



## FOREST RUNNER 2023/24

## Salcey Forest

## RACE RESULTS

## 5K

Pos	Athlete	Bib#	Race	Gender	Chip Time
1	Will Withecombe	5K	M	374	0:17:40
2	Joshua Goadby	5K	M	379	0:20:31
3	Manuel Rodriguez Lopez	5K	M	356	0:22:11
4		5K		679	0:23:51
5	Kieran McCoach	5K	M	351	0:24:15
6	Lawrence Hardy	5K	M	354	0:24:43
7	Ryan Everson	5K	M	579	0:24:52
8	Elliott Hitchens	5K	M	330	0:25:20
9	James Ward	5K	M	310	0:25:47
10	Liam Danks	5K	M	380	0:26:43
11	Marie Crawford	5K	F	375	0:26:51
12	Jamie Langthorne	5K	M	346	0:27:00
13	Charlie Keane	5K	M	355	0:27:44
14	Nick Law	5K	M	378	0:27:58
15	Kirsty Cave	5K	F	318	0:30:01
16		5K		680	0:30:35
17	Matthew Hague	5K	M	311	0:31:31
18	Andy Parry	5K	M	317	0:31:31
19	Bethan Parry	5K	F	316	0:31:31
20	Fiona Burbidge	5K	F	314	0:31:39
21	Becca Johnson-Sutcliffe	5K	F	315	0:31:40
22	Heidi Cameron	5K	F	322	0:32:02
23	Ben Jones	5K	M	326	0:32:06
24	Paul Dodds	5K	M	345	0:32:32
25	Colin Rodway	5K	M	361	0:32:48
26	Joanne Mason	5K	F	308	0:32:54
27	Sarah Critchlow	5K	F	307	0:32:55
28	Lucia Scifos	5K	F	350	0:34:06
29	Louise Bassett	5K	F	342	0:34:13
30	Ben Byrne	5K	M	332	0:34:16
31	Victoria Byrne	5K	F	331	0:34:16
32	Camilla Edgar	5K	F	441	0:34:20

33	Urszula Gunn-Carter	5K	F	440	0:34:20
34	mel knowles	5K	F	348	0:35:27
35	jay knowles	5K	M	347	0:35:27
36	Danielle Jones	5K	F	336	0:35:36
37	SHARON THOMPSON	5K	F	439	0:35:39
38	Sophie Duval	5K	F	363	0:35:46
39	Louise Molloy	5K	F	362	0:35:48
40	Carrie Thompson	5K	F	438	0:35:50
41	Bea Cox	5K	F	437	0:35:53
42	Emily Coulter	5K	F	338	0:35:55
43	Sarah Runchman	5K	F	359	0:35:59
44	Anthony Russell	5K	M	580	0:36:08
45	Christine Booth	5K	F	309	0:36:22
46	Stacy Mason	5K	F	324	0:36:47
47	Stuart Manning	5K	M	325	0:36:47
48	Jonathan Connell	5K	M	302	0:36:54
49	Sophie Mathieson	5K	F	352	0:37:06
50	Scott Mathieson	5K	M	353	0:37:17
51	Alicia Hague	5K	F	312	0:37:20
52	Lisa Barnes	5K	F	328	0:37:25
53	Bev Emery	5K	F	327	0:37:25
54	Nicola Auburn	5K	F	360	0:37:51
55	Kasia Imiela-Nych	5K	F	341	0:37:58
56	Annie Walker	5K	F	377	0:38:40
57	Amber Cole-Pendrey	5K	F	333	0:38:59
58	Abbie Proctor	5K	F	340	0:38:59
59	Sarah Kelly	5K	F	775	0:41:09
60	Elizabeth Bateman	5K	F	357	0:42:59
61	Cheryl Gardner	5K	F	339	0:45:13
62	elizabeth hopkins	5K	F	305	0:47:31
63	David Hopkins	5K	M	335	0:48:07
64	Kirstie Swan	5K	F	334	0:48:08
65	Kath Cheetham	5K	F	323	0:49:45

**10K**

<b>Pos</b>	<b>Athlete</b>	<b>Bib#</b>	<b>Race</b>	<b>Gender</b>	<b>Chip Time</b>
1	Jared Taylor	10K	M	4742	0:39:07
2	Joe Chick	10K	M	4951	0:39:36
3	James Turnbull	10K	M	4961	0:40:38
4	Ben Langdown	10K	M	4960	0:41:46
5	Michal Kumek	10K	M	4734	0:42:11
6	Adam Rayment	10K	M	4733	0:42:41
7	Alfie Boulton	10K	M	4571	0:42:58
8	Ben Woolley	10K	M	4674	0:43:12
9	David Hooton	10K	M	4586	0:44:16
10	Ricky Campling	10K	M	4966	0:44:37
11	Laura Fox	10K	F	4974	0:45:09

