

# Summer Multi-Terrain League - Race 4 Arrowe Park ~ 4.5 Miles – 28 Sept 2010

## Mens Individual Results

1	Nick Jones	Wirral	U20M.1	24:52	81	Matt Whitfield	Ellesmere Port	O50M.10	31:09
2	Ian Wetherall	Sale Harriers	O40M.1	25:07	82	Richard Saunders	Wallasey	O50M.11	31:18
3	Ian Lawton	Liverpool Harriers	U30M.1	25:45	83	Nigel Crompton	Pensby Runners	O40M.35	31:23
4	Mark Hulmston	Wirral	U40M.1	26:07	84	Chris Morgan	Chester Tri	O60M.2	31:30
5	Paul Quine	Liverpool RC	O40M.2	26:16	85	Andrew Blair	Tattenhall Runners	O40M.36	31:32
6	Ben Costello	Wirral	U20M.2	26:17	86	Stan Williams	Wallasey	O60M.3	31:43
7	John Hunt	Wirral	O40M.3	26:17	87	Steve Riley	Helsby	O40M.37	31:44
8	Phil Robertson	Wirral	U20M.3	26:24	88	Andrew Stansfield	Penny Lane Striders	O40M.38	31:46
9	Adair Broughton	Helsby	U40M.2	26:32	89	Steve Pemberton	Penny Lane Striders	O50M.12	31:50
10	Greg Jones	Wallasey	U30M.2	26:34	90	Bob Benson	West Cheshire	O50M.13	31:52
11	Mark Jacques	Liverpool RC	O40M.4	26:39	91	Chris Rhodes	West Cheshire	O50M.14	32:00
12	Tony Wilcox	Liverpool RC	O40M.5	26:42	92	Peter Elliott	Pensby Runners	O50M.15	32:04
13	Jeff McQueen	West Cheshire	O40M.6	26:46	93	Pat Riley	Wallasey	O40M.39	32:07
14	Joe Johnson	Birkenhead	O40M.7	26:47	94	Nick Campbell	Chester Tri	O40M.40	32:08
15	Ian Cooper	Ellesmere Port	O40M.8	26:48	95	Derek McArdle	Wallasey	O40M.41	32:23
16	Pete Scarratt	Wirral	O40M.9	26:55	96	Geoff Shaw	Helsby	O50M.16	32:36
17	Simon Jeffs	Ellesmere Port	U40M.3	27:12	97	Gary Whitfield	Penny Lane Striders	O40M.42	32:42
18	Ian Palin	Liverpool RC	U40M.4	27:13	98	Chris Bowers	Mersey Tri	U40M.23	32:43
19	Tony Barbat	Wallasey	O50M.1	27:19	99	A Berry	Helsby	O60M.4	32:49
20	Andrew Clague	West Cheshire	O40M.10	27:20	100	David Costello	Wirral	O50M.17	32:54
21	Mark Hargreaves	Penny Lane Striders	U40M.5	27:22	101	Huw Lewis	Buckley	O50M.18	33:01
22	Richard Webster	Chester Tri	O40M.11	27:27	102	Colin Benson	Wallasey	O40M.43	33:02
23	Rob Grantham	Ellesmere Port	U40M.6	27:32	103	William Willmet	Liverpool RC	O60M.5	33:05
24	Gary Thornton-Allen	Pensby Runners	U40M.7	27:36	104	Rob Webster	Tattenhall Runners	O50M.19	33:11
25	Ian Magill	Liverpool RC	O40M.12	27:42	105	Barry Metcalfe	Wallasey	O40M.44	33:12
26	David Norman	Wirral	O50M.2	27:42	106	Mark Watts	Pensby Runners	O50M.20	33:18
27	Chris Marshall	Ellesmere Port	O40M.13	27:45	107	Dave Quirk	Pensby Runners	O50M.21	33:20
28	Matt Williams	Wallasey	U30M.3	27:51	108	Tony Kennedy	West Cheshire	O50M.22	33:23
29	Graeme Earlam	Ellesmere Port	O50M.3	27:57	109	Mike Griffiths	Wallasey	O50M.23	33:24
30	Chris Wilson	Wirral	U20M.4	27:59	110	Paul Brady	Penny Lane Striders	O40M.45	33:25
31	Connor McArdle	Wallasey	U20M.5	28:00	111	Peter Rooney	Deestriders	O40M.46	33:26
32	Maurice Collins	Liverpool RC	O40M.14	28:06	112	John Morris	Buckley	O60M.6	33:48
33	Lee Midghall	Liverpool RC	U40M.8	28:10	113	Nigel Howard	Pensby Runners	O40M.47	33:53
34	Alistair McNay	Tattenhall Runners	U40M.9	28:11	114	Keith Davies	Birkenhead	O50M.24	33:54
35	Simon Fox	Wirral	O40M.15	28:16	115	Dave Hough	West Cheshire	O60M.7	33:55
36	Mike Robson	Wallasey	U40M.10	28:27	116	Colin Lamprey	Pensby Runners	O40M.48	34:00
37	Will Ferguson	Wirral	U30M.4	28:29	117	Mark Roberts	Pensby Runners	O50M.25	34:04
38	Gary Munslow	Cheshire Hill Racers	O40M.16	28:31	118	Gary Johnstone	Pensby Runners	O40M.49	34:10
39	Simone Capponi	Penny Lane Striders	U40M.11	28:45	119	Dave Walton	Wallasey	O50M.26	34:12
40	Colin Palmer	Wallasey	O40M.17	28:46	120	Phil Wilkinson	Wallasey	O50M.27	34:16
