

2023 TAVY 13

Sunday 26 March 2023

Individual Category Winners List

	Pos.	Time	Forename	Surname	Club
Overall Male	1	01:13:13	Ben	Neale	Tavistock AC
	2	01:19:56	Matty	Smith	Horsham Blue Star Harriers
	3	01:23:44	Ross	Macdonald	Plymouth Musketeers RC
Overall Female	1	01:30:59	Samantha	Lake	Tavistock AC
	2	01:36:47	Joanne	Page	Okehampton RC
	3	01:37:52	Kirsty	Prowse	Devon & Somerset FRS
M40	1	01:24:49	Thomas	Brogden	Unattached
	2	01:29:11	Rob	Sekula	Unattached
	3	01:37:47	Glen	Palmer	Unattached
M45	1	01:38:55	Martin	French	City Of Plymouth AC
	2	01:40:53	Justin	Frost	Plymouth Musketeers RC
	3	01:41:12	Mark	Thomas	Truro RC
M50	1	01:27:20	David	Tomlin	Exmouth harriers
	2	01:32:23	Sean	Childs	Royal Navy AC
	3	01:34:38	Andrew	Vernon	Okehampton RC
M55	1	01:30:14	Stuart	Hall	Devon & Somerset FRS
	2	01:36:08	David	Rayfield	Erme Valley Harriers
	3	01:47:31	David	Thomson	Unattached
M60	1	01:29:51	Andrew	Charles	Plymouth Harriers
	2	01:44:17	Andrew	Marshall	Plymouth Harriers
	3	01:44:27	Michael	Hughes	Storm Plymouth
M65	1	01:41:13	David	Lancaster	City of York AC
	2	01:57:50	John	Moorhouse	Dawlish Coasters
	3	02:15:11	Philip	Spargo	Truro RC
M70	1	01:38:41	Allan	Herdman	Tavistock AC
	2	02:19:44	Peter	Griffith	Unattached
F35	1	01:36:47	Joanne	Page	Okehampton RC
	2	01:37:52	Kirsty	Prowse	Devon & Somerset FRS
	3	01:58:17	Heather	Stacey	Holsworthy RC
F40	1	01:30:59	Samantha	Lake	Tavistock AC
	2	01:46:32	Franki	Mathews	Unattached
	3	01:56:24	Laura	Webber	Unattached
F45	1	01:51:36	Leila	Matthews	Plymouth Musketeers RC
	2	01:54:29	Rebecca	Scott	Storm Plymouth
	3	01:59:33	Jenny	Kumah	Plymouth Musketeers RC

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F50	1	01:52:29	Natasha	Stevens	Unattached
	2	01:58:21	Emma	Start	Bovey Valley Runners
	3	02:06:32	Tracy	Mckay	Unattached
F55	1	01:52:01	Steph	Olliffe	Torrington AAC
	2	02:02:21	Rachael	Wilsher	Lonely Goat RC
	3	02:11:29	Jenny	Saunter	Bodmin Women's RC
F60	1	01:55:37	Carole	Walters	Lewes AC
	2	02:04:01	Anne	Marshall	Plymouth Harriers
	3	02:19:35	Di	Luckhurst	Unattached