12	Oliver Spicer	10K	M	4954	0:45:21
13	Sam Hubbard	10K	M	4563	0:45:22
14	Martin Tooze	10K	M	4579	0:47:04
15	Joshua Thompson	10K	M	4955	0:47:08
16	David Maye	10K	M	4729	0:47:33
17	Paul Robb	10K	M	4552	0:47:41
18	Ellie Austin	10K	F	4677	0:47:43
19	Kirsty Noble	10K	F	4684	0:47:45
20	Eleanor Pike	10K	F	4739	0:48:10
21	Joseph Dolan	10K	M	4683	0:48:19
22	Stu Roberts	10K	M	4755	0:48:36
23	Aaron Bye-Gannon	10K	M	4678	0:48:37
24	Ed Kingston	10K	M	4727	0:48:50
25	Stephen Birt	10K	M	4657	0:49:10
26	Baha Yaghmour	10K	M	4957	0:49:17
27	David Landeryou	10K	M	4638	0:49:21
28	Robert Bell	10K	M	4268	0:49:45
29	Joseph McDaniels	10K	M	4741	0:49:58
30	Jack Webster	10K	M	4687	0:50:14
31	Reece Cox	10K	M	4667	0:50:31
32	Dale Brickwood	10K	M	4682	0:50:53
33	Karl Seddon	10K	M	4760	0:51:27
34	Chris Jones	10K	M	4965	0:51:31
35	Hannah Spicer	10K	F	4953	0:51:33
36	Tiph Marshall	10K	F	4959	0:51:42
37	Jack Boulton	10K	M	4758	0:52:12
38	Stuart Coote	10K	M	4745	0:52:13
39	George Finch	10K	M	4664	0:52:25
40	Robert Cook	10K	M	4584	0:52:29
41	David Heron	10K	M	4753	0:52:36
42	adey cherry	10K	M	4726	0:52:44
43	Lauren Spillane	10K	F	4548	0:52:45
44	Paul Watson	10K	M	4661	0:52:54
45	Cai Oram	10K	M	4575	0:53:23
46	Adam Bradbury	10K	M	4583	0:53:26
47	Adam Stainton	10K	M	4689	0:53:36
48	Reuben Bishop	10K	M	4685	0:53:55
49	Sam Kendall	10K	M	4658	0:54:17
50	David Brunson	10K	M	4761	0:54:22
51	Klaus Stuber	10K	M	4543	0:54:22
52	Ben Edge	10K	M	4971	0:54:23
53	Jonny Smith	10K	M	4649	0:54:38
54	Elaine Winter	10K	F	4669	0:54:43
55	Fiona Sharland	10K	F	4686	0:54:48
56	Jo Mainard	10K	F	4740	0:55:00
57	Adam Jennings	10K	M	4743	0:55:12
58	Dale Keep	10K	M	4759	0:55:19
59	Beth Ivey-Williams	10K	F	4581	0:55:19
60	Philippa Fox	10K	F	4294	0:55:22
61	Jodie Lewis	10K	F	4547	0:55:26
62	William Brown	10K	M	4544	0:55:35

63	Lauren Barker	10K	F	4673	0:55:44
64	Katy Davies	10K	F	4766	0:55:54
65	Sally Kirke	10K	F	4962	0:56:05
66	Will Jones	10K	M	4291	0:56:16
67	Christopher Patterson	10K	M	4558	0:56:18
68	Jim Eastment	10K	M	4577	0:56:28
69	Anne Graeff	10K	F	4763	0:56:37
70	Sebastian Hannelly	10K	M	4560	0:56:37
71	Sadie Kennard	10K	F	4293	0:56:44
72	Matthew Taylor	10K	M	4550	0:56:47
73	Dean Humphreys	10K	M	4557	0:56:53
74	Amy Italiano	10K	F	4728	0:57:08
75	Phil Miles	10K	M	4735	0:57:18
76	Karen Cook	10K	F	4287	0:57:19
77	Dave Smith	10K	M	4266	0:57:26
78	Ashleigh Harding	10K	F	4764	0:58:03
79	Darren Tilley	10K	M	4768	0:58:04
80	jade Eldridge	10K	F	4292	0:58:05
81	Darren Johnston	10K	M	4688	0:58:08
82	Sarah Mathieson	10K	F	4588	0:58:15
83	Lauren Stiles	10K	F	4642	0:58:17
84	Martin Reed	10K	M	4963	0:58:27
85	Rod Jager	10K	M	4297	0:58:37
86	James Harris	10K	M	4646	0:58:39
87	Noel de Freitas	10K	M	4746	0:58:44
88	Caroline Bennett	10K	F	4972	0:58:55
89	Tim Hopton	10K	M	4765	0:58:58
90	Steve Holloway	10K	M	4592	0:59:03
91	Lloyd Wilkinson	10K	M	4591	0:59:03
92	Jessica Miles	10K	F	4598	0:59:03
93	Lara Swan	10K	F	4663	0:59:14
94	Michelle Bye-Gannon	10K	F	4653	0:59:17
95	Michelle Fitzpatrick	10K	F	4723	0:59:18
96	Karen Willmott	10K	F	4752	0:59:36
97	Mark Rolfe	10K	M	4267	0:59:37
98	Shanice Tearle	10K	F	4641	0:59:42
99	Liam Doherty	10K	M	4956	0:59:42
100	Rosaline West	10K	F	4639	0:59:53
101	Tatum Arzu	10K	F	4754	1:00:03
102	Cat Linford	10K	F	4749	1:00:08
103	Harry Wilson	10K	M	4751	1:00:23
104	Sean Stevens	10K	M	4750	1:00:24
105	Harry Simister	10K	M	4670	1:00:27
106	Lisiane Cecile-Sims	10K	F	4270	1:00:30
107	Julie Hooton	10K	F	4585	1:00:43
108	Kristina Dalton	10K	F	4648	1:00:53
109	Aimee Tooze	10K	F	4580	1:00:57
110	Benjamin Thomas	10K	M	4582	1:01:05
111	Sarah Purches	10K	F	4738	1:01:11
112	Tara Smith	10K	F	4668	1:01:12
113	Rachel Harris	10K	F	4561	1:02:04

