



21ST SOREEN STANBURY SPLASH FELL RACE

25TH JANUARY 2004 7 MILE/1200FT

CONGRATULATIONS TO IAN HOLMES ON HIS DOMINANCE OF THIS RACE & SHARON TAYLOR ON RETAINING THE OIL PAINTING TROPHY



1	IAN HOLMES 10TH STRAIGHT WIN INC. 'GHOST' WIN	BINGLEY		45-16	1
2	ROB JEBB	BINGLEY		47-03	177
3	DAVE NEILL 4TH V40 WIN	STAFFS MOOR	V40	47-30	68
4	ROBIN LAWRENCE	BINGLEY		48-20	40
5	STEVE BOTTOHLEY	P&B		48-25	253
6	JAMES LOGIE	HORWICH RMI		48-33	145
7	JASON HEMSLEY	P&B		48-51	193
8	STEVEN NEILL	P&B		49-21	46
9	GRAHAM SCHOFIELD	HORWICH RMI	V40	49-56	2
10	ANDY SHAW	HOLMFIRTH	V40	50-20	191
11	RICHARD PATTINSON	PUDESEY P		50-34	147
12	DAN GOLDING	AMBLESIDE		50-47	138
13	STEVE FRAZER	BINGLEY	V40	51-00	62
14	BOFF WHALLEY	P&B	V40	51-26	101
15	PHIL GRIGES	HALIFAX	V40	51-29	123
16	ROBIN BRADBURY 1ST LOCAL WIN	BINGLEY	LOCAL	51-40	26
17	THORNTON TAYLOR	ROSSENDALE	V40	51-49	92
18	JOHN WOOTTON	WHARFEDALE	V40	51-51	69
19	COLIN MOSES	BINGLEY	LOCAL	52-06	153
20	STEVE CLAWSON	ROSSENDALE		52-08	146
21	ROB THACKERY	UA		52-20	256
22	JULIAN RANK	HOLMFIRTH	V40	52-31	250
23	STEFAN MACINA	P&B		52-42	194
24	MARK CHRYSANTHOU	UA		52-46	180
25	RICHARD GREENWOOD	CALDER		52-49	96
26	NEIL ARMITAGE	PUDESEY P		52-53	87
27	IAN ROWBOTHAM	HARROGATE	V40	52-58	122
28	PAUL HINDLE	KLY & C	V40	53-02	207
29	ANDREW WOOD	BINGLEY		53-08	161
30	SHAUN WILKINSON	UA		53-09	178
31	RICHARD MARLTON	STOCKPORT		53-12	197
32	ALEX WHITTEM	TOOMORDEN		54-01	104
33	COLIN SHUTTLEWORTH	CLAYTON	V40	54-32	3
34	BRIAN STEVENSON	P&B	V40	54-41	186
35	TIM LANEY	CLAYTON	V40	54-49	86
36	TONY HESKETH 4TH V50 WIN	HORWICH RMI	V50	55-01	59
37	JAMES SENIOR	BINGLEY		55-17	124
38	MIKE WALSH	KENDAL	V50	55-41	55
39	DUNCAN ASQUITH	SKYRAC	V40	55-43	21
40	DALE FOSTER	OTLEY		55-45	144
41	ANDREW SHELBORNE	BARNSELY		55-47	43
42	SAM WEBSTER	BINGLEY	U18	55-55	129
43	SAUL MULDOON	HOLMFIRTH		55-57	103
44	RICHARD GRIFFITHS	HOLMFIRTH	V40	55-59	270
45	MARK NUTTER	CLAYTON	V40	56-04	53
46	PAUL MITCHELL	BINGLEY	V40	56-08	158
47	SHARON TAYLOR 2ND LADIES WIN	BINGLEY	F	56-09	176
48	PHIL HINCHCLIFFE	BARNSELY		56-45	262
49	ANDY NICHOLL	BINGLEY		56-50	184
50	SARAH ROWELL '95 & '96 WINNER	P&B	FV40 REC	56-54	76
51	ANDY HOWIE	PENRINE	V40	57-03	15
52	RICHARD FORBES	FELLANDALE	V40	57-08	148
53	MIKE BALDWIN	ILKLEY	V40	57-16	157
54	GEOFF HOWARD	ILKLEY	V50	57-23	27
55	JONATHAN BROOME	ACHILLE RATTI		57-25	140
56	RICHARD DURRANT	RUSHTON S	V50	57-38	36
57	NEIL HINDLE	UA	V40	57-45	150
58	ADRIAN NETHERWOOD	BINGLEY	V40	57-53	32

