

# The TAVY 5k

A **TAVISTOCK** Athletic Club Production

## Results

## 19 October 2019

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat. Record
1	18:12	James	Armstrong	Tavistock AC	Vet 35 M	1	72.44%	
2	18:15	Ewan	Dix	Tavistock AC	U15 M	1	79.45%	
3	18:21	Tim	Dodwell	Tamar Trail Runners	Sen M	1	71.12%	
4	18:37	Jodi	Fisk	Tavistock AC	Vet 35 W	1	80.30%	ACR
5	18:40	David	Shepherd	Plymouth Musketeers	Vet 35 M	2	71.52%	
6	20:00	Natalie	Thomas	Plymouth Harriers	Sen W	1	74.17%	
7	20:08	Jeffery	Matthew	Storm Plymouth	Sen M	2	64.07%	
8	20:10	Jane	Allison	Tamar Trail Runners	Vet 45 W	1	80.33%	ACR
9	20:23	Jacob	Holland	Tavistock AC	U15 M	2	71.14%	
10	20:42	Lucas	Hopkins	Unattached	U15 M	3	68.52%	
11	20:55	Phillip	Blackwell	Unattached	Vet 55 M	1	73.47%	
12	20:58	Darragh	Turley	Tavistock AC	Vet 50 M	1	72.66%	
13	21:10	Martin	Hynes	Unattached	Vet 65 M	1	80.00%	
14	21:13	Ruby	Lawrence	Unattached	Sen W	2	69.76%	
15	21:38	Peter	Bazley	Tavistock AC	Vet 60 M	1	76.12%	
16	21:45	Richard	Greaves	Unattached	Vet 60 M	2	73.72%	
17	21:47	Hannah	Worth	Tavistock AC	Vet 35 W	2	69.09%	
18	21:52	Lara	Dix	Tavistock AC	U13 W	1	76.07%	
19	21:57	Hannah	Smith	Tavistock Run Project	Sen W	3	67.43%	
20	22:23	Rich	Hartley	Unattached	Sen M	3	57.63%	
21	22:27	Maeve	Turley	Tavistock AC	U15 W	1	70.01%	
22	22:36	Tom	Brown	Unattached	U15 M	4	64.16%	
23	22:41	Dominic	Mason	Unattached	Vet 35 W	3	66.13%	
24	22:48	Sarah	Holland	Tavistock AC	Vet 45 W	2	69.66%	
25	22:54	Nicole	Heryet	Tavistock AC	Vet 45 W	3	71.47%	
26	23:06	Edward	Hopkins	Unattached	Vet 55 M	2	66.52%	
27	23:18	Christian	Bungay	Unattached	Vet 35 M	3	57.73%	
28	23:19	Andrew	Martin	Tavistock AC	Vet 50 M	2	65.33%	
29	23:29	Ian	Bedford	Unattached	Vet 55 M	3	65.44%	
30	23:42	Colin	Chadwick	Unattached	Vet 45 M	1	60.27%	
31	24:19	Helen	Kula-Przewanski	Tavistock AC	Vet 60 W	1	78.68%	
32	24:24	Nicky	Maguire	Unattached	Vet 45 W	4	65.71%	
33	24:55	Andy	Hughes	Tavistock AC	Vet 60 M	3	66.09%	
34	25:16	Olivia	Hill	Plymouth Harriers	Sen W	4	58.58%	
35	25:31	Jennifer	West	Unattached	Vet 45 W	5	62.83%	
36	25:34	Sarah	Brown	Unattached	Vet 40 W	1	60.17%	
37	25:45	Rodney	Hillebrandt	Plymouth Musketeers	Vet 70 M	1	70.23%	
38	25:56	Karen	McClung	Tavistock Triathlon Club	Vet 50 W	1	67.99%	
39	26:05	Robert	Mills-Hicks	Tavistock AC	Vet 50 M	3	57.96%	

40	26:09	Geoffrey	Honey	Plymouth Harriers	Vet 70 M	2	67.43%	
41	26:47	Laura	Evenden	Tavistock Run Project	Vet 40 W	2	58.74%	
42	26:49	Clare	Barnaby	Unattached	Vet 40 W	3	57.36%	
43	26:52	Sharnie	Gardner	Erme Valley Harriers	Sen W	5	55.09%	
44	27:13	Megan	Williams	Unattached	Sen W	6	54.38%	
45	27:37	Trevor	Grigg	Tavistock AC	Vet 60 M	4	59.63%	
46	27:47	Francesca	White	Tavistock AC	Sen W	7	53.27%	
47	27:49	Paul	Blowey	Unattached	Vet 55 M	4	56.68%	
48	27:52	Abby	Bassett	Launceston RR	Sen W	8	53.47%	
49	27:59	Nicolette	Overy	Unattached	Vet 60 W	2	69.33%	
50	28:12	Val	Evans	Tavistock AC	Vet 65 W	1	76.42%	
51	28:49	Jackie	Chapman	Launceston RR	Vet 55 W	1	62.81%	
52	28:58	Emma	James	Launceston RR	Vet 45 W	6	55.35%	
53	29:34	Ceri	Thomas	Unattached	Vet 45 W	7	54.79%	
54	29:42	Martin	Quinn	Unattached	Vet 60 M	5	55.95%	
55	29:49	Lorena	Merrett	Tavistock AC	Vet 65 W	2	72.28%	
56	32:03	Cate	Thompson	Erme Valley Harriers	Vet 55 W	2	55.75%	
57	32:10	Nicola	Chadwick	Unattached	Vet 45 W	8	49.84%	
58	32:11	Andrew	Okenham	Unattached	Vet 50 M	4	45.83%	
59	32:36	Steven	Watson	Erme Valley Harriers	Vet 65 M	2	52.91%	
60	32:36	Jeanette	Green	Unattached	Vet 50 W	2	52.71%	
61	32:39	Christine	Isaacs	Unattached	Vet 60 W	3	58.60%	
62	34:19	Sonia	Lee	Unattached	Vet 45 W	9	47.69%	
63	34:52	Jordan	Stevens	Unattached	Vet 40 W	4	45.12%	
64	34:52	Katie	Downing	Unattached	Sen W	9	42.45%	
65	35:09	Kathy	Allen	Unattached	Vet 50 W	3	48.89%	
66	35:09	Deborah	Cope	Unattached	Vet 55 W	3	52.20%	
67	35:27	Caroline	Okenham	Unattached	Vet 50 W	4	47.30%	
68	35:33	Tim	Sleeman	Unattached	Vet 35 M	4	37.55%	
69	35:33	Emma	Keat	Unattached	Vet 35 W	4	42.19%	
70	35:54	Gerald	Lipscombe	Unattached	Vet 50 M	5	42.11%	
71	39:39	Sarah	Sampson	Unattached	Vet 45 W	10	41.78%	
72	39:41	Mandy	Downing	Unattached	Vet 55 W	4	46.24%	