

Derwent AC Cockermouth 'Grand Prix Race Series' Y2K4
Race 3: 'Hay-O Trail Race' (6.4 Km / 4 Miles) [M/T Race] Wednesday 07.07.2004

NoEAA Permit: 232

Ascent / descent of the course: 203 metres / 670 feet.

Start time - 7.00 pm

Course: Out & back course from Cockermouth ascending Watch Hill, along The Hay summit ridge to highest point, turn round and return to Cockermouth.

Conditions: Warm sunny evening with a slight breeze following earlier showers.

Overall Results for all finishers

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	B. Taylor	CFR	Veteran Men O/40	23:47
2	R. Lightfoot	CFR	Junior Men U/20	23:47
3	S. Angus	Border Harriers	Senior Men	25:03
4	N. Cockbain	CFR	Senior Men	25:21
5	W. Jackson	CFR	Junior Men U/17	25:35
6	P. Rockcliffe	Manchester University	Senior Men	25:48
7	G. Dean	Border Harriers	Senior Men	25:55
8	K. Kirkham	Blengdale AC	Junior Men U/17	26:04
9	M. Cunningham	Borrowdale Fell Runners	Senior Men	26:29
10	P. Curtis	Blengdale AC	Senior Men	26:48
11	D. Atkinson	Blengdale AC	Senior Men	26:57
12	R. Kitson	Tri Lakeland AC	Senior Men	27:13
13	M. Litt	CFR	Veteran Men O/55	27:35
14	A. Davis	Derwent AC	Veteran Men O/40	27:46
15	L. Abel	Blengdale AC	Senior Men	28:19
16	D. Hayton	CFR	Veteran Men O/45	28:28
17	R. Grey	Cumberland AC	Veteran Men O/50	28:47
18	W. Rawling	Derwent AC	Veteran Men O/45	29:15
19	C. Davis	Derwent AC	Junior Men U/20	29:23
20	S. Steele	CFR	Veteran Men O/40	29:35
21	J. Neil Wylie	Tri Lakes AC	Veteran Men O/45	29:39
22	S. Madine	CFR	Junior Men U/17	30:16
23	J. Donald	CFR	Veteran Men O/40	30:36
24	D. Bowe	Derwent AC	Veteran Men O/45	31:27
25	M. Cameron	Derwent AC	Senior Men	31:32
26	D. Dobbie	Derwent AC	Veteran Men O/45	31:36
27	H. Jones	Cumberland AC	Veteran Men O/45	31:39
28	P. Malcolm	Cumberland AC	Senior Men	31:53
29	A. Kay	100 Marathon Club	Veteran Men O/55	32:32
30	A. Fletcher	Blengdale AC	Veteran Men O/40	32:39
31	P. Hawley	CFR	Veteran Men O/50	32:58
32	D. Morgan	CFR	Veteran Men O/55	33:11
33	A. Calder	Cumberland AC	Veteran Men O/55	33:38
34	B. Hillon	CFR	Veteran Men O/65	33:52
35	B. Haywood	CFR	Lady Veteran O/35	33:55
36	D. G. Fellows	Cumberland AC	Senior Men	34:13
37	L. Buck	Blengdale AC	Lady Veteran O/40	35:05
38	A. Strafford	Blengdale AC	Lady Veteran O/35	35:10
39	S. Watson	Cumberland AC	Veteran Men O/60	36:08
40	R. Kirkham	Blengdale AC	Senior Men	36:17
41	D. Hackley	Derwent AC	Veteran Men O/60	36:46
42	C. Watson	Borrowdale Fell Runners	Senior Lady	36:52
43	L. Woolcock	CFR	Senior Lady	36:53
44	G. Harrington	Cumberland AC	Veteran Men O/55	40:09
45	R. Pitches	Pendle ?	Veteran Men O/60	40:31

There were 45 starters, 40 Men & 5 Ladies. Everyone finished.