59	MICHAEL CORBISHLEY	ROSSENDALE		57-56	275
60	CHARLIE MARSHALL	KLY & C	V40	58-00	51
61	MARTIN FARRAR	SKYRAC	V40	58-06	41
62	BEN CROWTHER	TOOMORDEN		58-07	35
63	DAVE STEPHENSON	BINGLEY	V40	58-08	136
64	MARTIN TERRY	CLAYTON	V40	58-11	63
65	MARTIN PEACE	BINGLEY		58-22	118
66	JEFF PICKUP	CLAYTON	V50	58-25	83
67	NICK HELLJWELL	BINGLEY		58-31	49
68	MAL CHRISTIE	CHORLEY	V40	58-36	151
69	HELEN SEDGWICK	ILKLEY	F	58-39	7
70	JACK VERITY	ST.BEDES	V40	58-41	82
71	JOHN EGAN	BINGLEY		58-50	183
72	SIMON GALLOWAY	TOOMORDEN		58-55	58
73	IAN MARSHALL	ILKLEY	V40	58-58	94
74	RICHARD ALLEN	CALDER		59-08	196
75	DAVID ASKEW	HARROGATE	V40	59-10	9
76	JULIAN DONNELLY	DARWEN	V40	59-13	173
77	PETER BRAMHAM	KLY & C	V50	59-17	208
78	ANDY COLLINSON	EAST HULL	V40	59-27	102
79	WAYNE PERCIVAL	AMBLESIDE	V40	59-41	108
80	DICK BALLANTINE	UA		59-44	22

81	STEPHEN FRY	BINGLEY	V40	60-15	31
82	ANTHONY SPICER	ROSSENDALE	V50	60-16	209
83	ASHLEY HARDWELL	ILKLEY	V40	60-30	125
84	CRAWFORD OLIPHANT	CARNETHY		60-53	189
85	RUPERT KEMPLEY	P&B		60-57	278
86	COLIN GILMOUR	UA	V40	61-01	154
87	DAVID MIDDLEMASS	HOLMFIRTH		61-08	44
88	KEITH PARKINSON	TOOMORDEN	V50	61-26	29
89	ANDY BARRETT	PUDESEY P	V40	61-31	170
90	PAUL WHELAN	BINGLEY		61-33	65
91	MARTIN WOOD	CFR	V40	61-34	141
92	TONY MINIKIN 1 ST V60 WIN HERE	KLY & C	V60	61-42	159
93	JOHN PRESTON	KLY & C		61-42	265
94	CAMPBELL PERRY	UA	V40	61-44	47
95	DOMINIC RABY	CHORLEY		61-46	242
96	BERNARD HALL	BOWLAND	V50	61-48	172
97	STEPHEN HONEYMAN	MIDDLESBORO	V40	61-59	28
98	JULIAN SIMMONS	FELLANDALE	V40	62-13	149
99	IAN CRABTREE	CHORLEY		62-17	181
100	ROD SHARRATT	UA		62-27	105
101	RICHARD PALLISTER	P&B	V40	62-32	185
102	NORMAN BUSH	ILKLEY	V60	62-37	133
103	KEITH BINNS	UA	V40	62-39	255
104	MARK WALSH	DARWEN		62-42	115
105	PETER STARKEY	CHORLEY	V40	62-50	91
106	PAUL WRIGHT	UA	V40	62-51	167
107	DAWN ATKINS	CHORLEY	F	62-59	16
108	PETER JAGAN	BINGLEY	V50	63-19	142
109	RAYMOND TWEED	STAINLAND L	V40	63-37	163
110	ERJC EMERSON	TOOMORDEN	V50	63-40	187
111	PETE MERRIFIELD	UA	V40	63-42	268
112	GARY CHAPMAN	KLY & C		63-48	199
113	DAVE BESTON	ABBAY	V40	63-53	20
114	NEIL ALDERMAN	TRAWDEN	V40	63-54	243
115	RAY HAWKSBY	OTLEY	V50	63-59	156
116	DEREK DONOHUE	TOOMORDEN	V40	64-07	25
117	ROGER HALL	BINGLEY	V50	64-20	107
118	CHRIS EDWARDS	DPFR		64-28	210

