

5TH APRIL 2016 BUNNY RUN TWO 3MILE/300FT

What can you say about Ian Holmes, apart from he has to be one of the true fell running legends, he came tonight and broke Steve Oldfield's 2010 V50 record by 18 seconds finishing fourth overall, Ian now holds the V40 record at 15 minutes set in 2007 and has the distinction of holding over 30 outright wins and 18 Egg Stages too. U16 Lancashire fells champion, Josh Boyle tried his best but was no match for Tom Adams who won his 11th Bunny and 17th Egg Stage, Tom has the chance to equal one of Holmsey's Egg Stage feats next week. Jack Smith finished in third, Harry Holmes fifth just like last week, these two had U16 Joe Hudson hot on their heels, Joe's brother Louis won the U14's category. The V60 winner Peter Ellerton and evergreen 74 year old Tim Cock won the V70's. Wharfedale Harriers with Jack Smith third, V40 Christian Holmes tenth and Nathan Martin 15th won the team. 19 year old Ruby Sykes set her stall out early to win the Egg Stage and proved she had the speed winning it in 4.19, but she was overhauled for the race win by Holmfirth club mate 16 year old Erica Byram, who won last years BR2 race and is the feature of the Bunny Beer label next week, having won the 2015 ladies series. Rachel Pilling finished third with FU14 winner Alice Jones only four seconds behind, Holmfirth Harriers with Erica, Ruby and Lucy Byram in fifth won the ladies team chocolate. Becky Weight won the FV50's, Margaret Jagan the FV60's again and inspirational Kirsty Hall the FV40's. Winner of the Langdale New Dungeon Ghyll race on Saturday, Kirsty last year was in a leg brace after an accident, 'Despite the impending pain of a Bunny Run I cannot describe to you the elation I feel just to be among the throngs of you on the start line. You see, this time last year I suffered a serious knee injury (The O'Donoghues triad) which meant I had to endure months in a leg brace followed by intricate ACL reconstruction surgery.....there were times, especially when I had to learn to literally walk again, that I thought I would never be able to run again. But fell running is my passion, I have been running and racing the fells for....lets say a long time ;-) and as you fellow fell runners know, we have a grit and determination that is unique to this sport. I was resolute in my desire to work hard to get back in to the sport I love and enjoy the company and the camaraderie that makes it so special. And so, encouraged and supported by my surgeon and my physio, I began my rehabilitation process. This has meant hours and hours of exercises at home and in the gym and out on my bike. I have been very good (and unbelievably patient for a fell runner) and stuck to their protocol to the letter. The result has meant that I can not only now run, but way above any expectations I had I can also race again. By working hard and listening to the experts I have come back a stronger and improved runner, with renewed energy and motivation. I hope this note gives hope or a little bit of inspiration to those of you that are currently out injured or feeling despondent with your efforts. It feels truly wonderful to be back out with you guys again – and yes, even the 3 miles of Bunny Run suffering feels great too. Enjoy!!!!'