Separate Ladies Results

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	B. Haywood	CFR	Lady Veteran O/35	33:55
2	L. Buck	Blengdale AC	Lady Veteran O/40	35:05
3	A. Strafford	Blengdale AC	Lady Veteran O/35	35:10
4	C. Watson	Borrowdale Fell Runners	Senior Lady	36:52
5	L. Woolcock	CFR	Senior Lady	36:53

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Separate Veteran Men 40 – 49

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	B. Taylor	CFR	Veteran Men O/40	23:47
2	A. Davis	Derwent AC	Veteran Men O/40	27:46
3	D. Hayton	CFR	Veteran Men O/45	28:28
4	W. Rawling	Derwent AC	Veteran Men O/45	29:15
5	S. Steele	CFR	Veteran Men O/40	29:35
6	J. Neil Wylie	Tri Lakes AC	Veteran Men O/45	29:39
7	J. Donald	CFR	Veteran Men O/40	30:36
8	D. Bowe	Derwent AC	Veteran Men O/45	31:27
9	D. Dobbie	Derwent AC	Veteran Men O/45	31:36
10	H. Jones	Cumberland AC	Veteran Men O/45	31:39
11	A. Fletcher	Blengdale AC	Veteran Men O/40	32:39

Separate Veteran Men 50 +

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	M. Litt	CFR	Veteran Men O/55	27:35
2	R. Grey	Cumberland AC	Veteran Men O/50	28:47
3	A. Kay	100 Marathon Club	Veteran Men O/55	32:32
4	P. Hawley	CFR	Veteran Men O/50	32:58
5	D. Morgan	CFR	Veteran Men O/55	33:11
6	A. Calder	Cumberland AC	Veteran Men O/55	33:38
7	B. Hillon	CFR	Veteran Men O/65	33:52
8	S. Watson	Cumberland AC	Veteran Men O/60	36:08
9	D. Hackley	Derwent AC	Veteran Men O/60	36:46
10	G. Harrington	Cumberland AC	Veteran Men O/55	40:09
11	R. Pitches	Pendle ?	Veteran Men O/60	40:31

Separate Junior Results

<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Category</u>	<u>Time</u>
1	R. Lightfoot	CFR	Junior Men U/20	23:47
2	W. Jackson	CFR	Junior Men U/17	25:35
3	K. Kirkham	Blengdale AC	Junior Men U/17	26:04
4	C. Davis	Derwent AC	Junior Men U/20	29:23
5	S. Madine	CFR	Junior Men U/17	30:16

Race Report

Heavy showers during the afternoon made the ground a little slippery in places, otherwise the running conditions were perfect for this year's Hay-O Trail Race. Proceeds from the race went towards a fund set up to help Matthew King a teenage sports star seriously injured while playing in an Academy Rugby League match at Halifax.

Sharing the lead for most of the way up Watch Hill were training partners Brian Taylor and Ricky Lightfoot from Maryport competing for CFR. At the Hay summit turn these two were still together with Steve Angus of Border Harriers about 10 seconds down. Brian and Ricky used their greater fell running technique to pull further away on the descent and were together right to the line, both being given the same time of 23:47 with the judges' decision giving the narrowest of victories to Brian. Steve held on to 3rd place in 25:03, holding off the fast-descending CFR pair Neil Cockbain (25:21) and Wayne Jackson (25:35). Ricky and Wayne were also the 1st and 2nd Junior runners, with Kevin Kirkham of Blengdale 3rd Junior in 8th place overall (26:04).

First Super Veteran Over 50 was CFR Club Secretary Mike Litt of CFR (27:35) with the consistent Roger Grey of Cumberland AC in 2nd place (28:47). Showing that age is no barrier to running several Over 60s took part in the event, with Bernard Hillon from Cleator Moor 1st to finish (33:52).

In the Ladies category, Barbara Haywood of CFR finished in 33:55, over a minute ahead of Blengdale AC runners Lindsay Buck (35:05) and Alison Strafford (35:10). The next two Lady finishers were Caroline Watson of Borrowdale Fell Runners (36:52) and Lyn Woolcock of CFR (36:53).

The fourth and final race in the 2004 Derwent AC Summer GP Series is the 'Setmurthy Snap' a 6 Kilometre road race on Wednesday 11 August. The overall Grand Prix winners will be known following that race. Thanks to all who helped with the event in any way.