



## FOREST RUNNER 2023/24

## Sherwood Pines Forest

## RACE RESULTS

## 5K

| Pos | Athlete                  | Bib# | Race | Gender | Chip Time |
|-----|--------------------------|------|------|--------|-----------|
| 1   | Riley Welton-Seymour     | 231  | 5K   | M      | 0:21:06   |
| 2   | Samuel Kemp              | 282  | 5K   | M      | 0:21:26   |
| 3   | Anna Kemp                | 283  | 5K   | F      | 0:21:26   |
| 4   | Callum Baigrie           | 265  | 5K   | M      | 0:21:29   |
| 5   | Alex Suart               | 263  | 5K   | M      | 0:22:31   |
| 6   | Freya Suart              | 262  | 5K   | F      | 0:24:43   |
| 7   | Jordan Kettell           | 371  | 5K   | M      | 0:25:14   |
| 8   | Fletcher Lane            | 298  | 5K   | M      | 0:25:52   |
| 9   | David Fern               | 250  | 5K   | M      | 0:26:13   |
| 10  | Thomas Noble             | 270  | 5K   | M      | 0:26:43   |
| 11  | Dion Scott Lefley        | 248  | 5K   | M      | 0:27:41   |
| 12  | Alex Hickey              | 297  | 5K   | M      | 0:28:33   |
| 13  | James Carter             | 295  | 5K   | M      | 0:29:41   |
| 14  | Sandra Richardson Curtis | 264  | 5K   | F      | 0:30:02   |
| 15  | Paddy Hoar               | 281  | 5K   | M      | 0:30:51   |
| 16  | Jacob Hale               | 235  | 5K   | M      | 0:31:25   |
| 17  | Alice Butt               | 236  | 5K   | F      | 0:31:25   |
| 18  | Elizabeth Morton         | 230  | 5K   | F      | 0:32:03   |
| 19  | Sean Davey               | 253  | 5K   | M      | 0:32:03   |
| 20  | Bethany Garlick          | 229  | 5K   | F      | 0:32:07   |
| 21  | Claire Cocks             | 267  | 5K   | F      | 0:33:03   |
| 22  | Xanthe Baker-Heald       | 239  | 5K   | F      | 0:33:08   |
| 23  | Jessica Bacon            | 249  | 5K   | F      | 0:33:10   |
| 24  | Sian Smith               | 370  | 5K   | F      | 0:33:17   |
| 25  | Martin Jones             | 240  | 5K   | M      | 0:33:59   |
| 26  | Rebecca Hallam-Barr      | 238  | 5K   | F      | 0:34:04   |
| 27  | Nancy Chadwick           | 234  | 5K   | F      | 0:34:24   |
| 28  | Fiona Morris             | 256  | 5K   | F      | 0:34:32   |
| 29  | Chelsea Dallman          | 296  | 5K   | F      | 0:34:39   |
| 30  | Dylan Mummery            | 258  | 5K   | M      | 0:34:50   |
| 31  | Stuart Noble             | 244  | 5K   | M      | 0:34:53   |
| 32  | Kate Boarer              | 243  | 5K   | F      | 0:34:53   |

