



# Trail Betws - CaniX 10k

Saturday 9th November 2019

# RESULT

by Chip Position

| Pos. | Bib | Time    | Name              | Team                            | Gender | Gender Pos | Gun Time | Gun Pos |
|------|-----|---------|-------------------|---------------------------------|--------|------------|----------|---------|
| 1    | 402 | 39:39   | Ashleigh Bailey   | Wye Valley Dogsports Team       | Female | 1          | 39:40    | 1       |
| 2    | 462 | 40:38   | Heather Jenner    | Brighton 2 Weald Canicross      | Female | 2          | 40:40    | 2       |
| 3    | 445 | 41:00   | Ian Gibson        | Oswestry Olympians              | Male   | 1          | 44:02    | 4       |
| 4    | 507 | 42:45   | Jasmine Sharp     | Eryri Harriers                  | Female | 3          | 42:47    | 3       |
| 5    | 463 | 45:04   | Preet Johal       | Trentham Running Club           | Male   | 2          | 46:17    | 5       |
| 6    | 476 | 45:34   | Dougie Maclachlan |                                 | Male   | 3          | 46:50    | 7       |
| 7    | 472 | 46:31   | Steve Lewis       | Canicross Somerset              | Male   | 4          | 47:44    | 8       |
| 8    | 455 | 46:31   | Katie Hayward     |                                 | Female | 4          | 46:34    | 6       |
| 9    | 449 | 46:38   | Rebecca Grant     |                                 | Female | 5          | 53:34    | 17      |
| 10   | 453 | 46:46   | Emily Hampton     | Canicross Anglesey              | Female | 6          | 48:01    | 9       |
| 11   | 421 | 47:36   | Lynsey Coan       | Canicross Clwyd                 | Female | 7          | 54:32    | 20      |
| 12   | 511 | 48:52   | Tina Smith        | Forest Monsters                 | Female | 8          | 50:11    | 11      |
| 13   | 454 | 48:57   | Vince Hay         | Staffordshire Canicross         | Male   | 5          | 50:09    | 10      |
| 14   | 494 | 49:19   | Andrew Price      |                                 | Male   | 6          | 52:22    | 14      |
| 15   | 417 | 50:04   | Rob Brown         |                                 | Male   | 7          | 53:09    | 16      |
| 16   | 483 | 50:16   | Clare Mitchell    |                                 | Female | 9          | 57:13    | 28      |
| 17   | 478 | 50:36   | Ben Marston       |                                 | Male   | 8          | 53:37    | 18      |
| 18   | 413 | 50:56   | Vicki Blackshaw   | Peterborough Paws               | Female | 10         | 51:01    | 12      |
| 19   | 514 | 50:57   | Gary Speakman     |                                 | Male   | 9          | 57:00    | 26      |
| 20   | 433 | 51:08   | Michael Ellis     | Canicross Clwyd                 | Male   | 10         | 56:11    | 23      |
| 21   | 400 | 51:09   | Ian Ackroyd       | West Cheshire Athletic Club     | Male   | 11         | 52:23    | 15      |
| 22   | 525 | 51:51   | Amy Whiteside     |                                 | Female | 11         | 53:54    | 19      |
| 23   | 406 | 52:20   | Kate Beer         |                                 | Female | 12         | 52:20    | 13      |
| 24   | 524 | 52:39   | Steven Ward       | Canicross Anglesey              | Male   | 12         | 55:43    | 22      |
| 25   | 411 | 0:53:14 | Helen Bisdee      | Canicross Trailrunners          | Female | 13         | 1:04:20  | 40      |
| 26   | 518 | 0:53:43 | K Taggart         | Cheshire Trailrunners Canicross | Female | 14         | 1:03:50  | 39      |
| 27   | 430 | 54:21   | Julie Drake       | Arena 80 Ac                     | Female | 15         | 56:25    | 24      |
| 28   | 444 | 54:24   | Johanna Gasson    |                                 | Female | 16         | 56:27    | 25      |
| 29   | 439 | 0:54:27 | Jacqueline Fowler |                                 | Female | 17         | 1:05:32  | 45      |
| 30   | 432 | 54:49   | Rob Eadon         | Anglesey Canicross              | Male   | 13         | 58:56    | 31      |
| 31   | 405 | 54:50   | Steve Barnett     | Newcastle Frontrunners          | Male   | 14         | 54:54    | 21      |
| 32   | 435 | 0:55:09 | Katy Farmer       |                                 | Female | 18         | 1:02:09  | 35      |
| 33   | 531 | 0:55:10 | Emma Woodward     |                                 | Female | 19         | 1:05:15  | 44      |
| 34   | 477 | 55:42   | James Maiden      |                                 | Male   | 15         | 58:46    | 29      |
