

## Penistone Show, Living Well 10K Road Race. 13th September 2003.

Weather warm and sunny, cross breeze on the tops.

POS	NAME	L	CAT	CLUB	TIME
1	MARK HALL	.	V 40	BARNSLEY A.C.	34.21
2	CARL RYDE	.	.	DONCASTER & STAINFORTH	35.06
3	PHILIP HOOLE	.	.	ROTHERHAM HARRIERS	35.23
4	JAMES McGRIVEN	.	.	BEVERLEY A.C.	35.49
5	DAN BROOK	.	.	BARNSLEY HARRIERS	36.02
6	SEAN BUTLER	.	V 45	ALTRINGHAM & DISTRICT A.C.	36.14
7	STUART MAYCOCK	.	V 40	STEEL CITY STRIDERS	36.23
8	SEAN McCAFFERY	.	.	HOLMFIRTH HARRIERS	36.55
9	SAUL MUNDOON	.	.	HOLMFIRTH HARRIERS	37.32
10	PAUL STOCKBURN	.	V 45	HARROGATE HARRIERS	37.38
11	IAN CLAYTON	.	.	ROTHWELL HARRIERS	37.45
12	MARK LAW	.	.	BARNSLEY A.C.	37.54
13	WILL ARROWSMITH	.	.	CONWYN BAY	38.07
14	MICHAEL SAVAGHE	.	V 40	STEEL CITY STRIDERS	38.10
15	RICHARD WHEELER	.	.	VALLEY HILL RUNNERS	38.20
16	BOB TOOGOOD	.	V 60	HALLAMSHIRE HARRIERS	38.40
17	RICKY SOUTH	.	V 40	HOLMFIRTH HARRIERS	38.48
18	EMYR DAVIES	.	V 60	EYRI HARRIERS	38.52
19	RICHARD AINLEY	.	V 45	HALLAMSHIRE HARRIERS	38.55
20	STEVE STOREY	.	V 45	PENISTONE FOOTPATH RUNNERS & A.C.	39.06
21	MIKE PLINT	.	V 40	CITY OF SHEFFIELD	39.08
22	JANE RAFFELL	L	.	WIGAN & PHOENIX	39.25
23	MARK SEED	.	.	SALFORD HARRIERS	39.33
24	PETER CASSELL	.	.	DONCASTER & STAINFORTH	39.35
25	JIM BELL	.	V 40	DENBY DALE TRAVELLERS	39.37
26	ROY HART	.	V 50	BARNSLEY A.C.	39.39
27	DAVID COOPER	.	.	PENISTONE FOOTPATH RUNNERS & A.C.	40.00
28	NEIL MILLS	.	.	UNATTACHED	40.23
29	KEVIN MAHON	.	.	UNATTACHED	40.24
30	SIMON WILES	.	.	STEEL CITY STRIDERS	40.38
31	RICHARD BORYSIEWICZ	.	V 50	VALLEY HILL RUNNERS	40.48
32	COLIN CHOWN	.	V 45	PUDSEY PACERS	41.00
33	STUART KEMP	.	V 45	HALLAMSHIRE HARRIERS	41.03
34	KATH DRAKE	L	V 40	HALIFAX HARRIERS	41.03
35	PETE STYAN	.	V 40	BARNSLEY HARRIERS	41.23