119	HARRY ATKINSON	BINGLEY	V50	64-30	119
120	TONY WINTER	SADDLEWORTH	V40	64-33	120
121	IAN GOODYEAR	BINGLEY	V50	64-39	155
122	BILL HARGREAVES	BINGLEY	V50	64-55	54
123	PAUL HANNAH	ROSSENDALE	V40	64-59	38
124	RICHARD LEONARD	TODMORDEN	V40	65-03	206
125	STEPHEN WHITE	CLAYTON	V40	65-07	33
126	BRIAN WILSON	DRAGONS		65-10	81
127	REBECCA CASH	UA	F	65-12	88
128	CHRISTINE PRESTON	KLY & C	FV35	65-12	160
129	BRUCE DUNCAN	BINGLEY	V50	65-24	74
130	DENNIS ACKROYD	ILKLEY	V50	65-27	42
131	CARL PITT	CHORLEY	V40	65-41	152
132	NEVILLE GRIFFITHS	SPECTRUM 5	V50	65-44	166
133	TONY PEACOCK	CLAYTON	V60	65-48	19
134	STEVE WATHALL	RETFORD	V40	65-56	70
135	JAMIE DOWDALL	DARWEN		65-56	116
136	ROSS JAKES	CLAYTON	V60	66-01	84
137	TONY BLYTHE	IDLE	V40	66-01	175
138	ROBERT AMBER	STAINLAND L	V50	66-06	162
139	JOHN FAZAKERLEY	UA		66-24	114
140	ANDREW FIRTH	CLAYTON	V40	66-34	50
141	JACKIE GRAHAM	HOLMFIRTH	FV40	67-06	271
142	GEOFF WEBSTER	V-STRIDERS	V50	67-22	204
143	MARK LATHAM	BINGLEY	V40	67-26	254
144	MICHAEL HIRST	CLAYTON	V40	67-35	110
145	PHIL HELLWELL	BINGLEY	V50	67-46	200
146	SHAUN DENHAM	ROTHWELL		67-48	269
147	PAUL CRABTREE	KLY & C		68-00	258
148	PETER DUGDALE	CLAYTON	V40	68-05	17

149	JANE SMITH	TODMORDEN	FV40	68-06	203
150	JANE HODGKINSON	PRESTON	FV40	68-10	4
151	BILL HUNTER	HOLMFIRTH	V50	68-11	257
152	DAVE BRITTON	FELLANDALE	V40	68-13	
153	LINDA CLARKSON	DARWEN	FV35	68-15	72
154	ARTHUR WARREN	RADCLIFFE	V50	68-34	71
155	ROBERT HIRST	CLAYTON	V50	68-36	121
156	RACHEL SHARPLES	KLY & C	FV40	68-41	73
157	MARGARET JAGAN	EPOC	FV50	68-45	143
158	STEFAN JOHNSON	CFR		68-52	6

