

Light Rain Threatens as Records Tumble

KING & QUEEN OF THE MOUNTAIN – 28TH SEPTEMBER 2008

Conditions were ideal for a fast day where a cool breeze and damp roads proves that across the board, many good performances for this year's event. where do you start? Approx 30 Seniors and Junior runners lined up for an 8 o'clock start. With race announcements behind us, time keeper set in position, we were all off to a fast start, it was soon clear that James Webster was ready for a good hard run as he lead from start to finish putting the shine on last year record and polishing it up by just breaking it by 2 sec for a 17:52. Rosemary Johnson is showing good form once again winning her 5th back to back open Queen of the mountain to cap off a good year. She challenged herself once again and fell 11 sec short from breaking her P.B for the event, though it needs to be said that the hardest run of her life will be when she lines up for this weekend's Giles/Johnson Marriage Marathon to Steve and we all wish them the best for the future.

This year stage was set as the 40+ age group wasn't playing around. Records were shaken and set when, off the back of her Fremantle 5km fun run last weekend, Fiona Ellis ran 8th position overall to run the event for first time in 23:26 Breaking Jo Brown's 2006 event record for the age group by some three and a half minutes. Dean Holwill showed that all the working hours and km ran with his Training mate over the year with Dave Dye is starting to pay off as he gave the hill a good shaking and fell 19 seconds short off breaking Dave's record set back in 2004.

Well experienced hill climbers lined up for the 50+ category, and showed that experience of the course can help also break records. Jo Brown once again in training for the marathon grabbed the chance to put some hill training into her legs and broke her record from 2006 by a tidy 44 secs, giving her some confidence for Rottneest Marathon Oct 2008. Surprised himself, Paul Lander broke the record also for his age, showing that he is not done with yet, taking off well with pace Paul just keeps on keeping on and ran well to cross the line in 3rd male overall in 21:06

Walker Garry Hastie brought his two sons to the event for the first time and walked well up the hill taking out the record in to good of a time in 27:51 (ed. Think this will stand for some time hah) Amazing what he can do when he knows that breakfast is sitting up the top of the hill when done.

Toni, Lauren and Charlie repeated the performance once again from the women only 5km fun run a few months ago and ran the same position 1st 2nd and 3rd overall in some good hearty fast times, finishing in well fought out battles in 8:57, 8:59 and 10:25, Fletcher in 10:32 and Daniel Ellis in 10:52 tested the girls up the hill and ran impressive times for young boys, Elli closely followed up behind keeping them honest in 10:52 with Kristi and Cara finishing the 2km event well

With all the running over for the day and while some runners where cooling down, hot drinks and light breakfast were served as the valley put on a drizzling shower display that only if you were there you would know what we mean. Thanks to all that turned up and supported the 2nd oldest event of the Bunbury Runners Club Calendar (2nd only the Marathon)

Sept 28th 2008.

KING AND QUEEN OF THE MOUNTAIN RUN 2008 RESULTS

Seniors		
	1. James Webster	17.52
	2. Bradley Brand	20.43
F	3. Rosemary Johnson (Giles)	20.43
	4. Paul Lander	21.06
	5. Dean Holwill	21.36
	6. David Dye	21.50
(Jnr)	7. Adam Byass	23.18
F	8. Fiona Ellis	23:26
	9. Doug Wright	24:20
F	10. Danielle Neil	24.33
	11. Allan Whitfield	26.44
F	12. Jo Brown	27.08
	13. Garry Hastie	27.51 (Walk)
	14. Paul Ellis	28.05
F	15. Jackie Panizza	28.24
	16. Peter Byass	29.02
	17. Phil Smith	30.12
	18. Lyle James	32.25
F	19. Michelle Whitfield	33.05
	20. Ted Anderson	34.18 (Walk)
	21. Bill Johnson	35.05 (Walk)
F	22. Ann Osborne	36.44

Juniors		
F	1. Toni Lander	8.57
F	2. Lauren Lander	8:59
F	3. Charlie Neil-Warren	10:25
	4. Fletch Neil-Warren	10.32
	5. Daniel Ellis	10.42
	6. Elli Neil-Warren	10.52
F	7. Kristi Ellis	11.11
F	8. Cara Ellis	12.03