|    |                       |     |    |   |         |
|----|-----------------------|-----|----|---|---------|
| 33 | Lucy Sherratt         | 233 | 5K | F | 0:35:50 |
| 34 | Roger Wuarmby         | 301 | 5K | M | 0:35:58 |
| 35 | Kirk Docker           | 274 | 5K | M | 0:35:59 |
| 36 | Katie Fielding        | 245 | 5K | F | 0:36:34 |
| 37 | Caroline Upton        | 277 | 5K | F | 0:36:36 |
| 38 | saxon ball            | 368 | 5K | F | 0:36:45 |
| 39 | Deborah Crump         | 367 | 5K | F | 0:36:46 |
| 40 | Tatian Hatnean        | 242 | 5K | M | 0:37:12 |
| 41 | Gabriela Hatnean      | 241 | 5K | F | 0:37:13 |
| 42 | Samantha Brown        | 247 | 5K | F | 0:37:19 |
| 43 | Susan Clifton-Smith   | 259 | 5K | F | 0:37:42 |
| 44 | Lyndsey Brownley      | 365 | 5K | F | 0:39:16 |
| 45 | Caroline Roden-Davies | 299 | 5K | F | 0:39:33 |
| 46 | Kasia Imiela-Nych     | 266 | 5K | F | 0:39:33 |
| 47 | Wendy Walker          | 223 | 5K | F | 0:40:29 |
| 48 | Jemma Hall            | 273 | 5K | F | 0:40:32 |
| 49 | Steve Hall            | 272 | 5K | M | 0:40:33 |
| 50 | John-paul Millman     | 364 | 5K | M | 0:41:49 |
| 51 | Lucy Anne Tyers       | 257 | 5K | F | 0:42:12 |
| 52 | Matthew Kilminster    | 255 | 5K | M | 0:42:25 |
| 53 | Nikki Kilminster      | 254 | 5K | F | 0:42:25 |
| 54 | Karen Marshall        | 369 | 5K | F | 0:42:29 |
| 55 | Kate Heyworth         | 246 | 5K | F | 0:44:00 |
| 56 | Janene Rollason       | 300 | 5K | F | 0:46:45 |
| 57 | Gemma Murphy          | 252 | 5K | F | 0:46:46 |
| 58 | Sally Drury           | 224 | 5K | F | 0:46:46 |
| 59 | Lauren Fleming        | 261 | 5K | F | 0:49:03 |
| 60 | Caroline Pitt         | 260 | 5K | F | 0:49:03 |
| 61 | Sarah Hay             | 276 | 5K | F | 0:51:58 |
| 62 | Jodie Sivyver         | 280 | 5K | F | 0:53:37 |
| 63 | Laura Birkitt         | 251 | 5K | F | 1:02:25 |
| 64 | Charlotte Bakewell    | 237 | 5K | F | 1:23:21 |

**10K**

| <b>Pos</b> | <b>Athlete</b>     | <b>Bib#</b> | <b>Race</b> | <b>Gender</b> | <b>Chip Time</b> |
|------------|--------------------|-------------|-------------|---------------|------------------|
| 1          | Christopher Gidlow | 4520        | 10K         | M             | 0:35:52          |
| 2          | Max Cornbill       | 4481        | 10K         | M             | 0:44:48          |
| 3          | Wil Jones          | 4344        | 10K         | M             | 0:45:29          |
| 4          | Michal Halama      | 4444        | 10K         | M             | 0:45:34          |
| 5          | Nick Dalton        | 4384        | 10K         | M             | 0:46:21          |
| 6          | Daniel Harris      | 4306        | 10K         | M             | 0:46:32          |
| 7          | Luke Taylor        | 4329        | 10K         | M             | 0:46:42          |
| 8          | Chris Forster      | 4373        | 10K         | M             | 0:46:56          |
| 9          | Katie Freestone    | 4449        | 10K         | F             | 0:47:42          |
| 10         | Tarun Nehra        | 4721        | 10K         | M             | 0:47:50          |
| 11         | Joe Freestone      | 4712        | 10K         | M             | 0:48:00          |

