



FOREST RUNNER 2023/24

Sherwood Pines Forest

RACE RESULTS

5K

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

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

10K

Pos	Athlete	Bib#	Race	Gender	Chip Time
1	Christopher Gidlow	10K	M	4520	0:35:52
2	Erin Cornick	10K	M	4481	0:44:48
3	Wil Jones	10K	M	4344	0:45:12
4	Michal Halama	10K	M	4444	0:45:34
5	Luke Taylor	10K	M	4329	0:46:42
6	Chris Forster	10K	M	4373	0:46:56
7	Katie Freestone	10K	F	4449	0:47:42
8	Joe Freestone	10K	M	4712	0:48:00
9	Jamie Hough	10K	M	4697	0:48:03
10	Carl Coates	10K	M	4496	0:48:48
11	James Mills	10K	M	4700	0:49:59

12	Michael Knapton	10K	M	4403	0:50:10
13	Stephen Davie	10K	M	4384	0:46:21
14	Daniel Harris	10K	M	4306	0:46:32
15	Olly Bolland	10K	M	4535	0:51:00
16	Tom Pearson	10K	M	4540	0:51:08
17	Fraser Havenhand	10K	M	4709	0:51:10
18	Michael Cook	10K	M	4478	0:51:44
19	James Evelyn	10K	M	4698	0:51:55
20	Ruth Chadwick	10K	F	4538	0:52:12
21	Adrian Wood	10K	M	4708	0:52:24
22	William Newbury	10K	M	4408	0:52:30
23	Claire Bracegirdle	10K	F	4715	0:52:43
24	Kamran Khan	10K	M	4528	0:52:54
25	Rafal Frydel	10K	M	4537	0:52:55
26	Tarun Nehra	10K	M	4721	0:52:55
27	Oliver Mayhew	10K	M	4349	0:52:56
28	Jamie Cocks	10K	M	4441	0:53:05
29	Thomas Hill	10K	M	4539	0:53:26
30	Wayne ARTHUR	10K	M	4407	0:53:32
31	Randolph Bazaz	10K	M	4378	0:54:06
32	Lucy Heap	10K	F	4365	0:54:09
33	Anthony Wallis	10K	M	4392	0:54:47
34	Paul Wallis	10K	M	4391	0:54:49
35	Ben Knight	10K	M	4516	0:54:58
36	Marc Faulder	10K	M	4448	0:55:01
37	Nick Dalton	10K	M	4518	0:55:02
38	Deanne Gregory	10K	F	4699	0:55:21
39	Nicola Ashton	10K	F	4387	0:55:25
40	Khpalwak Marjan	10K	M	4419	0:55:39
41	Chris Owen	10K	M	4711	0:55:54
42	Ismay mummary	10K	F	4421	0:56:12
43	Chris Chadwick	10K	M	4519	0:56:56
44	Holly Mackinder-Jones	10K	F	4460	0:57:04
45	David Quibell	10K	M	4372	0:57:07
46	Harun Holmes	10K	M	4422	0:57:24
47	Stephen Burnley	10K	M	4411	0:57:26
48	Jason Bush	10K	M	4445	0:57:27
49	Aden Casey	10K	M	4335	0:57:28
50	Jordan Evans	10K	M	4706	0:57:33
51	Richard Hart	10K	M	4370	0:57:35
52	Sharon Fidler	10K	F	4719	0:57:35
53	Gavin Hawes	10K	M	4416	0:58:05
54	Olivia Riley	10K	F	4534	0:58:06
55	Daisy Suttewood	10K	F	4383	0:58:09
56	Jason Gilman-Hughes	10K	M	4433	0:58:18
57	Phill Robinson	10K	M	4464	0:58:27
58	James Finney	10K	M	4325	0:58:31
59	Sophie Passmore	10K	F	4399	0:58:34
60	Daniel Warren	10K	M	4379	0:58:34
61	Mark Taylor	10K	M	4382	0:59:31
62	Charlotte McGuire	10K	F	4707	0:59:32