41	Ian Landucci	Helsby	O40M.18	28:49	121	Mal Boyes	Picton	O40M.50	34:24
42	Tim Munslow	West Cheshire	U40M.12	28:56	122	Nigel Pratten	Wirral	O60M.8	34:25
43	Chris Shaw	Wallasey	O40M.19	28:58	123	Pete Ashton	Wallasey	O40M.51	34:26
44	David Brockway	Wirral	U20M.6	29:00	124	Frank Gower	Wallasey	O50M.28	34:30
45	Mike Green	Wallasey	U40M.13	29:01	125	Darren Jones	Wallasey	U40M.24	34:36
46	Phil Bird	Wallasey	O40M.20	29:06	126	Michael Davies	Tattenhall Runners	O40M.52	34:37
47	Mark Clair	Liverpool RC	U30M.5	29:07	127	Barry Chambers	Vale Royal	O50M.29	34:44
48	Neil Johnson	Mersey Tri	O40M.21	29:08	128	Craig Northover	Liverpool Harriers	O40M.53	34:44
49	Max Woods	West Cheshire	O40M.22	29:14	129	Mark Povey	West Cheshire	O40M.54	34:49
50	Dave Quinn	Liverpool Harriers	U40M.14	29:22	130	Iain Amison	Pensby Runners	U40M.25	34:51
51	John Cole	Ellesmere Port	U40M.15	29:38	131	David Clarke	Tattenhall Runners	O50M.30	34:56
52	Matt Webb	Wirral	U40M.16	29:38	132	Martin Durrant	Tattenhall Runners	O50M.31	35:01
53	Mike Bums	Ellesmere Port	O40M.23	29:42	133	Mark Hockedy	Tattenhall Runners	O40M.55	35:14
54	George Pierce	Liverpool RC	O40M.24	29:46	134	Ritchie Houston	Penny Lane Striders	U40M.26	35:19
55	Tony Man	Penny Lane Striders	O40M.25	29:49	135	Shane Knott	Penny Lane Striders	U40M.27	35:32
56	Nick Holmes	Tattenhall Runners	O50M.4	29:52	136	Patrick Henley	Liverpool Harriers	O60M.9	35:38
57	David Lovett	Penny Lane Striders	O50M.5	30:05	137	Phil Aldag	Pensby Runners	O60M.10	35:43
58	Luke Proudfoot	Wirral	U20M.7	30:11	138	Eamonn Brady	Penny Lane Striders	O40M.56	35:44
59	Tom Eagle	Chester Tri	U40M.17	30:11	139	Graham Howell	Liverpool Harriers	O60M.11	35:52
60	Ste McNicholas	Penny Lane Striders	O40M.26	30:11	140	Les Isaacs	Pensby Runners	O40M.57	36:11
61	Mike Stone	Wirral	O50M.6	30:12	141	Brian Beattie	West Cheshire	O60M.12	36:12
62	Nick Wilson	Wirral	U40M.18	30:17	142	Dave Brierley	Chester Tri	O50M.32	36:56
63	Stuart Hill	Sunlight Runners	U40M.19	30:21	143	Vincent Cranny	Pensby Runners	O40M.58	37:00
64	Neil Elsby	Wirral	U30M.6	30:28	144	Steve Hennessey	Picton	O50M.33	37:02
65	Mark Wharmby	Penny Lane Striders	U40M.20	30:34	145	Adam Watts	Pensby Runners	O40M.59	37:13
66	Martin Witty	Deestriders	O40M.27	30:34	146	Alan Muir	Pensby Runners	O50M.34	37:14
67	Paul Miller	Tattenhall Runners	O50M.7	30:34	147	Mansur Mohammadi	Sunlight Runners	O50M.35	37:25
68	Chris Slavin	Liverpool RC	O60M.1	30:35	148	James Downey	Wirral	O40M.60	38:17
69	Robbie Wood	Liverpool PemBroke	O50M.8	30:38	149	Dave Godwin	Wallasey	O50M.36	38:55
70	Martin Hirrell	Penny Lane Striders	O40M.28	30:43	150	Anthony Brockway	Wirral	O50M.37	39:04
71	Mike Hughes	Wallasey	O40M.29	30:52	151	Graham Hartley	Wallasey	U40M.28	39:23
72	Hamsin Hadziabdik	Birkenhead	O40M.30	30:53	152	Ian Parson	Pensby Runners	O50M.38	40:45
73	Mark Morris	Wirral	O40M.31	30:55	153	Derek Mason	Chester Tri	U40M.29	41:16
74	Andy Smith	Pensby Runners	O40M.32	31:01	154	Fred Mottram	Pensby Runners	O60M.13	41:27
75	David Sconce	Helsby	U40M.21	31:02	155	Ian Cook	West Cheshire	O60M.14	41:54
76	Charles Aldersey	Tattenhall Runners	U30M.7	31:03	156	Elywyn Jones	Wallasey	O50M.39	42:43
77	Paul Aird	Deestriders	O50M.9	31:04	157	Neil Thompson	Pensby Runners	O60M.15	43:21
78	Patrik Corrigan	Birkenhead	O40M.33	31:05	158	John Kane	Chester Tri	O50M.40	44:07
79	Andrew Mitchell	Sunlight Runners	U40M.22	31:07	159	Craig Jones	Sunlight Runners	O40M.61	44:48
80	Andy Rogerson	Wallasey	O40M.34	31:08					

