

## 2 Lakes Trail Races 2019 Results (19/05/2019)

| Position | No. | First name | Surname       | Gender | Age Cat. | Course     | Club                 | Time    |
|----------|-----|------------|---------------|--------|----------|------------|----------------------|---------|
| 1        | 80  | Andrew     | Rees          | M      | V50      | 5km        |                      | 0:22:48 |
| 2        | 131 | Gareth     | Evans         | M      | V50      | 5km        | Sandbach Striders    | 0:23:17 |
| 3        | 13  | Suzy       | Harrison      | F      | V40      | 5km        | Canicross Clwyd      | 0:23:47 |
| 4        | 117 | Mark       | Roberts       | M      | V50      | 5km        | OutFit               | 0:27:06 |
| 5        | 45  | Adam       | Savage        | M      | Open     | 5km        |                      | 0:28:54 |
| 6        | 133 | Caroline   | Dawe          | F      | Open     | 5km        | Denbigh Harriers     | 0:29:40 |
| 7        | 46  | Laura      | Savage        | F      | Open     | 5km        |                      | 0:31:54 |
| 8        | 132 | Robin      | Jones         | M      | Open     | 5km        |                      | 0:32:04 |
| 9        | 123 | Hannah     | Harrison      | F      | U14      | 5km        |                      | 0:32:14 |
| 10       | 125 | Caitlin    | Moore         | F      | U12      | 5km        | OutFit               | 0:33:11 |
| 11       | 60  | Lynn       | Young         | F      | V50      | 5km        |                      | 0:33:42 |
| 12       | 47  | Kat        | Mason         | F      | Open     | 5km        |                      | 0:34:59 |
| 13       | 124 | Millie     | Davies        | F      | U14      | 5km        |                      | 0:35:55 |
| 14       | 4   | Dilwyn     | Powell Jones  | M      | V40      | 10km       |                      | 0:39:21 |
| 15       | 93  | Kim        | Mazucca       | F      | V50      | 10km Canix | Wye Valley Canicross | 0:41:28 |
| 16       | 18  | Jasmine    | Sharp         | F      | Open     | 10km Canix |                      | 0:41:51 |
| 17       | 30  | Andrew     | Thomas        | M      | Open     | 10km       | OutFit               | 0:44:24 |
| 18       | 79  | Peter      | Bannister     | M      | V40      | 10km       |                      | 0:45:14 |
| 19       | 58  | Alex       | Styling       | M      | Open     | 10km Canix |                      | 0:45:40 |
| 20       | 70  | James      | Harwood       | M      | V40      | 10km Canix |                      | 0:46:26 |
| 21       | 9   | Kirstie    | Fraser        | F      | V40      | 10km Canix | Canicross Clwyd      | 0:46:29 |
| 22       | 59  | Micheal    | Young         | M      | V40      | 10km Canix |                      | 0:46:57 |
| 23       | 29  | Carolyn    | Stamper Clark | F      | V40      | 10km       |                      | 0:47:01 |
| 24       | 81  | Ross       | Lambie        | M      | Open     | 10km Canix |                      | 0:48:11 |
| 25       | 33  | Iwan       | Edwards       | M      | V40      | 10km       |                      | 0:48:15 |
| 26       | 126 | Eirian     | Edwards       | F      | Open     | 10km       |                      | 0:49:06 |
| 27       | 51  | Hywel      | Lloyd         | M      | Open     | 10km       |                      | 0:49:16 |
| 28       | 78  | Helen      | Johnson       | F      | V40      | 10km       |                      | 0:49:35 |
| 29       | 139 | Duncan     | Jones         | M      | V60      | 10km       | Denbigh Harriers     | 0:49:52 |

