



**Warburton's**  
Family Bakers Since 1876



**20<sup>TH</sup> SOREEN STANBURY SPLASH FELL RACE**



**26<sup>TH</sup> JANUARY 2003 7 MILES 1200 FT**

1	IAN HOLMES 9TH STRAIGHT WIN INCLUDING 'GHOST' WIN	BINGLEY		47-57	1
2	DAVE NEILL 3RD O40 WIN	STAFFS MOOR	V40	48-40	56
3	PHIL SHEARD	P&B		49-06	68
4	STEVE OLDFIELD	BRAD/AIRE	V40	49-46	55
5	PETER BRITTLETON	HOWGILL		50-34	254
6	STEVE FRAZER	BINGLEY	V40	50-43	221
7	STEVE BOTTOMLEY	P&B		51-07	22
8	JASON HENSLEY	P&B		51-09	91
9	STEFAN MACINA	P&B		51-14	140
10	GRAHAM SCHOFIELD	HORWICH RMI	V40	51-43	52
11	MARK CHRYSANTHOU	UA		52-13	65
12	JULIAN RANK	HOLMFIRTH	V40	52-31	149
13	COLIN MOSES	BINGLEY	LOCAL	52-50	186
14	ALISTAIR REES	HOLMFIRTH		52-54	161
15	JON WRIGHT	TODMORDEN		53-03	32
16	ROBIN BRADBURY	BINGLEY	LOCAL	53-19	138
17	RICHARD PATTINSON	PUDSEY P		53-26	118
18	ROB THACKERY	UA		53-33	214
19	PAUL PRESCOTT	TODMORDEN		53-49	24
20	ROB HAWORTH	MIDDLETON	V40	55-38	3
21	WILL SMITH	KLY&C		55-47	218
22	STEVE CLAWSON	ROSSENDALE		55-52	26
23	ADRIAN PICKLES	SETTLE	V40	55-58	225
24	THORNTON TAYLOR	ROSSENDALE	V40	56-07	211
25	ANDREW WOOD	BINGLEY		56-15	184
26	DAVE NAUGHTON	DARWEN	V40	56-18	178
27	STEVE FREEMAN	AMBLESIDE		56-27	235
28	DALE FOSTER	OTLEY		56-28	40
29	JAMES SENIOR	BINGLEY		56-29	7
30	GRAHAM BRID	BINGLEY		56-33	78
31	STEVE WHITAKER	CLAYTON	V40	56-36	120
32	NICK PEARCE	ILKLEY	V40	56-40	164
33	SIMON ANDERTON	TODMORDEN	V40	56-45	81
34	BOFF WHALLEY	P&B	V40	57-04	177
35	RICHARD GREENWOOD	UA		57-07	153
36	BRIAN SHAW	DARWEN		57-49	28
37	GRAHAM PEARCE	ILKLEY		57-53	251
38	MIKE WALSH 2 <sup>ND</sup> OVER 50 WIN	KENDAL	V50	58-03	94
39	SIMON GALLOWAY	TODMORDEN		58-04	16
40	MARTIN ROBERTS	TODMORDEN	V40 LOCAL	58-08	44
41	PAUL CRABTREE	KLY&C		58-40	36
42	BRENT HOGGAN	ACCRINGTON		58-43	57
43	GEOFF HOWARD	ILKLEY	V50	58-45	116
44	JON BROOK	UA		58-47	237
45	NEIL WORSWICK	CLAYTON		58-48	176
46	MARK NUTTER	CLAYTON	V40	58-48	172
47	STEVE TURLAND	UA		58-50	67
48	SHARON TAYLOR 1ST EVER WOODENTOP WIN-----HOORAY!	BINGLEY	F	58-55	215
49	TIM EDWARD	UA		59-0	146
50	DARREL BRADBURY	DARK PEAK FR		59-12	135
51	PAULINE MUNRO	BINGLEY	F	59-15	207
52	JEFF PICKUP	CLAYTON	V50	59-19	19

