

Holmes uses his 'loaf' to win again

AN Holmes' reign in the Soreen Stanbury Splash continued as the Keighley runner saw off the other 105 contenders in lovely spring-like conditions.

The 43-year-old Bingley Harrier won the seven-mile race in Penstone Hill Country Park with a time of 44min 04sec.

In second place, like last year, was Graham Pearce, who ran a faster time of 46.01, while Darren Kay of Horwich finished third in 47.36.

Every senior competitor was given a malt loaf by the sponsors, and Holmes said: "It's a regular part of my diet, especially when racing and training hard."

"I even had two slices before the race!"

But it is the miles of training more than the malt loaf which sees Holmes still going strong.

Elsewhere, Goose Eye athlete Tim Edward, who last year broke his leg in the Lake District, is coming back to form and came seventh overall, while Keighley and Craven's Paul Crabtree finished 13th.

Dick Valentine became winner of the prestigious locals' trophy in finishing 28th.

Meanwhile, 21-year-old Swiss international orienteering star Sabine Hauswirth continued her success over here by winning the

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ladies' race from British Open Fells' champion Lisa Lacon, who had won her last three fell races and triumphed in this race ten years ago.

Hauswirth just caught Lacon in the final stages and had the strength to win by 14 seconds in 55:38.

Ikley Harriers, with Sally Morley third and Val Kerr 20th in addition to Hauswirth, won the ladies' team event.

Not to be outdone, Ikley's men also won with Tom Adams sixth, Lee Morley ninth, and Steve Turland 19th.

Ikley Harriers also had the under-eight winners in Logan Hargreaves-Madhas and Bethan Morley, while Evelyn Malir finished second from the 42 runners who enjoyed the muddy conditions but enjoyed the Soreen goody bag even more!

Keighley and Craven had two winners in the junior races with Josh Ferguson and Pippa Barrett taking the under-14 races and, with 99 competitors entered, it was a bumper field.

Organiser David Woodhead said: "In these days of the credit crunch, it's fantastic that Soreen are happy to support the race."



TREAD CAREFULLY: Louis Holmes, above, in the junior race

FRONT FIVE: The leading quintet in the Soreen Stanbury Splash. From left, Darren Kay (third), Ian Holmes (first), Graham Pearce (second), Alex Whitten (fourth) and Tom Brunt (fifth) Pictures: David Woodhead