1	TOM ADAMS 11TH WIN		ILKLEY	15.22	212
2	JOSHUA BOYLE	U16	BARLICK FR	16.07	150
3	JACK SMITH		WHARFEDAILE	16.21	193
4	IAN HOLMES	V50	BINGLEY	16.34 REC	63
5	HARRY HOLMES		YORK KNAVESMIRE	16.38	16
6	JOE HUDSON	U16	KLY & C	16.48	188
7	KAI SUNMAN		HOLMFIRTH	16.54	30
8	TOM COLLINGE		QUEENSBURY RC	16.56	120
9	SETH WATERMAN		HOLMFIRTH	17.01	74
10	CHRISTIAN HOLMES	V40	WHARFEDAILE	17.05	169
11	MICHAEL MALYON		BAILDON	17.12	290
12	MATTHEW MERRICK		BINGLEY	17.25	175
13	ANDREW LAKE	V40	ESK VALLEY	17.27	89
14	LEON FOSTER		LEEDS CITY	17.30	128
15	NATHAN MARTIN		WHARFEDAILE	17.40	94
16	PAUL TIFFANY	V40	BINGLEY	17.46	101
17	JOE LAW		HOLMFIRTH	17.50	44
18	SAM CLEGG		IDLE	17.55	202
19	LOUIS HUDSON	U14	KLY & C	18.01	187
20	MARK O'CONNOR		CALDER	18.06	288
21	GRAHAM LAKE		OTLEY	18.12	92
22	PAUL CARMAN		ILKLEY	18.16	198
23	CHRIS BARNES		UA	18.20	22
24	GRAHAM ASKEW	V40	BINGLEY	18.25	58
25	NEIL ARMITAGE	V40	P&B	18.33	176
26	JAMES GRAY		ST. THERESA'S AC	18.36	162
27	HARRY SHELBOURNE	U16	HOLMFIRTH	18.38	172
28	LOGAN HARGREAVES MADHAS	U16	WHARFEDAILE	18.49	66
29	GARY DEVINE	V40	P&B	18.54	110
30	ANDREW BRITTON	V40	IDLE	18.59	82
31	ANDREW ROBERTSHAW	V40	OTLEY	19.01	123
32	MICK HILL	V40	TIPTON	19.02	127
33	GRAHAM PILLING		P&B	19.07	131
34	TRISTAN SHEARD	V40	CALDER	19.10	21
35	STUART WALTON	V40	KLY & C	19.16	17
36	ALEXANDER THOMPSON	U14	WHARFEDAILE	19.17	73
37	ERICA BYRAM	F	HOLMFIRTH	19.19	157
38	LIAM DUNNE	V40	OTLEY	19.27	90
39	WILLIAM THOMPSON	U14	WHARFEDAILE	19.31	72
40	JACK WALTON	U16	KLY & C	19.32	18
41	EDDIE HINCHCLIFFE		HOLMFIRTH	19.32	208
42	ETHAN HASSELL		UA	19.34	170
43	JAMES ASKEW	U16	BINGLEY	19.35	59
44	GILES SIMON		CALDER	19.37	281
45	CHRIS JONES	V40	WHARFEDAILE	19.38	152
46	DARREN GRAHAM	V40	TODMORDEN	19.39	133
47	RUBY SYKES	F	HOLMFIRTH	19.42	26
48	TOBY MIDDLETON	U14	HORWICH RMI	19.45	34
49	BEN CLARE		QUEENSBURY RC	19.48	263
50	IAIN POWELL	V40	CALDER	19.51	167

51	RACHEL PILLING	F	P&B	19.53	7
52	MARTIN FILLINGHAM	V40	UA	19.53	268
53	JACK PAGE		UA	19.55	241
54	ALICE JONES	FU14	WHARFEDAILE	19.57	154
55	MARK LAW	V50	HOLMFIRTH	20.00	42
56	MALCOLM McMILLAN		BAILDON	20.03	143
57	CHRIS HALL		STAINLAND	20.04	41
58	PAUL SCARISBRICK		TODMORDEN	20.06	243
59	LUCY BYRAM	F	HOLMFIRTH	20.10	156
60	GEORGE DEY	U16	SKYRAC	20.15	84
61	ALAN WALSH		WHARFEDAILE	20.16	296
