



# The TAVY 5k



A TAVISTOCK Athletic Club Production

## Results

19 March 2022

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course ACR = Age Cat.
1	16:12	Jim	Cole	Tavistock Run Project	Vet 40 m	1	84.26%	ACR
2	16:40	John	Cooper	Erme Valley harriers	Vet 35 M	1	81.30%	
3	19:14	Lee	McMeekin	Unattached	Vet 45 M	1	76.08%	
4	19:15	Nikki	Kelly	Tavistock AC	Sen W	1	76.88%	
5	20:17	Holly	Cole	Tavistock Run Project	U17 w	1	76.42%	
6	20:40	Jim	Medhurst	Bere Alston Trekkers	Vet 40 M	2	67.58%	
7	20:45	Andy	Charles	Plymouth Harriers	Vet 55 M	1	76.63%	
8	21:15	Kirsty	Prowse	DSFRS RC	Vet 35 W	1	70.35%	
9	21:25	Jack	Anthony	Tavistock AC	U11 M	1	73.70%	#N/A
10	22:02	Paul	Bennett	Plymouth Musketeers	Vet 55 M	2	70.95%	
11	22:48	Michael	Hockey	Plymouth Musketeers	Vet 40 M	3	60.75%	
12	23:20	Dave	Scrivens	Unattached	Vet 65 M	1	73.21%	
13	23:28	Deborah	Bennett	Plymouth Musketeers	Vet 50 W	1	73.22%	
14	23:38	Simon	Parsons	Tavistock AC	Sen M	1	55.50%	
15	23:49	Andy	Millward	Unattached	Vet 55 M	3	65.64%	
16	23:52	Nicky	Maguire	Unattached	Vet 45 W	1	68.58%	
17	24:10	Grant	Harvey	Tavistock AC	Vet 35 M	2	56.07%	
18	24:12	emily	drage	Northbrook AC	Sen w	2	61.16%	
19	25:02	Peter	Bazley	Tavistock AC	Vet 65 M	2	67.64%	
20	25:08	Paul	Chinn	Unattached	Vet 55 M	4	63.26%	
21	25:08	Anthony	Shearer	Tavistock AC	Vet 65 M	3	69.36%	
22	25:12	Nick	Fathers	Plymouth Musketeers	Vet 45 M	2	58.07%	
23	25:54	Mary	Brogden	Unattached	U11 W	1	65.89%	#N/A
24	25:54	Thomas	Brogden	Unattached	Vet 35 M	3	52.32%	
25	27:12	Rose	Sebag-Montefiore	Unattached	U11 W	2	62.75%	#N/A
26	27:22	Geoffrey	Honey	Plymouth Harriers	Vet 70 M	1	66.08%	
27	29:26	Morgan	Haines	Unattached	U11 M	2	53.62%	#N/A
28	29:29	Emma	Court	Tavistock AC	Sen W	3	50.31%	
29	29:35	Marian	Stratton	Tavistock AC	Vet 60 W	1	67.49%	
30	29:35	Lisa	Andrews	Unattached	Vet 50 W	2	56.68%	
31	29:47	Martin	Hunter	Unattached	Vet 50 M	1	50.76%	
32	29:47	Sarah J	Swinburne	Tavistock AC	Vet 45 W	2	54.39%	
33	30:01	James	Anthony	Unattached	U10 M	1	56.69%	#N/A
34	30:25	Claire	Anthony	Unattached	Vet 40 W	1	51.73%	
35	30:31	Richard	Paine	Tavistock AC	Vet 70 M	2	57.78%	
36	30:48	Abbie	Ludlam	Tavistock AC	Sen W	4	48.05%	
37	31:07	Annette	Smith	Tavistock AC	Vet 65 W	1	70.38%	
38	31:30	Cynthia	Squance	Tavistock AC	Vet 60 W	2	63.39%	

