

# Hill and Dale Race 2 The Monument - Tollymore

*By the Big Fellas Fella.*

Welcome back to Part 2 of the 2017 series which took part in Tollymore Forest park last Thursday. Congratulations to everyone who participated and a massive credit to all for taking part in what was a challenging event in search of their own personal goals. For some people their targets are to be as close to the top of the leader board as possible, others, it may be just to get fit, to lose some weight, a social gathering but for whatever dragged you out on a lovely spring evening in beautiful surroundings we hope you achieved your goal .

## Inspiration

If you have a target then one should look no further for inspiration than William McKee of Mourne Runners, William has focused over the winter on joining the rare club of Hill and Dale champions, and with only two races into the series he is already closing in on that goal by winning our first two events.

The course had a few alterations from previous years so past times are irrelevant, but to cover this course in under 30 minutes is seriously good running, well done William. It was great to see Andrew Annett back and put up a great battle to claim second place. Third place went to Newcastle AC's, Zac Hanna who had his training interrupted with a small injury.

The ladies race was one of the most competitive in a while with Shalene Mc Murray of Newcastle first in, 25th overall, closely followed by Charlene Haugh, Mourne Runners, 30th and Shileen O Kane, third of Lagan Valley in 38th. This result seems to indicate if your first name ends with an (E) and (N) you may become a good runner.

## Notables

First Junior, John McKee, Mourne Runners, 13th seems to also indicate if your second name is McKee you also have a great chance of being a good runner. I wonder could I change my name to Ben Mc Kee. First VET 50, John Hen Kelly and the first of 4 John Kelly's on the course, the last being our sweeper John Butcher Kelly .Jim Brown v55 in 41st , Brendan O' Hagan V60 and 78th, Aine Mc Neill Female 50 and 98th, Peter Mc Guckin V65 125th place, Fred Strickland V70 in 225th and Janet Mc Keown Female V60 in 242nd.

## Competition

Fourth lady Patricia McKibben in 45th place was gutted when the family bragging rights went to her brother Marty who beat her by one place, just one place, I feel your pain Patricia.

The title of Top Equine Vet went to Hugh Suffern in 136th just beating his employee Belgium vet Inge D'Haese 189th. Maybe it's better for working relations not to beat your boss Inge.

Someone who doesn't employ those tactics is Jay Brannigan 116th overall and first Crossfit Infected who beat boss Mark Toner. Having seen the size of Mark's arms I would slow down a bit next week Jay.

In the absence of Brendan Donnelly, now living in London, the title of the best Donnelly now lies with Catherine who came in 219th.

## SOS

An SOS call went out for a female athlete who had fallen en route on a root, so Race Director Dominic McInerney commandeered Dr. Mc Niff who had barely caught his breath having just completed the race to jump into his car to head back up to the injured party. It was quite ironic when Dominic discovered it was his own sister who was injured. Thankfully Bronagh is fine and all is well.

Talking of falls, our top sports masseur Megan McGreevy went over on her ankle but that's what you get for wearing flip flops during a mountain race. Local publican, Jack O'Hare was looking for a helping hand after tripping, but his mate tried to stand on him as he went racing past, all is fair in love and war.

## Food And Drink

We were just considering having next week's refreshments at the Kearney's house as Aidan in 262nd place was able to deposit a sample of his dinner at the finish line and I must say it certainly looked appetising. Hopefully Aidan was revived as Avonmore had set up a stall at the finish line with free samples of their protein milk which is a great way to recover after exercise, thanks for that Dan.

Thanks to Maghera Inn for their tasty finger food and drink at prize giving although with Dominic doing ambulance service he had taken the spot prizes away with him in his car so extra helpings next week folks. Hope all the local Asphalt Warriors achieved their targets over at the London Marathon, no doubt we will here all the stories of some people having great runs and others wondering where it all went wrong.

Thanks also to everyone who helped make our event so successful, at registration, our marshalls, those at the finish, and also our sweeper, you were all so important. Delighted to see Fiona Murphy and Gyle Heather achieve their goal of completing the Tollymore race having failed to do so in the past. Butcher under instruction from Fiona had to use his cattle prod to keep them going if they showed any sign of flagging.

Next week's race is Slieve Martin in Kilbroney Park Rostrevor, so please bring bum bag and body cover just in case. Remember to register if you haven't already done so by Tuesday and finally remember to bring your series race number and pins with you if running any further races. See you all on Thursday for the next instalment.