



FOREST RUNNER 2021

HIGH LODGE THETFORD FOREST

10K RACE RESULTS

Pos	Athlete	Chip Time	Gender	Bib#
1	Ashley Gilbert	0:39:28	M	3442
2	Dominic Hazell-Evans	0:40:59	M	3382
3	Daniel Wilson	0:41:18	M	3799
4	Chris Hart	0:41:45	M	3495
5	Michael Strowger	0:41:53	M	3493
6	Bryan Seago	0:42:14	M	3488
7	Bonamy Grimes	0:42:31	M	3447
8	Jack Harris	0:43:19	M	3432
9	Adam Humphreys	0:43:27	M	3490
10	James Hart	0:45:09	M	3380
11	Holly Regan	0:45:44	F	3449
12	Dan Bell	0:46:23	M	3273
13	Spencer Wilkin	0:46:39	M	3445
14	Daniel Bagshaw	0:46:51	M	3385
15	Antony Croucher	0:47:09	M	3462
16	PURI Bernal	0:47:21	F	3293
17	stuart turner	0:47:22	M	3497
18	Greg Herring	0:47:39	M	3284
19	Clive Roker	0:47:48	M	3294
20	Stuart Charlesworth	0:48:24	M	3333
21	Chris Carter	0:49:25	M	3453
22	Richard Claxton	0:49:28	M	3479
23	Neil Kellett	0:50:24	M	3486
24	Colin Crompton	0:50:26	M	3507
25	Amy Ilesiak	0:50:42	F	3389
26	Nathaniel Laker	0:51:01	M	3383
27	Clive Purbrook	0:51:20	M	3340
28	Sarah Hosgood	0:52:03	F	3429
29	Michael Manley	0:52:16	M	3359
30	Melanie Widdows	0:52:31	F	3335
31	Andrew Plater	0:52:48	M	3339
32	Rod Prime	0:52:58	M	3336
33	George Palmer	0:52:59	M	3467
34	Clare Symms	0:53:49	F	3461
35	karl Coutts	0:53:50	M	3487
36	Adam Cooley	0:53:54	M	3369
37	Emmi Hughes	0:54:06	F	3472
38	Duncan Partridge	0:54:14	M	3426
39	Jeremy Sokhi	0:54:15	M	3506

40	Colin Fish	0:54:19	M	3464
41	Ella Inwald	0:54:26	F	3508
42	Max Jennings	0:54:28	M	3291
43	Tristram Hilborn	0:54:35	M	3297
44	Teresa Brundell	0:54:39	F	3440
45	Graeme Mears	0:55:26	M	3350
46	Katrina Vicentijevic	0:55:32	F	3491
47	Anna Linton	0:55:56	F	3361
48	Matt Westbury-Jones	0:56:05	M	3446
49	Sandra Goncalves	0:56:18	F	3377
50	Gina Hurrell	0:56:24	F	3454
51	Owen Leeder	0:56:29	M	3511
52	Kate Jackson	0:56:31	F	3436
53	anna stonell	0:56:31	F	3496
54	Tabatha Sims	0:56:37	F	3277
55	Tim Shattock	0:56:39	M	3452
56	James Jaques	0:56:44	M	3484
57	Eric Morgan	0:56:45	M	3365
58	Adam Firrell	0:56:46	M	3274
59	Symon Sims	0:56:59	M	3280
60	Rachel Brown	0:57:02	F	3428
61	Rachel Wood	0:57:04	F	3502
62	Charles Ashley	0:57:19	M	3402
63	Bruce Mail	0:57:41	M	3288
64	Paul Aislabie	0:58:18	M	3412
65	Steph Wilson	0:58:30	F	3371
66	Chris Parsons	0:58:31	M	3474
67	Britta Heidecke	0:58:37	F	3456
68	Katie Golledge	0:58:41	F	3348
69	Artur Kuczynski	0:58:45	M	3434
70	Lisa Hewitt	0:58:52	F	3499
71	Lisa Rutland	0:59:10	F	3451
72	Emma Rawlinson	0:59:17	F	3272
73	Sarah Quayle	0:59:20	F	3396
74	Maria Goodby	0:59:21	F	3397
75	Elizabeth Foreman	0:59:24	F	3460
76	Anabel Taylor	0:59:26	F	3405
77	Nicola Edwards	0:59:34	F	3413
78	Adam Gretton	0:59:40	M	3279
79	Louisa Booth	0:59:47	F	3463
80	Caroline Sokhi	0:59:51	F	3505
81	Roxi Beldean	1:00:00	F	3458
82	Paul Riseborough	1:00:11	M	3415
83	Stephanie Burgess	1:00:23	F	3797
84	GARY STONE	1:00:27	M	3435
85	Liza Putwain	1:00:52	F	3366
86	louella schooley	1:00:57	F	3363
87	Michael Griffiths	1:00:57	M	3373
88	Vikki Waspe	1:01:00	F	3329
89	Bethany Sokhi	1:01:03	F	3504
90	Clare Hardy	1:01:06	F	3417
91	Susan Carver	1:01:13	F	3470
92	Neil Saunders	1:01:24	M	3501
93	Scott Fraser	1:01:46	M	3448
94	Jennifer Meyer	1:01:58	F	3330
95	Rachel Munby	1:01:58	F	3362
96	Isabella Hughes	1:02:10	F	3439
97	Charlotte Ellison-Oakes	1:02:22	F	3384
98	Claire Worsley	1:02:25	F	3510
99	Belinda Crosby	1:02:47	F	3421
100	Eleanor Tew	1:02:47	F	3276