53	PAUL HINDLE	KLY&C	V40	59-32	227
54	ANTHONY SHEPHERD	SETTLE	V40	59-45	79
55	PAUL BRANNAGAN	TODMORDEN		59-49	232
56	ALAN LIFE	CLAYTON		59-50	129
57	HELEN JOHNSON	BINGLEY	FV35	59-55	107
58	MIKE BALDWIN	ILKLEY	V40	59-56	111
59	SIMON HASSELL	UA	LOCAL	59-59	6
60	BEN CROWTHER	TODMORDEN		60-25	189
61	RUSSELL OWEN	DARWEN	V40	60-39	60
62	JOHN FORTESCUE	ABBEY	V40	60-41	233
63	IAN JOHNSON	ILKLEY	V40	60-41	69
64	JOHN ADARI	HOLMFIRTH	V40	60-47	53
65	MICK PROCTOR	CLAYTON		60-51	103
66	CLIVE SMITH	ILKLEY		60-55	88
67	PAUL BOARDMAN	HORWICH RMI	V40	61-11	77
68	ROGER HAWORTH	TODMORDEN		61-36	191
69	VINCE BROOKES	DARWEN	V40	61-48	151
70	EMMA BARCLAY	ILKLEY	FV35	61-51	134
71	STEVE HONEYMAN	MIDDLESBORO'	V40	62-10	74
72	HELEN JACKSON	BINGLEY	F	62-17	185
73	ANGUS BARCLAY	TODMORDEN	V40	62-22	173
74	STEVEN WHITE	CLAYTON	V40	62-48	85
75	MIKE SMITH	TODMORDEN	V40 LOCAL	62-53	92
76	NORMAN BUSH	ILKLEY	V50	62-55	11
77	ROB SHARRATT	RED ROSE		63-03	156
78	KEITH PARKINSON	TODMORDEN	V40	63-12	38
79	HARRY WALKER	CLAYTON	V50	63-30	204
80	GRAHAM FINCH	HORWICH RMI	V40	63-34	163

81	NEIL REED	P&B		63-44	216
82	DICK BALLANTINE	UA		63-45	209
83	GARY MURFIN	UA		63-45	66
84	ALAN BOCKING	PENNINE	V40	63-48	30
85	PAUL REYNARD	FELLANDALE	V50	63-50	63
86	ANDREW WEBSTER	BARNSELY		63-52	83
87	ALLEN DOIG	UA		63-53	229
88	STEVE CARTER	SPEN	V50	63-57	97
89	IAN HUTCHINSON	BOWLAND	V40	64-04	160
90	NEIL BLAND	KLY&C	V50	64-05	150
91	ANDREW BIBBY	TODMORDEN	V40	64-10	114
92	DEREK DONAHUE	TODMORDEN	V40	64-11	132
93	PETER JAGAN	BINGLEY	V50	64-12	124
94	TERRY MARTIN	CLAYTON	V40	64-13	130
95	HELEN GLOVER	KLY&C	F	64-15	256
96	GARY PHILLIPS	PUDSEY P	V40	64-19	169
97	ALISON RICHARDS	TODMORDEN	F	64-21	86
98	GRAHAM BREEZE	SKYRAC	V50	64-24	5
99	IAN MARSHALL	ILKLEY	V40	64-26	93
100	PAUL SHARPLES	BINGLEY	V40	64-29	108
101	ANTHONY COOPER	UA		64-36	123
102	DANIEL STEPHENSON	UA		64-39	170
103	GEORGE LARGE	N.VETS	V50	64-52	31
104	IAN MANN	ILKLEY		64-53	148
105	HOWARD DARWIN	UA		64-54	203
106	ANDREW FIRTH	CLAYTON	V40	65-07	75
107	NEIL TAYLOR	BINGLEY	V40	65-11	106



108	KEITH BINNS	UA	V40	65-12	219
109	BRIAN WILSON	DRAGON R.		65-15	253
110	RUSSELL FAIRHURST	KLYBC		65-55	142
111	DAVE ARMSTRONG	ST.BEDES	V50	66-02	62
112	BRUCE DUNCAN	BINGLEY	V50	66-09	72
113	ERIC WRATHHALL	TODMORDEN	V40	66-12	208
114	MARK WHITAKER	UA	V40	66-24	257
115	ROSS JAKUES	CLAYTON	V60	66-34	131
116	NEIL ALDERMAN	TRAWDEN	V40	66-45	121

