

Border League Race 4 (Thurstaston) results.

Well done all and thank you Pensby Runners for organising a great event- and for finding a hill on the Wirral to rival ours here in Wales! 🍀💙🏔️

Special shout-out to our She-Striders Sarah Brown, Sarah Monteith, Claire Harper and Amanda Scotter who ran homeward afterwards, clocking up impressive totals of 19-32km in their training for the 50k She Ultra in April.

Max Dowell 36:01

Drew Gray 36:26

Stewart McElmeel 40:11

Ryan Johnson-Wilcox 42:07

Paul Lewtey 42:48

Rayko Kolev 43:16

Grant McGowan 44:16

Marc Dixon 44:38

Stuart Brown 45:27

Darren Low 49:05

Kevin Burns 51:26

Dafydd Morris 55:31

Michelle Bowes 43:34

Jay Jennions 44:06

Lisa Cooper 45:09

Christine Cammillare 45:15

Bridget Aldridge 48:12

Sue Williams 49:29

Lindsey McElmeel 52:49

Sarah Monteith 59:57

Bernice Matthews 59:57

Claire Harper 60:14

Amanda Scotter 60:48

Sarah Brown 60:48

Alannah O'Brien 64:50