

# The TAVY 5k

A **TAVISTOCK** Athletic Club Production

## Results

Saturday, 17 August 2019

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat. Record
1	17:16	Rob	Williams	Plymouth Harriers	Vet 35 M	1	76.35%	
2	17:32	Edward	Horn	Launceston RR	Sen M	1	74.14%	
3	17:35	Rob	Kelly	Okehampton RC	Vet 35 M	2	77.06%	
4	17:39	Hayden	Bond	Okehampton RC	Sen M	2	73.09%	
5	18:08	Craig	Howells	Tavistock Run Project	Vet 35 M	3	73.62%	
6	18:18	James	Armstrong	Tavistock AC	Vet 35 M	4	72.04%	
7	18:29	Alan	Ryder	Plymouth Musketeers	Vet 55 M	1	83.14%	
8	19:07	Lee	Herbert	Plymouth Musketeers	Vet 40 M	1	73.06%	
9	19:08	Lewis	Mill	Tavistock Triathlon Club	Sen M	3	68.55%	
10	19:11	Paul	Carter	Okehampton RC	Vet 50 M	1	79.41%	
11	19:12	Samantha	Lake	Tavistock AC	Vet 40 W	1	79.69%	
12	19:16	Ewan	Dix	Tavistock AC	U15 M	1	75.26%	
13	19:18	Jodi	Fisk	Tavistock AC	Vet 35 W	1	77.46%	
14	19:34	Steve	Babb	Newquay Road Runners	Vet 50 M	2	77.26%	
15	19:43	Matthew	Greenda	Plymouth Musketeers	Vet 40 M	2	70.25%	
16	20:08	David	Harris	Tavistock AC	Vet 55 M	2	76.99%	
17	20:15	Damian	Dunne	Plymouth Musketeers	Vet 45 M	1	70.04%	
18	20:22	Jane	Allison	Tamar Trail Runners	Vet 45 W	1	79.54%	ACR
19	20:23	Dan	Case	Plymouth Musketeers	Sen M	4	64.02%	
20	20:34	Pat	MacDonough	Tavistock AC	Vet 40 M	3	68.40%	
21	20:40	Steve	Thackham	Tavistock AC	Vet 55 M	3	75.65%	
22	21:01	Lee	Wescott	Unattached	Vet 40 M	4	66.93%	
23	21:06	Richard	Best	Tavistock AC	Vet 55 M	4	74.09%	
24	21:27	Ruby	Lawrence	Unattached	Sen W	1	69.00%	
25	21:36	Richard	Greaves	Unattached	Vet 60 M	1	74.23%	
26	21:39	Elyse	Kedzior-MacDonough	Tavistock AC	U17 W	1	71.59%	
27	21:43	Luke	Deeker	Unattached	Sen M	5	59.40%	
28	21:47	Peter	Bazley	Tavistock AC	Vet 60 M	2	75.59%	
29	21:51	Hayley	Clarke	Tavistock Run Project	Sen W	2	68.19%	
30	22:48	Garry	Middleton-Batts	Unattached	Vet 60 M	3	72.22%	
31	22:53	Sarah	Robinson	Plymouth Musketeers	Vet 40 W	2	68.24%	
32	22:59	Matthew	Jenkins	Tavistock AC	U15 M	2	63.09%	
33	23:01	Paul	Bennett	Plymouth Musketeers	Vet 50 M	3	66.18%	
34	23:02	Jane	Hynes	Launceston RR	Vet 50 W	1	76.56%	
35	23:04	John	Woolven-Allen	Plymstock RR	Vet 45 M	2	63.44%	
36	23:10	Steve	Short	Unattached	Vet 55 M	5	66.33%	
37	23:15	Nicole	Heryet	Tavistock AC	Vet 45 W	2	69.68%	
38	23:29	Luke	Aspen	Unattached	Sen M	6	55.00%	
39	23:40	Andrew	Martin	Tavistock AC	Vet 50 M	4	63.87%	
40	23:56	James	Grigg	Unattached	Sen M	7	54.11%	
41	23:58	Nicola	Noble	Plymouth Harriers	Sen W	3	61.89%	
42	24:04	Ian	Bedford	Unattached	Vet 55 M	6	63.85%	
43	24:41	Colin	Chadwick	Unattached	Vet 45 M	3	57.46%	
44	24:43	Emma	Dunne	Plymouth Musketeers	Vet 40 W	3	63.18%	