117	BOB HALLSTEAD	UA	V40	66-52	82
118	RICHARD GRIFFITHS	HOLMFIRTH	V40	67-00	115
119	JIMMY OLDFIELD	BRAD/AIRE		67-03	54
120	TONY WRIGHT	UA	LOCAL	67-07	187
121	ROGER HALL	BINGLEY	V50	67-17	13
122	DAVID TOLSON	RED ROSE	V40	67-20	147
123	BILL MINTON	ACHILLE R	V50	67-25	117
124	MARK SOUTHEN	ILKLEY	V40	67-33	71
125	ALISON WESTON	ILKLEY	FV35	67-39	139
126	NICK CHARLESWORTH	UA		67-59	157
127	RICHARD WALMSLEY	UA		68-01	152
128	LINDA CLARKSON	DARWEN	FV35	68-14	18
129	ED BROWN	UA		68-20	220
130	JACQUI FOSTER	KLYBC	FV35	68-27	143
131	SALLY CORBIN	PBB	F	68-36	98
132	JOHN ASHTON	TODMORDEN	V50	68-40	183
133	NEIL HODGKINSON	TODMORDEN		68-45	33
134	EDDIE LESNIAK	UA	V40	68-47	236
135	DAVID SHORROCK	DARWEN	V50	68-56	255
136	BILL HARGREAVES	BINGLEY	V50	68-58	96
137	BILL HUNTER	HOLMFIRTH	V50	69-01	174
138	DAVE ILLINGSWORTH	BRAD/AIRE	V60	69-02	45
139	JULIE HAWORTH	MIDDLETON	FV35	69-13	49
140	JACQUELINE SHAW	DARWEN	FV35	69-25	29
141	JIM SOMMERVILLE	HOLMFIRTH	V50	69-34	8
142	BRETT WEEDEN	KLYBC	V40	69-41	141
143	COLIN BEST	OTLEY	V40	69-47	202
144	JOHN ELY	CFR	V50	69-50	42
145	STEVE BURY	CLAYTON	V40	69-59	104
146	MARK WILSON	TODMORDEN		70-08	212
147	MARGARET JAGAN	EPOC	FV50	70-09	125
148	RICHARD O'SULLIVAN	TODMORDEN	V40	70-19	46
149	JACKIE GRAHAM	HOLMFIRTH	FV40	70-34	61
150	ALLAN D'CLEMENCE	LEEDS CITY	V40	70-41	175
151	MICK FORD	BINGLEY	V50	70-48	59
152	LIZA ELLIS	NIDD VALLEY	FV35	70-51	168
153	BRIAN EYRE	YMCA	V40	70-53	205
154	SHARRON SMITH	BINGLEY	F	71-00	188
155	RICHARD BREWSTER	RUCKSACK		71-24	213
156	CHRIS LYON	HORWICH RMI	V40	71-46	210
157	CLAIRE MCKENNA	MIDDLETON	F	71-49	50

158	JOHN WILKINSON	MILTON KEYS	V40	71-52	181
159	PETER EHRHARDT	TODMORDEN	V50	71-52	73
160	MALCOLM COLES	SKYRAC	V60	72-00	80
161	JOHN PAGE	TODMORDEN	V50	72-06	41
162	RAY PICKETT	BOWLAND	V50	72-10	100
163	PHIL THACKERY	UA	V50	72-19	167
164	RACHEL GOOCH	ILKLEY	FV40	72-21	95
165	RACHEL SHARPLES	KLYBC	FV40	72-24	109
166	ROY ASHCROFT	DARWEN	V50	72-25	226
167	PETER FORSHAW	EASINGWOLD		72-57	39
168	PHIL SOUTHWELL	TODMORDEN	V50	73-02	258
169	JOHN DEVLIN	TODMORDEN	V60	73-25	154
170	PETER DUGDALE	CLAYTON	V40	73-54	101
171	JIM WHALLEY	CLAYTON	V50	73-57	37
172	STEVEN HUTTON	RED ROSE	V50	73-58	102
173	DAVID O'NEIL	TODMORDEN	V40	74-08	155
174	MICK WATSON	BINGLEY	V50	74-14	14
175	MAX KNOWLES	RED ROSE	V40	74-15	166