## Ladies Individual Results

1	Claire Walton	Wallasey	U30F.1	28:07	38	Alison Engle	Wallasey	U40F.17	35:42
2	Jenny Clague	Liverpool Harriers	U40F.1	28:34	39	Lynda Bayley	Pensby Runners	O40F.14	36:10
3	Joanna Marsden	Tattenhall Runners	U40F.2	29:51	40	Roisin Ward	Picton	U30F.8	36:29
4	Alison Cole	Ellesmere Port	U40F.3	30:07	41	Nikki Davis	Wallasey	O50F.2	36:33
5	Ruth Isaacs	Pensby Runners	O40F.1	30:10	42	Sacha Kendall-Woods	West Cheshire	U40F.18	36:38
6	Sarah Kearney	Wirral	U40F.4	30:22	43	Michelle Kelly	Penny Lane Striders	O50F.3	37:12
7	Sarah Jarvis	Liverpool Harriers	U30F.2	30:37	44	Tarja Kinnunen	Penny Lane Striders	O40F.15	37:21
8	Jane Ashbrook	Helsby	U40F.5	30:54	45	Lisa Ayling	West Cheshire	U40F.19	37:30
9	Michelle Murphy	Liverpool Harriers	O40F.2	30:55	46	Lisa Carney	Wallasey	U40F.20	37:55
10	Sara Atkinson	Tattenhall Runners	O40F.3	30:56	47	Julie Pearce	Ellesmere Port	O40F.16	38:11
11	Louise Nicholson	Liverpool RC	U40F.6	31:09	48	Alexandra Duncan-Price	Tattenhall Runners		
12	Sarah McRobie	Liverpool Harriers	U30F.3	31:22		U40F.21	38:15		
13	Lisa Grantham	Wirral	U40F.7	31:59	49	Emily Atkin	Wirral	U20F.1	38:23
14	Pam Thurtle	Penny Lane Striders	U40F.8	32:01	50	Carole Morrison	Sunlight Runners	O40F.17	38:24
15	Jane Saunders	Mersey Tri	O40F.4	32:03	51	Sharon Basford	Tattenhall Runners	U40F.22	38:42
16	Mandy Peffers	Chester Tri	O40F.5	32:21	52	Maria Brockway	Wirral	O40F.18	39:08
17	Sarah Pope	Pensby Runners	U30F.4	32:24	53	Debbie Rowley	Mersey Tri	U40F.23	39:16
18	Sally Holt	Wallasey	U40F.9	32:35	54	Debbie Hadfield	Picton	O40F.19	39:21
19	Bree Sutcliffe	Chester Tri	U40F.10	33:03	55	Janet Shaw	Helsby	O50F.4	39:24
20	Jan Rogers	Chester Tri	O40F.6	33:06	56	Betty Grieve	Helsby	O50F.5	39:41
21	Stephanie Loach	Pensby Runners	U40F.11	33:08	57	Julie Barbat	Wallasey	O40F.20	39:42
22	Ellie Wood	Pensby Runners	U40F.12	33:26	58	Ann Ball	Ellesmere Port	O50F.6	39:49
23	Emma Lucy	Penny Lane Striders	U30F.5	33:41	59	Carolyn Houghton	Penny Lane Striders	U40F.24	40:00
24	Natalie Cooper	Penny Lane Striders	U30F.6	33:49	60	Karen Birchall	Mersey Tri	O40F.21	40:20
25	Sarah Jackson	Liverpool Harriers	U40F.13	33:52	61	Carole Richards	Pensby Runners	O50F.7	40:46
26	Aimee Bartley	Wirral	U30F.7	33:59	62	Ceri Baker	Pensby Runners	O50F.8	41:26
27	Susan Maire	Mersey Tri	O40F.7	34:01	63	Janette Wilson	Sunlight Runners	O40F.22	41:46
28	Caroline Hall	Sunlight Runners	O40F.8	34:11	64	Sue Davies	Pensby Runners	O40F.23	42:10
29	Jane Eardley	Penny Lane Striders	U40F.14	34:22	65	Angela Cook	West Cheshire	U40F.25	42:42
