



IAN HOLMES clinched a Stanbury Splash 'treble' as he romped to victory, despite pressure from Gavin Bland of Borrowdale.

Holmes, who set a time of 44mins 38secs resorted to a tactical run, speeding up and slowing down around the course, which threw Bland off his stride.

The first local prize went to **Craig Bottomley**, a member of the Keighley and Craven Club, in 14th place overall.

Steve Oldfield was first over-40 vet in eighth place and **Carol Greenwood** continued to dominate the women's places in 19th place, setting a new record time of 50mins 11secs.

Other local runners were: 16

Steve Hawkins, 20 **Sam Wadsworth** (K&C), 55 **Pete Bramham** (K&C), 63 **Adrian Thomas** (K&C), 88 **Rob Grillo**, 140 **Chris Tomes** (K&C).

Second lady was **Elizabeth Bott** with **Lynn Quigley** in third place.

A total of 370 runners took part and all finishers received a Sorren Malt Loaf.