	83
214	ROB FEARNLEY		OTLEY	28.37	282
215	LUCY MILLER	FU16	BINGLEY	28.44	98
216	MICHAEL SMITH	V50	BINGLEY	28.52	70
217	NIAMH BRYSON	F	BAILDON	28.54	266
218	SIMON PACKHAM	V50	KLY & C	28.58	194
219	JAKE FINDLAY	V40	BINGLEY	28.59	177
220	MARK PRESTON	V50	STAINLAND	29.04	4
221	TRACEY HODGSON	F	KLY & C	29.06	207
222	HELEN JACQUES	FV50	UA	29.09	116
223	SALLY HALMSHAW	FV40	UA	29.13	109
224	CAROLYN HARGREAVES	FV60	BAILDON	29.18	209
225	KEVIN MARTIN		HALIFAX	29.22	214
226	MICK JAMES	V50	UA	29.30	166
227	HARLEY BEECROFT	F	CALDER	29.35	273
228	JOANATHAN TAYLOR	V40	STAINLAND	29.40	31
229	ALANA WILLIS	FU16	KLY & C	29.45	123
230	STEPHEN BATLEY	V60	SKYRAC	29.50	29
231	JOSH SPENCER	U16	BINGLEY	29.52	157
232	SU THOMPSON	FV40	WHARFEDAILE	29.59	17
233	JOHN RUSHWORTH	V40	STAINLAND	30.02	122
234	TRACEY STRONG	F	WHARFEDAILE	30.07	289
235	SAM WHITE		SALTAIRE STRIDERS	30.15	57
236	CHRIS JONES	V60	KLY & C	30.20	287
237	SIMON CHESTER	V40	KLY & C	30.21	97
238	RICHARD SMITH	V50	SALTAIRE STRIDERS	30.30	190
239	ELIZABETH SUTCLIFFE	F	UA	30.44	51
240	JIM ANDERSON	V40	SALTAIRE STRIDERS	30.47	127
241	HELEN WESTERN	FV40	SALTAIRE STRIDERS	30.50	183
242	SHARON MARLOR-GAGE	FV40	STAINLAND	30.57	13
243	GARY SEARBY	V40	KLY & C	30.58	140
244	MATTHEW ODDY		SKIPTON	31.15	300
245	RUTH MASON	FV50	UA	31.20	199
246	GRAHAM ROBERTSHAW	V50	STAINLAND	31.23	217
247	SUE COATES	FV60	BAILDON	31.44	281
248	STEPHEN WILBY	V60	QUEENSBURY RC	31.50	2
249	SOPHIE FINDLAY	FV40	BINGLEY	32.00	178
250	IMOGEN BLYTH	F	UA	32.09	39
251	JOSEPHINE BRIGGS	FV40	SALTAIRE STRIDERS	32.13	21
252	MICHAEL MASON	V50	HYDE PARK	32.20	25
253	PAUL ARMITAGE	V50	STAINLAND	32.43	162
254	GINNY RUSHWORTH	FV50	STAINLAND	33.16	285
255	OLLY CRABTREE	U16	UA	33.27	261
256	ALEX WHITE	FV40	STAINLAND	33.36	284
257	GAYNOR YATES	FU16	KLY & C	33.38	44
258	JACKIE BARBER	FV60	STAINLAND	33.43	279
259	JADE WEBSTER	F	UA	33.43	278
260	SUZANNE HAGUE	FV50	SALTAIRE STRIDERS	33.44	22
261	MARK COVENTRY		UA	33.51	276
262	FIONA WATERHOUSE	F	HORSFORTH	33.58	84
263	KIM SHAW	FV50	KLY & C	33.59	51
264	JOANNE CLARK	FV40	UA	34.03	277
265	ANN SMITH	FV50	HOLMFIRTH	34.24	222
266	CATHERINE BELLWOOD	FV50	KLY & C	34.36	12
267	LINDA CAREY	FV50	BAILDON	34.40	67
268	ADRIENNE PRESTON	FV40	KLY & C	34.51	204
269	LINDA WILLIAMS	FV60	STAINLAND	35.29	272
270	ROMESH SARVANANDAN		UA	37.23	196

271	SANDRA ROBERTSHAW	FV50	STAINLAND	37.23	216
272	RICHARD NEWMAN	V40	BINGLEY	37.52	125
273	CARL JENKINSON	V40	KLY & C	37.57	164
274	EMMA DOOKS	FV40	KLY & C	37.58	275
275	GENEVIEVE THOMPSON	FV40	STAINLAND	38.39	111
2 RETIREMENTS					

TEAMS					
M	ILKLEY 1,2,15 = 18	TOM ADAMS, JACK WOOD & EUAN BRENNAN			
F	HOLMFIRTH 1, 4, 5 = 10	KATIE WALSHAW, RUBY SYKES & JORDAN MULLINGE			

EGG STAGE WINNERS			
M	TOM ADAMS 16TH WIN	ILKLEY	3.24
F	KATIE WALSHAW 17TH WIN	HOLMFIRTH	4.12

BUNNY RECORDS				
M	JORGE THOMAS	2009	CARDIFF	14.41
V40	IAN HOLMES	2007	BINGLEY	15-00
V50	STEVE OLDFIELD	2010	CALDER	16.52
V60	BRYAN PARKINSON	2010	BINGLEY	19.41
V70	PETER COVEY	2010	BINGLEY	21.12
U16	JOSH BOYLE	2015	BLACKBURN	15.44
U14	WILLIAM SMITH	2010	WHARFEDALE	16.18
F	ANNABEL MASON	2013	WAKEFIELD	17.05
FV40	HELEN BERRY	2014	HOLMFIRTH	18.57
FV50	GILL MYERS	2014	WHARFEDALE	19.35
FV60	MARGARET JAGAN	2010	UA	22.42
FU16	BO HAYWOOD	2010	LINCOLN WELLINGTON	18.10
FU14	BO HAYWOOD	2010	LINCOLN WELLINGTON	18.10

EGG STAGE RECORDS				
M	TOM ADAMS	2011	ILKLEY	3.17
F	KATIE WALSHAW	2014	HOLMFIRTH	3.56