

# Derek shows way home

World over 50s running champ Derek Lawson proved the complete sportsman at the Stanbury Splash fell race on Sunday.

Not only did the Haworth man finish third in the five mile race, he also helped the first two home back on the right track when they strayed off course!

The winner was former triple professional fell champion Mick Hawkins from Skipton. The 23-year-old completed the tough

## Running

course nine seconds ahead of Saltaire's Jeff Hornby (Spem) in 34-06.

First Keighley Road Runner home was Ian Barnes in 35-02 in a creditable fourth place, these four leaving the other 45 athletes trailing along Ponden Beck.

England international and last year's winner Carol Haigh of Holmfirth retained the ladies' prize with a time of 37-31.

She was some five minutes clear of the next lady home, R. Smith (42-58).

First local prizes went to S. Adams (39-34) and Margaret Jagan (44-20) with Keighley RR Tony Dacey (40-40) taking second veteran prize behind Derek Lawson (34-41).

Bingley A and B finished first and second respectively in the team section.

● Right, veteran Derek Lawson. Below, left, winner Mick Hawkins with first lady Carol Haigh, right.

