



FOREST RUNNER 2023

Alice Holt

RACE RESULTS

5K

Pos	Name	Distance	Gender	Bib#	Chip Time
1	Will Withecombe	5K	M	805	0:17:52
2	Amy Skinnard	5K	F	807	0:21:33
3	Ross Wayne	5K	M	804	0:22:21
4	Grace Gerrish	5K	F	801	0:22:58
5	Tamsin West	5K	F	806	0:23:38
6	Jennifer Bromley	5K	F	765	0:28:11
7	Kate Richardson	5K	F	799	0:28:19
8	Marie Watkyns	5K	F	3585	0:28:53
9	Louise Hornby	5K	F	766	0:29:26
10	Shameer Gandhi	5K	M	818	0:29:30
11	Vicki Marriner	5K	F	796	0:29:56
12	Sarah Robinson	5K	F	810	0:29:58
13	Ann-Marie Hodgkiss	5K	F	815	0:30:15
14	Kristian Clarke	5K	M	814	0:30:33
15	Jennifer D'Emanuele	5K	F	763	0:30:33
16	Laura Fletcher	5K	F	764	0:30:34
17	Judith Wilkinson	5K	F	808	0:30:53
18	Geraldine McLeod	5K	F	809	0:31:15
19	Kimberley Bradbury	5K	F	761	0:31:15
20	Vikki Gregory	5K	F	789	0:31:58
21	Matt Gregory	5K	M	788	0:31:58
22	Ria Pratt	5K	F	794	0:32:10
23	Paige Llewellyn	5K	F	821	0:33:51
24	Zodwa Chasokela	5K	F	803	0:34:00
25	Liz Crosby	5K	F	802	0:34:01
26	Adam Brown	5K	M	817	0:34:33
27	Tom Lyne	5K	M	767	0:34:33
28	Emily Reynolds	5K	F	816	0:34:34
29	Julie Macnamara	5K	F	778	0:34:52

30	Yathavan Premadasan	5K	M	813	0:35:24
31	Natalie Voller	5K	F	759	0:35:54
32	George Bernier	5K	M	793	0:36:30
33	Tina Linton	5K	F	114	0:37:51
34	Julia Graham	5K	F	783	0:38:09
35	Derek Graham	5K	M	782	0:38:09
36	Liza Salim	5K	F	800	0:38:53
37	Simon Bradbury	5K	M	762	0:39:00
38	Lara-Marie Barnes	5K	F	795	0:39:41
39	Ruth Chitty	5K	F	781	0:42:07
40	Katherine Chitty	5K	F	780	0:42:07
41	Eleanor Chitty	5K	F	779	0:42:07
42	Alison Kemp	5K	F	776	0:44:23
43	Natasha Mobalegh-Hosseini	5K	F	3442	0:45:46
44	Roxana Simcox	5K	F	798	0:46:54
45	Amanda Bernier	5K	F	792	0:47:18

10K

Pos	Name	Distance	Gender	Bib#	Chip Time
1	Graeme McIntosh	10K	M	3627	0:37:31
2	Richard Williams	10K	M	3539	0:38:08
3	Vincent WARNE	10K	M	3460	0:39:07
4	Harry Mullen	10K	M	3570	0:41:47
5	Mark Troughton	10K	M	3551	0:43:44
6	Ainsley Vinall	10K	M	3464	0:44:56
7	Helene Regan	10K	F	3602	0:45:25
8	Iaura Butchart	10K	F	3622	0:45:38
9	John Melvin	10K	M	3617	0:45:46
10	Mark Mansfield	10K	M	3492	0:45:48
11	David Miller	10K	M	3593	0:45:58
12	Michael Tarry	10K	M	3545	0:46:02
13	Paul Gibson	10K	M	3607	0:47:15
14	Luke Mannering	10K	M	3471	0:47:26
15	Robert Sharman	10K	M	3608	0:47:32
16	Steve Parsons	10K	M	3623	0:47:40
17	James Snowden	10K	M	3559	0:48:22
18	Tom Astbury	10K	M	3450	0:48:32
19	Calum Bressington	10K	M	3628	0:48:34
20	Oliver Goodway	10K	M	3525	0:48:45
21	Colin Spiller	10K	M	3429	0:48:46
22	Stuart Allen	10K	M	3415	0:48:48
23	Freddie Preston	10K	M	3412	0:48:54
24	Ian Price	10K	M	3502	0:48:54

