

1999 Christmas Flash report By

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The last mountain race of the current niillenium was held on Bray Head when the usual hardy souls braved the winter elements to run in the seasonal Christmas Flash. The race was the first outing for former Ifish Champion Francis Cosgrave (Blacl@mk) since his recent return flom Borneo. Cosgrave who had fimshed fift m the mfamew Kmabalu Climbathon in Malaysia - the so called ',toughest mountain raw in the world" - was expected to have an easy win in the 2.4 kilometre race up and down Bray Head. Cosgrave was surprisingly harried by former international A~us O'Cleifigh (DSD) all the way up the stiff climb to the summit cross, However, the DSD runner faded near the sunuffit and Cbsgrave pulled out a slight lead on the final approach to the top. He pressed home his advantage on the steep descent back down to Bray Seafront to win in the fast time, of 13 minutes 37 seconds - a 17 seconds margin over the DSD man. Crusaders Paul Nolan passed Richard Grace to take tlurd with Una May the first woman borne.

Christrnas Flash results

Mon. 27-Dec 99 Dry

Pos	Num	Name	cat	Time
1	863	Francis Cosgrave		13.37
2	872	Aenghus O'Cleirigh		13.54
3	867	Paul Nolan		15.39
4	871	Richard Grace		16.21
5	884	David Simpson	M20	16.28
6	870	Ken McCarthy		
7	875	Brian Bell	M40	17.31
8	864	Joe Lalorr	M40	17,44
9	888	Henny Brandsma	M40	17.47
10	1820	Brendan Murphy		17.52
11	865	Peadar O'Connor		18.01
12	894	Nick Russell		18.16
13	890	Martin Flynn		18.36
14	897	Una May	F	18.41
15	887	Kevin Murray	M40	18.44
16	895	Gavan Doherty		18.53
17	885	Mark Beacom		18.54
18	878	Leigh Cullen		19.26
19	883	Darragh Maxwell		19.33
20	877	Michael Slattery	MI5	19.40
21	876	Maria Slattery	F17	19.42
22	1827	Jane Watt	F40	20.22
23	868	Alan Dolan		20.37
24	874	Sean O'Byrne		20.54
25	869	Mick Kellett	M50	21.16
26	8P6	Irene Walsh	F	21.17

27	873	Declan Swords		21.27
28	896	Gordon Douglas		21.29
29	1815	Tom Galvin		21.44
30	1828	Graham Porter	M40	22.10
31	892	Brendan Doherty	M50	22.21
32	889	David Quinn	M40	22.24
33	880	Eva Mulleady	F	22.35
34	803	Jordan Russell	M15	22.45
35	842	Michael Galligan		22.56
36	182	Orla Gormley	F	23.02
37	1817	Frank Murphy	M40	24.23
38	1	Herby Inglis	M40	28.02
39	881	Tom Nally		30.00
40		Julie Hilliard	F40	30.20
41		Siobhan Murphy	F15	30.20
42		Mike Gomm	M60	35.20