36	SIMON ROBERTS	.	.	BARNSLEY A.C.	41.27
37	LEE MORFITT	.	.	PENISTONE FOOTPATH RUNNERS & A.C.	41.31
38	DAN COOPER	.	.	BARNSLEY A.C.	41.41
39	ALAN KNOX	.	V 50	BARNSLEY HARRIERS	41.48
40	MEL BEEVER	.	V 45	STEEL CITY STRIDERS	42.00
41	PETER STANLEY	.	V 40	PENISTONE FOOTPATH RUNNERS & A.C.	42.02
42	GUY BEAUMONT	.	.	UNATTACHED	42.12
43	ANDREW WATERS	.	V 40	BARNSLEY A.C.	42.21
44	JOHN GROCUIT	.	V 45	HALLAMSHIRE HARRIERS	42.41
45	STUART WOODHEAD	.	V 45	PENISTONE FOOTPATH RUNNERS & A.C.	42.52
46	ANDY LAKELAND	.	.	UNATTACHED	42.54
47	RICHARD HARDCASTLE	.	V 55	LONGWOOD HARRIERS	43.00
48	JOANNA SEYMOUR	L	.	HALLAMSHIRE HARRIERS	43.01
49	IAN WRAGG	.	V 40	PENISTONE FOOTPATH RUNNERS & A.C.	43.09
50	LUCY O'GORMAN	L	.	PENISTONE FOOTPATH RUNNERS & A.C.	43.10
51	PETER CRUICKSHANKS	.	V 40	UNATTACHED	43.11
52	JON WOLF	.	.	BARNSLEY HARRIERS	43.16
53	JOHN SPENCER	.	V 45	HALLAMSHIRE HARRIERS	43.29
54	KAREN BUTLER	L	V 40	SALE HARRIERS	43.32
55	MELVIN WALLACE	.	.	MILTON ARMS	43.33
56	PAUL STAVELEY	.	V 50	SALFORD A.C.	43.34
57	CRAIG ALWASH	.	.	UNATTACHED	43.35
58	JOHN WEIGHTMAN	.	V 45	UNATTACHED	43.38
59	DAVID NEEDHAM	.	V 55	HALLAMSHIRE HARRIERS	43.48
60	KEITH BAMFORTH	.	V 65	HOLME VALLEY & A.C.	44.05
61	JOHN MASON	.	V 50	HALLAMSHIRE HARRIERS	44.08
62	DAVID HURST	.	V 45	STEEL CITY STRIDERS	44.10
63	JOHN ROWE	.	.	PENISTONE FOOTPATH RUNNERS & A.C.	44.17
64	BETH MASSEY	L	.	BARNSLEY A.C.	44.26
65	BILLY HARRIS	.	.	UNATTACHED	44.29
66	MARTYN CARTWRIGHT	.	V 55	PENISTONE FOOTPATH RUNNERS & A.C.	44.39
67	LLOYD BOWER	.	.	UNATTACHED	44.42
68	KEITH GORDON	.	V 55	MILTON ARMS	44.48
69	PHIL BUCKLEY	.	V 45	DENBY DALE TRAVELLERS	44.59
70	CAROL WILLGOOSE	L	V 45	HALIFAX HARRIERS	45.03
71	WILLIAM MURGATROYD	.	V 50	UNATTACHED	45.10
72	TIM MILLAR	.	V 40	UNATTACHED	45.12
73	MATHEW SHAW	.	V 45	UNATTACHED	45.21
74	WAYNE PARKINSON	.	V 40	PENISTONE FOOTPATH RUNNERS & A.C.	45.22
75	HUW THOMAS	.	.	DENBY DALE TRAVELLERS	45.24

76	NIGEL TAYLOR	.	.	DONCASTER & STAINFORTH	45.30
77	RICHARD EYRE	.	.	BARNSELY A.C.	45.34
78	ROGER STEVENSON	.	V 55	STEEL CITY STRIDERS	45.35
79	MEL BALE	.	V 50	PENISTONE FOOTPATH RUNNERS & A.C.	45.44
80	MARK PRESTON	.	V 40	STAINLAND LIONS	45.47
81	CHRIS KING	.	.	PENISTONE FOOTPATH RUNNERS & A.C.	45.49
82	DAVID WILLIAMS	.	.	UNATTACHED	46.00
83	CHRIS DRAKE	.	V 55	SPENBOROUGH	46.07
84	GEOFF DIMELOW	.	V 45	PENISTONE FOOTPATH RUNNERS & A.C.	46.23
85	THERESA FERRARO	L	V 40	HALLAMSHIRE HARRIERS	46.25
86	PAUL ALLEN	.	.	UNATTACHED	46.28
87	PAUL BRITON	.	V 55	UNATTACHED	46.36
88	ROBERTA HOLDEN-COUSINS	L	.	UNATTACHED	46.43
89	JENNY CHAMBERS	L	V 45	HALLAMSHIRE HARRIERS	46.57
90	ANDREW PECK	.	.	UNATTACHED	46.58
91	ANDREW HAMBILTON	.	V 45	HOLMFIRTH HARRIERS	46.59
92	LYNN WARD	L	.	UNATTACHED	47.02
93	PHIL GIBBS	.	.	UNATTACHED	47.05
94	RICHARD WADE	.	.	HOLMFIRTH HARRIERS	47.15
95	CHRIS DEAKON	.	.	UNATTACHED	47.32
96	STACEY FIELDING	L	.	HOLMFIRTH HARRIERS	47.37
97	DAMIAN HAWKSHAW	.	.	UNATTACHED	47.39
98	DANNY BATTY	.	V 55	PENISTONE FOOTPATH RUNNERS & A.C.	47.47
99	TIM WOOTON	.	V 45	VALLEY HILL RUNNERS	47.58
100	EMER DUDLEY	L	V 40	UNATTACHED	48.00
101	TOM SMITH	.	.	UNATTACHED	48.04
102	TREVOR COTTER	.	V 45	UNATTACHED	48.08
103	JOHN KIMBERLEY	.	V 40	ONE 2 ONE	48.15
104	PAUL PARKIN	.	V 60	PENISTONE FOOTPATH RUNNERS & A.C.	48.16
105	DAVID HEY	.	V 50	PENISTONE FOOTPATH RUNNERS & A.C.	48.23
106	TIM WADE	.	V 45	ONE 2 ONE	48.28
107	KATHRYN GOLDTHORPE	L	.	PENISTONE FOOTPATH RUNNERS & A.C.	48.34
108	PHILIP POINTON	.	V 65	UNATTACHED	48.37
109	DAVID CODD	.	.	UNATTACHED	48.40
110	DAVID SKELTON	.	V 55	LONGWOOD HARRIERS	49.13
111	SEAN MYALL	.	V 45	HUDDERSFIELD R.R.	49.42
112	MARK EVERINGTON	.	V 55	CALDER VALLEY	49.50
113	ROBIN DAVIES-HOLMES	.	V 40	STEEL CITY STRIDERS	49.55
114	MALCOLM RHODES	.	V 55	ROTHERHAM HARRIERS	49.57
115	ANDY CLARK	.	.	UNATTACHED	50.08