| 35   | 527 | 56:31   | M Willcox         |                                 | Male   | 16         | 59:36    | 33      |
| 36   | 530 | 57:04   | Jenny Williamson  | Eryri Harriers                  | Female | 20         | 57:07    | 27      |
| 37   | 420 | 0:57:10 | Lisa Chapman      |                                 | Female | 21         | 1:05:10  | 42      |
| 38   | 500 | 0:57:12 | Teresa Roberts    |                                 | Female | 22         | 1:05:10  | 43      |
| 39   | 528 | 0:57:23 | Andrew Williams   |                                 | Male   | 17         | 1:04:22  | 41      |
| 40   | 451 | 0:57:34 | Tanya Grigg       | Forest Canisports               | Female | 23         | 1:00:38  | 34      |
| 41   | 456 | 0:57:38 | Mark Herbert      |                                 | Male   | 18         | 1:11:45  | 56      |
| 42   | 415 | 57:40   | Mark Brennan      | Fell Runners Association        | Male   | 19         | 58:55    | 30      |
| 43   | 458 | 57:57   | Becky Jeffery     |                                 | Female | 24         | 59:12    | 32      |
| 44   | 438 | 0:59:00 | Hilary Ford       | Canicross Anglesey              | Female | 25         | 1:09:08  | 53      |
| 45   | 517 | 0:59:04 | Emily Sullivan    | Canicross Clwyd                 | Female | 26         | 1:08:09  | 52      |
| 46   | 490 | 0:59:54 | Alison Parson     | Ilkeston Running Club           | Female | 27         | 1:02:56  | 38      |
| 47   | 416 | 1:00:49 | Lucy Brook        |                                 | Female | 28         | 1:02:53  | 37      |
| 48   | 522 | 1:01:26 | Angela Troth      |                                 | Female | 29         | 1:02:39  | 36      |
| 49   | 497 | 1:01:34 | Jacob Richmond    |                                 | Male   | 20         | 1:07:49  | 50      |
| 50   | 501 | 1:01:49 | Rebecca Roberts   | Canicross Anglesey              | Female | 30         | 1:10:53  | 54      |
| 51   | 434 | 1:01:53 | Sarah Ellwood     | Gog Triathlon                   | Female | 31         | 1:07:59  | 51      |
| 52   | 533 | 1:02:12 | Jonathon Yurek    | Trawden Athletic                | Male   | 21         | 1:14:18  | 59      |
| 53   | 479 | 1:02:39 | Lucy Maskew       |                                 | Female | 32         | 1:06:44  | 48      |
| 54   | 495 | 1:03:11 | Claire Rank       | Brighton & Hove Ac              | Female | 33         | 1:07:16  | 49      |
| 55   | 425 | 1:03:31 | Carys De Raad     |                                 | Female | 34         | 1:06:35  | 47      |
| 56   | 441 | 1:04:24 | E Freitas Camacho |                                 | Female | 35         | 1:05:40  | 46      |
| 57   | 488 | 1:04:24 | Katie Owen        | Canicross Anglesey              | Female | 36         | 1:15:30  | 62      |
| 58   | 465 | 1:05:38 | Angela Jones      | Canicross Clwyd                 | Female | 37         | 1:18:43  | 66      |
| 59   | 423 | 1:05:40 | Andrea Corbett    | Canicross Midlands              | Female | 38         | 1:14:46  | 61      |
| 60   | 486 | 1:06:28 | Sharon Nicholls   | Forest Of Dean                  | Female | 39         | 1:11:32  | 55      |
| 61   | 491 | 1:06:49 | Kate Pearce       | Na                              | Female | 40         | 1:20:58  | 69      |
| 62   | 503 | 1:07:12 | Susan Round       | Shropshire Canicross            | Female | 41         | 1:18:16  | 64      |
| 63   | 519 | 1:07:39 | Emily Thomas      | K9 Trail Time                   | Female | 42         | 1:18:42  | 65      |
| 64   | 442 | 1:07:40 | Amanda Garner     | Canicross Clwyd                 | Female | 43         | 1:21:47  | 70      |
| 65   | 515 | 1:07:45 | Abbi Storer       |                                 | Female | 44         | 1:14:42  | 60      |
| 66   | 521 | 1:07:50 | Dan Thompson      | Total Transition Triathlon      | Male   | 22         | 1:13:53  | 58      |
| 67   | 523 | 1:11:03 | Fiona Vaughan     | Cobras Running & Triathlon Club | Female | 45         | 1:13:09  | 57      |
| 68   | 422 | 1:11:05 | Jo Comerie        |                                 | Female | 46         | 1:18:01  | 63      |
| 69   | 457 | 1:11:53 | Mel Hinchliffe    |                                 | Female | 47         | 1:24:56  | 71      |
| 70   | 520 | 1:13:18 | Cathryn Thomas    | Kings Forest Canicross          | Female | 48         | 1:25:24  | 72      |