62	BEN JOYNSON		ILKLEY	20.17	282
63	ROBERT WILLIAMS		BINGLEY	20.18	181
64	JAMES PENSON	V40	STAINLAND	20.20	54
65	ANDREW ROBINSON		BAILDON	20.21	279
66	SOPHIE MARTIN	F	WHARFEDAILE	20.22	95
67	PETER LLOYD		KLY & C	20.24	126
68	DAMIEN PEARSON		STAINLAND	20.25	83
69	KIRSTY HALL	FV40	WHARFEDAILE	20.29	68
70	JONATHAN SUTCLIFFE	U14	BINGLEY	20.32	178
71	ANDREW SHELBOURNE	V50	HOLMFIRTH	20.34	173
72	GREG TRUSSELLE		BINGLEY	20.36	149
73	STEPHEN HUNT	V50	SPEN	20.38	2
74	JOSEPH CARNELLY	U14	BINGLEY	20.40	57
75	ARTHUR PEEL	U14	KLY & C	20.41	186
76	JORDAN MULLINGER	F	HOLMFIRTH	20.42	61
77	WAYNE BYRAM	V40	HOLMFIRTH	20.45	155
78	GRAHAM BIRD	V50	WHARFEDAILE	20.49	106
79	LUCY FARQUHAR	F	HOLMFIRTH	20.53	146
80	JANE McCARTHY	FV40	ILKLEY	20.57	216
81	PAULINE MAY	F	TODMORDEN	21.04	98
82	JOHN CONROY	V40	KLY & C	21.07	111
83	POPPY COOKE	FU16	LEEDS CITY	21.11	225
84	LINDSEY OLDFIELD	F	CALDER	21.14	20
85	ANTHONY COSTELLO	V50	CALDER	21.17	99
86	LEON WINDER		IDLE	21.21	160
87	NIGEL CROSSFIELD	V40	HALIFAX	21.24	158
88	TOM BIRDSALL		UA	21.25	203
89	JIM HARRIS	V40	STAINLAND	21.26	192
90	DECLAN WALKER	U14	P&B	21.27	145
91	JONATHAN EAGLE	V50	HORSFORTH	21.28	168
92	SVEN SHAW		UA	21.32	223
93	RUBY FIRTH	FU14	BINGLEY	21.34	113
94	ELIZA FINDLAY	FU16	BINGLEY	21.37	272
95	MARK KLEIN		SHEEN SHUFFLERS	21.40	38
96	TREVOR DILTON	V40	CRAVEN ENERGY	21.44	237
97	ALAN KNIGHT	V50	KLY & C	21.47	103
98	NICK ODDY	V40	SKIPTON	21.49	49
99	GEMMA FORD	F	TODMORDEN	21.52	9
100	EMILY JONES	FU14	WHARFEDAILE	21.56	153
101	JACOB VAN GEFFEN		PENDLE	21.57	297
102	CARL HITCHINS	V40	BINGLEY	21.57	177
103	DAN COBB		BAILDON	22.00	269
104	ROBERT BLEMINGS		ST. THERESA'S AC	22.01	47
105	BEN FARRAR		KLY & C	22.02	32
106	LESLEY WATSON	FV40	BINGLEY	22.04	134
107	DOMINIC GOLDTHORP	V40	BINGLEY	22.07	135
108	CAMERON RUSHWORTH		STAINLAND	22.08	136
109	MARY GIBBONS	F	ILKLEY	22.11	65
110	STEPH WILSON	F	P&B	22.13	280

111	POPPY ANDERSON	FU14	ILKLEY	22.15	141
112	MATT FIRTH	V40	UA	22.17	114
113	MARTHA WRIGHT	F	UA	22.19	104
114	ETHAN ADAMS	U16	TODMORDEN	22.22	294
115	DICK BALLANTINE	V50	KLY & C	22.23	31
116	ERIK POWELL	U14	CALDER	22.24	166
117	SARAH DEWHIRST	F	BINGLEY	22.26	240
118	GRACE DAWSON	FU14	BINGLEY	22.30	102
119	CHARLES BOOTH	U14	HARROGATE	22.32	185
120	ROCHELLE DRAKE	F	STAINLAND	22.34	60