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|----------|-----|------------|-----------|--------|----------|------------|----------------------|---------|
| 30       | 141 | Jo         | Hoppes    | F      | Open     | 10km       | Prestatyn            | 0:51:06 |
| 31       | 6   | Trevor     | Smith     | M      | V40      | 10km       | Leigh Harriers       | 0:51:10 |
| 32       | 7   | Fred       | Jones     | M      | V60      | 10km       | Denbigh Harriers     | 0:51:39 |
| 33       | 62  | Emma       | Lynch     | F      | V40      | 10km Canix |                      | 0:51:45 |
| 34       | 130 | Caren      | Brown     | F      | V40      | 10km       | Llangollen Ladies RC | 0:52:29 |
| 35       | 91  | Sioned     | Owen      | F      | Open     | 10km       |                      | 0:52:36 |
| 36       | 95  | Sharon     | Edwards   | F      | V40      | 10km Canix |                      | 0:52:50 |
| 37       | 73  | Sarah      | Harwood   | F      | V40      | 5km        |                      | 0:52:58 |
| 38       | 94  | Andrea     | Reynolds  | F      | V40      | 10km Canix |                      | 0:54:06 |
| 39       | 108 | Ian        | Howard    | M      | V40      | 10km       |                      | 0:54:41 |
| 40       | 37  | Gemma      | Newell    | F      | Open     | 10km       |                      | 0:55:00 |
| 41       | 38  | Robert     | Standring | M      | Open     | 10km       |                      | 0:55:01 |
| 42       | 19  | Llinos     | Davies    | F      | Open     | 10km Canix |                      | 0:57:00 |
| 43       | 43  | Ann Marie  | Roberts   | F      | V40      | 10km       |                      | 0:57:54 |
| 44       | 52  | Susanne    | Smith     | F      | V50      | 10km       | Leigh Harriers & AC  | 0:58:30 |
| 45       | 23  | Steve      | O'Connor  | M      | V40      | 10km Canix |                      | 0:59:10 |
| 46       | 135 | Adele      | Challinor | F      | V50      | 10km Canix |                      | 1:00:05 |
| 47       | 140 | Katie      | Owen      | F      | Open     | 10km Canix |                      | 1:00:09 |
| 48       | 44  | Hilary     | Ford      | F      | V40      | 10km Canix |                      | 1:00:10 |
| 49       | 25  | Claire     | Birch     | F      | V40      | 10km       |                      | 1:00:32 |
| 50       | 32  | Lucy       | Killen    | F      | V40      | 10km       |                      | 1:00:52 |
| 51       | 8   | Georgina   | Fletcher  | F      | V50      | 10km Canix | Powys Canicross      | 1:01:12 |
| 52       | 122 | Paul       | Walker    | M      | V60      | 10km Canix | Canicross Clwyd      | 1:01:30 |
| 53       | 15  | Sioned     | Jones     | F      | Open     | 10km       |                      | 1:01:35 |
| 54       | 137 | Richard    | Moore     | M      | V50      | 10km       | OutFit               | 1:02:26 |
| 55       | 105 | Iona       | Howell    | F      | Open     | 10km       |                      | 1:02:43 |
| 56       | 50  | Dawn       | Marshall  | F      | V40      | 10km       | Denbigh Harriers     | 1:03:10 |
| 57       | 42  | Jenni      | Wykes     | F      | V40      | 10km       | OutFit               | 1:03:12 |
| 58       | 65  | Gwen       | Cooper    | F      | V40      | 10km Canix |                      | 1:04:25 |
| 59       | 66  | Sam        | Edwards   | F      | V40      | 10km Canix |                      | 1:04:27 |
| 60       | 10  | Grant      | Willcox   | M      | V40      | 10km Canix |                      | 1:06:24 |

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|----------|-----|------------|--------------|--------|----------|---------------|-------------------|---------|
| 61       | 5   | Sean       | Roberts      | M      | V40      | 10km          |                   | 1:07:08 |
| 62       | 127 | David      | Wiggins      | M      | V60      | 10km          |                   | 1:07:38 |
| 63       | 103 | Rebecca    | Dumayne      | F      | Open     | 10km          |                   | 1:08:08 |
| 64       | 54  | Victoria   | Mcmullen     | F      | Open     | 10km          |                   | 1:08:11 |
| 65       | 55  | Shonah     | Dowler-Joyce | F      | V40      | 10km          |                   | 1:08:12 |
| 66       | 21  | David      | Shipman      | M      | V40      | 10km          |                   | 1:08:15 |
| 67       | 63  | Kay        | Cottrell     | F      | V60      | 10km          |                   | 1:08:18 |
| 68       | 74  | Gemma      | Simmonds     | F      | Open     | 10km Canix    |                   | 1:08:25 |
| 69       | 99  | Ceri       | Townsend     | F      | Open     | 10km          |                   | 1:08:41 |
| 70       | 98  | Phillip    | Townsend     | M      | Open     | 10km          |                   | 1:08:46 |
| 71       | 97  | Rhian      | Jones        | F      | V40      | 10km          | OutFit            | 1:08:54 |
| 72       | 121 | Shirley    | Hennessey    | F      | V40      | 10km          |                   | 1:09:16 |
| 73       | 109 | Rachel     | Twiss        | F      | V40      | 10km          | OutFit            | 1:10:21 |
| 74       | 61  | Beverley   | Goodson      | F      | V50      | 10km          | Deestridders      | 1:10:29 |
| 75       | 112 | Eliza      | Tyrrell      | F      | V40      | 10km          |                   | 1:10:41 |
| 76       | 110 | Matt       | Triggs       | M      | V50      | 10km          |                   | 1:10:42 |
| 77       | 56  | Fiona      | Robinson     | F      | V50      | 10km          |                   | 1:11:02 |
| 78       | 101 | Claire     | Maxwell      | F      | V40      | 10km          |                   | 1:11:19 |
| 79       | 100 | Sally      | Pritchard    | F      | V50      | 10km          | OutFit            | 1:13:24 |
| 80       | 16  | Karen      | Jones        | F      | V40      | 10km          | OutFit            | 1:13:25 |
| 81       | 64  | San        | Roberts      | F      | V40      | 10km          |                   | 1:15:47 |
| 82       | 57  | Emma       | Brown        | F      | V40      | 10km Canix    |                   | 1:16:29 |
| 83       | 106 | Liz        | Green        | F      | V40      | 10km          |                   | 1:16:44 |
| 84       | 28  | Catrin     | Roberts      | F      | Open     | 10km          |                   | 1:19:57 |
| 85       | 102 | Claire     | Coombs       | F      | V40      | 10km          |                   | 1:24:38 |
| 86       | 27  | Andrew     | Birch        | M      | V40      | Half Marathon |                   | 1:30:38 |
| 87       | 67  | Francis    | Edwards      | M      | Open     | Half Marathon | Delamere Spartans | 1:31:12 |
| 88       | 142 | Rob        | Alexander    | M      | Open     | Half Marathon | Prestatyn         | 1:37:10 |
| 89       | 24  | Ross       | Hemmings     | M      | Open     | Half Marathon |                   | 1:39:30 |
| 90       | 138 | Susan      | Fourie       | F      | V40      | Half Marathon | Chester Tri       | 1:42:26 |
| 91       | 119 | Anthony    | Spruce       | M      | Open     | Half Marathon | West Cheshire AC  | 1:43:07 |

