



The 5Kool Run

A **TAVISTOCK** Athletic Club Production

Course Records

November 2017

	Forename	Surname	Club	Time	Date
Male	Jim	Cole	Tavistock AC	15:42	February 2017
Female	Alison	McEwing	Erme Valley Harriers	18:40	October 2015

Age Category Records

Age Cat.	Forename	Surname	Club	Time	
U13 M	Tyler	Gregory	East Cornwall Harriers	19:03	May 2017
U13 W	Tilly	McDowell	Tavistock AC	21:38	June 2015
U15 M	Oliver	Smart	Tavistock AC	16:33	November 2017
U15 W	Natasha	Farrington	Tavistock AC	20:11	June 2015
U17 M	Tom	Brew	Tavistock AC	17:19	November 2017
U17 W	Natahsa	Farrington	Tavistock AC	20:21	March 2016
Sen M	Jim	Cole	Tavistock AC	16:13	August 2016
Sen W	Alison	McEwing	Erme Valley Harriers	18:40	October 2015
Vet 35 M	Jim	Cole	Tavistock AC	15:42	February 2017
Vet 35 W	Samantha	Lake	Tavistock AC	19:41	June 2016
Vet 40 M	Martin	French	Plymouth Musketeers	18:15	March 2017
Vet 40 W	Alison	Thorn	Erme Valley Harriers	19:11	October 2015
Vet 45 M	Chris	Sabine	Cornwall AC	17:06	April 2016
Vet 45 W	Rachael	Tarrant	Plymouth Musketeers	21:32	February 2017
Vet 50 M	Alan	Ryder	Plymouth Musketeers	17:10	July 2016
Vet 50 W	Tracy	Oxborough	Tavistock AC	21:44	July 2016
Vet 55 M	Richard	Drage	Tavistock AC	18:04	August 2017
Vet 55 W	Alison	Ross	Unattached	23:11	July 2016
Vet 60 M	Allan	Herdman	Tavistock AC	19:12	July 2015
Vet 60 W	Nicky	Deane-Simmons	Tavistock Triathlon Club	25:36	November 2017
Vet 65 M	Mike	Beattie	Plymouth Harriers	20:59	August 2015
Vet 65 W	Angie	Handforth	South West Veterans AC	24:02	July 2016
Vet 70 M	Bob	Chapman	Tavistock AC	22:06	November 2016
Vet 70 W	Jane	Pitt	Totton Running Club	29:20	August 2015