

## **SHOE CLINIC BELL HILL CHALLENGE - SATURDAY, 29 OCTOBER 2011**

### **RACE REPORT**

A new mountain running event on the Bell Hill Forestry Block in the foothills of Canterbury near Sheffield on Saturday attracted a very good entry in its first year. The race covered a distance of 18.5kms with a steep 3km climb to the summit where, taking the competitors to a height of 500m above the start/finish line. The event also included a 12km circuit on the same course for walkers.

With an entry of 238 competitors and perfect weather, Race Director Chris Cox said that he was very pleased with the support this event has received and it shows that there is still a lot of interest in off-road running events in Canterbury.

The event was founded 6 years ago on Flagpole Hill at Whitecliffs and it was decided this year to take the opportunity to shift the event to the Bell Hill Block, offering a more challenging climb and a course on forestry roads better suited for road runners, thus better appealing to mountain runners, road runners and recreational walkers.

The event started and finished at Baldoon Farm at the end of Dalethorpe Rd. Competitors enjoyed the new course, found the steep climb to the summit very challenging, commenting on the spectacular views from the top and the variety of running as they descended to the finish line.

The men's race was won by James Coubrough, a NZ mountain running rep from Lower Hutt who is taking time out in Canterbury to train for the multi-sport season.

Coubrough took the lead from the start and was well in front at the summit, with Vajin Armstrong and Flavio Vianna following some way back, and with a chasing group further behind which included previous Flagpole Run-up winner, Grant Guise. Coubrough continued to increase his lead throughout the event and was never seriously challenged by the chasing pack, finishing the 18.5km circuit in an incredible time of 1:22:32, taking 8 minutes out of 2<sup>nd</sup> placed Armstrong. Considering that Coubrough had cycled from Christchurch to Akaroa and back the day before, it made his run even more outstanding.

Coubrough's training partner over the last few weeks while he has been in Canterbury, former Coast to Coast winner Fleur Pawsey, was the women's winner. She reached the summit with Nicola Handley and pulled away on the descent to win in 1:46:42, 2 minutes ahead of 2<sup>nd</sup> placed Handley, with Lisa Brignull finishing 3rd.

Race Director Chris Cox said he was very pleased with the quality of racing in both the men's and women's fields and is looking forward to a similar line-up at the Avalanche Peak Challenge Mountain Running Race being held in Arthur's Pass on 18 February 2012.

## **PRIZE RESULTS**

### **Run Men Open**

1 <sup>st</sup>	James Coubrough	1:22:32
2 <sup>nd</sup>	Vajin Armstrong	1:30:06
3 <sup>rd</sup>	Flavio Vianna	1:31:18

### **Run Women Open**

1 <sup>st</sup>	Fleur Pawsey	1:46:42
2 <sup>nd</sup>	Nicola Handley	1:48:10
3 <sup>rd</sup>	Lisa Brignull	1:54:34

### **Run Masters Men 40-49**

1 <sup>st</sup>	Brian Law	1:45:33
2 <sup>nd</sup>	Jon Pitchford	1:50:40
3 <sup>rd</sup>	Warren Eade	1:58:21

### **Run Masters Women 40-49**

1 <sup>st</sup>	Robyn Daly	2:08:48
2 <sup>nd</sup>	Megan Bourke	2:19:28
3 <sup>rd</sup>	Diana Adams	2:20:46

### **Run Masters Men 50+**

1 <sup>st</sup>	Nick Braithwaite	1:51:30
2 <sup>nd</sup>	James Park	2:02:42
3 <sup>rd</sup>	Trevor Merrifield	2:08:54

### **Run Masters Women 50+**

1 <sup>st</sup>	Bernadette Jago	2:12:31
2 <sup>nd</sup>	Cathy Cameron	2:15:27
3 <sup>rd</sup>	Jan Davison	2:17:13

### **Walk Open Men**

1 <sup>st</sup>	Pete Shannon	2:12:49
2 <sup>nd</sup>	Neil O'Donnell	2:26:53
3 <sup>rd</sup>	Jake Hann	2:40:25

### **Walk Open Women**

1 <sup>st</sup>	Kim Friend	2:01:21
2 <sup>nd</sup>	Bex Carpenter	2:08:54
3 <sup>rd</sup>	Joanne Parker	2:11:00

### **Walk Masters Men 40-49**

1 <sup>st</sup>	Neil O'Donnell	2:26:53
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### **Walk Masters Women 40-49**

1 <sup>st</sup>	Joanne Parker	2:11:00
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### **Walk Masters Men 50+**

1 <sup>st</sup>	Pete Shannon	2:12:49
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### **Walk Masters Women 50+**

1 <sup>st</sup>	Deborah Rhode	2:14:50
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