116	MARTIN BATES	.	V 60	DENBY DALE TRAVELLERS	50.13
117	KEN SUGGETT	.	V 50	UNATTACHED	50.15
118	JOHATHAN DUNBAVIN	.	.	UNATTACHED	50.23
119	ADAM BRAMMER	.	.	UNATTACHED	50.24
120	CLIVE BRADLEY	.	V 45	TOTLEY A.C.	50.29
121	WAYNE BLACKBURN	.	.	UNATTACHED	50.37
122	DAVID WADKIN	.	V 40	STEEL CITY STRIDERS	50.48
123	JOHN McCORMACK	.	V 45	UNATTACHED	50.50
124	NICK BROOKS	.	.	UNATTACHED	50.53
125	PETER OATES	.	.	UNATTACHED	51.03
126	ROB CHADWICK	.	.	UNATTACHED	51.06
127	JERRY FISHER	.	.	LIVINGWELL	51.14
128	STEPHANIE BORYSIEWICZ	L	V 50	VALLEY HILL RUNNERS	51.15
129	JOHN CABORN	.	.	UNATTACHED	51.32
130	JEFF HARWOOD	.	V 50	UNATTACHED	51.32
131	KEN DAURIS	.	V 60	BARNSLEYHARRIERS	51.50
132	ADRIAN POWER	.	.	UNATTACHED	51.51
133	LIZ CHAMPION	L	.	NEWHAM & ESSEX	52.02
134	JOHN CANNON	.	.	UNATTACHED	52.04
135	IAN CODLING	.	V 60	THIRSK & SOWERBY HARRIERS	52.11
136	VICTORIA HAWKER	L	.	IDLE A.C.	52.13
137	HEATHER MITCHELL	L	V 50	WEST YORKSHIRE POLICE	52.18
138	PATRICK THORNTON	.	.	UNATTACHED	52.41
139	BARRY BEDFORD	.	V 60	BARNSLEY A.C.	52.43
140	ANDREW KIRBY	.	V 45	DENBY DALE TRAVELLERS	52.52
141	JANE COCKERTON	L	V 40	PENISTONE FOOTPATH RUNNERS & A.C.	53.05
142	FIONA ROWBOTTOM	L	.	UNATTACHED	53.08
143	GED ROWBOTTOM	.	.	UNATTACHED	53.09
144	PETER ANDREWS	.	V 50	DENBY DALE TRAVELLERS	53.23
145	PHILIP WEST	.	V 50	BAILDON RUNNERS	53.26
146	VICTORIA BEARDSHAW	L	.	UNATTACHED	53.53
147	DONALD BAMFORTH	.	V 65	HOLME VALLEY A.C.	54.10
148	JOANNA WOLFF	L	.	HORSFORTH HARRIERS	54.11
149	BARBARA HAIGH	L	V 55	PENISTONE FOOTPATH RUNNERS & A.C.	54.15
150	DAVID TRICKETT	.	V 55	HALLAMSHIRE HARRIERS	54.16
151	GILL WOLF	L	V 50	PENISTONE FOOTPATH RUNNERS & A.C.	54.34
152	ED TALBOT	.	V 55	UNATTACHED	54.43
153	B. SINAR	.	V 60	ACKWORTH ROAD RUNNERS	54.47
154	RICHARD WILSON	.	.	UNATTACHED	54.50
155	GERALD BIGGS	.	V 40	BINGLEY HARRIERS	55.03