63	Ruth Thorne	10K	F	4398	0:59:51
64	Samantha Nicholson	10K	F	4450	1:00:17
65	Craig Cook	10K	M	4439	1:00:20
66	Adam Slaney	10K	M	4515	1:00:26
67	Kevin Strauther	10K	M	4530	1:00:58
68	Scott Burt	10K	M	4345	1:00:59
69	Rebecca Burnand	10K	F	4304	1:01:12
70	Helen Tatman	10K	F	4414	1:01:13
71	Paul Tatman	10K	M	4415	1:01:13
72	Joe Beal	10K	M	4326	1:01:14
73	Lewis Jotham	10K	M	4395	1:01:26
74	Ross Cheeseman	10K	M	4393	1:01:31
75	Katie Cheeseman	10K	F	4394	1:01:31
76	Rachel Powell	10K	F	4327	1:01:33
77	Darren Davis	10K	M	4455	1:01:46
78	Marc Allam	10K	M	4404	1:01:53
79	Nathan Wall	10K	M	4432	1:01:56
80	Ahmed Bulale	10K	M	4417	1:01:57
81	Zoe Carter	10K	F	4696	1:01:57
82	John Bradford	10K	M	4385	1:01:59
83	Waheed Hussain	10K	M	4423	1:02:10
84	Wayne Holehan	10K	M	4436	1:02:11
85	Scott Nicholls	10K	M	4695	1:02:12
86	Jonathan Mackinder-Jones	10K	M	4459	1:02:20
87	Josh Richards	10K	M	4485	1:02:23
88	Cassie Richards	10K	F	4484	1:02:24
89	Holly Bennett	10K	F	4526	1:03:01
90	Luke Smith	10K	M	4346	1:03:02
91	Richard Wisker	10K	M	4720	1:03:07
92	Dawn Coates	10K	F	4495	1:03:14
93	Becky Moss	10K	F	4355	1:03:16
94	Becky Butler	10K	F	4488	1:03:53
95	Emma Hayes	10K	F	4522	1:04:03
96	Ellis Coventry	10K	M	4523	1:04:03
97	Tim Freestone	10K	M	4718	1:04:11
98	April Mee	10K	F	4704	1:04:18
99	Alex Heywood	10K	M	4452	1:04:30
100	Michael Gilman-Hughes	10K	M	4434	1:04:41
101	Zoe Walkden	10K	F	4350	1:04:41
102	Tom Hill	10K	M	4402	1:04:47
103		10K		4532	1:05:00
104	Patrick Saul	10K	M	4536	1:05:10
105	Nigel Saul	10K	M	4533	1:05:11
106	Talitha Petch	10K	F	4322	1:05:13
107	Michelle Bacon	10K	F	4356	1:05:25
108	Bob Moss	10K	M	4339	1:05:40
109	Lindsey Dorrington	10K	F	4357	1:05:59
110	Megan McIlvenna	10K	F	4451	1:06:15
111	Rannie Elliott	10K	M	4435	1:06:47
112	Natalie Allsop	10K	F	4431	1:06:47
113	Jon Short	10K	M	4527	1:06:50

114	Gareth Brewster	10K	M	4457	1:06:56
115	Joanne Taylor	10K	F	4381	1:07:10
116	Helen Davis	10K	F	4521	1:07:21
117	Kate Knight	10K	F	4705	1:07:46
118	Keeley Massey	10K	M	4409	1:07:52
119	Rachel Binks	10K	F	4410	1:07:52
120	Mike Munro	10K	M	4353	1:08:12
121	Kenny Miller	10K	M	4371	1:08:28
122	Katy Hutchison	10K	F	4426	1:08:38
123	Alice Meeson	10K	F	4427	1:08:38
124	Ashley Vittles	10K	M	4418	1:09:10
125	Joe Smith	10K	M	4438	1:09:26
126	Hannah Bull	10K	F	4694	1:09:27
127	Georgina Bee	10K	F	4430	1:09:28
128	Jessica Tullberg	10K	F	4703	1:09:32
129	Amber Huddleston	10K	F	4312	1:09:52
130	Victoria Gadsby	10K	F	4476	1:09:53
131	James Murphy	10K	M	4400	1:09:55
132	Geoffrey Major	10K	M	4524	1:09:58
133	Avril Holehan	10K	F	4437	1:10:08
134	Andrew Fox	10K	M	4359	1:10:21
135	Alistair Marrant	10K	M	4397	1:10:23
136	Nicole Fratzak	10K	F	4413	1:10:37
137	Bruce Webster	10K	M	4517	1:11:19
138	Annika Ferraro	10K	F	4308	1:11:24
139	Sue Ferraro	10K	F	4309	1:11:25
140	Rachel Frew	10K	F	4369	1:11:41
141	Kristin Kilgour	10K	F	4490	1:11:52
142	Alison Hilton	10K	F	4489	1:11:52
143	Victoria Taylor	10K	F	4314	1:12:10
144	Katie Cowie	10K	F	4462	1:12:16
145	Nichola Stuart	10K	F	4412	1:12:46
146	Nichola Smith	10K	F	4313	1:12:56
147	Don Watt	10K	M	4374	1:13:10
148	Megan Ashton	10K	F	4386	1:13:18
149	Lindsay Andrew	10K	F	4388	1:13:19
150	Max Cornbill	10K	M	4311	1:13:34
151	Kayleigh Pickering	10K	F	4529	1:13:53
152	Richard whiteley	10K	M	4713	1:13:57
153	Louise Harrop	10K	F	4531	1:14:01
154	Sean Boardman	10K	M	4470	1:14:04
155	Ismail Bulale	10K	M	4428	1:14:16
156	Gemma Bradfield	10K	F	4465	1:14:21
157	Alexander Grace	10K	M	4454	1:14:53
158	Ewa Hibberd	10K	F	4343	1:14:55
159	Shaun Walker	10K	M	4316	1:15:01
160	Callum Crawshaw	10K	M	4317	1:15:03
161	Michelle Vallance	10K	F	4376	1:15:31
162	Jasmine Jones	10K	F	4351	1:16:43
163	Debbie Harrison	10K	F	4440	1:16:45
164	Alice Delaney	10K	F	4429	1:17:28

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