



The TAVY 5k



A TAVISTOCK Athletic Club Production

Results

Saturday, 18 March 2023

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat.
1	16:30	Mark	Budge	Unattached	Sen M	1	78.38%	
2	18:18	Ben	Phillips	Plymouth Harriers	Sen M	2	71.31%	
3	18:30	Lewis	Mill	Tavistock Run Project	Vet 35 M	1	72.16%	
4	18:39	Grant	Harvey	Tavistock AC	Vet 40 M	1	73.19%	
5	19:05	Samantha	Lake	Tavistock AC	Vet 40 W	1	82.45%	
6	19:06	Melvyn	Griffiths	Unattached	Vet 45 M	1	74.78%	
7	19:25	Pete	Waumsley	Tamar Trotters	Vet 50 M	1	75.97%	
8	19:29	Daniel	Case	Plymouth Musketeers	Vet 35 M	2	68.09%	
9	19:31	Justin	Frost	Plymouth Musketeers	Vet 45 M	1	73.78%	
10	19:40	Mike	Crawford	City of Plymouth AC	Vet 45 M	3	72.12%	
11	19:58	Reuben	Sebag-Montefiore	Tavistock AC	U15 M	1	71.04%	
12	20:08	Jack	Anthony	Tavistock AC	U13 M	1	75.99%	
13	20:15	David	Harris	Tavistock AC	Vet 55 M	1	78.52%	
14	20:27	David	Friskin	Plymouth Musketeers	Sen M	3	64.14%	
15	20:37	Kirsty	Prowse	DSFRS RC	Vet 35 W	1	72.51%	
16	20:38	Donald	Ladell	Tavistock Run Project	Vet 35 M	3	64.70%	
17	20:41	Allan	Herdman	Tavistock AC	Vet 70 M	1	85.25%	ACR
18	21:30	Helen	Orme	Tavistock AC	Vet 45 W	1	76.12%	
19	21:36	Mark	Sinclair	Plymouth Musketeers	Vet 50 M	2	70.52%	
20	21:37	Damian	Dunne	Plymouth Musketeers	Vet 45 M	4	67.69%	
21	21:54	Charlie	Cleland	Tavistock AC	U13 M	2	69.86%	
22	21:55	Stuart	Cleland	Unattached	Vet 40 M	2	62.74%	
23	22:11	Ruben	Gaxnfield	Tavistock AC	U17 M	1	62.73%	
24	22:18	Mark	Peck	Unattached	Vet 35 M	4	59.87%	
25	22:21	Caroline	Steven	Tavistock AC	Vet 55 W	1	80.98%	
26	22:26	Michael	Cork	Plymouth Coasters	Vet 65 M	1	74.74%	
27	22:34	Mary	Brogden	Tavistock AC	U13 W	1	73.71%	
28	22:34	Daniel	Worth	Unattached	Vet 45 M	5	62.85%	
29	22:40	James	Crossey	Tavistock AC	U17 M	2	60.44%	
30	22:45	Zac	Tasker	Tavistock AC	U13 M	3	67.25%	
31	22:49	Andy	Millward	Tavistock AC	Vet 45 M	6	63.62%	
32	22:50	Mark	Orme	Tavistock AC	Vet 50 M	3	66.20%	
33	23:35	Ralph	Tomlin	Unattached	Vet 55 M	2	66.29%	
34	24:05	Nicola	Noble	Plymouth Harriers	Vet 35 W	2	62.28%	
35	24:08	Paul	Searle	Plymouth Coasters	Vet 55 M	3	65.88%	
36	24:15	David	Twine	Tavistock AC	Vet 65 M	2	70.45%	
37	24:40	Jon	Carty	Unattached	Vet 45 M	7	59.32%	
38	24:48	Peter	Bazley	Tavistock AC	Vet 65 M	3	68.88%	
39	24:55	Anthony	Shearer	Tavistock AC	Vet 70 M	2	70.77%	
40	24:58	Sarah-Jane	Sinclair	Plymouth Musketeers	Vet 50 W	1	69.76%	
41	25:05	Shaun	West	Unattached	Vet 50 W	2	67.64%	
42	25:07	Nicole	Heryet	Tavistock AC	Vet 50 W	3	67.55%	
43	25:23	Travis	Trice	Plymouth Musketeers	Sen M	4	51.02%	
44	25:40	Peter	Armstrong	Unattached	Vet 35 M	5	52.40%	
45	25:41	Rose	Sebag-Montefiore	Unattached	U13 W	2	64.76%	
46	25:46	Dean	Trice	Plymouth Musketeers	Vet 50 M	4	59.12%	
47	25:58	Tim	Haines	Tamar Trail Runners	Vet 50 M	5	56.80%	
48	26:02	Emma	Carty	Unattached	Vet 50 W	4	64.40%	
49	26:07	Sarah	Jones	Unattached	Vet 40 W	2	58.90%	
50	26:26	James	Anthony	Unattached	U10 M	1	61.85%	#N/A
51	26:31	Peter	Sargent	South West Veterans AC	Vet 75 M	1	74.17%	



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52	26:51	Wendy	Doney	Unattached	Vet 45 W	2	59.16%	
53	26:56	Dawn	Dyer	Plymouth Musketeers	Vet 60 W	1	74.13%	
54	26:57	Lucia	Ladell	Tavistock AC	U11 W	1	63.33%	#N/A
55	27:02	Marisa	Turner	Launceston RR	Vet 55 W	2	66.09%	
56	27:08	Anita	Chambers	Plymouth Musketeers	Vet 60 W	2	71.50%	
57	27:31	Emma	Dunne	Plymouth Musketeers	Vet 45 W	3	58.27%	
58	28:39	Bluebell	Cooke	Tavistock AC	U13 W	3	58.06%	
59	28:46	Lawrence	Cooke	Unattached	Vet 40 M	3	48.15%	
60	29:27	Marion	Straton	Tavistock AC	Vet 60 W	3	68.82%	
61	29:33	Claire	Anthony	Unattached	Vet 45 W	4	53.75%	
62	29:55	Nicky	Deane-Simmons	Unattached	Vet 65 W	1	68.80%	
63	30:11	Lindsay	Hobbs	Unattached	Vet 55 W	3	62.51%	
64	30:21	Thomas	Cleland	Unattached	U10 M	2	53.87%	#N/A
65	30:24	Justina	Sebag-Montefiore	Unattached	Vet 40 w	3	50.99%	
66	30:56	Wendy	Mannion	Unattached	Vet 55 W	4	60.13%	
67	31:37	Emma	Cleland	Unattached	Vet 40 W	4	48.39%	
68	32:15	Hayley	Brant	Unattached	Vet 45 W	5	51.37%	
69	32:39	Darren	Fisher	Tavistock AC	Vet 50 M	6	46.66%	
70	33:31	Sylvia	Hicks	Unattached	Sen W	1	44.46%	
71	35:41	Rob	Felwick	Instinctive Sports	Vet 60 M	1	45.35%	
72	35:41	Len	Saxty	Instinctive Sports	Vet 75 M	2	53.11%	
73	35:48	Trevor	Grigg	Tavistock AC	Vet 65 M	4	47.72%	
74	36:32	Sarah	Walton	Tavistock ac	Vet 40 W	5	43.07%	
75	36:33	Naoka	Yoshihara-Coles	Unattached	Vet 45 W	6	44.78%	
76	36:35	Sky	Scott	Unattached	Sen W	2	40.64%	
77	37:05	Kathryn	Weaver-Gore	Plymouth Musketeers	Vet 60 W	4	53.84%	