25	Marc Ebanks	10K	M	3528	0:49:10
26	Adam Penhaul	10K	M	3565	0:49:38
27	Martin Howell	10K	M	3554	0:49:42
28	Paul Bosworth	10K	M	3547	0:49:51
29	Daniel Cameron	10K	M	3599	0:49:54
30	Tom Smerdon	10K	M	3505	0:50:08
31	Gemma Howes	10K	F	3626	0:50:13
32	Richard Pegden	10K	M	3557	0:50:14
33	Ian Taylor	10K	M	3553	0:50:20
34	Will Dalrymple	10K	M	3467	0:50:34
35	Terri Hassan	10K	F	3576	0:50:45
36	Lyn Swayne	10K	F	3530	0:51:04
37	Matthew King	10K	M	3414	0:51:25
38	Andrew Lane	10K	M	3510	0:51:34
39	Laurie Denness	10K	M	3546	0:51:52
40	Katie Roberts	10K	F	3499	0:52:20
41	Christopher Colley	10K	M	3521	0:52:39
42	Aidan Simons	10K	M	3552	0:52:50
43	George Williams	10K	M	3589	0:52:53
44	Darren Garfoot	10K	M	3507	0:53:15
45	Marie Di Placido	10K	F	3461	0:53:18
46	Michael Payne	10K	M	3604	0:53:23
47	Jack Smith	10K	M	2834	0:53:33
48	Simon Cooper	10K	M	3588	0:53:39
49	Natalie Garland	10K	F	3564	0:53:55
50	Steve Dagg	10K	M	3548	0:53:56
51	Sam Collins	10K	M	3574	0:54:06
52	Sam Prior	10K	M	3486	0:54:11
53	Ben maynard	10K	M	3512	0:54:31
54	Jonathan Lo	10K	M	3453	0:54:32
55	paul schofield	10K	M	3578	0:54:53
56	TIM HOOK	10K	M	3577	0:54:53
57	Mark Elloway	10K	M	3558	0:54:55
58	Philip Wain	10K	M	3569	0:54:56
59	Vanessa Paul	10K	F	3439	0:55:16
60	Danielle Melvin	10K	F	3616	0:55:28
61	Ladislava Williams	10K	F	3488	0:55:46
62	Rebecca Holburn	10K	F	3514	0:55:47
63	Jonny Heskins	10K	M	3435	0:55:48
64	Laura Sabharwal	10K	F	3515	0:55:48
65	Louise Bailey	10K	F	2824	0:55:50
66	Caroline Gower	10K	F	3598	0:55:54
67	Ellie Sait	10K	F	3542	0:56:05
68	Judita Jakstyle	10K	F	3508	0:56:32
69	Claire Penny-Green	10K	F	3560	0:56:53
70	Barry Cowdray	10K	M	3561	0:56:53
71	Daniela Foley	10K	F	3568	0:56:59
72	Elzbieta Grzybowska	10K	F	3620	0:57:06
73	Clive Sait	10K	M	3543	0:57:06
74	James Urquhart	10K	M	3532	0:57:27

75	Yvonne Nwokedi	10K	F	3609	0:57:35
76	Julia Watson	10K	F	3503	0:57:38
77	Johanna Berntsson- Arje	10K	F	2825	0:58:05
78	Martin Redmond	10K	M	3496	0:58:05
79	Darren Cobby	10K	M	3605	0:58:08
80	Gemma Headen	10K	F	3600	0:58:12
81	Jack Headen	10K	M	3621	0:58:14
82	Stephen Crouch	10K	M	3475	0:59:16
83	Michelle Norman	10K	F	3586	0:59:16
84	Tom Ibanga	10K	M	3610	0:59:17
85	Charlotte Vinall	10K	F	3457	0:59:30
86	Max Wright	10K	M	3596	0:59:40
87	Henry Lewis	10K	M	3495	0:59:47
88	Jo Charter	10K	F	3434	0:59:48
89	Sarah Dodds	10K	F	3550	0:59:50
90	Hayley Lowe	10K	F	3526	1:00:11
91	Kyle Caldwell	10K	M	3587	1:00:12
92	Sophie Stevenson	10K	F	3594	1:00:24
93	Sophie Barr	10K	F	3506	1:00:30
94	Samantha Cree	10K	F	3494	1:00:31
95	Alexandra Kemp	10K	F	3538	1:00:55
96	Jeremy Peters	10K	M	3422	1:00:59
97	Laura Goode	10K	F	3485	1:01:01
98	Mary Foord-Weston	10K	F	3537	1:01:32
99	Paul Macnamara	10K	M	3430	1:01:45
100	Mike Bridge	10K	M	3501	1:01:52
101	sharmila kar	10K	F	3624	1:01:59
102	Helene Allen	10K	F	2832	1:02:37
103	Mike Phillips	10K	M	3614	1:02:46
104	Claire Pearson-Cowell	10K	F	3504	1:02:58
105	Kate Qayyum	10K	F	3567	1:03:00
106	ROBERT KEENE	10K	M	3606	1:03:02
107	Simon Holman	10K	M	3509	1:03:06
108	John Rapson	10K	M	3533	1:03:11
109	Laura Phillips	10K	F	3613	1:03:20
110	Natalie Tomlin	10K	F	3584	1:03:38
111	Claudia Minett	10K	F	3463	1:03:50
112	Iwona Stubbs	10K	F	3529	1:03:56
113	Paula Robinson	10K	F	3575	1:03:56
114	Kayleigh Cooper	10K	F	3416	1:03:56
115	Adrian Croft	10K	M	3519	1:04:12
116	Sinead Stanton	10K	F	3420	1:04:15
117	Geoff Smyrk	10K	M	3579	1:04:20
118	Libby Ralph	10K	F	3447	1:04:38
119	Carol Dare	10K	F	3421	1:05:03
120	Susan Hammond	10K	F	3410	1:05:17
121	Jane Nee	10K	F	3511	1:05:22
122	Nicky Davidson	10K	F	3615	1:05:22
123	Alison Brooks	10K	F	3531	1:05:40
124	Kristoffer Winter	10K	M	3479	1:05:41

