



## FOREST RUNNER 2021

## HIGH LODGE THETFORD FOREST

## 10K RACE RESULTS

Pos	Athlete	Chip Time	Gender	Bib#	Team
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	Bonamy Grimes	0:42:31	M	3447	
7	Jack Harris	0:43:19	M	3432	
8	Adam Humphreys	0:43:27	M	3490	
9	James Hart	0:45:09	M	3380	
10	Holly Regan	0:45:44	F	3449	
11	Dan Bell	0:46:23	M	3273	
12	Spencer Wilkin	0:46:39	M	3445	
13	Daniel Bagshaw	0:46:51	M	3385	
14	Antony Croucher	0:47:09	M	3462	
15	PURI Bernal	0:47:21	F	3293	
16	stuart turner	0:47:22	M	3497	
17	Greg Herring	0:47:39	M	3284	
18	Clive Roker	0:47:48	M	3294	
19	Stuart Charlesworth	0:48:24	M	3333	
20	Chris Carter	0:49:25	M	3453	
21	Richard Claxton	0:49:28	M	3479	
22	Neil Kellett	0:50:24	M	3486	
23	Colin Crompton	0:50:26	M	3507	
24	Amy Iesiak	0:50:42	F	3389	
25	Nathaniel Laker	0:51:01	M	3383	
26	Clive Purbrook	0:51:20	M	3340	
27	Sarah Hosgood	0:52:03	F	3429	
28	Melanie Widdows	0:52:31	F	3335	
29	Andrew Plater	0:52:48	M	3339	
30	Rod Prime	0:52:58	M	3336	
31	George Palmer	0:52:59	M	3467	
32	Clare Symms	0:53:49	F	3461	
33	karl Coutts	0:53:50	M	3487	
34	Adam Cooley	0:53:54	M	3369	
35	Emmi Hughes	0:54:06	F	3472	
36	Duncan Partridge	0:54:14	M	3426	
37	Jeremy Sokhi	0:54:15	M	3506	
38	Colin Fish	0:54:19	M	3464	
39	Ella Inwald	0:54:26	F	3508	

40	Max Jennings	0:54:28	M	3291
41	Tristram Hilborn	0:54:35	M	3297
42	Teresa Brundell	0:54:39	F	3440
43	Graeme Mears	0:55:26	M	3350
44	Katrina Vicentijevic	0:55:32	F	3491
45	Anna Linton	0:55:56	F	3361
46	Matt Westbury-Jones	0:56:05	M	3446
47	Sandra Goncalves	0:56:18	F	3377
48	Gina Hurrell	0:56:24	F	3454
49	Owen Leeder	0:56:29	M	3511
50	Kate Jackson	0:56:31	F	3436
51	anna stonell	0:56:31	F	3496
52	Tabatha Sims	0:56:37	F	3277
53	Tim Shattock	0:56:39	M	3452
54	James Jaques	0:56:44	M	3484
55	Eric Morgan	0:56:45	M	3365
56	Adam Firrell	0:56:46	M	3274
57	Symon Sims	0:56:59	M	3280
58	Rachel Brown	0:57:02	F	3428
59	Rachel Wood	0:57:04	F	3502
60	Charles Ashley	0:57:19	M	3402
61	Bruce Mail	0:57:41	M	3288
62	Paul Aislabie	0:58:18	M	3412
63	Steph Wilson	0:58:30	F	3371
64	Chris Parsons	0:58:31	M	3474
65	Britta Heidecke	0:58:37	F	3456
66	Katie Golledge	0:58:41	F	3348
67	Artur Kuczynski	0:58:45	M	3434
68	Lisa Hewitt	0:58:52	F	3499
69	Lisa Rutland	0:59:10	F	3451
70	Emma Rawlinson	0:59:17	F	3272
71	Sarah Quayle	0:59:20	F	3396
72	Maria Goodby	0:59:21	F	3397
73	Elizabeth Foreman	0:59:24	F	3460
74	Anabel Taylor	0:59:26	F	3405
75	Nicola Edwards	0:59:34	F	3413
76	Adam Gretton	0:59:40	M	3279
77	Caroline Sokhi	0:59:51	F	3505
78	Roxi Beldean	1:00:00	F	3458
79	Paul Riseborough	1:00:11	M	3415
80	Stephanie Burgess	1:00:23	F	3797
81	GARY STONE	1:00:27	M	3435
82	Liza Putwain	1:00:52	F	3366
83	louella schooley	1:00:57	F	3363
84	Michael Griffiths	1:00:57	M	3373
85	Vikki Waspe	1:01:00	F	3329
86	Bethany Sokhi	1:01:03	F	3504
87	Clare Hardy	1:01:06	F	3417
88	Susan Carver	1:01:13	F	3470
89	Neil Saunders	1:01:24	M	3501
90	Scott Fraser	1:01:46	M	3448
91	Jennifer Meyer	1:01:58	F	3330
92	Rachel Munby	1:01:58	F	3362
93	Isabella Hughes	1:02:10	F	3439
94	Charlotte Ellison-Oakes	1:02:22	F	3384
95	Claire Worsley	1:02:25	F	3510
96	Belinda Crosby	1:02:47	F	3421
97	Eleanor Tew	1:02:47	F	3276
98	Sid Cooper	1:02:57	M	3408
99	Elaine Cooper	1:02:58	F	3407
100	Damian Beard	1:03:14	M	3498

