

# RUN TOP TO BOTTOM

September 2nd, 6am to 6th, 6.10pm, 1994

78 year old Ernie Warwick, with Alex Elliott, Gary Bond, Mark Walsh, Peter Harris, Mike Jones, Graham Macdonald and John Taylor, all from the Birmingham area, were invited to participate in a relay run from John O'Groats in Scotland to Lands End, in the South West of England.

The run, for The Children's Hospital in Birmingham, was also to try and break the relay end to end record of 6 days, set by The End to End Association in 1979.

All eight runners took it in turn to run a ten mile leg, thereafter having a rest for the next 70 miles before having to run their second leg.

A change over coin was passed from runner to runner, the coin being held for the entire 900 mile duration by the runner out on the road completing their 10 mile section.

**Grave Yard Shift — 24 Hours A Day - Non Stop**  
**Every Runner had 11.25 legs of 10 mile Distance To Cover**

Peter Harris, Graham Macdonald were the next 2 runners to follow, setting a slightly slower time, nevertheless putting in a fine spirited effort.

John Taylor had organized the run and had required surgery on his leg three weeks prior to the run

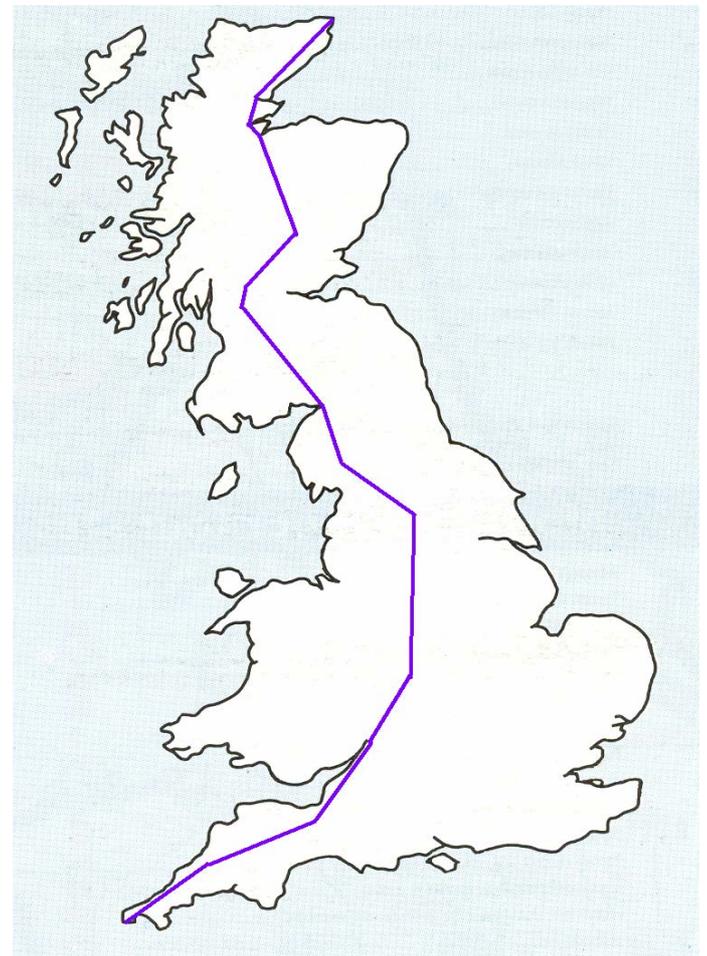
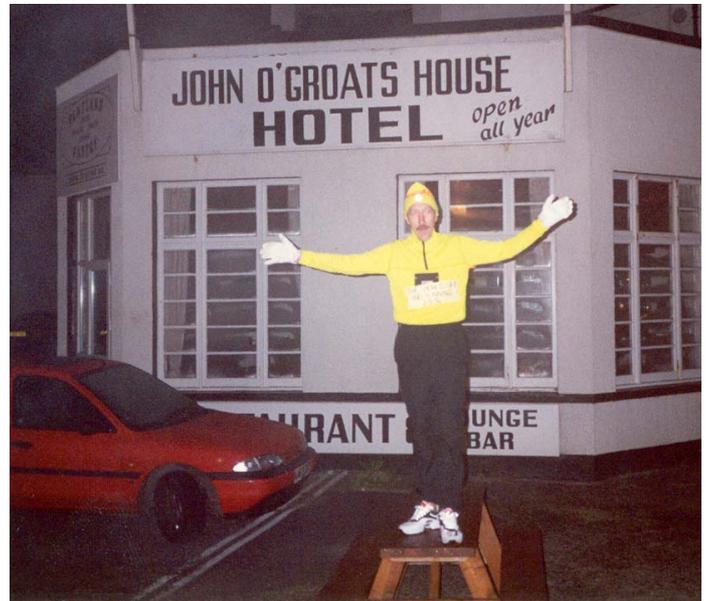
Alex Elliott pictured right, was one of the best 55 year old marathon runners in the country, starting the Relay Run from John O'Groats House Hotel, at 6am, in the pitch black.

Alex completed his first 10 miles in 49 minutes, setting a very tough standard for the other runners to follow.

Mike Jones, Gary Bond and Ernie Warwick our 78 year young runner kept the 10 mile pace at over 10 miles per hour.

Mark Walsh on his first leg tripping and tearing ligaments in his ankle meant his relay running stints were finished, but he remained a major part of the team, making the essential drink compounds up, supplying energy foods to the runners, prior, during and after each leg, as well as keeping a detailed log of all the runners times, for Record verification needs.

commencing, however, Mark Walsh's unfortunate fall meant Taylor would have to do Walsh's 10 mile legs. Taylor's first leg was over in a credible one and a half hours, a time he would continue to achieve in the required 11 legs every team member had to run.



# Scotland to England

It's a long way from John O'Groats to Inverness, to Perth, to Glasgow, down to Carlisle on the Scottish border, 450 miles covered in 2 days, or 47 hours, 57 minutes to be exact.

The team were on target to run 900 miles in 4 days, if the same pace could be kept up, which was a tough task, but not impossible, knocking the old Record off by 2 days.

Ernie Warwick went missing in Scotland, when the camper found our 78 year old leader, he was sitting in a garden drinking half a Guinness and eating some Scottish grits. "Relax, plenty of time to break the Record" was Ernie's response, proving you cannot buy experience.



## Gary Bond Handing Over To John Taylor

Running by yourself over ten miles, seeing the camper drive off into the distance, does strange things to ones mind, it either makes you more determined, or you give up like a spoilt child not getting their own way.

Approaching Bodmin Moor, not a million miles away from the finish line, Mike Jones finished his leg, after every leg, he would put his feet on the second camper step, hands on the ground and pump out 100 press ups.

At the pub we stopped at in the outskirts of Bodmin, Mike continued his ritual, after he'd finished, with eyes bulging out of his head, he all of a sudden went into the camper and started smashing everything in sight, Taylor and PC Bond put him in a headlock and tried to restrain him, thereafter calming him down. Mike was chanting threats and the public in the pub bar called the police. The police called a doctor, who section 8 Mike under the Mental Health Act. It took 8 officers to get this slightly built man into their van. Mike's family were called, taking 8 hours to make sure Mike and his family were secure. The Jones family asked our group to continue the run, which we reluctantly did, minus a valuable member of our team.

Four and a half days after the Relay began, with the Lands End Hotel 150 metre's away, all remaining team members joined hands and ran the last piece together.

A New Record, good fund raiser, however tinged with sadness.

Page 2 Ernie Warwick being interviewed by BBC TV, at the end of a very eventful 900 mile run, at The Land's End Hotel, England.