121	JULIE FIELD	FV40	STAINLAND	22.36	8
122	HUGH ALLEN	V40	WAKEFIELD	22.42	14
123	EMILY FIELD	FU16	UA	22.46	115
124	LORNA HUBBARD	F	KLY & C	22.53	163
125	BERNADETTE RAVEN	FU14	ILKLEY	22.54	130
126	KEVIN JAGGER	V40	STAINLAND	22.56	267
127	JAMES MANGEOLLES		HORSFORTH	23.00	284
128	FIONNUALA SWANN	FV40	TRAWDEN	23.06	125
129	CHARLIE TIGER SMITH	U16	ILKLEY	23.08	196
130	DAVID MELLOR	V40	ST. THERESA'S AC	23.11	264
131	DYLAN THORNTON	U14	BINGLEY	23.18	164
132	PETER ELLERTON	V60	BINGLEY	23.20	6
133	TREVOR LESTER	V40	STAINLAND	23.22	242
134	SARAH NICHOLS	F	UA	23.25	10
135	JOHN SINGH		UA	23.32	222
136	NATASHA GEERE	FV40	SPEN	23.35	3
137	NEIL HINDLE	V60	FRA	23.35	23
138	LUCY BARRETT	FV40	TODMORDEN	23.36	116
139	CAROLINE HARDING	FV40	P&B	23.39	79
140	VICTORIA MERRICK	F	BINGLEY	23.42	174
141	MARTYN WILSON	V60	UA	23.43	276
142	PHILIP WILKINSON		HORSFORTH	23.46	224
143	LUCY MILLER	FU16	BINGLEY	23.48	271
144	RACHAEL CROSSLAND	F	CALDER	23.54	119
145	RACHEL LOWTHER	FV40	BARLICK FR	23.59	69
146	VICKY AMELIANOWICZ	F	BINGLEY	24.02	287
147	BILL BELCHER	V50	UA	24.04	52
148	ANDY GIBBS	V40	YORK KNAVESMIRE	24.07	219
149	GED FUTTER	V40	BAILDON	24.09	48
150	KATIE SMITH	FU16	BINGLEY	24.11	135
151	ANDREW JACKSON	V50	ILKLEY	24.11	285
152	PHIL JOYNER		UA	24.15	286
153	NICK THOMPSON		STAINLAND	24.16	13
154	EDWARD WILKINSON	U14	P&B	24.18	78
155	JOSEPH CHILDS	U14	BINGLEY	24.19	40
156	JOHN INGLES	V40	STAINLAND	24.21	140
157	PETER JAGAN	V60	BINGLEY	24.23	142
158	SHARON HUDSON	FV40	KLY & C	24.26	189
159	DAVID TOZER	V40	BAYSTON HILL DODGERS	24.27	1
160	DAMIEN HANDSLIP	V40	NIDD VALLEY	24.34	55
161	CARON RALPH	FV40	OTLEY	24.36	122
162	NEIL FAIRBURN	V50	BAILDON	24.38	195
163	BECKY WRIGHT	FV50	BINGLEY	24.42	124
164	STACEY CLEAL	FV40	QUEENSBURY RC	24.46	277
165	ROB BAKER	V60	OTLEY	24.49	56
166	REUBEN MANTLE	U16	BINGLEY	25.01	80
167	ADELA REPERECKI	FV50	ILKLEY	25.04	46
168	ELLIE SUNMAN	F	HORSFORTH	25.05	28
169	JO BAILEY TAYLOR	F	UA	25.11	244
170	CIAREN CRABTREE	U14	UA	25.12	86

171	MARGARET JAGAN	FV60	 CRAVEN ENERGY	 25.16	 144
172	ANNIE STONE	FU16	HOLMFIRTH	25.17	36
173	LUKE GARTHWAITE	U16	UA	25.19	33
174	ALAN TURNER	V50	KLY & C	25.21	24
175	TOM JACKSON	U14	ILKLEY	25.21	129
176	ISSAC BINGHAM	U16	UA	25.24	88
177	ROB MYERS	V60	BAILDON	25.27	207