114	Ian Costello	10K	M	4964	1:02:16
115	Cathryn de Freitas	10K	F	4747	1:02:25
116	Eleanor Grant	10K	F	4748	1:02:47
117	Romina Adabra	10K	F	4662	1:02:51
118	Darren Brockwell	10K	M	4975	1:02:59
119	Jess Lovell	10K	M	4549	1:03:12
120	Jon Dimmock	10K	M	4286	1:03:16
121	Vikki Williams	10K	F	4659	1:03:23
122	Darren Williams	10K	M	4660	1:03:25
123	Anna Death	10K	F	4737	1:03:28
124	Jane Rymell	10K	F	4973	1:03:40
125	Charlotte Crisp	10K	F	4725	1:04:02
126	Sam Jackson	10K	F	4724	1:04:02
127	Mike Rushton	10K	M	4264	1:04:40
128	Janet Marks	10K	F	4269	1:05:04
129	Mark Bowers	10K	M	4593	1:05:10
130	Jenni Trigwell	10K	F	4275	1:05:36
131	Tracey Limbrick	10K	F	4970	1:05:46
132	Christopher Martin-Sims	10K	M	4555	1:06:00
133	Victoria Flinn	10K	F	4654	1:06:07
134	Helen Thakrar	10K	F	4553	1:06:08
135	Daniel Seabrook	10K	M	4950	1:06:31
136	Babs Lisgarten	10K	F	4296	1:06:36
137	Ian Wright	10K	M	4276	1:06:43
138	Eloise Gallimore	10K	F	4262	1:06:46
139	Colin Gallimore	10K	M	4263	1:06:47
140	Hannah Woods	10K	F	4690	1:07:36
141	Christina Brandon	10K	F	4273	1:07:38
142	Richard Watt	10K	M	4541	1:07:41
143	James Redfern	10K	M	4265	1:07:54
144	Carys Redfern	10K	F	4958	1:07:54
145	Ailsa Dermidy	10K	F	4692	1:07:55
146	Louise Hope	10K	F	4640	1:07:58
147	Shelley Malin	10K	F	4651	1:07:59
148	Thomas Malin	10K	M	4652	1:07:59
149	Ciara Higgins	10K	F	4295	1:08:32
150	Ryan Clements	10K	M	4298	1:08:32
151	Debbie Girling	10K	F	4578	1:08:35
152	Kim Ivane Averilla	10K	F	4271	1:09:28
153	Sue McPherson	10K	F	4274	1:09:28
154	Lisa McDougall	10K	F	4288	1:10:05
155	Samantha White	10K	F	4570	1:10:18
156	Samuel White	10K	M	4569	1:10:19
157	Ann Worthy	10K	F	4680	1:10:25
158	Katrina Henderson	10K	F	4645	1:10:25
159	stephen burden	10K	M	4545	1:10:49
160	Hugh Lloyd-Knibbs	10K	M	4568	1:10:57
161	Jenny Cotterell	10K	F	4596	1:11:09
162	Danny O'Shea	10K	M	4637	1:12:09
163	Graham Parkes	10K	M	4595	1:12:18
164	Jacqueline Dimmock	10K	F	4289	1:13:02

165	Christine Rayner	10K	F	4290	1:14:02
166	Louise Boulton	10K	F	4757	1:14:04
167	Ashlee Finch	10K	F	4675	1:14:04
168	Heather Freer	10K	F	4762	1:14:25
169	Katie Moreton	10K	F	4722	1:15:18
170	Rose Dawson	10K	F	4272	1:15:26
171	Pete Finch	10K	M	4676	1:15:33
172	Henry Meddoms	10K	M	4671	1:17:34
173	Daisie Swan	10K	F	4672	1:17:34
174	Joanna Reynolds	10K	F	4681	1:18:32
175	Richard Webber	10K	M	4736	1:19:17
176	Claire Hancock	10K	F	4656	1:19:54
177	Louise Harris	10K	F	4655	1:19:54
178	Stewart Palmer	10K	M	4969	1:20:45
179	Steve Bond	10K	M	4666	1:24:19
180	Louise Riseley	10K	F	4597	1:24:41
181	Penny Lake	10K	F	4573	1:24:59
182	Sian Slater	10K	F	4572	1:25:03