

# 2023 TAVY 7

Sunday 29 October 2023

## Individual Prize List

Please note: we gave prizes to the first 3 males and females overall and to the winners of each Vet Age Category (although we have shown here the top 3).

	Pos.	Time	Forename	Surname	Club
Overall Male	1	00:38:45	Adam Tango	Holland	Tavistock AC
	2	00:39:05	Shaun	Dixon	Highgate Harriers
	3	00:39:41	Rob	Ellis	Exmouth Harriers
Overall Female	1	00:43:54	Nikki	Kelly	Tavistock AC
	2	00:44:47	Charlotte	Walker	Tavistock AC
	3	00:45:45	Emma	Ryder	Tavistock AC
Senior Male	1	00:38:45	Adam Tango	Holland	Tavistock AC
	2	00:39:41	Rob	Ellis	Exmouth Harriers
	3	00:39:51	Peter	Freedman	Tavistock Run Project
M40	1	00:39:05	Shaun	Dixon	Highgate Harriers
	2	00:39:46	Sam	Larkham	Tavistock AC
	3	00:41:58	Joel	Heatley	South West RR
M45	1	00:42:00	Jamie	Howard	South West RR
	2	00:44:49	Stan	Sargent	Unattached
	3	00:46:08	Neil	Squires	Unattached
M50	1	00:45:36	Mark	West	Tavistock AC
	2	00:47:44	Mark	Schofield	Unattached
	3	00:47:49	Nick	Bristow	Erme Valley Harriers
M55	1	00:42:55	Martin	Colwill	Bideford AC
	2	00:43:44	Langdon	Williams	Exmouth Harriers
	3	00:46:36	David	Rayfield	Erme Valley Harriers
M60	1	00:48:46	David	Engledew	Erme Valley Harriers
	2	00:48:59	Nigel	Cowley	Lonely Goat RC
	3	00:50:32	David	Thomson	Unattached
M65	1	00:58:38	John	Moorhouse	Dawlish coasters
	2	00:59:22	Peter	Bazley	Unattached
	3	01:00:05	David	Twine	Tavistock AC
M70	1	00:51:14	Allan	Herdman	Tavistock AC
	2	00:54:41	Martin	Hynes	Launceston RR
	3	00:57:10	Richard	Morton	Tamar Trotters
F35	1	00:47:03	Sally	Erith	Erme Valley Harriers
	2	00:49:31	Rachael	Malthouse	Tavistock Run Project
	3	00:50:23	Joanne	Page	Okehampton RC
F40	1	00:51:24	Hannah	Worth	Tavistock AC
	2	00:55:05	Summer	Runner	Storm Plymouth
	3	00:56:34	Polly	Iddon	Unattached
F45	1	00:52:43	Louise	Reynolds	South West RR
	2	00:54:51	Helen	Orme	Tavistock AC
	3	00:56:26	Jane	Ling	Plymstock RR

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	Pos.	Time	Forename	Surname	Club
F50	1	00:54:14	Emma	Jeffery	Gloucester AC
	2	00:54:55	Sara	Tapp	Unattached
	3	00:55:03	Amelia	Varley	Tamar Trail Runners
F55	1	00:50:37	Jenny	Jeeves	Tavistock AC
	2	00:51:36	Caroline	Steven	Tavistock AC
	3	00:54:02	Kate	Medlicott	Erme Valley Harriers
F60	1	00:56:29	Marilyn	Blair	Torrington AAC
	2	00:57:04	Carole	Walters	Tavistock AC
	3	00:58:04	Jennie	Kingdon	Plymouth Harriers
F65	1	00:56:00	Alison	Engledew	Erme Valley Harriers
	2	01:04:39	Alison	Ross	Unattached
	3	01:15:18	Brenda	Thorne	Instinctive Sports
F70	1	01:19:24	Lavinia	Marshall	Launceston RR
	2	01:23:52	Jean	Findlay	Unattached