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| 71   | 475 | 1:15:45 | Tracy Lloyd       |                             | Female | 49         | 1:19:54  | 67      |
| 72   | 466 | 1:15:46 | Hayley Jones      |                             | Female | 50         | 1:19:55  | 68      |
| 73   | 414 | 1:18:13 | Cara Blockley     |                             | Female | 51         | 1:32:21  | 77      |
| 74   | 499 | 1:18:47 | Margaret Roberts  |                             | Female | 52         | 1:25:47  | 74      |
| 75   | 407 | 1:18:47 | Sue Bell          | Muddy Runners               | Female | 53         | 1:25:46  | 73      |
| 76   | 506 | 1:21:38 | Toria Seaton      | K9 Trail Time               | Female | 54         | 1:32:42  | 78      |
| 77   | 473 | 1:21:41 | Tracey Limbrick   |                             | Female | 55         | 1:33:50  | 80      |
| 78   | 447 | 1:22:44 | Lorraine Gillan   |                             | Female | 56         | 1:26:55  | 75      |
| 79   | 498 | 1:25:20 | Michelle Rigby    |                             | Female | 57         | 1:39:33  | 88      |
| 80   | 401 | 1:25:20 | Nicola Austin     |                             | Female | 58         | 1:39:31  | 87      |
| 81   | 448 | 1:25:46 | Beverley Goodson  | Deestriders                 | Female | 59         | 1:31:52  | 76      |
| 82   | 427 | 1:26:24 | Neal Dempsey      | Canicross Midlands          | Male   | 23         | 1:38:36  | 85      |
| 83   | 426 | 1:26:25 | Helen Dempsey     | Canicross Midlands          | Female | 60         | 1:38:36  | 84      |
| 84   | 532 | 1:26:37 | Sam Wright        | Ashridge Canicrossers       | Female | 61         | 1:39:46  | 89      |
| 85   | 493 | 1:26:41 | Melanie Prangnell | Canicross Anglesey          | Female | 62         | 1:40:46  | 91      |
| 86   | 412 | 1:26:48 | Helen Bishop      | Ashridge                    | Female | 63         | 1:39:59  | 90      |
| 87   | 446 | 1:29:36 | Kim Gilbert       | Falkland Trail Runners      | Female | 64         | 1:33:43  | 79      |
| 88   | 443 | 1:31:09 | Jane Garnett      | Canicross Anglesey          | Female | 65         | 1:39:12  | 86      |
| 89   | 469 | 1:32:39 | Melissa Lamb      | Peterborough Paws Canicross | Female | 66         | 1:36:42  | 81      |
| 90   | 419 | 1:32:55 | Helen Casbon      | Eye Community Runners       | Female | 67         | 1:36:59  | 82      |
| 91   | 418 | 1:32:56 | Hannah Casbon     | Eye Community Runners       | Female | 68         | 1:37:01  | 83      |
| 92   | 408 | 1:33:18 | Emily Best        | South Wales Canicross       | Female | 69         | 1:41:17  | 92      |
| 93   | 526 | 1:43:01 | Carin Whitfield   | Ashridge Canicrossers       | Female | 70         | 1:56:09  | 93      |