

# The TAVY 5k



A **TAVISTOCK**  
Athletic Club  
Production

## Results

18 November 2023

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Position	Age Graded Performance	Course Record	Age Category Record
1	17:23	Steve	Burrows	Unattached	Vet 45 M	1	83.51%		
2	17:39	Anis	Sahoo	Unattached	Sen M	1	73.09%		
3	18:01	Daniel	Westlake	Storm Plymouth	Sen M	2	71.60%		
4	18:11	Reuben	Sebag-Montefiore	Tavistock AC	U17 M	1	76.54%		
5	18:37	Finlay	Allen	Tamar Trotters	Sen M	3	69.29%		
6	18:42	Emma	Ryder	Tavistock AC	Sen W	1	79.14%		
7	19:17	Alan	Ryder	Plymouth Musketeers	Vet 55 M	1	82.45%		
8	20:06	Jack	Anthony	Tavistock AC	U13 M	1	73.96%		
9	20:12	Tim	Steere	Erme Valley Harriers	Vet 40 M	1	69.14%		
10	20:31	Ravi	Pandy	Storm Plymouth	Vet 50 M	1	73.03%		
11	20:35	Nigel	Cowley	Lonely Goat RC	Vet 60 M	1	80.00%		
12	20:41	Steve	Hale	Team Bath AC	Vet 60 M	2	80.34%		
13	20:49	Alistair	Peers	Tavistock AC	Vet 40 M	2	66.53%		
14	21:11	Charlie	Cleland	Tavistock AC	U13 M	2	70.18%		
15	21:47	Chris	Morton	Unattached	Vet 35 M	1	61.29%		
16	22:02	Chris	Jelliman	Plymouth Harriers	Vet 55 M	2	70.35%		
17	22:26	Andy	Stapleton	Unattached	Vet 45 M	2	63.67%		
18	22:35	Lucas	Withecumbe	Tavistock AC	U10 M	1	72.40%		
19	22:39	Andrew	Whitby	Instinctive Sports	Vet 60 M	3	72.04%		
20	23:10	Cheryl	Littlewood	Plymouth Musketeers	Vet 35 W	1	64.96%		
21	23:44	Richard	Sloley	Unattached	Vet 45 M	3	61.66%		
22	24:11	Harriet	Silvester	Tavistock AC	U11 W	1	70.57%		
23	24:11	Timothy	Silvester	Unattached	Vet 40 M	3	56.86%		
24	24:23	Fred	Jenkins	Instinctive Sports	Vet 60 M	4	67.53%		
25	24:26	William	Verity	Unattached	U17 M	2	56.96%		
26	24:30	James	Anthony	Unattached	U11 M	1	64.42%		

27	24:44	Tim	Haimes	Tavistock AC	Vet 50 M	2	59.64%		
28	24:47	Daniel	Matthams	Unattached	Sen M	4	52.93%		
29	24:51	Neil	Turnham	Unattached	Vet 55 M	3	63.98%		
30	25:07	Ralph	Tomlin	Unattached	Vet 55 M	4	62.24%		
31	25:25	Thomas	Cleland	Unattached	U11 M	2	62.10%		
32	25:25	Stuart	Cleland	Unattached	Vet 40 M	4	54.49%		
33	25:26	Tracy Ann	Cole	Unattached	Vet 50 W	1	69.33%		
34	25:27	Nicole	Heryet	Tavistock AC	Vet 50 W	2	67.52%		
35	25:51	Peter	Bazley	Tavistock AC	Vet 65 M	1	66.73%		
36	26:03	Paul	Griffin	Instinctive Sports	Vet 55 M	5	58.99%		
37	26:14	Andy	Hughes	Tavistock AC	Vet 65 M	2	65.12%		
38	26:40	David	Matthams	Unattached	Vet 60 M	5	60.69%		
39	26:59	Emma	James	Launceston RR	Vet 50 W	3	62.14%		
40	27:09	Gill	Aze-Thomas	Launceston RR	Vet 50 W	4	62.49%		
41	27:18	Jason	Shipton	Launceston RR	Vet 50 M	3	55.37%		
42	27:36	Ian	McLeod	Plymouth Coasters	Vet 60 M	6	58.64%		
43	28:07	Claire	Anthony	Unattached	Vet 45 W	1	57.02%		
44	28:10	Geoffrey	Honey	Plymouth Harriers	Vet 70 M	1	66.15%		
45	28:26	Jean	Phillips	Tavistock AC	Vet 55 W	1	63.66%		
46	28:48	Shannon	Bays	Plymouth Coasters	Vet 35 W	2	52.78%		
47	29:03	Nicky	Deane-Simmons	Unattached	Vet 65 W	1	71.94%		
48	29:05	Morgan	Haimes	Tavistock AC	U13 M	3	51.12%		
49	29:29	Matthew	Neale	Unattached	Vet 50 M	4	50.03%		
50	29:49	Lindsay	Hobbs	Unattached	Vet 60 W	1	64.17%		
51	30:11	Louise	Roper	Unattached	Sen W	2	49.09%		
52	30:42	Simon	Barrett	Instinctive Sports	Vet 60 M	7	53.15%		
53	30:43	Paul	Kennelly	Unattached	Vet 55 M	6	50.90%		
54	30:55	Thelma	Turner	Tavistock AC	Vet 65 W	2	70.84%		
55	30:57	Sarah	Delorme	Plymouth Coasters	Vet 45 W	2	52.34%		
56	31:07	Rob	Johnston	Unattached	Vet 65 M	3	53.88%		
57	31:46	Beverley	Nation	Instinctive Sports	Vet 60 W	2	63.80%		
58	32:10	Lorraine	Hawkins	Launceston RR	Vet 55 W	2	57.05%		
59	32:42	Lavinia	Marshall	Launceston RR	Vet 70 W	1	69.22%		
60	33:09	Angie	Ryder	Unattached	Vet 70 W	2	71.85%		
61	34:00	Richard	Paine	Tavistock AC	Vet 70 M	2	53.19%		

62	34:00	Darren	Fisher	Tavistock AC	Vet 55 M	7	45.20%		
63	34:44	Morwenna	Tregellas	Tavistock AC	Vet 40 W	1	44.96%		
64	34:44	Naoka	Yoshihara-Coles	Tavistock AC	Vet 45 W	3	47.70%		
65	37:04	Caroline	Metcalf	Unattached	Vet 45 W	4	44.15%		
66	38:45	Gill	Turcan	Tavistock AC	Vet 65 W	3	53.12%		
67	39:01	Jill	Underwood	Unattached	Vet 55 W	3	46.39%		
68	39:20	Beth	Edney	Unattached	U17 W	1	39.41%		
69	39:27	Claire	Lemasurier	Tavistock AC	Vet 40 W	2	39.59%		
70	46:22	Diane	Reardon	Tavistock AC	Vet 65 W	4	47.23%		