101	Sid Cooper	1:02:57	M	3408
102	Elaine Cooper	1:02:58	F	3407
103	Damian Beard	1:03:14	M	3498
104	Johanna Wells	1:03:32	F	3328
105	Susan Kay	1:03:45	F	3503
106	GRAHAM SAMPSON	1:04:35	M	3418
107	Jade Kirkham	1:04:36	F	3282
108	Jill Rowe	1:04:43	F	3394
109	Eniko Fejer	1:04:52	F	3457
110	Katie Matthews	1:05:06	F	3392
111	Tracy Firrell	1:05:07	F	3270
112	Louis Lummis	1:05:07	M	3391
113	Heather Musk	1:05:22	F	3422
114	Daz Walker	1:05:23	M	3798
115	Amos Roney	1:05:25	M	3356
116	Julia Sudbury	1:05:25	F	3357
117	Stacey Terry	1:05:44	F	3481
118	Jo Clifton	1:05:58	F	3433
119	Charlie Hewitt	1:06:18	F	3500
120	jane ling	1:06:25	F	3352
121	dave manning	1:06:26	M	3353
122	Ruth Marriott	1:06:32	F	3358
123	Ceridwen Howell	1:07:22	F	3411
124	Ruth Angrave	1:07:40	F	3283
125	Kirsty Paradot	1:07:40	F	3379
126	Helen Fitzhugh	1:08:14	F	3334
127	Helen Haigh	1:09:00	F	3364
128	Beck Wolf	1:09:02	F	3287
129	Sarah Percival	1:09:09	F	3441
130	Victoria Sorhaindo	1:09:09	F	3438
131	Peter Rawlinson	1:09:22	M	3271
132	Wendy Howard	1:09:22	F	3281
133	Ann Kirton	1:09:22	F	3278
134	John Mason	1:09:56	M	3395
135	Bridie Lewis	1:10:12	F	3437
136	Stephen Bagshaw	1:10:29	M	3387
137	Trudi Smith	1:11:09	F	3376
138	Heather Guttery	1:11:35	F	3423
139	Sarah Boone	1:11:36	F	3381
140	Emma Elliott	1:11:46	F	3492
141	Angela Freeman	1:11:47	F	3374
142	Olivia Freeman	1:11:47	F	3375
143	Emma Dawson	1:11:48	F	3480
144	Sarah McPherson	1:12:26	F	3482
145	Darren Watkins	1:12:44	M	3450
146	Vickie Stone	1:12:47	F	3393
147	Josephine Johnson	1:13:05	F	3473
148	Nicola Bagshaw	1:13:28	F	3386
149	Kathryn Horne	1:13:29	F	3403
150	Claire Simpson	1:14:15	F	3425
151	Katie Wright	1:14:24	F	3444
152	Tabitha Brunning	1:17:26	F	3399
153	Sue Wilkinson	1:17:58	F	3346
154	Julia Bilotta	1:17:59	F	3349
155	Mary Pells	1:18:57	F	3292
156	Elizabeth Griffiths	1:19:50	F	3372
157	Liz Rump	1:19:58	F	3420
158	Alexis Cameron	1:19:58	F	3419
159	Yazmine Elding	1:24:00	F	3351
160	Louisa Kiddell	1:25:41	F	3416
161	Sarah Homewood	1:31:18	F	3325

162	Amy Hoy	1:31:18	F	3326
163	Stephen Pizey	1:32:33	M	3354
164	Catherine Twiss	1:32:36	F	3414