30	Janet Robertson	Helsby	O40F.9	34:35	66	Polly Hadziabdik	Birkenhead	O40F.24	42:49
31	Vanessa Griffiths	Helsby	O40F.10	34:53	67	Catherine Lancaster	Pensby Runners	O40F.25	43:08
32	Alison MacDonald	Ellesmere Port	O40F.11	34:57	68	Maria Haigh	Birkenhead	O40F.26	43:56
33	Jane Gordge	Pensby Runners	U40F.15	34:57	69	Karen Lambertson	Pensby Runners	O50F.9	44:28
34	Elizabeth Lynan	Penny Lane Striders	U40F.16	35:20	70	Jenny Peel	Picton	O60F.1	45:55
35	Jane Fraser	Wirral	O50F.1	35:23	71	Sarah Knipe	Picton	U30F.9	46:40
36	Sharon Lamont	Wallasey	O40F.12	35:31	72	Lisa Thomas	Picton	U40F.26	46:40
37	Kath Stott	Tattenhall Runners	O40F.13	35:36	73	Gen Williams	Picton	O50F.10	48:25

## Mens Team Results

1	Wirral 'A'	(1, 4, 6, 7, 8)	26
2	Liverpool RC 'A'	(5, 11, 12, 18, 25)	71
3	Ellesmere Port 'A'	(15, 17, 23, 27, 29)	111
4	Wallasey 'A'	(10, 19, 28, 31, 36)	124
5	Wirral 'B'	(16, 26, 30, 35, 37)	144
6	West Cheshire 'A'	(13, 20, 42, 49, 90)	214
7	Penny Lane Striders 'A'	(21, 39, 55, 57, 60)	232
8	Liverpool RC 'B'	(32, 33, 47, 54, 68)	234
9	Wallasey 'B'	(40, 43, 45, 46, 71)	245
10	Wirral 'C'	(44, 52, 58, 61, 62)	277
11	Helsby 'A'	(9, 41, 75, 87, 96)	308
12	Tattenhall Runners 'A'	(34, 56, 67, 76, 85)	318
13	Pensby Runners 'A'	(24, 74, 83, 92, 106)	379
14	Chester Tri 'A'	(22, 59, 84, 94, 142)	401
15	Penny Lane Striders 'B'	(65, 70, 88, 89, 97)	409
16	Wallasey 'C'	(80, 82, 86, 93, 95)	436
17	Birkenhead 'A'	(14, 72, 78, 114, [169])	447
18	Liverpool Harriers 'A'	(3, 50, 128, 136, 139)	456
19	Wirral 'D'	(64, 73, 100, 122, 148)	507
20	Ellesmere Port 'B'	(51, 53, 81)	523
21	Wallasey 'D'	(102, 105, 109, 119, 120)	555
22	Pensby Runners 'B'	(107, 113, 116, 117, 118)	571
23	West Cheshire 'B'	(91, 108, 115, 129, 141)	584
24	Deestridders 'A'	(66, 77, 111, [2x169])	592
25	Sunlight Runners 'A'	(63, 79, 147, 159, [169])	617
26	Tattenhall Runners 'B'	(104, 126, 131, 132, 133)	626
27	Mersey Tri 'A'	(48, 98, [3x169])	653
28	Wallasey 'E'	(123, 124, 125, 149, 151)	672
29	Sale Harriers 'A'	(2, [4x169])	678
30	Penny Lane Striders 'C'	(110, 134, 135, 138, [169])	686
31	Pensby Runners 'C'	(130, 137, 140, 143, 145)	695
32	Cheshire Hill Racers 'A'	(38, [4x169])	714
33	Buckley 'A'	(101, 112, [3x169])	720
34	Picton 'A'	(121, 144, [3x169])	772
35	Helsby 'B'	(99, [4x169])	775
36	Pensby Runners 'D'	(146, 152, 154, 157, [169])	778
37	Liverpool RC 'C'	(103, [4x169])	779
38	Vale Royal 'A'	(127, [4x169])	803
39	Chester Tri 'B'	(153, 158, [3x169])	818
40	Wirral 'E'	(150, [4x169])	826
41	West Cheshire 'C'	(155, [4x169])	831
42	Wallasey 'F'	(156, [4x169])	832