176	CAROL LIFE	CLAYTON	FV35	74-17	84
177	JOHN MATEER	UA		74-22	130
178	MARTIN KILBURN	ONEZONE	V40	74-30	249
179	MIKE McDONALD	N.VETS	V60	74-30	87
180	ERIC RIDDALL	SELOC	V50	75-13	4
181	MANDY GOTH	TODMORDEN	FV40	75-18	126
182	JANET CHAPLIN	CHORLEY	FV40	75-19	27
183	JIM SYMON	UA		75-22	231
184	BRIDGETT DOHERTY	ILKLEY	FV40	75-29	89
185	JOH SUTCLIFFE	TODMORDEN		75-32	224
186	SUE TAYLOR	DARWEN	FV40	75-35	15
187	ANDY LOWE	CHORLEY	V50	75-39	158
188	GEORGE DIPROSE	DPFR	V40	75-53	20
189	SUE ROBERTS	TODMORDEN	FV40	75-58	43
190	DEREK CLUTTERBUCK	ROCHDALE	V70	75-59	23
191	DAVID SUTCLIFFE	UA		76-19	51
192	GEORGE CORBISHLEY	ROSSENDALE	V50	76-34	48
193	CLAIRE PARFITT	TODMORDEN	F	77-13	112
194	NIGEL HARVEY	TODMORDEN	V40	77-28	144
195	ANDREW CROOK	UA	V40	77-30	223
196	ROBERT HIRST	CLAYTON	V50	77-49	128
197	TIM WADE	ONEZONE	V40	78-18	206

198	JIM HODGSON	UA	V40	78-20	180
199	PHILIP MOOREHOUSE	UA	V40	78-31	34
200	DAVID BESTON	ABBEY	V40	78-37	182
201	RACHEL MARTIN	HOLME PIER.	F	78-47	136
202	HILARY LANE	ABBEY	FV40	78-56	228
203	EDDIE PROCTOR	CALDER	V50	79-42	47
204	JIM TAYLOR	DARWEN	V50	79-56	17
205	PETER JOHNSON	BTA	V40	80-05	162
206	GEORGE BARROW	TODMORDEN	V60	80-17	145
207	DAVID BAILEY	CLAYTON	V40	80-36	10
208	DOMINIC GOLETTORPE	UA		80-38	222
209	ADAM PARTON	ABBEY		80-44	111
210	CAROL LYON	NEWBURGH N	FV40	80-59	250
211	JOHN MYERS	DPFR	V50	81-02	64
212	HELEN WILSON	TODMORDEN	FV35	81-24	105
213	KERON ASHWORTH	CLAYTON		82-31	9
214	PETER KELLY	UA	V40	82-42	159
215	PIP ALLEN	UA	FV35	82-46	171
216	SUE DUCKWORTH	DARWEN	FV35	83-22	76
217	JULIA MANGAN	DARWEN	FV35	83-23	122

218	PAULA MARTIN	UA	F	85-49	192
219	MICHAEL MOOREHEAD	SETTLE	V40	86-08	234
220	AMANDA ENGLISH	REDHILL	FV35	86-11	137
221	DAVID CATTANACH	OTLEY	V50	87-29	165
222	CAROLINE HARDING	PBB	F	89-14	99
223	PAUL BUCKLEY	UA	V50	90-37	2
224	MARK CATESBY	UA		92-12	217
225	CATHERINE SHAW	KLYBC	FV35	92-56	110
226	LINDA CAREY	KLYBC	FV40	92-59	58
227	STEVE TOPHAM	SALTWELL	V40	94-19	12
228	IAN DERBYSHIRE	FRA	V40	95-54	201
229	PAT COLLIER	TODMORDEN	FV50	97-00	127
230	DAVE KITE	TODMORDEN	V50	97-49	252
231	PETER NICHOLSON	BINGLEY	V50	99-37	190
232	LINZI BRUSSELLS	CHORLEY	F	102-41	25
233	EDDIE PUGH	CHORLEY	V60	103-00	119
234	MARK SAVILLE	FELLANDALE	V40	106-12	179
235	JIM SMITH	TODMORDEN	V60	109-39	21
236	JOHN NEWBY	TODMORDEN	V70	111-33	35