101	Johanna Wells	1:03:32	F	3328
102	Susan Kay	1:03:45	F	3503
103	GRAHAM SAMPSON	1:04:35	M	3418
104	Jade Kirkham	1:04:36	F	3282
105	Jill Rowe	1:04:43	F	3394
106	Eniko Fejer	1:04:52	F	3457
107	Katie Matthews	1:05:06	F	3392
108	Tracy Firrell	1:05:07	F	3270
109	Louis Lummis	1:05:07	M	3391
110	Heather Musk	1:05:22	F	3422
111	Daz Walker	1:05:23	M	3798
112	Amos Roney	1:05:25	M	3356
113	Julia Sudbury	1:05:25	F	3357
114	Stacey Terry	1:05:44	F	3481
115	Jo Clifton	1:05:58	F	3433
116	Charlie Hewitt	1:06:18	F	3500
117	jane ling	1:06:25	F	3352
118	dave manning	1:06:26	M	3353
119	Ruth Marriott	1:06:32	F	3358
120	Ceridwen Howell	1:07:22	F	3411
121	Ruth Angrave	1:07:40	F	3283
122	Kirsty Paradot	1:07:40	F	3379
123	Helen Fitzhugh	1:08:14	F	3334
124	Helen Haigh	1:09:00	F	3364
125	Beck Wolf	1:09:02	F	3287
126	Sarah Percival	1:09:09	F	3441
127	Victoria Sorhaindo	1:09:09	F	3438
128	Peter Rawlinson	1:09:22	M	3271
129	Wendy Howard	1:09:22	F	3281
130	Ann Kirton	1:09:22	F	3278
131	John Mason	1:09:56	M	3395
132	Bridie Lewis	1:10:12	F	3437
133	Stephen Bagshaw	1:10:29	M	3387
134	Trudi Smith	1:11:09	F	3376
135	Heather Guttery	1:11:35	F	3423
136	Sarah Boone	1:11:36	F	3381
137	Emma Elliott	1:11:46	F	3492
138	Angela Freeman	1:11:47	F	3374
139	Olivia Freeman	1:11:47	F	3375
140	Emma Dawson	1:11:48	F	3480
141	Sarah McPherson	1:12:26	F	3482
142	Darren Watkins	1:12:44	M	3450
143	Vickie Stone	1:12:47	F	3393
144	Josephine Johnson	1:13:05	F	3473
145	Nicola Bagshaw	1:13:28	F	3386
146	Kathryn Horne	1:13:29	F	3403
147	Claire Simpson	1:14:15	F	3425
148	Katie Wright	1:14:24	F	3444
149	Tabitha Brunning	1:17:26	F	3399
150	Sue Wilkinson	1:17:58	F	3346
151	Julia Bilotta	1:17:59	F	3349
152	Mary Pells	1:18:57	F	3292
153	Elizabeth Griffiths	1:19:50	F	3372
154	Liz Rump	1:19:58	F	3420
155	Alexis Cameron	1:19:58	F	3419
156	Yazmine Elding	1:24:00	F	3351
157	Louisa Kiddell	1:25:41	F	3416
158	Sarah Homewood	1:31:18	F	3325
159	Amy Hoy	1:31:18	F	3326
160	Stephen Pizey	1:32:33	M	3354
161	Catherine Twiss	1:32:36	F	3414

