



The TAVY 5k



A TAVISTOCK Athletic Club Production

Results - Sports Relief Special - 14th March 2020

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat.
RACE 2								
1	22:48	Claudia	Jones	Tavistock AC	U11 W	2	74.85%	
2	22:51	Joshua	Allott	Tavistock AC	U11 M	2	69.07%	
3	22:52	Penny	Jones	Tavistock AC	U13 W	3	71.21%	
4	23:21	Martin	Head	Bere Alston Trekkers	Vet 50 M	4	64.17%	
5	24:14	Ryan	Dyer	Unattached	Sen W	6	61.07%	
6	24:56	Kim	Bindon	Unattached	Vet 50 W	3	69.85%	
7	25:11	Peter	Kenvin	Bere Alston Trekkers	Vet 60 M	6	65.39%	
8	25:20	Claire	Nelson	Tamar Trail Runners	Vet 40 W	7	61.18%	
9	26:13	Rachel	Jones	Unattached	Vet 40 W	8	60.01%	
10	26:14	Oscar	Jones	Tavistock AC	U10 M	1	62.33%	
11	26:19	Rebecca	Windemer	Unattached	Sen W	7	56.24%	
12	27:49	Lisa	Nickel	Tavistock AC	Vet 40 W	9	55.72%	
13	27:50	Nick	Stewart	Unattached	Vet 50 M	5	53.83%	
14	28:12	Les	wilkinson	Unattached	Vet 55 W	4	64.18%	
15	28:28	Lisa	Hall	Unattached	Vet 45 W	6	58.20%	
16	29:24	Tim	Randle	Unattached	Vet 55 M	5	52.27%	
17	29:41	Martin	Venning	Launceston RR	Vet 65 M	3	58.73%	
18	29:43	Stewart	Pearce	Unattached	Vet 70 M	2	60.85%	
19	29:50	John	Windemer	Tavistock AC	Vet 65 M	4	57.82%	
20	29:57	Paula	Lillyman	Unattached	Vet 40 W	10	52.53%	
21	29:59	Dominika	Nawalany	Bere Alston Trekkers	Vet 35 W	5	50.03%	
22	30:00	Melanie	Greaves	Bere Alston Trekkers	Vet 45 W	7	54.56%	
23	30:04	Debbie	Ashton	Bere Alston Trekkers	Vet 45 W	8	55.10%	
24	30:04	Janet	Hopkinson	Unattached	Vet 50 W	4	57.15%	
25	30:21	Mike	O'Boyle	Unattached	Vet 55 M	6	50.63%	
26	30:34	Thelma	Turner	Tavistock AC	Vet 65 W	1	68.38%	
27	30:52	Helen	de Carles	Tavistock AC	Vet 60 W	1	63.77%	
28	30:53	Paul	Tunncliffe	Unattached	Vet 50 M	6	48.52%	
29	31:12	Martin	Quinn	Unattached	Vet 60 M	7	53.26%	
30	31:49	Lindsay	Wolfenden	Unattached	Vet 45 W	9	49.92%	
31	31:55	Lorena	Merrett	Unattached	Vet 65 W	2	68.62%	
32	32:02	Martin	Lambert-Gorwyn	Unattached	Vet 65 M	5	53.33%	
33	32:04	Annette	Smith	Unattached	Vet 65 W	3	66.16%	
34	32:46	Ruben	McAulay	Unattached	U13 M	3	46.69%	
35	32:53	Bryony	Ruffell	Unattached	Vet 55 W	5	54.33%	
36	32:54	Harry	Griffiths	Unattached	U10 M	2	51.72%	
37	33:44	Gill	Northey	Tavistock AC	Vet 55 W	6	54.40%	
38	33:51	Ann	Fitzsimmons	Tavistock AC	Vet 65 W	4	62.68%	
39	34:49	Cynthia	Squance	Tavistock AC	Vet 60 W	2	55.72%	
40	34:53	Darren	Fisher	Tavistock AC	Vet 50 M	7	42.62%	
41	35:15	Kate	Hoare	Unattached	Vet 45 W	10	45.96%	
42	35:15	Helen	Thewlis	Unattached	Vet 50 W	5	48.13%	
43	35:15	Helen	Tripp	Tavistock AC	Vet 50 W	6	47.57%	
44	35:30	Katherine	Anness	Unattached	Vet 35 W	6	42.63%	
45	35:37	Jan	Craker	Tavistock AC	Vet 60 W	3	54.47%	
46	36:06	Hilary	Head	Bere Alston Trekkers	Vet 55 W	7	50.83%	
47	36:10	Kelly	Shaw	Unattached	Vet 35 W	7	41.47%	
48	36:16	Tracey	Griffiths	Unattached	Vet 40 W	11	42.19%	
49	36:32	Lisa	Stewart	Tavistock AC	Vet 50 W	7	45.89%	

50	36:32	Alba	Stewart	Unattached	Vet 50 W	8	45.89%	
51	37:18	Jane	Benyon	Tavistock AC	Vet 50 W	9	46.69%	
52	37:33	Amy	Marlow	Unattached	Sen W	8	39.68%	
53	38:45	Caroline	Collins	Tavistock AC	Vet 60 W	4	50.80%	
54	39:02	Kerry	Williams	Unattached	Vet 35 W	8	38.77%	
55	39:03	Veronica	Walters	Unattached	Vet 45 W	11	41.49%	
56	39:52	Geri	Cousins	Tavistock AC	Vet 50 W	10	43.10%	
57	41:01	Pauline	Cole	Bere Alston Trekkers	Vet 50 W	11	41.89%	
58	41:02	Jacqui	Pethick	Unattached	Vet 50 W	12	41.88%	
59	41:23	Ann	Venning	Launceston RR	Vet 65 W	5	52.92%	
60	48:48	Charles Barrie	James	Tavistock AC	Vet 85 M	1	51.61%	