|    |                       |      |     |   |         |
|----|-----------------------|------|-----|---|---------|
| 12 | Jamie Hough           | 4697 | 10K | M | 0:48:03 |
| 13 | Carl Coates           | 4496 | 10K | M | 0:48:48 |
| 14 | James Mills           | 4700 | 10K | M | 0:49:59 |
| 15 | Michael Knapton       | 4403 | 10K | M | 0:50:10 |
| 16 | Olly Bolland          | 4535 | 10K | M | 0:51:00 |
| 17 | Tom Pearson           | 4540 | 10K | M | 0:51:08 |
| 18 | Fraser Havenhand      | 4709 | 10K | M | 0:51:10 |
| 19 | Michael Cook          | 4478 | 10K | M | 0:51:44 |
| 20 | James Evelyn          | 4698 | 10K | M | 0:51:55 |
| 21 | Ruth Chadwick         | 4538 | 10K | F | 0:52:12 |
| 22 | Adrian Wood           | 4708 | 10K | M | 0:52:24 |
| 23 | William Newbury       | 4408 | 10K | M | 0:52:30 |
| 24 | Claire Bracegirdle    | 4715 | 10K | F | 0:52:43 |
| 25 | Kamran Khan           | 4528 | 10K | M | 0:52:54 |
| 26 | Rafal Frydel          | 4537 | 10K | M | 0:52:55 |
| 27 | Oliver Mayhew         | 4349 | 10K | M | 0:52:56 |
| 28 | Jamie Cocks           | 4441 | 10K | M | 0:53:05 |
| 29 | Thomas Hill           | 4539 | 10K | M | 0:53:26 |
| 30 | Wayne ARTHUR          | 4407 | 10K | M | 0:53:32 |
| 31 | Randolph Bazaz        | 4378 | 10K | M | 0:54:06 |
| 32 | Lucy Heap             | 4365 | 10K | F | 0:54:09 |
| 33 | Anthony Wallis        | 4392 | 10K | M | 0:54:47 |
| 34 | Paul Wallis           | 4391 | 10K | M | 0:54:49 |
| 35 | Ben Knight            | 4516 | 10K | M | 0:54:58 |
| 36 | Sean Boardman         | 4470 | 10K | M | 0:55:00 |
| 37 | Marc Faulder          | 4448 | 10K | M | 0:55:01 |
| 38 | Callum Crawshaw       | 4518 | 10K | M | 0:55:02 |
| 39 | Deanne Gregory        | 4699 | 10K | M | 0:55:21 |
| 40 | Adam Slaney           | 4515 | 10K | M | 0:55:22 |
| 41 | Nicola Ashton         | 4387 | 10K | F | 0:55:25 |
| 42 | Khpalwak Marjan       | 4419 | 10K | M | 0:55:39 |
| 43 | Chris Owen            | 4711 | 10K | M | 0:55:54 |
| 44 | Ismay mummery         | 4421 | 10K | F | 0:56:12 |
| 45 | Chris Chadwick        | 4519 | 10K | M | 0:56:56 |
| 46 | Holly Mackinder-Jones | 4460 | 10K | F | 0:57:04 |
| 47 | David Quibell         | 4372 | 10K | M | 0:57:07 |
| 48 | Harun Holmes          | 4422 | 10K | M | 0:57:24 |
| 49 | Stephen Burnley       | 4411 | 10K | M | 0:57:26 |
| 50 | Jason Bush            | 4445 | 10K | M | 0:57:27 |
| 51 | Aden Casey            | 4335 | 10K | M | 0:57:28 |
| 52 | Jordan Evans          | 4706 | 10K | M | 0:57:33 |
| 53 | Richard Hart          | 4370 | 10K | M | 0:57:35 |
| 54 | Sharon Fidler         | 4719 | 10K | F | 0:57:35 |
| 55 | James Finney          | 4325 | 10K | M | 0:57:36 |
| 56 | Gavin Hawes           | 4416 | 10K | M | 0:58:05 |
| 57 | Olivia Riley          | 4534 | 10K | F | 0:58:06 |
| 58 | Daisy Suttinwood      | 4383 | 10K | F | 0:58:09 |
| 59 | Jason Gilman-Hughes   | 4433 | 10K | M | 0:58:18 |
| 60 | Phill Robinson        | 4464 | 10K | M | 0:58:27 |
| 61 | Sophie Passmore       | 4399 | 10K | F | 0:58:34 |
| 62 | Daniel Warren         | 4379 | 10K | M | 0:58:34 |