178	HELEN WADDINGTON	FV40	ILKLEY	25.28	215
179	GEORGE HOBBS	U14	HOLMFIRTH	25.32	293
180	COLIN DUFFIELD	V50	CALDER	25.33	118
181	HARRY HOBBS	U16	HOLMFIRTH	25.34	292
182	STEVE CAVELL	V50	CALDER	25.38	137
183	ANDY MOORS	V60	BINGLEY	25.42	165
184	KAREN HOOD	F	SKIPTON	25.43	179
185	CATHERINE MERCER	FV50	KLY & C	25.44	266
186	GRAHAM TEAL	V50	STAINLAND	25.46	15
187	PHILIP JONES	V50	CALDER	25.47	200
188	HARVEY VAN GEFFEN	U16	PENDLE	25.47	298
189	ELLA SHOULER-HARRIS	FU16	ILKLEY	25.51	25
190	ROB FEARNLEY		OTLEY	25.59	295
191	ALICE SHELBOURNE	FU14	HOLMFIRTH	26.01	171
192	GEMMA DOOKS	FV40	KLY & C	26.03	108
193	MATTHEW DUDLEY		BAILDON	26.05	226
194	MELANIE STEVENTON	F	SKIPTON	26.07	180
195	IAN HARTMAN	V60	BAILDON	26.08	159
196	STEVE CROWTHER	V40	STAINLAND	26.11	132
197	GRAHAM COLLINGE	V50	QUEENSBURY RC	26.11	121
198	RICHARD MURRAY		BINGLEY	26.13	228
199	JANE LEONARD	FV50	TODMORDEN	26.16	117
200	SUSAN LAWRENCE	F	UA	26.19	289
201	JASON MIDDLTON	V40	HORWICH RMI	26.21	35
202	JOSH SPENCER	U16	BINGLEY	26.23	109
203	DARREN LONGHORN	V40	SALTAIRE STRIDERS	26.25	183
204	MARK PRESTON	V50	STAINLAND	26.30	75
205	VICTORIA CROWLEY	F	CRAVEN ENERGY	26.39	239
206	JAKE BAILEY		CRAVEN ENERGY	26.39	238
207	ANNIE HANDLEY	FV50	WHARFEDAILE	26.41	64
208	MARTIN O'BRIEN	V50	STAINLAND	26.46	182
209	PHIL HAWKSWELL	V60	BINGLEY	26.53	50
210	RICK NOTTIDGE	V50	BAILDON	26.56	93
211	RAY MOONEY	V50	STAINLAND	26.57	27
212	PETRA GIBBS	FV40	YORK KNAVESMIRE	27.01	218
213	CHARLOTTE BARRETT	FU14	WHARFEDAILE	27.03	148
214	JAKE FINDLAY	V40	BINGLEY	27.08	274
215	ARTHUR LENG	V60	KLY & C	27.09	211
216	STEVE BOYER	V50	STAINLAND	27.12	139
217	JOHN CRABTREE	V60	BAILDON	27.17	194
218	STEVE HALLAM	V50	STAINLAND	27.20	229
219	GEOFF THOMPSON	V50	WHARFEDAILE	27.27	70
220	CLAIRE ANDERSON	F	UA	27.29	112
221	JOHN VAN GEFFEN	V50	PENDLE	27.37	299
222	CATHERINE GARBUTT	F	HORSFORTH	27.40	227
223	TRACEY HODGSON	F	KLY & C	27.43	291
224	ANDREW BIDDLE	V60	WEST PENNINE	27.45	77
225	STUART GALL		ST. THERESA'S AC	27.48	261
226	ANTONIA KLEIN	F	SHEEN SHUFFLERS	27.51	37
227	NICOLA SMITH	F	UA	27.54	262
228	MICHAEL SMITH	V50	BINGLEY	28.04	39
229	AILEEN BALDWIN	FV60	STAINLAND	28.08	138
230	SU THOMPSON	FV40	WHARFEDAILE	28.22	71

231	KEVIN MARTIN		HALIFAX	28.29	278
232	CAROLYN HARGREAVES	FV60	BAILDON	28.36	217