39	31:53	Ann	Ruddock	Tavistock AC	Vet 55 W	1	58.34%	
40	32:07	Heather	Cowie	Unattached	Vet 45 W	3	51.58%	
41	32:13	Heather	Tigwell	Tavistock AC	Vet 55 W	2	58.56%	
42	32:13	Laura	Breyley	Unattached	Vet 35 W	2	46.71%	
43	32:26	Gill	Northey	Tavistock AC	Vet 55 W	3	58.17%	
44	33:38	Emma	Stead	Unattached	Vet 45 W	4	48.66%	
45	33:01	Justina	Sebag-Montefiore	Unattached	Vet 40 w	2	46.59%	
46	33:03	Johanna	Barnett	Unattached	Vet 45 m	3	42.91%	
47	33:19	Jonathan	Barnett	Unattached	Vet 55 m	5	46.12%	
48	33:31	Darren	Fisher	Tavistock AC	Vet 50 M	2	45.10%	
49	33:32	Jean	Phillips	Unattached	Vet 50 W	3	52.58%	
50	33:48	Jane	Cansdale	Unattached	Vet 50 W	4	52.17%	
51	33:50	Ann	Fitzsimmons	Unattached	Vet 65 W	2	64.73%	
52	34:03	Norma	Gilbert	Tavistock AC	Vet 65 W	3	64.32%	
53	35:07	Lisa	Lemon	Tavistock AC	Vet 45 W	5	46.61%	
54	35:29	Elaine	Phillips	Tavistock AC	Vet 50 W	5	49.08%	
55	36:28	Maxine	Howe	Unattached	Vet 55 W	4	48.99%	
56	36:49	Nicky	Isbell	Tavistock AC	Vet 60 W	3	52.69%	
57	38:09	Sarah	Doidge	Unattached	Vet 50 W	6	43.95%	
58	39:10	Trudi	Jones	Unattached	Vet 35 W	3	38.30%	
59	39:32	Helen	Woods	Tavistock AC	Vet 50 M	3	37.90%	
60	39:32	Sarah	Claridge	Unattached	Sen W	5	37.48%	
61	40:05	Jane	Pine	Erme Valley Harriers	Vet 55 W	5	45.16%	
62	40:33	Nick	Parsons	Tavistock AC	Vet 60 M	1	39.91%	
63	40:48	Liz	Lavers	Erme Valley Harriers	Vet 60 w	4	48.24%	
64	41:30	Tish	Valva	Unattached	Vet 60 W	5	46.75%	
65	41:32	Stephanie	Ellis	Tavistock AC	Sen W	6	35.67%	
66	41:50	Tim	Haimes	Tamar Trail Runners	Vet 45 M	4	34.98%	
67	42:03	Tracey	Weymouth	Tavistock AC	Vet 45 W	6	39.40%	
68	43:53	Katrina	Smith	Unattached	Vet 70 W	1	50.74%	
69	46:10	Laura	Lewis	Tavistock AC	Vet 55 W	6	39.75%	
70	46:14	Jenny	Freeman	Tavistock AC	Vet 65 W	4	47.37%	
71	46:20	Rebecca	Butland	Unattached	Vet 35 W	4	32.37%	
72	46:58	Julie	Parsons	Tavistock AC	Vet 55 W	7	40.17%	
73	47:37	Lucy	Turnbull	Tavistock AC	Vet 55 W	8	39.62%	
74	48:15	Yvonne	Eastmond	Erme Valley Harriers	Vet 60 w	6	39.65%	
75	48:20	Claire	Glanville	Unattached	Vet 45 W	7	33.86%	
76	48:21	HEATHER	RICHARDSON	Tavistock AC	#N/A	1	124.54%	#N/A
77	48:21	Louise	Sambells	Tavistock AC	Vet 50 W	7	36.02%	
78	00:00	#N/A	#N/A	#N/A	#N/A	2	#N/A	#N/A
79	00:00	#N/A	#N/A	#N/A	#N/A	3	#N/A	#N/A
80	00:00	#N/A	#N/A	#N/A	#N/A	4	#N/A	#N/A
81	00:00	#N/A	#N/A	#N/A	#N/A	5	#N/A	#N/A
82	00:00	#N/A	#N/A	#N/A	#N/A	6	#N/A	#N/A
83	00:00	#N/A	#N/A	#N/A	#N/A	7	#N/A	#N/A
84	00:00	#N/A	#N/A	#N/A	#N/A	8	#N/A	#N/A
85	00:00	#N/A	#N/A	#N/A	#N/A	9	#N/A	#N/A
86	00:00	#N/A	#N/A	#N/A	#N/A	10	#N/A	#N/A
87	00:00	#N/A	#N/A	#N/A	#N/A	11	#N/A	#N/A
88	00:00	#N/A	#N/A	#N/A	#N/A	12	#N/A	#N/A
89	00:00	#N/A	#N/A	#N/A	#N/A	13	#N/A	#N/A
90	00:00	#N/A	#N/A	#N/A	#N/A	14	#N/A	#N/A

91	00:00	#N/A	#N/A	#N/A	#N/A	15	#N/A	#N/A
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