|     |                          |      |     |   |         |
|-----|--------------------------|------|-----|---|---------|
| 63  | Mark Taylor              | 4382 | 10K | M | 0:59:31 |
| 64  | Charlotte McGuire        | 4707 | 10K | F | 0:59:32 |
| 65  | Ruth Thorne              | 4398 | 10K | F | 0:59:51 |
| 66  | Samantha Nicholson       | 4450 | 10K | F | 1:00:17 |
| 67  | Craig Cook               | 4439 | 10K | M | 1:00:20 |
| 68  | Alex Heywood             | 4452 | 10K | M | 1:00:32 |
| 69  | Kevin Strauther          | 4530 | 10K | M | 1:00:58 |
| 70  | Scott Burt               | 4345 | 10K | M | 1:00:59 |
| 71  | Rebecca Burnand          | 4304 | 10K | F | 1:01:12 |
| 72  | Helen Tatman             | 4414 | 10K | F | 1:01:13 |
| 73  | Paul Tatman              | 4415 | 10K | M | 1:01:13 |
| 74  | Joe Beal                 | 4326 | 10K | M | 1:01:14 |
| 75  | Lewis Jotham             | 4395 | 10K | M | 1:01:26 |
| 76  | Ross Cheeseman           | 4393 | 10K | M | 1:01:31 |
| 77  | Katie Cheeseman          | 4394 | 10K | F | 1:01:31 |
| 78  | Rachel Powell            | 4327 | 10K | F | 1:01:33 |
| 79  | Stephen Davie            | 4455 | 10K | M | 1:01:46 |
| 80  | Marc Allam               | 4404 | 10K | M | 1:01:53 |
| 81  | Nathan Wall              | 4432 | 10K | M | 1:01:56 |
| 82  | Ahmed Bulale             | 4417 | 10K | M | 1:01:57 |
| 83  | Zoe Carter               | 4696 | 10K | F | 1:01:57 |
| 84  | John Bradford            | 4385 | 10K | M | 1:01:59 |
| 85  | Waheed Hussain           | 4423 | 10K | M | 1:02:10 |
| 86  | Wayne Holehan            | 4436 | 10K | M | 1:02:11 |
| 87  | Scott Nicholls           | 4695 | 10K | M | 1:02:12 |
| 88  | Jonathan Mackinder-Jones | 4459 | 10K | M | 1:02:20 |
| 89  | Josh Richards            | 4485 | 10K | M | 1:02:23 |
| 90  | Cassie Richards          | 4484 | 10K | F | 1:02:24 |
| 91  | Holly Bennett            | 4526 | 10K | F | 1:03:01 |
| 92  | Luke Smith               | 4346 | 10K | M | 1:03:02 |
| 93  | Richard Wisker           | 4720 | 10K | M | 1:03:07 |
| 94  | Dawn Coates              | 4495 | 10K | F | 1:03:14 |
| 95  | Becky Moss               | 4355 | 10K | F | 1:03:16 |
| 96  | Becky Butler             | 4488 | 10K | F | 1:03:53 |
| 97  | Emma Hayes               | 4522 | 10K | F | 1:04:03 |
| 98  | Erin Cornick             | 4523 | 10K | F | 1:04:03 |
| 99  | Tim Freestone            | 4718 | 10K | M | 1:04:11 |
| 100 | April Mee                | 4704 | 10K | F | 1:04:18 |
| 101 | Joe Smith                | 4438 | 10K | M | 1:04:23 |
| 102 | Michael Gilman-Hughes    | 4434 | 10K | M | 1:04:41 |
| 103 | Zoe Walkden              | 4350 | 10K | F | 1:04:41 |
| 104 | Tom Hill                 | 4402 | 10K | M | 1:04:47 |
| 105 | Naomi Ellis              | 4532 | 10K | F | 1:05:03 |
| 106 | Patrick Saul             | 4536 | 10K | M | 1:05:10 |
| 107 | Nigel Saul               | 4533 | 10K | M | 1:05:11 |
| 108 | Talitha Petch            | 4322 | 10K | F | 1:05:13 |
| 109 | Michelle Bacon           | 4356 | 10K | F | 1:05:25 |
| 110 | Bob Moss                 | 4339 | 10K | M | 1:05:40 |
| 111 | Chloe Dooley             | 4357 | 10K | F | 1:05:59 |
| 112 | Megan McIlvenna          | 4451 | 10K | F | 1:06:15 |
| 113 | Shane Ellicott           | 4435 | 10K | M | 1:06:47 |