125	Tim Duffield	10K	M	3480	1:05:42
126	Alex Holt	10K	M	3469	1:06:00
127	Andy Ralph	10K	M	3446	1:06:01
128	Siobhan Silk	10K	F	3419	1:06:05
129	Anne Simpson	10K	F	3436	1:06:13
130	Denise Roach	10K	F	3438	1:06:13
131	Linda Agyemang	10K	F	3437	1:06:13
132	Natalia Burova	10K	F	3592	1:06:17
133	Elizabeth Foote	10K	F	3500	1:06:28
134	Natalie Smith	10K	F	3487	1:06:49
135	Alison Sorfleet	10K	F	3630	1:06:58
136	Emma Ward	10K	F	3411	1:07:08
137	Mike Elford	10K	M	3590	1:07:32
138	Marc Caulfield	10K	M	3582	1:07:45
139	Nicky Ward	10K	F	3618	1:08:23
140	Rebecca Ward	10K	F	3632	1:08:24
141	Stephen Harrington	10K	M	3619	1:08:25
142	Sarah Carter	10K	F	2836	1:08:25
143	David Ring	10K	M	3441	1:08:29
144	Bridget Burkill	10K	F	3449	1:08:49
145	anne rapson	10K	F	3563	1:08:53
146	Debbie Birch	10K	F	3444	1:09:07
147	Lara Hellman	10K	F	3520	1:09:10
148	Katy Lewis	10K	F	3445	1:09:11
149	Katherine Wagg	10K	F	3527	1:09:17
150	Laura Gould	10K	F	3597	1:09:39
151	Sophie Baker	10K	F	3625	1:09:40
152	Cath Terry	10K	F	3454	1:09:44
153	Laura Harrison	10K	F	3458	1:09:46
154	Kaye OCONNOR	10K	F	2835	1:09:49
155	Krista Smyrk	10K	F	3580	1:10:23
156	Stephanie-Suzanne Jory	10K	F	2830	1:10:51
157	Karen Cadman	10K	F	3518	1:10:51
158	Jeni Jolliffe	10K	F	2829	1:10:55
159	Sally Robson	10K	F	3523	1:10:55
160	Gareth Morrissey	10K	M	3541	1:11:40
161	Rob Mynard	10K	M	3555	1:11:40
162	Rebecca Donovan	10K	F	3540	1:11:41
163	Liza Pinel	10K	F	3427	1:11:45
164	Katie Hughes	10K	F	3497	1:11:50
165	Michelle Denny	10K	F	3482	1:12:00
166	Natasha Ghoojamanian	10K	F	3581	1:12:09
167	Chris Wynne	10K	M	3465	1:12:51
168	Kate Corney	10K	F	3491	1:14:00
169	Kate Graham	10K	F	2833	1:14:54
170	Rebecca Saunders	10K	F	3556	1:16:37
171	Suzie Tanser	10K	F	3631	1:18:29
172	Matthew Silk	10K	M	3418	1:18:49
173	Jane Rose	10K	F	3425	1:19:45
174	Tasha Thompson	10K	F	3423	1:19:46

175	Ann-Marie Pascal	10K	F	2828	1:22:13
176	Alurie Dutton	10K	F	3603	1:24:00
177	Monica Burbidge	10K	F	3629	1:24:01
178	Carol Pollard	10K	F	3498	1:24:19
179	Lorraine Joseph	10K	F	3483	1:25:46
180	Ray Mitchell	10K	M	3484	1:25:46
181	Sacha Lumley	10K	F	3424	1:28:09
182	Stephen Young	10K	M	3611	1:30:42
183	Maggie Holland	10K	F	3572	1:37:02