



FOREST RUNNER 2021

DELAMERE FOREST

PROVISIONAL RACE RESULTS

5K

Pos	Athlete	Chip Time	Team	Category	Gender	Bib#
1	Neal Jones	0:22:59			M	169
2	Michelle Bowes	0:25:03	Deestrider		F	165
3	Adam Bourn	0:26:15		V50	M	173
4	Ruby Carrington	0:26:45	Vale Royal		F	154
5	Alison Lysons	0:28:27	Widnes Running Club	V50	F	158
6	Emilia Sitek	0:28:36			F	176
7	Gemma Saunders	0:29:40			F	175
8	Spencer Moore	0:30:32	South cheshire harriers	V40	M	194
9	Lou Mann	0:31:35		V40	F	172
10	Liz Oh	0:32:26		V40	F	160
11	Emma Mills	0:33:10			F	196
12	Bruce Dandy	0:33:11		V60	M	195
13	Molly Kelly	0:33:36			F	177
14	Atkins Andrew	0:34:59		V50	M	190
15	Lauren Wood	0:34:59			F	188
16	Tooke Amanda	0:35:04		V50	F	189
17	Carl Kirkham	0:35:08		V60	M	155
18	Ele Minton	0:35:12			F	170
19	Wendy Malcolm	0:38:20	Denbigh Harriers	V50	F	151
20	Vicky Evans	0:39:21		V50	F	193
21	Barbara Dickenson	0:40:28		V50	F	159
22	Paul Walker	0:40:51		V40	M	171
23	Gregory Boswell	0:40:56		V50	M	181
24	Nikki Elston	0:44:51		V40	F	183
25	Lisa Sullivan	0:44:51		V40	F	182
26	Susan Henry	0:50:46		V50	F	180