|     |                    |      |     |   |         |
|-----|--------------------|------|-----|---|---------|
| 114 | Natalie Allsop     | 4431 | 10K | F | 1:06:47 |
| 115 | Jon Short          | 4527 | 10K | M | 1:06:50 |
| 116 | Gareth Brewster    | 4457 | 10K | M | 1:06:56 |
| 117 | Joanne Taylor      | 4381 | 10K | F | 1:07:10 |
| 118 | Darren Davis       | 4521 | 10K | M | 1:07:21 |
| 119 | Kate Knight        | 4705 | 10K | F | 1:07:46 |
| 120 | Keeley Massey      | 4409 | 10K | M | 1:07:52 |
| 121 | Rachel Binks       | 4410 | 10K | F | 1:07:52 |
| 122 | Mike Munro         | 4353 | 10K | M | 1:08:12 |
| 123 | Kenny Miller       | 4371 | 10K | M | 1:08:28 |
| 124 | Katy Hutchison     | 4426 | 10K | F | 1:08:38 |
| 125 | Alice Meeson       | 4427 | 10K | F | 1:08:38 |
| 126 | Geoffrey Major     | 4524 | 10K | M | 1:09:07 |
| 127 | Ashley Vittles     | 4418 | 10K | M | 1:09:10 |
| 128 | Hannah Bull        | 4694 | 10K | F | 1:09:28 |
| 129 | Georgina Bee       | 4430 | 10K | F | 1:09:28 |
| 130 | Jessica Tullberg   | 4703 | 10K | F | 1:09:32 |
| 131 | Amber Huddleston   | 4312 | 10K | F | 1:09:52 |
| 132 | Victoria Gadsby    | 4476 | 10K | F | 1:09:53 |
| 133 | James Murphy       | 4400 | 10K | M | 1:09:55 |
| 134 | Avril Holehan      | 4437 | 10K | F | 1:10:08 |
| 135 | Andrew Fox         | 4359 | 10K | M | 1:10:21 |
| 136 | Alistair Marrant   | 4397 | 10K | M | 1:10:23 |
| 137 | Alexander Grace    | 4454 | 10K | M | 1:10:34 |
| 138 | Nicole Fraczak     | 4413 | 10K | F | 1:10:37 |
| 139 | Bruce Webster      | 4517 | 10K | M | 1:11:19 |
| 140 | Annika Ferraro     | 4308 | 10K | F | 1:11:24 |
| 141 | Sue Ferraro        | 4309 | 10K | F | 1:11:25 |
| 142 | Rachel Frew        | 4369 | 10K | F | 1:11:41 |
| 143 | Kristin Kilgour    | 4490 | 10K | F | 1:11:52 |
| 144 | Alison Hilton      | 4489 | 10K | F | 1:11:52 |
| 145 | Victoria Taylor    | 4314 | 10K | F | 1:12:10 |
| 146 | Erin Coventry      | 4462 | 10K | F | 1:12:16 |
| 147 | Nichola Suart      | 4412 | 10K | F | 1:12:46 |
| 148 | Nichola Smith      | 4313 | 10K | F | 1:12:56 |
| 149 | Don Watt           | 4374 | 10K | M | 1:13:10 |
| 150 | Megan Ashton       | 4386 | 10K | F | 1:13:18 |
| 151 | Lindsay Andrew     | 4388 | 10K | F | 1:13:19 |
| 152 | Sara Cook          | 4311 | 10K | F | 1:13:34 |
| 153 | Kayleigh Pickering | 4529 | 10K | F | 1:13:53 |
| 154 | Richard whiteley   | 4713 | 10K | M | 1:13:57 |
| 155 | Louise Harrop      | 4531 | 10K | F | 1:14:01 |
| 156 | Ismail Bulale      | 4428 | 10K | M | 1:14:16 |
| 157 | Gemma Bradfield    | 4465 | 10K | F | 1:14:21 |
| 158 | Ewa Hibberd        | 4343 | 10K | F | 1:14:55 |
| 159 | Shaun Walker       | 4316 | 10K | M | 1:15:01 |
| 160 | Luke Craig         | 4317 | 10K | M | 1:15:03 |
| 161 | Michelle Vallance  | 4376 | 10K | F | 1:15:31 |
| 162 | Jasmine Jones      | 4351 | 10K | F | 1:16:43 |
| 163 | Debbie Harrison    | 4440 | 10K | F | 1:16:45 |
| 164 | Helen Davis        | 4429 | 10K | F | 1:17:28 |