MANY THANKS TO WARBURTON SOREEN



# Bringing home the great fruity taste of Soreen products



TEAMS MEN			
1	PNB	3,7,8,9 = 27	
2	BINGLEY	1,6,13,16 = 36	
TEAMS LADIES			
1	BINGLEY	1,2,3 = 6	
2	ILKLEY	4,8,19 = 31	



	U10,U12&U14	NEW ROUTE	NEW REC'S	
1	GRANT CUNLIFFE	ROSSENDALE	U14	7-46 REC
2	NIALL GOULD	EAST CHESHIRE	U12	7-52 REC
3	ANDREW BRAY	BINGLEY	U14	7-54
4	PHILIP BOLTON	ROSSENDALE	U14	7-58
5	BEN PAGE	HALIFAX	U12	8-01
6	RICHARD SHUTTLEWORTH	PRESTON	U12	8-13
7	RYAN GOULD	EAST CHESHIRE	U10	8-24 REC
8	JESS HUCHINSON	UA	U12	8-29
9	HOLLY PAGE	HALIFAX	GU12	8-31 REC
10	JOE SUTCLIFFE	BINGLEY	U12	8-32
11	JADE HARTLEY	PENDLE	GU14	8-33
12	ROGER BRYANT	MANDOC	U12	8-41
13	WILLIAM HODGINS	UA	U12	8-41
14	KATIE IRELAND	ROSSENDALE	GU12	9-02
15	TOM OWEN	DARWEN	U14	9-15
16	ALICE MUNNOCH	WHARFEDALE	GU12	9-16
17	MARK GREENWOOD	UA	U12	10-06
18	RHEAN OWEN	DARWEN	GU12	10-07
19	KARA SHUTTLEWORTH	PRESTON	GU14	10-17
20	DAVID BURNIP	CLAYTON	U12	10-23
21	ETHAN HASSELL	STANBURY	U12	10-24
22	MATTHEW WEDGE-ROBERTS	HEBDEN ROYD	U12	10-28
23	SAMUEL HODGINS	HEBDEN ROYD	U10	10-28
24	CHARLIE WHITAKER	BINGLEY	U12	10-48
25	JOSEPH STEPHENSON	BINGLEY	U10	11-23
26	REBECCA NEILL	STAFFS MOOR	GU10	11-38 REC
27	RYAN GOOD	HEBDEN ROYD	U10	11-40
28	MATTHEW DAWSON	HEBDEN ROYD	U12	11-41
29	JOANNA MASON	UA	GU10	11-51
30	EMILY WOOD	ILKLEY	GU12	12-02
31	KATIE HUTCHINSON	UA	GU10	12-17
32	JACK REEDER	HEBDEN ROYD	U10	12-49
33	JORDAN EDWARDS	HEBDEN ROYD	U10	14-45
34	SAM PRITCHARD	HEBDEN ROYD	U12	15-03
35	JESSICA ACHESON	UA	GU10	15-51

UNDER 16 RACE				
1	PETER HAWORTH	MIDDLETON		14-17
UNDER 8 RACE		NEW ROUTE	NEW REC'S	
1	AARON SCHOFIELD	EAST CHESHIRE		3-15 REC
2	JOSH FERGUSON	UA		3-35
3	ANNIE ROBERTS	TODMORDEN	GIRL	3-42 REC
4	PATRICK DENNIS	KLY&C		3-53
5	SAM WOOD	ILKLEY		3-55
6	ADAM DAWSON	HEBDEN ROYD		3-56
7	AIDAN GOOD	HEBDEN ROYD		4-13
8	BARNEY RILEY	CALDER		4-19
9	GEORGE DENNIS	KLY&C		4-20
10	ANDREW TAYLOR	UA		4-22
11	MARtha ANDERTON	UA	GIRL	4-33
12	ELLA ROBERTS	TODMORDEN	GIRL	4-38
13	SKYE WILSON	TODMORDEN	GIRL	5-31
14	MOLLIE ACHESON	UA	GIRL	5-38

