

## Monumental performances see Crudginton and Hell romp to victory in the Spring sunshine!

Thursday 20th April saw the second of the ever-popular Hill and Dale series located in the idyllic setting of Tollymore Forest Park. With the sun shining and blue skies there was not a cloud in sight as 295 runners put their toe on the line surpassing the 228 in 2022. As 7:30 approached, Race Director Lorna welcomed the eager runners and finished her brief with a tribute for Noel Hanna, remembering also his wife Lynne and grieving family in their time of sadness. Noel had completed the Hill and Dale in previous years and as his sister said was a 'legend' who "lived for the mountains".

First up the infamous "Green rig", after a steep climb to the peak with no name, was junior Newcastle AC athlete Tom Crudginton. Tom crossed the finish line in 30 mins flat - I would say next year this could be the goal to break this - no doubt this young man will do it. Following Tom was the Male Open winner Jonathan Scott from Mourne Runners in 32 minutes which matched his 2022 time! Followed closely by fellow teammate Joshua McAtee in 32.13. Other worthy winners were MV 40 - Lee O Boyle, MV 35 Marc Jennings, MV 45 Maurice Harte, MV 50 Paul Blakey, MV 55 Stephen Hoey, MV 60 Paul le Blanc, MV 65 Dominick McGreevy and finally MV 75 John Adgey.

Our first female was FV35 Martsje Hell in 37.55 followed by FV40 Tanya Cumming and FV50 Diane Wilson. Females category winners included Fopen Catriona Edginton, Fjunior Jessica Blakey, FV 45 Ciara Coffey, FV 55 Aine Mc Neill, FV65 Mary Mackin and FV 60 Pat Shields. Well done to you all.

Course marking began the day before with much debate as to the saw dust being used to help guide our runners - rumour had it that our Race Director suggested tan as a more bio degradable method - however Zac said he couldn't then practise his art work at the Green rig so we just kept to the saw dust. Francie 'Adonis' McAlinden was in full control and as always took everything in his stride.



Thursday arrived and much debate took place as to location set up - safe to say coach Rodgers decided the best decision was to scan in his car whereas Debbie was chasing the sun. Crutchley had a major job to do - ensure runners checked in and went to scan. However, he was somewhat side-tracked and decided sorting the pins was a more profitable use of his time!

My running mate Donnnnnnna arrived to lead a pack of Marshals to the river location after we completed our Tempo session - no excuses there Ronnie! Coach 'Wee' Brown checked our watches and said he was looking forward to the 'naked 5k' this week at club training. Rumour has it there are no appointments in beauticians this week - not sure why. Then of course McCann sped in on 2 wheels - dressed for a funeral with shades on ready to hurl abuse at every single person then left and returned to Avoca for pints - not sure this should get any credit as a completed volunteer duty?

Jinxy - despite missing the 9pm every Tuesday deadline for race entry - had a great run and true to form when I asked how did you get on he replied "I am wrecked". 'Golden balls', on the other hand, was delighted to have some company running this week - makes a change from being the only person to turn up to club training last week!

Dominic McGreevy and his offspring arrived in the hope of following in their dads' footsteps with a name on the trophy that the Prophet proudly showed to all in Donard Park one Sunday morning.

Tollymore all done and dusted in 1 hour 10 and it was down promptly to the beautifully decorated Avoca for pints and grub. A lot of Hill and Dale 'virgins' were requesting a mug and despite telling my glamorous assistant Francie only one tray to be used he had the mug box empty within 5 mins. Newcastle Ac is reportedly going into administration following the departure of Mary Mackin with at least 3 mugs. Allegedly she is coming back disguised with a beard and glasses to add to her already extensive collection. Butcher as usual was in fine form and was last man standing, even outlasting Debbie, the Prophet and McCann.



Next week is Kilbroney Forest Park with David and Barry Og conducting proceedings. I have taught Barry Og (well tried) and just hope he can put all that ICT I taught him to good use!  
\*\*Please note there is a different route this year!

Key points to note:

- ✓ Enter online before 9pm Tuesday (No payment on the night)
- ✓ Bring the same race number every week
- ✓ Get checked in by Admin Team on arrival
- ✓ EVERYONE MUST GET SCANNED

\*\*30 runners did not get scanned this week - this has serious Health and Safety ramifications as we were not aware you were on the course!!