|     |                      |      |     |   |         |
|-----|----------------------|------|-----|---|---------|
| 165 | Emma Hirst           | 4360 | 10K | F | 1:17:32 |
| 166 | Chloe Richards       | 4466 | 10K | F | 1:17:35 |
| 167 | Marie Horsfield      | 4425 | 10K | F | 1:17:51 |
| 168 | Joanne Turner        | 4375 | 10K | F | 1:17:57 |
| 169 | Helen Tucker         | 4420 | 10K | F | 1:18:02 |
| 170 | Hayley Huckerby      | 4341 | 10K | F | 1:18:05 |
| 171 | James Bradshaw       | 4354 | 10K | M | 1:18:05 |
| 172 | Vicky Harris         | 4390 | 10K | F | 1:19:02 |
| 173 | Rebecca Lax          | 4447 | 10K | F | 1:19:30 |
| 174 | Kelly-Marie Westwood | 4491 | 10K | F | 1:19:58 |
| 175 | Lynsey Walker        | 4492 | 10K | F | 1:19:58 |
| 176 | Kiran Slater         | 4377 | 10K | F | 1:20:01 |
| 177 | Katie Cowie          | 4389 | 10K | F | 1:20:31 |
| 178 | Lucy Bloor           | 4405 | 10K | F | 1:20:35 |
| 179 | Jake Showler         | 4406 | 10K | M | 1:20:35 |
| 180 | Tracy Boardman       | 4469 | 10K | F | 1:20:40 |
| 181 | Ben Reilly           | 4307 | 10K | M | 1:21:10 |
| 182 | Lizzie Powley        | 4714 | 10K | F | 1:22:53 |
| 183 | Grace Pownall        | 4525 | 10K | F | 1:23:11 |
| 184 | Trevor Townsend      | 4334 | 10K | M | 1:23:34 |
| 185 | Kira Green           | 4442 | 10K | F | 1:25:00 |
| 186 | Jen Cameron          | 4318 | 10K | F | 1:27:27 |
| 187 | Jai Winter           | 4716 | 10K | M | 1:29:55 |
| 188 | Luke Winter          | 4717 | 10K | M | 1:29:56 |
| 189 | Lisa Hopewell        | 4361 | 10K | F | 1:29:58 |
| 190 | Gemma Donaldson      | 4396 | 10K | F | 1:33:19 |
| 191 | Neil Musson          | 4358 | 10K | M | 1:34:17 |
| 192 | Lisa Ward            | 4319 | 10K | F | 1:37:36 |
| 193 | Pat Sutherns         | 4475 | 10K | F | 1:40:49 |