156	DAVID HEWITT	.	V 50	STEEL CITY STRIDERS	55.08
157	SUSAN TIMMINS	L	V 45	HOLMFIRTH HARRIERS	55.12
158	TONY BRAY	.	V 50	UNATTACHED	55.29
159	HEATH RAMSDEN	.	.	UNATTACHED	55.30
160	ALAN BRYDEN	.	V 60	ROTHERHAM HARRIERS	55.51
161	JOHN WRIGHT	.	V 45	PENISTONE FOOTPATH RUNNERS & A.C.	56.09
162	WENDY GRAYSTONE	L	.	UNATTACHED	56.17
163	GRAHAM POENTON	.	V 45	MALTBY R.C.	56.41
164	JAMES ADAMS	.	V 60	VALLEY HILL RUNNERS	56.56
165	RODERICK RIVERS	.	V 55	KIMBERWORTH STRIDERS	57.05
166	JENNIFER WOODCOCK	L	.	UNATTACHED	57.21
167	KATH SIMMS	L	V 40	UNATTACHED	57.25
168	ESTER MUTCH	L	V 40	PENISTONE FOOTPATH RUNNERS & A.C.	57.42
169	ANN LINDOP	L	V 40	PENISTONE FOOTPATH RUNNERS & A.C.	57.47
170	KELVIN GASKELL	.	V 45	UNATTACHED	58.44
171	RICHARD WHITE	.	V 45	HOLMFIRTH HARRIERS	58.55
172	CHRIS DEMPSTER	.	V 45	UNATTACHED	59.14
173	JILL DAVIS	L	V 50	PENISTONE FOOTPATH RUNNERS & A.C.	59.19
174	JOSEPHINE BALL	L	.	UNATTACHED	59.38
175	REG KEIGHTLEY	.	V 65	UNATTACHED	59.50
176	JANE FOSTER	L	V 50	PENISTONE FOOTPATH RUNNERS & A.C.	60.12
177	SYLVAIN PASQUIER	L	.	UNATTACHED	60.34
178	SARA ROBERTS	L	.	UNATTACHED	61.13
179	KEITH REVILL	.	V 65	RETFORD A.C.	61.29
180	GODFREY TALLENTS	.	V 60	RETFORD A.C.	61.30
181	JOANNE HINCHCLIFFE	L	.	UNATTACHED	62.05
182	JILL MULLINS	L	V 45	PENISTONE FOOTPATH RUNNERS & A.C.	62.15
183	GARY CARTER	.	V 60	UNATTACHED	63.14
184	MARTIN HOPSON	.	V 50	UNATTACHED	64.18
185	MARIAN CODLING	L	V 60	THIRSK & SOWERBY HARRIERS	64.45
186	PAMELA SHERLOCK	L	V 60	THIRSK & SOWERBY HARRIERS	65.16
187	EMMA CURPHEY	L	.	UNATTACHED	67.31
188	SUSAN GENT	L	V 40	UNATTACHED	69.40
189	COLLETTE WHITELEY	L	V 40	UNATTACHED	69.41
190	LINDA CAWLEY	L	V 50	UNATTACHED	70.16
191	TONY LINDOP	.	V 55	OAKVILLE HASH (CANADA)	74.55

<b>MENS TEAM</b>	
BARNESLEY A.C.	
MARK LAW	8
SIMON ROBERTS	16
DAN COOPER	18
	42 pts
<b>MENS VET TEAM</b>	
STEEL CITY STRIDERS	
STUART MAYCOCK	3
MICHAEL SAVAGHE	5
MEL BEEVER	20
	28 pts
<b>WOMENS TEAM</b>	
HALLAMSHIRE HARRIERS	
JOANNA SEYMOUR	3
THERESA FERRARO	8
JENNY CHAMBERS	10
	21 pts

PENISTONE FOOTPATH RUNNERS & AC WOULD LIKE TO THANK LIVINGWELL BARNESLEY PREMIER AND DEARNE FM FOR SPONSORING THIS YEARS RACE. THANKS ALSO TO PENISTONE AGRICULTURAL SOCIETY, FIELDING CONSTRUCTION, PENISTONE POLICE AND MEMBERS AND FRIENDS OF PFR & AC FOR HELPING TO PROMOTE THE EVENT.

THANKYOU FOR RUNNING.

HOPE TO SEE YOU NEXT YEAR, SAME TIME, SAME PLACE ON SATURDAY 11TH SEPTEMBER