## Ladies Team Results

1	Liverpool Harriers 'A'	(2, 7, 9)	18
2	Pensby Runners 'A'	(5, 17, 21)	43
3	Wirral 'A'	(6, 13, 26)	45
4	Tattenhall Runners 'A'	(3, 10, 37)	50
5	Chester Tri 'A'	(16, 19, 20)	55
6	Wallasey 'A'	(1, 18, 36)	55
7	Penny Lane Striders 'A'	(14, 23, 24)	61
8	Helsby 'A'	(8, 30, 31)	69
9	Ellesmere Port 'A'	(4, 32, 47)	83
10	Pensby Runners 'B'	(22, 33, 39)	94
11	Mersey Tri 'A'	(15, 27, 53)	95
12	Penny Lane Striders 'B'	(29, 34, 43)	106
13	Liverpool Harriers 'B'	(12, 25, [83])	120
14	Wallasey 'B'	(38, 41, 46)	125
15	Wirral 'B'	(35, 49, 52)	136
16	Sunlight Runners 'A'	(28, 50, 63)	141
17	West Cheshire 'A'	(42, 45, 65)	152
18	Picton 'A'	(40, 54, 70)	164
19	Liverpool RC 'A'	(11, [2x83])	177
20	Tattenhall Runners 'B'	(48, 51, [83])	182
21	Penny Lane Striders 'C'	(44, 59, [83])	186
22	Pensby Runners 'C'	(61, 62, 64)	187
23	Helsby 'B'	(55, 56, [83])	194
24	Picton 'B'	(71, 72, 73)	216
25	Birkenhead 'A'	(66, 68, [83])	217
26	Pensby Runners 'D'	(67, 69, [83])	219
27	Wallasey 'C'	(57, [2x83])	223
28	Ellesmere Port 'B'	(58, [2x83])	224
29	Mersey Tri 'B'	(60, [2x83])	226

# Young Athletes Results

## Boys

## Girls

Position	Name	Club	Age	Time	Position	Name	Club	Age	Time
1	Richard Evans	Wirral	14	14:49	1	Emily Kearney	Wirral	14	17:11
2	Niall Flanagan	Wirral	13	15:04	2	Millie Powell	Wirral	13	17:35
3	Will Patterson	Wirral	13	15:23	3	Sydney Isaacs	Wirral	13	18:29
4	Nathan Schofield	Wirral	14	15:27	4	Aileen Kearney	Wirral	12	18:59
5	Charlie Quinn	Wirral	13	15:44	5	Fiona Nuttall	Wirral	14	19:11
6	Rob Owen	Wirral	14	15:58	6	Lauren Bickett	Wirral	13	20:05
7	Niall Murphy	Mersey Tri	14	16:16	7	Molly Brewster	Wirral	13	21:29
8	Guy Reeve	Wirral	13	17:07					
9	Thomas Robertson	Wirral	14	17:10					
10	Alex Brothy	Wirral	12	19:23					
11	Ben Huxford	Picton	13	21:05					
12	Jack Langton	Picton	13	22:00					
13	Reece Magee	Wirral	12	22:58					