

# The TAVY 5k

A **TAVISTOCK** Athletic Club Production

## Results

## 20 April 2019

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat. Record
1	16:05	Ben	Neale	Tavistock Run Project	Sen M	1	81.14%	
2	16:42	Adam	Holland	Tavistock AC	Sen M	2	77.84%	
3	17:17	Tom	Brew	Tavistock AC	Sen M	3	77.15%	
4	17:39	Richard	Ham	Unattached	Sen M	4	73.09%	
5	17:48	John	Porter	Plymouth Harriers	Vet 45 M	1	80.90%	
6	18:02	James	Armstrong	Tavistock AC	Vet 35 M	1	73.11%	
7	18:03	Alan	Ryder	Plymouth Musketeers	Vet 55 M	1	85.13%	
8	18:05	James	Blight	Tamar Trotters	Vet 35 M	2	73.36%	
9	18:06	Steve	Burrows	Erme Valley Harriers	Vet 40 M	1	77.72%	
10	18:14	Ryan	Gibbons	Kent AC	Sen M	5	71.12%	
11	18:17	Darren	Varley	Sandbach Striders	Vet 40 M	2	75.21%	
12	18:25	Derrick	Warren	Unattached	Sen M	6	70.86%	
13	18:26	Rebecca	Ezra	Tamar Trotters	Sen W	1	80.29%	
14	18:30	Edward	Anderson Bickley	Tavistock Run Project	Vet 35 M	3	73.24%	
15	18:48	Paul	Carter	Okehampton RC	Vet 50 M	1	81.03%	
16	18:53	Ray	Lawrence	Okehampton RC	Vet 45 M	2	77.49%	
17	19:05	Tim	Dodwell	Tamar Trail Runners	Sen M	7	68.12%	
18	19:15	Abraham	Reid	Tavistock AC	U15 M	1	73.68%	
19	19:35	Greg	Pearce	Unattached	Sen M	8	65.87%	
20	19:43	Martin	French	Plymouth Musketeers	Vet 45 M	3	71.94%	
21	19:49	Owen	Drage	Northbrook AC	Sen M	9	65.10%	
22	20:15	Andy	Charles	Plymouth Harriers	Vet 55 M	2	76.54%	
23	20:20	Jennifer	Sabine	Tavistock Run Project	Sen W	2	72.79%	
24	20:20	Ed	Smith	Tavistock Run Project	Sen M	10	63.44%	
25	20:26	Emily	Warren	Mudcrew Trail Runners	Sen W	3	72.76%	
26	20:35	Simon	Wellfair	Unattached	Sen M	11	63.40%	
27	20:50	Elyse	Kedzior-MacDonough	Tavistock AC	U17 W	1	74.40%	
28	20:54	Ruaridh	Cassidy	Unattached	Vet 40 M	3	66.83%	
29	21:05	Pat	MacDonough	Tavistock AC	Vet 40 M	4	66.72%	
30	21:18	Kirsty	Prowse	DSFRS RC	Sen W	4	69.64%	
31	21:31	Harrison	Shaw	Unattached	U10 M	1	79.09%	#N/A
32	21:41	Peter	Bazley	Tavistock AC	Vet 60 M	1	75.94%	
33	21:59	Chris	Anthony	Bere Alston Trekkers	Vet 35 M	4	61.64%	
34	22:18	Charlotte	Walker	Tavistock AC	U15 W	1	71.60%	
35	22:51	Tracey	Oxborough	Tavistock AC	Vet 55 W	1	78.19%	
36	23:08	Michael	Hockey	Plymouth Musketeers	Vet 35 M	5	58.57%	
37	23:22	Rosie	Forbes	Unattached	Sen W	5	63.77%	
38	23:26	Mike	Beattie	Tavistock AC	Vet 65 M	1	74.40%	
39	23:34	Ella	Shaw	Tavistock AC	U13 W	1	70.58%	