WHY NOT TRY

**SOREEN GO - 39p (or £1.59 for five)**

The gooey goodness of malt loaf is a longstanding favourite in the **RUNNER'S WORLD** office. So we were eager to try these new fruity cereal Go bars from Soreen. On first bite it's apparent that, apart from a pleasant but strong malty flavour, the bars aren't simply slabs of malt loaf in a wrapper. Instead, they have a slightly crispy, chewy texture - more like a cereal bar. But how do they shape up energy-wise? Roughly the same size as a large energy gel, each bar is over 90 per cent fat free, and provides around 133kcal and 27.2g of carbohydrates. That's almost exactly the same, gram for gram, as the energy bars you'll get from the major sports nutrition brands, but at a fraction of the price. So, while they're probably not suitable for mid-run energy, the bars (available in Tesco from the end of January) should work well as a pre- or post-run boost.

Contact 0800-515739; [www.soreen.com](http://www.soreen.com)



# Malt loaf run is a fruity success

GALE force winds, two icy streams and pools of standing water turned last weekend's Soreen Stanbury Splash into a gruelling endurance test.

An amazing 240 seniors and 50 junior runners took part in a spectacular event, with the seniors covering 7-miles and 1,200ft of climbing.

Runners had to cross the streams four times and make a hands and knees climb of Ponden Kirk.

Ian Holmes dominated again to take his ninth successive victory as he was chased home by English 19er-40s champion Dave Neill who has won the Vet's category for the last three years.

Colin Moses collected the locals trophy with a superb 13th position after battling with Robin Bradbury over most of the course.

Sharon Taylor, 23, dethroned Pauline Munro who had won the race for the previous two years, with 200 winner Helen Johnson in picking up the V35 title in third place.

All the runners were presented with Soreen Malt Loaves and a video of the race was shown during the prize presentation at the Sun Inn.

Result: 1 Ian Holmes (47:57), 2 Dave Neill V40 (48:40), 3 Phil Sheard (49:06), 3 Steve Oldfield V40 (49:46), 5 Peter Bridleton (50:34), 6 Steve Frazer V40 (50:43), 7 Steve Bottomley (51:07), 8 Jason Hemsley (51:09), 9 Stefan Macina (51:14), 10 Graham Schofield V40 (51:43).

13 Colin Moses (Bingley) 1st local (52:50); 16 Robin Bradbury (Bingley) 2nd local (53:19); 18 Rob Thackery



13 Colin Moses (Bingley) 1st local (52:50); 16 Robin Bradbury (Bingley) 2nd local (53:19); 18 Rob Thackery

53:33); 21 Will Smith (K&C) (55:47); 25 Adrian Wood (Bingley) (56:15); 29 James Senior (Bingley) (56:29); 30 Graham Bird (Bingley) (56:33); 38 Mike Walsh V50 (58:09); 40 Martin Roberts (Todmorden) V40 local (58:08).

1st Lady Sharon Taylor (58:55); 2 Pauling Munro (59:12); 3 Helen Johnson (59:55); 4 Emma Barclay (61:51); 5 Helen Jackson (62:17); 6 Helen Glover local (64:15).

XXXXXXXXXXXX

# RUNNING OVER FORTY

Would you spend an extra £10 on your racing shoes, if they made you run faster? A coaching book will have more effect than a pair of shoes – and it lasts longer.

This is to let you know about our new book, **Running Over Forty** – the only book published in Britain to be written specifically for over-forty runners.

It has training schedules for all the standard events, at basic level, club level and elite level, with adjustments for the over-50 and over-60 age groups.

The contents include:

- The principles of training
- Training for the 10k
- Training for the Marathon
- Diet and lifestyle guidelines
- Training for beginners
- Training for the half-marathon
- Age and performance

Bruce and Sue Tulloh have been training and competing for 40 years and coaching successfully for 35 years. This book is the fruit of their experience – and that of the hundreds of veteran athletes who responded to their questionnaire.

Please send me \_\_\_\_\_ copies of **RUNNING over FORTY**

Price: £10.99 + 99p postage per copy

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REF DW RACES