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|----------|-----|------------|--------------|--------|----------|---------------|------------------|---------|
| 92       | 113 | Becky      | Davey        | F      | Open     | Half Marathon |                  | 1:44:41 |
| 93       | 120 | Vincent    | Edwards      | M      | V40      | Half Marathon |                  | 1:48:25 |
| 94       | 69  | Melina     | Morris       | F      | V40      | Half Marathon | Denbigh Harriers | 1:48:58 |
| 95       | 89  | Charles    | Smith        | M      | Open     | Half Marathon |                  | 1:51:05 |
| 96       | 118 | Neil       | Gooding      | M      | V40      | Half Marathon |                  | 1:52:12 |
| 97       | 14  | Melfyn     | Roberts      | M      | V40      | Half Marathon |                  | 1:56:54 |
| 98       | 40  | Gareth     | Roberts      | M      | V40      | Half Marathon | Prestatyn RC     | 1:57:43 |
| 99       | 39  | Richard    | Wykes        | M      | V40      | Half Marathon | OutFit           | 1:58:10 |
| 100      | 1   | Stephen    | Blackwell    | M      | V40      | Half Marathon |                  | 1:58:31 |
| 101      | 128 | Jo         | Grandfield   | F      | V50      | Half Marathon |                  | 1:59:21 |
| 102      | 136 | Paul       | Ellis Owen   | M      | V40      | 10km          | DVT              | 2:00:27 |
| 103      | 22  | Amy        | Edwards      | F      | V40      | Half Marathon |                  | 2:00:45 |
| 104      | 20  | Helen      | Guy          | F      | Open     | Half Marathon |                  | 2:00:46 |
| 105      | 48  | Harriet    | Hayto        | F      | Open     | Half Marathon |                  | 2:01:40 |
| 106      | 75  | Wesley     | Jones        | M      | Open     | Half Marathon |                  | 2:01:52 |
| 107      | 26  | Dan        | Nosworthy    | M      | V40      | Half Marathon |                  | 2:02:20 |
| 108      | 31  | Darren     | Rhodes       | M      | V40      | Half Marathon |                  | 2:02:21 |
| 109      | 90  | Lisa       | Dallison     | F      | V40      | Half Marathon |                  | 2:03:05 |
| 110      | 49  | John       | Pritchard    | M      | V50      | Half Marathon | OutFit           | 2:04:31 |
| 111      | 76  | Gary       | Robinson     | M      | V50      | Half Marathon |                  | 2:05:05 |
| 112      | 17  | Sean       | Gavin        | M      | V40      | Half Marathon |                  | 2:06:13 |
| 113      | 3   | Rachel     | Hurst        | F      | Open     | Half Marathon | OutFit           | 2:06:32 |
| 114      | 87  | Angela     | Letman       | F      | V50      | Half Marathon |                  | 2:08:18 |
| 115      | 77  | Jane       | Steele       | F      | V40      | Half Marathon |                  | 2:08:19 |
| 116      | 41  | Alison     | Perrins      | F      | V40      | Half Marathon | Wrexham AC       | 2:09:52 |
| 117      | 34  | Zuzana     | Hughes Parry | F      | V40      | Half Marathon |                  | 2:14:36 |
| 118      | 11  | Claire     | Halestrap    | F      | V50      | Half Marathon | OutFit           | 2:14:38 |
| 119      | 92  | William    | Owen         | M      | V60      | Half Marathon | OutFit           | 2:16:56 |
| 120      | 88  | Wendy      | Hooson       | F      | V50      | Half Marathon | OutFit           | 2:18:43 |
| 121      | 36  | Eric       | Cooper       | M      | V50      | Half Marathon |                  | 2:18:59 |
| 122      | 86  | Yvonne     | Harrison     | F      | V50      | Half Marathon | OutFit           | 2:36:32 |

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|----------|-----|------------|----------|--------|----------|---------------|------|---------|
| 123      | 114 | Hannah     | Rayfield | F      | V50      | Half Marathon |      | 2:38:12 |
| 124      | 68  | Danielle   | Edwards  | F      | Open     | Half Marathon |      | 2:38:50 |
| 125      | 96  | Micheal    | Hicks    | M      | V50      | Half Marathon |      | 2:48:08 |