



Beyond the Limitations.....

FOREST OF DEAN 5K
15 MAY 2011



Pos	No.	Name	Club	Cat	Time
1	230	Ian Reade	Running With Dogs	M40	0:17:45
2	215	Neil Smith	Canicross	M40	0:21:01
3	212	Cushia Lamén	Canicross	L35	0:21:08
4	214	Simon Lamén	Canicross	M40	0:21:29
5	229	Deborah Gowans	Accrington Road Runners	L45	0:22:04
6	232	Brian Morris	Unattached	M	0:22:16
7	240	Carole Ansell	Canicross Trailrunners	L	0:22:34
8	217	Emma Johnston	Trailrunners	L	0:22:35
9	210	Claire Williams	Canicross	L45	0:23:46
10	239	Kevin Burke	Unattached	M50	0:24:24
11	209	Jacqui Wynds	Canicross Trailrunners	L55	0:25:15
12	211	Karen Roberts	Unattached	L45	0:25:22
13	237	Julie Bailey	Canicross Trailrunners	L45	0:26:21
14	218	Jacqui Good	Trail Runners Association	L	0:27:11
15	221	Nicky Hutchinson	Canicross	L45	0:27:26
16	235	Jessica Flanagan	Canicross Trailrunners	L	0:27:50
17	227	Kaska Sadler	Canicross Trailrunners	L	0:27:56
18	233	Barbara Harrison	Unattached	L45	0:30:10
19	238	Denis Lewis	Canicross Trailrunners	M50	0:30:11