159	SHARON SMITH	BINGLEY	F	69-10	174
160	JOHN MCINTYRE	UA		69-12	164
161	RAY PICKETT	BINGLEY	V50	69-17	95
162	BILL HINTON	ACHILLE RATTI	V50	69-29	79
163	PETER GILLHAM	CHORLEY	V50	69-46	90
164	SMOON GREEN	REEBOK	V50	69-47	34
165	BRIAN MELIA	UA		69-49	264
166	STEVE PEEL	SADDLEWORTH	V50	69-55	97
167	TIM BROWN	UA	V50	69-59	112
168	CLINT GUMERY	UA		70-02	139
169	SYLVIA WATSON	V-STRIDERS	FV50	70-11	205
170	JOHN PAGE	TODMORDEN	V50	70-28	132
171	MARK WILKINSON	UA		70-37	179
172	BILL GARDENER	UA	V40	70-40	98
173	DAVID SHORROCK	DARWEN	V50	70-44	93
174	KEVIN BROWN	W.Y.POLICE	V40	70-45	80
175	JACQUI FOSTER	KLY & C	FV35	71-01	188
176	JAN ATKINS	CHORLEY	FV50	71-07	171
177	ARTHUR LENG	KLY & C	V50	71-11	61
178	RACHEL GOOCH	ILKLEY	FV50	71-32	201
179	GEORGE ARNOLD	PRESTON	V60	71-33	168

180	PETER MARKS	UA	V50	72-13	78
181	CLIVE BOOTHMAN	BALDON	V50	72-28	252
182	PAUL STUPPLES	UA		72-33	274
183	PETER EHRHARDT	TODMORDEN	V50	72-39	45
184	JOHN ELY	CFR	V60	73-10	85
185	CAROLINE HARDING	P&B	F	73-14	267
186	JOHN HARDIMAN	UA		73-52	260
187	RAYMOND JOHNSON	CFR	V50	74-17	5
188	WILL CALVERT	BINGLEY	V40	74-28	37
189	WARREN FLETCHER	UA	V40	74-54	266
190	PETER YATES	ROTHWELL	V50	74-56	211
191	DAVID WILSON	TODMORDEN	V40	75-05	130
192	DENNIS QUINLAN	AIRE VALLEY	V60	75-10	117
193	NICOLA RABY	CHORLEY	F	75-11	241
194	JOHN AGG	RADCLIFFE	V40	75-13	18
195	ALAN BENNETT	NEWBORO	V40	75-28	12
196	GEORGE CORBISHLEY	ROSSENDALE		75-30	276
197	PHIL THACKERY	UA	V50	75-32	195
198	KIERON ASHWORTH	CLAYTON		75-41	67
199	ANN MARIE CRABTREE	CHORLEY	F	75-43	60

200	EDWARD BATTYE	UA		76-08	192
201	WILL CROCOMBE	UA		76-12	259
202	DEREK CLUTTERBUCK	TODMORDEN	V70	76-27	165
203	ERIC MORLEY	NIDD VALLEY	V50	76-32	52
204	REBECCA WHELAN	BINGLEY	FV40	76-44	66
205	MICK THOMPSON	UA	V40	76-46	75
206	ANDY WIDDOWSON	UA		76-47	100

207	PETER JOHNSON	CFR	V40	76-52	272
208	DAVID O' NEIL	TODMORDEN	V40	77-58	182
209	JACK ESCRITT	CFR	V70	78-34	30
210	DAVID MASTIN	BELLE VUE	V40	78-36	190
211	JANET CHARLJN	CHORLEY	FV40	78-42	127
212	PAUL WILSON	WHARFEDALE	V40	79-02	64
213	JOHN BLAKE	HARROGATE	V40	79-16	106
214	SUE EVANS	UA	FV35	79-26	273
215	PETER DUFFEY	H.VETS	V60	80-10	10
216	JIM TAYLOR	DARWEN	V50	80-24	131
217	STUART KITCHENS	BELLE VUE		80-59	248
218	ROBERT PALMER	WHARFEDALE	V40	81-07	244
219	BARRY THACKERY	DPFR	V70	81-13	77
220	LYNNE BARRETT	FUDSEY P	FV40	82-03	169
221	MARY COWLING	STAINLAND L	F	82-10	137
222	GEORGE BARROW	TODMORDEN	V60	82-16	109
223	LARRY BAGSHAW	UA	V50	82-23	277
224	ANDY BROWN	UA	V50	82-35	111
225	DAVID CATTANACH	OTLEY	V50	82-39	24
226	MARK ROBINSON	PENDE		83-07	113
227	DAVID DICKSON	ROSSENDALE	V60	83-13	56
228	ROSE CARMOCHAN	CALDER	FV40	83-33	261
229	JOHN R. SMITH	NEWMARSKE	V50	83-46	198
230	BRIAN WILSON	UA	V60	84-01	23
231	PAUL BUCKLEY	UA	V40	84-22	135
232	GAY DICKSON	ROSSENDALE	FV50	84-29	57
233	ALLAN WEBSTER	BINGLEY	V40	88-13	128
234	STEPHEN TOPHAM	SALTWELL	V40	88-56	8
235	LINDA HANNAH	ROSSENDALE	FV50	1-40	39
236	BRENDA BRADY	ROSSENDALE	FV60	1-40	89
237	JULIE FEENEY	ROSSENDALE	FV40	1-52	202
238	LINDSEY BRUSSELS	CHORLEY	F	1-52	14