233	STEVE SHNYDER	V40	SALTAIRE STRIDERS	28.39	81
234	ELIZABETH SUTCLIFFE	F	UA	28.41	275
235	KATE WALTER	FV50	BAILDON	28.44	12
236	MIKE WATSON	V50	KLY & C	28.45	100
237	JOSH POLLARD		UA	28.46	270
238	STEPHEN BATLEY	V60	SKYRAC	28.57	19
239	TRACEY STRONG	F	WHARFEDALE	29.05	184
240	ALISON FOWLER	F	CHORLEY	29.16	236
241	TIM COCK	V70	HOLMFIRTH	29.26	45
242	GARY SEARBY	V40	KLY & C	29.40	76
243	JOSEPHINE BRIGGS	FV40	SALTAIRE STRIDERS	30.01	190
244	DAISEY MAE SMITH	F	HOLMFIRTH	30.13	209
245	LYDIA DEY	FU14	SKYRAC	30.17	29
246	STEPHEN WILBY	V60	QUEENSBURY RC	30.33	67
247	JOSEPH CARMAN	U14	ILKLEY	30.41	197
248	SOPHIE FINDLAY	FV40	BINGLEY	30.45	273
249	MARK COVENTRY		UA	30.48	204
250	CAMILLE ASKINS	FV40	KLY & C	30.50	232
251	VINCENT ASKINS	U16	KLY & C	31.01	233
252	LISA DAVENPORT	F	UA	31.09	161
253	RICHARD SMITH	V50	SALTAIRE STRIDERS	31.11	230
254	KIM SHAW	FV50	KLY & C	31.13	199
255	JADE WEBSTER	F	UA	31.24	206
256	SASKIA GIBBS	FU14	YORK KNAVESMIRE	31.41	220
257	JOANNE CLARK	FV50	UA	31.41	205
258	VERITY GIBBS	FU14	UA	31.45	221
259	SALLY ROBINSON	FV40	BINGLEY	31.47	53
260	GENEVIEVE THOMPSON	FV40	STAINLAND	31.58	91
261	GAYNOR YATES	FU16	KLY & C	32.02	51
262	ALEX WHITE	FV40	STAINLAND	32.07	210
263	SUZANNE HAGUE	FV50	SALTAIRE STRIDERS	32.17	191
264	ROBBIE CARLING	U16	UA	32.31	87
265	JACKIE BARKER	FV60	STAINLAND	32.45	213
266	LINDA CAREY	FV50	BAILDON	32.57	11
267	CATHERINE BELLWOOD	FV50	KLY & C	33.00	4
268	ANN SMITH	FV50	HOLMFIRTH	33.29	283
269	JANE JOHNSON	FV50	KLY & C	33.40	5
270	OLLY CRABTREE	U16	UA	33.48	85
271	RICHARD LAMBERT	V50	STAINLAND	33.57	265
272	GRAHAM WADSWORTH	V70	BARLICK FR	34.20	43
273	TOM BICKERDIKE	V60	TADCASTER	35.24	97
274	CARL JENKINSON	V40	KLY & C	35.48	107
275	KAREN APPLEYARD	FV40	STAINLAND	35.49	300
276	JACK McGUIRE	V60	CLAYTON	36.01	151
277	SHARON STOTT	FV40	STAINLAND	36.47	214
278	RICHARD NEWMAN	V40	BINGLEY	38.20	62
5 RETIREMENTS					

TEAMS			
M	WHARFEDALE 3,10,15 = 28	JACK SMITH, CHRISTIAN HOLMES & NATHAN MARTIN	
F	HOLMFIRTH 1,2,5 = 8	ERICA BYRAM, RUBY SYKES & LUCY BYRAM	

EGG STAGE WINNERS			
M	TOM ADAMS 17TH WIN	ILKLEY	3.31
F	RUBY SYKES	HOLMFIRTH	4.19

BUNNY RECORDS				
M	JORGE THOMAS	2009	CARDIFF	14.41
V40	IAN HOLMES	2007	BINGLEY	15-00
V50	IAN HOLMES	2016	BINGLEY	16.34
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