40	23:50	Luke	Aspen	Unattached	Sen M	12	54.20%	
41	23:51	Ian	Bedford	Unattached	Vet 55 M	3	64.43%	
42	23:54	Hannah	Walker	Tavistock AC	U15 W	2	66.81%	
43	24:08	Edward	Hopkins	Unattached	Vet 50 M	2	63.12%	
44	24:24	Aaron	Sweet	Unattached	Sen M	13	53.28%	
45	24:29	Laura	Rogers	Unattached	Sen W	6	60.45%	
46	24:43	Bernie	Hawes	Unattached	Vet 50 M	3	59.68%	
47	24:50	Rodney	Hillebrandt	Plymouth Musketeers	Vet 70 M	1	71.88%	
48	24:59	Jessica	Jennison	Tavistock AC	Vet 35 W	1	60.57%	
49	25:30	Rachel	Day	Unattached	Vet 35 W	2	59.02%	
50	25:32	Karen	McClung	Tavistock Triathlon Club	Vet 50 W	1	68.21%	
51	25:48	Andy	Hughes	Tavistock AC	Vet 60 M	2	63.24%	
52	25:52	Nicola	Noble	Plymouth Harriers	Sen W	7	57.35%	
53	25:56	Kate	Rogers	Tavistock AC	Vet 60 W	1	73.78%	
54	26:02	Maxim	Smith	Unattached	U13 M	1	58.77%	
55	26:03	Geoffrey	Honey	Plymouth Harriers	Vet 65 M	2	66.92%	
56	26:05	Mark	Thomas	Plymouth Harriers	Vet 40 M	5	53.93%	
57	26:16	Richard	Walker	Unattached	Vet 45 M	4	55.71%	
58	26:19	Lisa	Burnham	Plymouth Harriers	Vet 35 W	3	57.76%	
59	26:28	Jack	Anthony	Unattached	U10 M	2	70.65%	#N/A
60	26:29	Harry	Malthouse	Tavistock Run Project	U10 M	3	67.21%	#N/A
61	26:29	Rachel	Malthouse	Tavistock Run Project	Vet 35 W	4	56.45%	
62	26:31	Anna	Luff	Tavistock AC	Sen W	8	55.88%	
63	26:33	Angie	Handforth	South West Veterans AC	Vet 65 W	1	82.49%	
64	27:10	Trevor	Grigg	Tavistock AC	Vet 60 M	3	60.61%	
65	27:19	Robert	Mills-Hicks	Tavistock AC	Vet 50 M	4	54.85%	
66	27:28	Finley	Mill	Unattached	U11 M	1	57.46%	#N/A
67	27:30	Maria	Clarke	Unattached	Vet 45 W	1	59.52%	
68	27:34	Ewan	Mill	Tavistock AC	U10 M	4	59.31%	#N/A
69	27:34	Lewis	Mill	Tavistock Triathlon Club	Sen M	14	47.58%	
70	27:43	Sarah	Jones	Unattached	Vet 35 W	5	54.30%	
71	27:58	William	Gould	Unattached	U15 M	2	50.72%	
72	28:08	Hazel	Walker	Tavistock AC	Vet 45 W	2	57.58%	
73	28:21	Dave	Connell	Plymouth Harriers	Vet 65 M	3	61.49%	
74	28:35	Grace	Wonnacott	Tavistock AC	U13 W	2	56.97%	
75	28:40	Daisy	Roberts	Unattached	U15 W	3	55.70%	
76	28:48	Val	Evans	Tavistock AC	Vet 65 W	2	73.67%	
77	28:49	Abby	Bassett	Launceston RR	Sen W	9	51.59%	
78	28:51	Bryan	Short	Erme Valley Harriers	Vet 65 M	4	59.21%	
79	28:52	Patsy	Bennett	Unattached	Vet 60 W	2	68.19%	
80	28:57	Mark	Cook	Unattached	Vet 40 M	6	47.50%	
81	28:57	Brett	Fletcher	Unattached	Vet 35 M	6	46.46%	
82	29:31	Dave	Brown	Unattached	Vet 40 M	7	46.92%	
83	29:36	Jemima	Libby	Unattached	U15 W	4	53.94%	
84	29:39	Sarah	Minnion	Unattached	Sen W	10	49.92%	
85	29:41	Thelma	Turner	Tavistock AC	Vet 65 W	3	69.34%	
86	29:41	Jonathan	Merrett	Unattached	Vet 35 M	7	44.97%	
87	29:41	Lorena	Merrett	Tavistock AC	Vet 65 W	4	72.60%	