239	EDDIE PUGH	CHORLEY	V60	1-52	13
240	JO RODGER	BINGLEY	F	1-52	48
241	LOUISE CHAPMAN	UA	F	1-52	254
242	LISA HINCHCLIFFE	BARNSELY	F	1-52	263
243	LIZ BOOTHMAN	BALDON	FV50	1-52	251
244	SHAUN FORTES	DEWSBURY	V40	1-58	134
245	ANTONIO CARDINALE	OTLEY	V50	2-01	126
246	KEVIN EDGERTON	BELLE VUE	V50	2-03	249
247	MALCOLM MOONEY	BELLE VUE	V50	2-03	247
248	BRIAN ROBERTS	BELLE VUE	V50	2-03	246
	MENS TEAM				
1	BINGLEY 1,2,4 = 7				
2	P&B 5,7,8 = 20				
3	BINGLEY B 13,16,19=48				
	LADIES TEAM				
1	KLY & C 6,11,15 = 32				
2	BINGLEY 1,13,22 = 36				
3	CHORLEY 4,16,20 = 40				

	UNDER 8 RACE			
1	JOSHUA FERGUSON	KLY & C		2-54
2	EMILY MIDDLEBROUGH	ILKLEY	GIRL	3-23
3	DAVID ROWBOTHAM	HARROGATE		3-42
4	SCOTT MARSHALL	ILKLEY		3-46
5	SAM WOOTTON	WHARFEDALE		4-34
6	JACK ROWON	UA		4-36
7	SKYE WILSON	TOOMORDEN	GIRL	5-10
	UNDER 16 RACE			
1	PAUL WADSWORTH	ROSSENDALE		12-13
2	CARL ANDREW	ROSSENDALE		13-01
	JUNIOR RECORDS			
U16	BEN LINDSAY	PENDLE	11-41	2003
U14	SAM WEBSTER	BINGLEY	6-23	2003
U12	THOMAS SESSFORD	KLY & C	6-32	2003
U10	TOM DOYLE	KENDAL	7-24	2003
U8	JAMES HALL	BINGLEY	2-42	2003
FU16	ALEX WHEATMAN	SCARBORO'	14-24	2003
FU14	ALICE FULTON	BINGLEY	7-17	2003
FU12	FIONA JORDAN	PENDLE	7-59	2004
FU10	JESSICA WOOTTON	WHARFEDALE	8-35	2004
FU8	FAITH BIDDLE	PENDLE	2-56	2003

