

The TAVY 5k

A **TAVISTOCK** Athletic Club Production

Results

20 July 2019

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat. Record
1	15:59	Jordan	Andrews	Tavistock Run Project	Sen M	1	80.81%	
2	16:01	Ben	Neale	Tavistock Run Project	Sen M	2	81.89%	
3	17:22	Rob	Williams	Plymouth Harriers	Vet 35 M	1	75.91%	
4	17:32	Geoffrey	Hill	Okehampton RC	Vet 40 M	1	80.23%	ACR
5	17:57	Richard	Ham	Unattached	Sen M	3	71.87%	
6	18:04	Kristian	Kolind	Unattached	Vet 40 M	2	75.55%	
7	18:06	Alan	Ryder	Plymouth Musketeers	Vet 55 M	1	84.90%	
8	18:49	Rebecca	Ezra	Tamar Trotters	Sen W	1	78.65%	
9	18:53	Ewan	Dix	Tavistock AC	U15 M	1	76.79%	
10	19:28	Paul	Carter	Okehampton RC	Vet 50 M	1	78.25%	
11	20:29	Pat	MacDonough	Tavistock AC	Vet 40 M	3	68.67%	
12	20:33	Jane	Allison	Tamar Trail Runners	Vet 45 W	1	78.02%	
13	21:02	Ruaridh	Cassidy	Unattached	Vet 40 M	4	66.40%	
14	21:21	Kirsty	Prowse	DSFRS RC	Sen W	2	69.48%	
15	21:41	Charlotte	Walker	Tavistock AC	U15 W	1	73.64%	
16	21:45	Peter	Bazley	Tavistock AC	Vet 60 M	1	75.71%	
17	21:47	Tim	Haines	Unattached	Vet 45 M	1	65.57%	
18	21:50	Richard	Greaves	Unattached	Vet 60 M	2	73.44%	
19	21:59	James	Vassay	Tavistock Run Project	Vet 35 M	2	61.64%	
20	22:05	Lee	Wescott	Unattached	Vet 40 M	5	63.70%	
21	22:17	Umberto	Bergonizi	Tavistock Run Project	Vet 45 M	2	65.15%	
22	22:31	Michael	Hockey	Plymouth Musketeers	Vet 35 M	3	60.18%	
23	23:11	Andrew	Houghton	Tavistock AC	Vet 70 M	1	79.15%	
24	23:27	Andy	Berry	Launceston RR	Vet 40 M	6	59.56%	
25	23:40	Nicola	Noble	Plymouth Harriers	Sen W	3	62.68%	
26	24:08	Ian	Bedford	Unattached	Vet 55 M	2	63.67%	
27	24:15	Maxim	Smith	Unattached	U13 M	1	63.09%	
28	24:16	Elyse	Kedzior-MacDonough	Tavistock AC	U17 W	1	63.87%	
29	24:44	Hannah	Walker	Tavistock AC	U15 W	2	64.56%	
30	25:29	Peter	James	Launceston RR	Vet 45 M	3	55.66%	
31	25:48	Edward	Cann	Plymouth Musketeers	Sen M	4	50.00%	
32	26:01	Sarah	Jones	Unattached	Vet 35 W	1	57.85%	
33	26:09	Brian	Cann	Unattached	Vet 55 M	3	60.29%	
34	26:14	Steve	Davis	Bere Alston Trekkers	Vet 60 M	3	61.12%	
35	27:14	Thelma	Turner	Tavistock AC	Vet 65 W	1	75.58%	
36	27:21	Greg	Jones	Unattached	Vet 35 M	4	49.54%	
37	27:28	James	Emony	Unattached	Vet 45 M	4	52.85%	
38	27:29	Angie	Handforth	South West Veterans AC	Vet 65 W	2	79.68%	
39	28:28	Hazel	Walker	Tavistock AC	Vet 45 W	2	57.49%	

40	29:16	Eva	Brown	Tavistock AC	U15 W	3	54.56%	
41	29:17	Sarah	Brown	Unattached	Vet 40 W	1	52.25%	
42	29:41	Val	Evans	Tavistock AC	Vet 65 W	3	72.60%	
43	29:50	Paula	Symons	Unattached	Vet 45 W	3	53.24%	
44	29:51	Emma	James	Launceston RR	Vet 45 W	4	53.21%	
45	29:56	Annette	Cann	Plymouth Musketeers	Vet 60 W	1	66.70%	
46	30:14	Amy	Dymond	Unattached	Vet 35 W	2	49.61%	
47	30:37	Stephen	Bray	Unattached	Vet 70 M	2	58.30%	
48	31:03	#N/A	#N/A	#N/A	#N/A	1	#N/A	#N/A
49	31:11	Mel	Moon	Unattached	Vet 40 W	2	50.08%	
50	31:11	Emma	Carty	Unattached	Vet 45 W	5	51.42%	
51	31:50	Bryan	Short	Erme Valley Harriers	Vet 65 M	1	53.66%	
52	33:00	Kate	Brimacombe	Unattached	Vet 40 W	3	47.68%	
53	33:54	Caroline	Metcalf	Unattached	Vet 40 W	4	46.41%	
54	34:06	Samantha	West	Unattached	Sen W	4	43.70%	