88	29:48	Martin	Quinn	Unattached	Vet 60 M	4	55.76%	
89	29:49	Susanna	Harley	Tavistock AC	Vet 55 W	2	59.92%	
90	29:55	Jan	Sainsbury	Tavistock AC	Vet 55 W	3	62.17%	
91	30:04	Mike	Wellsbury-Nye	Unattached	Vet 40 M	8	45.73%	
92	30:12	Emma	James	Launceston RR	Vet 45 W	3	52.59%	
93	30:43	Kate	Brown	Unattached	Vet 40 W	1	49.81%	
94	30:50	Alexandra	Glew	Unattached	Sen W	11	48.00%	
95	31:49	Jane	Rideout	Unattached	Vet 60 W	3	62.76%	
96	31:59	Neil	McClung	Tavistock AC	Vet 55 M	4	48.46%	
97	32:10	Isabel	Novas-Gonzalez	Unattached	Vet 50 W	2	53.42%	
98	32:11	Jane	Martin	Tavistock AC	Vet 55 W	4	56.24%	
99	32:17	Katherine	Anness	Unattached	Vet 35 W	6	46.62%	
100	32:19	Wendy	Mannion	Unattached	Vet 50 W	3	54.56%	
101	32:19	Gill	Northey	Unattached	Vet 55 W	5	56.01%	
102	32:23	Lucy	Kirwell	Unattached	Sen W	12	45.70%	
103	33:04	Samuel	Lock	Unattached	U15 M	3	43.85%	
104	33:29	Sarah	Pascall	Unattached	Vet 35 W	7	44.80%	
105	33:49	Ley	Roberts	Unattached	Vet 50 W	4	50.17%	
106	33:51	Jess	Merrett	Unattached	Vet 35 W	8	44.17%	
107	34:09	Ann	Ruddock	Tavistock AC	Vet 55 W	6	53.00%	
108	34:33	Hilary	Conn	Unattached	Vet 55 W	7	53.11%	
109	35:01	Gerald	Lipscombe	Unattached	Vet 50 M	5	43.17%	
110	35:15	Marian	Stratton	Tavistock AC	Vet 60 W	4	55.04%	
111	35:46	Pauline	Cole	Unattached	Vet 50 W	5	48.04%	
112	36:04	Bridget	Luff	Unattached	Sen W	13	41.04%	
113	36:04	Oliver	Hughes	Unattached	Sen M	15	36.04%	
114	37:42	Harry	Griffiths	Unattached	U10 M	5	47.21%	#N/A
115	37:58	Sarah	Burke	Unattached	Vet 45 W	4	42.67%	
116	38:12	Tracey	Griffiths	Tavistock AC	Vet 35 W	9	39.79%	
117	38:19	Sarah	Aspen	Unattached	Vet 50 W	6	45.45%	
118	38:19	Laura	Aspen	Hayle Runners	Sen W	14	38.63%	
119	40:51	Richard	Cook	Unattached	Vet 70 M	2	44.27%	
120	40:52	Samantha	Cook	Unattached	Vet 40 W	2	38.21%	
121	41:25	Jacqui	Gillard	Unattached	Vet 55 W	8	43.70%	
122	41:27	Benjamin	Love	Unattached	Vet 40 M	9	33.70%	
123	44:17	Charles Barrie	James	Tavistock AC	Vet 85 M	1	54.87%	
124	44:17	Jane	Bickley	Unattached	Vet 45 W	5	35.87%	