



The TAVY 5k



A TAVISTOCK Athletic Club Production

Results

Saturday, 16 September 2023

Pos.	Time	Forename	Surname	Club	Age Cat.	Age	Age	CR =
						Cat.	Grade	Course Record
						Pos.	Perf.	ACR =
						Age Cat.		
1	15:30	Oliver	Smart	Tavistock Run Project	Sen M	1	83.55%	CR ACR
2	16:54	Peter	Freedman	Tavistock Run Project	Vet 35 M	1	80.18%	
3	16:59	Rich	Shelley	Plymstock RR	Vet 50 M	1	88.22%	
4	17:17	Ollie	Parker	Royal Navy AC	Sen M	2	75.51%	
5	18:17	Joe	Thomson	Launceston RR	Vet 35 M	2	73.02%	
6	18:22	Will	Matthews	Unattached	Sen M	3	70.42%	
7	18:37	James	Cartlidge	Plymouth Harriers	Vet 35 M	3	71.26%	
8	18:57	Connor	Duffin	Tavistock AC	U17 M	1	73.44%	
9	19:00	Alan	Ryder	Plymouth Musketeers	Vet 55 M	1	83.68%	
10	19:00	Sam	Larkham	Tavistock AC	Vet 40 M	1	71.84%	
11	19:00	Jasmine	Gray	Tavistock AC	Sen W	1	77.89%	
12	19:05	Joe	Beer	Hayle Runners	Vet 55 M	2	81.22%	
13	19:18	Jack	Anthony	Tavistock AC	U13 M	1	77.03%	
14	19:24	Kyle	Orgacki	Tamar Trotters	Vet 35 M	4	69.33%	
15	20:26	Alistair	Peers	Tavistock AC	Vet 40 M	2	67.78%	
16	20:36	Allan	Herdman	Tavistock AC	Vet 70 M	1	85.60%	ACR
17	21:13	Caroline	Steven	Tavistock AC	Vet 55 W	1	85.31%	
18	21:25	Francesca	Herdman	Unattached	Sen W	2	69.11%	
19	22:13	James	Crossey	Tavistock AC	Sen M	4	60.77%	
20	22:14	Chris	Jelliman	Plymouth Harriers	Vet 55 M	3	69.12%	
21	22:20	Murray	Turner	Bere Alston Trekkers	Vet 50 M	2	68.21%	
22	22:31	Andy	Stapleton	Unattached	Vet 45 M	1	63.43%	
23	22:39	Jason	Shipton	Launceston RR	Vet 50 M	3	66.74%	
24	22:45	Steve	Cox	Tavistock AC	Vet 50 M	4	66.96%	
25	23:01	Guy	Mammatt	Tavistock Run Project	Vet 45 M	2	63.58%	
26	23:03	Debbie	Mitchell	Hayle Runners	Vet 45 W	1	71.87%	
27	23:14	Ayla	Orgacki	City of Plymouth AC	U15 W	1	68.72%	
28	23:14	Andy	Millward	Tavistock AC	Vet 45 M	3	62.48%	
29	23:15	Zac	Tasker	Tavistock AC	U13 M	2	63.94%	
30	23:18	Sarah	Holland	Tavistock AC	Vet 45 W	2	71.10%	
31	23:38	Ollie	Thomson	Tavistock AC	U15 M	1	61.35%	
32	23:59	Mary	Brogden	Tavistock AC	U13 W	1	67.89%	
33	24:04	Ralph	Tomlin	Unattached	Vet 55 M	4	64.96%	
34	24:07	Fearne	Brogden	Tavistock AC	U11 W	1	70.77%	#N/A
35	24:26	Claudia	Jones	Unattached	U17 W	1	63.44%	
36	24:27	Anyia	McAulay	Tavistock AC	U17 W	2	63.39%	
37	24:28	Suzie	Woodrow	Tavistock AC	U15 W	2	65.26%	
38	24:28	Tim	Haimes	Tavistock AC	Vet 50 M	5	60.29%	
39	24:30	Jamie	Carlton	Unattached	U17 M	2	56.80%	
40	24:46	Peter	Bazley	Tavistock AC	Vet 65 M	1	68.98%	
41	25:05	Rachel	Jones	Tavistock AC	Vet 45 W	3	64.58%	
42	25:21	Mirianthi	Crossey	Tavistock AC	U15 W	3	62.98%	
43	25:31	Tina	Green	Unattached	Vet 50 W	1	69.11%	
44	25:37	Charlotte	Doney	Tavistock AC	U17 W	3	60.51%	
45	25:57	Isabelle	Doney	Tavistock AC	U15 W	4	60.57%	
46	26:04	Lisa	Hall	Tavistock AC	Vet 50 W	2	65.92%	
47	26:16	Jason	Martin	Unattached	Vet 40 M	3	53.17%	
48	26:16	Nicola	Martin	Unattached	Vet 35 W	1	57.30%	
49	26:26	Rose	Sebag-Montefiore	Tavistock AC	U13 W	2	61.60%	
50	26:32	Robyn	Summers	Tavistock AC	U17 W	4	58.42%	
51	26:53	Andy	Hughes	Tavistock AC	Vet 65 M	2	63.55%	



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Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Pos.	Age Grade Perf.	CR = Course Record ACR = Age Cat.
52	26:55	Lisa	Woodrow	Unattached	Vet 40 W	1	58.02%	
53	26:56	Jo	Williams	Unattached	Vet 35 W	2	55.51%	
54	27:38	Geoffrey	Honey	Plymouth Harriers	Vet 70 M	2	66.41%	
55	28:30	Sarah	Worth	Unattached	Vet 35 W	3	53.10%	
56	28:31	Joan	Cooper	Unattached	Vet 65 W	1	73.29%	
57	28:43	Daisy	Sebag-Montefiore	Unattached	U10 W	1	61.11%	#N/A
58	29:56	Morgan	Haimes	Tavistock AC	U13 M	3	49.67%	
59	30:42	Les	Wilkinson	Unattached	Vet 55 W	2	61.45%	
60	31:17	Claire	White	Tavistock AC	Vet 40 W	2	50.29%	
61	31:43	Thelma	Turner	Tavistock AC	Vet 65 W	2	69.05%	
62	33:45	Angie	Ryder	Unattached	Vet 70 W	1	69.38%	
63	33:49	Scarlett	Nutbean	Unattached	U13 W	3	48.15%	
64	33:50	Darren	Fisher	Tavistock AC	Vet 55 M	5	45.42%	
65	33:50	Justina	Sebag-Montefiore	Unattached	Vet 40 w	3	46.16%	
66	34:46	Johanna	Barnett	Unattached	Vet 45 W	4	46.60%	
67	34:54	Jonathan	Barnett	Unattached	Vet 55 M	6	44.79%	
68	36:03	Morwenna	Tregellas	Tavistock AC	Vet 40 W	4	43.32%	
69	36:25	Trevor	Grigg	Tavistock AC	Vet 65 M	3	46.91%	
70	36:50	Nick	Parsons	Tavistock AC	Vet 60 M	1	44.30%	
71	38:18	Rob	Felwick	Instinctive Sports	Vet 60 M	2	42.60%	
72	38:18	Dawn	Wilson	Instinctive Sports	Vet 55 W	3	49.26%	
73	38:18	Len	Saxty	Instinctive Sports	Vet 75 M	1	49.48%	
74	40:39	Alyson	Coates	Unattached	Vet 60 W	1	48.42%	