1	SAM TOSH	ROSSENDALE	U14	6-44
2	PHILIP BOLTON	ROSSENDALE	U14	6-51
3	RICHARD SHUTTLEWORTH	PRESTON	U14	6-57
4	OLIVER WEBSTER	BINGLEY	U12	7-12
5	HOLLY PAGE	HALIFAX	GU14	7-43
6	HARRY LUJIBA	ILKLEY	U12	7-51
7	OWEN WIELAN	BINGLEY	U10	7-52
8	JACK DUGDALE	PENDLE	U14	7-58
9	FIONA JORDAN	ILKLEY	GU12 REC	7-59
10	KATIE IRELAND	ROSSENDALE	GU14	8-00
11	BEN WHITE	PENDLE	U14	8-10
12	DANIEL ROEBUCK	ILKLEY	U14	8-17
13	DAVID WILSON	PENDLE	U10	8-27
14	JESSICA WOOTTON	WHARFEDALE	GU10 REC	8-35
15	LAURA BRIGGS	ROSSENDALE	GU14	8-41
16	JOE FRAZER	UA	U10	8-43
17	HARRJET MIDDLEBROUGH	ILKLEY	GU12	8-51
18	KARA SHUTTLEWORTH	PRESTON	GU14	8-56
19	WILLIAM NEILL	STAPSS MOOR	U12	8-59
20	SAM RICHARDS	UA	U12	9-09
21	JOSEPH STEPHENSON	BINGLEY	U10	9-12
22	ADAM BENNETT	UA	U12	9-14
23	CALLUM BENNETT	UA	U10	9-17
24	THOMAS WILSON	PENDLE	U14	9-29
25	RICHARD ASKEW	HARROGATE	U12	9-30
26	ARRAN WOODHOUSE	ILKLEY	U10	9-30
27	SIMON CHAPMAN	ILKLEY	U14	9-31
28	SAM WOOD	ILKLEY	U10	9-32
29	SAM MORRIS	ILKLEY	U12	9-45
30	KIERAN ROEBUCK	ILKLEY	U10	9-55
31	EMMA FRAZER	UA	GU12	9-56
32	HOLLY ASKEW	HARROGATE	GU14	10-13
33	COREY WOODHOUSE	ILKLEY	U12	10-21
34	ZOE ROWBOTHAM	HARROGATE	GU12	10-23
35	MAX GREAVES	ILKLEY	U10	10-37
36	LUCY BRITTON	UA	GU10	10-40



RECORDS.

M	IAN HOLMES	BINGLEY	43-35	2000
V40	STEVE OLDFIELD	BRAD/AIRE	46-23	2000
V50	TONY HESKETH	HORWICH RMI	50-51	2000
V60	RON BRAY	BLACKPOOL	60-24	1998
V70	BILL FIELDING	FELLANDALE	65-28	1998
U18	JOHN ROBERTSON	HORWICH RMI	52-02	1997
F	CAROL GREENWOOD	BINGLEY	50-11	1998
FV35	GLYNDA COOK	ROCHDALE	56-45	1996
FV40	SARAH ROWELL	P&B	56-54	2004
FV50	JEAN RAWLINSON	UA	65-01	2002
FV60	BRENDA BRADY	ROSSENDALE	86-32	2002
FU18	BEV McWADE	CLAYTON	64-25	1996

APOLOGIES ON THE FLAGGING FROM THE TOP OF THE STEEP PONDEN KIRK CLIMB THEN TO THE TRIG POINT. WE HAD SOME MISCHIEVOUS PERSON WHO RE-ROUTED YOU IN THE OPPOSITE DIRECTION. LUCKILY THE WEATHER WAS FINE & ONLY A FEW TOOK THE EXTENDED VERSION MAINLY AFTER POSITION 234
-- WE ARE INVESTIGATING!

SOREEN STANBURY RECORDS

M	IAN HOLMES	BINGLEY	43-35	2000
V40	STEVE OLDFIELD	BRAD/AIRE	46-23	2000
V50	TONY HESKETH	HORWICH RMI	50-51	2000
V60	RON BRAY	BLACKPOOL & F.	60-24	1998
V70	BILL FIELDING	FELLANDALE	65-28	1998
U18	JOHN ROBERTSON	HORWICH RMI	52-02	1997
	LADIES			
F	CAROL GREENWOOD	BINGLEY	50-11	1998
V35	GLYNDA COOK	ROCHDALE	56-45	1996
V40	SARAH ROWELL	P&B	56-54	2004
V50	JEAN RAWLINSON	UA	65-01	2002
V60	BRENDA BRADY	ROSSENDALE	86-32	2002
U18	BEV McWADE	CLAYTON	64-25	1996

MANY THANKS TO WARBURTON SOREEN



SOREEN GO -

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