45	24:44	Emma	Webber	Tavistock AC	Vet 35 W	2	61.46%	
46	24:45	James	Shaw	Launceston RR	Vet 40 M	5	55.15%	
47	24:47	Rodney	Hillebrandt	Plymouth Musketeers	Vet 70 M	1	72.02%	
48	25:05	Andy	Hughes	Tavistock AC	Vet 60 M	4	65.05%	
49	25:32	Ella	Shaw	Tavistock AC	U13 W	1	63.77%	
50	24:45	Glyn	Isaacs	Unattached	Vet 50 M	5	60.07%	
51	25:47	Dave	Cartwright	Unattached	Vet 50 M	6	58.11%	
52	26:14	Charlotte	Illsley	Unattached	Sen W	4	56.42%	
53	26:25	Angie	Handforth	South West Veterans AC	Vet 65 W	1	82.90%	
54	26:32	Robert	Mills-Hicks	Tavistock AC	Vet 50 M	7	56.47%	
55	26:38	Chloe	Bolton	Unattached	Sen W	5	55.57%	
56	26:55	Karen	McClung	Tavistock Triathlon Club	Vet 50 W	2	65.51%	
57	27:08	Thelma	Turner	Tavistock AC	Vet 65 W	2	75.86%	
58	27:33	Deborah	Bennett	Plymouth Musketeers	Vet 50 W	3	60.86%	
59	28:07	Carly	Bunstan	Storm Plymouth	Sen W	6	52.64%	
60	28:25	Tim	Cuckston	Tavistock AC	Vet 60 M	5	56.95%	
61	28:39	Claire	Herbert	Plymouth Musketeers	Vet 45 W	3	55.96%	
62	28:42	Matthew	Shaw	Unattached	Sen M	8	45.47%	
63	28:45	Trevor	Grigg	Tavistock AC	Vet 60 M	6	57.28%	
64	28:57	Annette	Cann	Plymouth Musketeers	Vet 60 W	1	68.97%	
65	28:59	Val	Evans	Tavistock AC	Vet 65 W	3	74.35%	
66	28:59	Kitty	Refson	Tavistock AC	Vet 60 W	2	69.93%	
67	29:22	Jan	Sainsbury	Tavistock AC	Vet 55 W	1	64.25%	
68	29:48	Dave	Connell	Plymouth Harriers	Vet 65 M	1	58.50%	
69	30:35	Helen	de Carles	Tavistock AC	Vet 60 W	3	63.43%	
70	30:56	Bryan	Short	Erme Valley Harriers	Vet 65 M	2	55.77%	
71	31:29	Jasmine	Robinson	Plymouth Musketeers	Sen W	7	48.01%	
72	31:54	Wendy	Mannion	Unattached	Vet 55 W	2	56.01%	
73	32:06	Nicola	Chadwick	Unattached	Vet 45 W	4	49.48%	
74	32:48	Sarah	Aspen	Unattached	Vet 50 W	4	53.10%	
75	32:49	Naomi	Clifford	Unattached	Vet 40 W	4	47.59%	
76	33:14	Gill	Case	Plymouth Musketeers	Vet 55 W	3	55.22%	
77	35:44	Mairead	O'Sullivan	Unattached	Vet 50 W	5	46.92%	
78	36:36	Wendy	Coker	Storm Plymouth	Vet 50 M	8	40.94%	