

# The TAVY 5k



A **TAVISTOCK**  
Athletic Club  
Production

## Results

17 February 2024

Version 3

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Position	Age Graded Performance	Course Record	Age Category Record
1	17:28	Fynn	Baker	Tavistock AC	U17 M	1	79.68%		
2	17:34	Connor	Duffin	Tavistock AC	U15 M	1	80.74%		
3	17:56	Langdon	Williams	Exmouth Harriers	Vet 55 M	1	86.43%		
4	18:08	Daniel	Case	Plymouth Musketeers	Vet 35 M	1	73.62%		
5	18:17	Lucy	Coad	South West Road Runners	Sen W	1	80.95%		
6	18:25	Tim	Steere	Erme Valley Harriers	Vet 40 M	1	76.38%		
7	18:30	Zoe	Bigham	Tavistock AC	U13 W	1	88.02%		New Age Category Record
8	18:32	Colin	Bigham	Tavistock AC	Vet 45 M	1	77.70%		
9	18:34	Reuben	Sebag-Montefiore	Tavistock AC	U15 M	1	76.39%		
10	18:44	Joe	Thomson	Launceston RR	Vet 35 M	2	71.26%		
11	18:58	Lucas	Sweeney	Unattached	U11 M	1	83.22%		
12	19:03	Taylan	Jones	City of Plymouth AC	U13 M	1	78.04%		
13	19:18	Damian	Dunne	Plymouth Musketeers	Vet 50 M	1	76.42%		
14	19:40	Jack	Anthony	Tavistock AC	U13 M	2	77.80%		
15	19:44	Tristan	Bigham	Tavistock AC	U11 M	2	79.98%		
16	19:53	Alistair	Peers	Tavistock AC	Vet 40 M	2	70.24%		
17	19:57	Samantha	Lake	Tavistock AC	Vet 45 W	1	79.62%		
18	20:33	Ravi	Pandy	Storm Plymouth	Vet 50 M	2	72.91%		
19	20:42	Wesley	Smith	Unattached	Sen M	1	62.64%		
20	20:42	Allan	Herdman	Tavistock AC	Vet 70 M	1	86.23%		
21	20:55	Steve	Hale	Team Bath AC	Vet 65 M	1	80.16%		
22	21:27	Archer	Craig	Unattached	U10 M	1	82.98%		
23	21:27	Morgan	Craig	Bude Rats	Vet 45 M	2	66.12%		
24	21:29	Marc	Young	Plymouth Musketeers	Vet 50 M	3	69.20%		

25	22:05	David	Austin	Plymouth Musketeers	Vet 40 M	3	62.26%		
26	22:08	Chris	Jelliman	Plymouth Harriers	Vet 55 M	2	70.03%		
27	22:16	Lucas	Witheccombe	Tavistock AC	U10 M	2	76.42%		
28	22:21	Richard	Sloley	Instinctive Sports	Vet 45 M	3	65.47%		
29	22:31	James	Alexander	Unattached	Vet 35 M	3	60.18%		
30	22:42	Michael	Hockey	Plymouth Musketeers	Vet 40 M	4	61.97%		
31	22:54	Richard	Eales	Unattached	Vet 40 M	5	60.04%		
32	22:57	Polly	Iddon	Tavistock AC	Vet 40 W	1	67.54%		
33	23:16	Catriona	Sell	Launceston RR	Vet 35 W	1	64.47%		
34	23:18	George	Lake	Tavistock AC	U10 M	3	73.03%		
35	23:19	Fearne	Brogden	Tavistock AC	U10 W	1	75.27%		
36	23:34	Serena	Bigham	Tavistock AC	U10 W	2	79.63%		
37	23:34	Alison	Bigham	Tavistock AC	Vet 40 W	2	66.27%		
38	23:36	Theia	Jones	City of Plymouth AC	U10 W	3	76.77%		
39	23:36	Steve	Jones	City of Plymouth AC	Vet 35 M	4	56.21%		
40	23:41	Carl	Mills	Instinctive Sports	Vet 45 M	4	61.29%		
41	23:44	Nicola	Noble	Plymouth Harriers	Vet 35 W	2	63.41%		
42	23:47	Fred	Jenkins	Instinctive Sports	Vet 60 M	1	69.24%		
43	24:03	Neil	Turnham	Instinctive Sports	Vet 55 M	3	66.11%		
44	24:11	Peter	Armstrong	Plymouth Harriers	Vet 35 M	5	56.03%		
45	24:17	Ralph	Tomlin	Unattached	Vet 55 M	4	64.93%		
46	24:35	Jonathan	Dearson	Royal Navy AC	Vet 45 M	5	58.10%		
47	24:55	Jack	Howells	Tavistock AC	U10 M	4	65.62%		
48	24:56	Craig	Howells	Unattached	Vet 40 M	6	55.15%		
49	25:19	Daniel	Matthams	Unattached	Sen M	2	51.55%		
50	25:29	Paul	Griffin	Instinctive Sports	Vet 55 M	5	60.82%		
51	25:31	Peter	Bazley	Tavistock AC	Vet 65 M	2	67.60%		
52	25:44	James	Anthony	Unattached	U10 M	5	63.54%		
53	25:45	Nicole	Heryet	Tavistock AC	Vet 50 W	1	66.73%		
54	25:47	Nicola	Martin	Unattached	Vet 35 W	3	58.37%		
55	25:48	Jason	Martin	Unattached	Vet 40 M	7	54.52%		
56	26:00	Anthony	Shearer	Tavistock AC	Vet 70 M	2	68.65%		
57	26:15	Ruth	Shere	Unattached	Vet 45 W	2	61.71%		
58	26:33	David	Matthams	Instinctive Sports	Vet 60 M	2	60.95%		

59	27:18	Patrick	Knight	Unattached	Vet 55 M	6	58.24%		
60	27:22	Emma	Dunne	Plymouth Musketeers	Vet 45 W	3	59.20%		
61	27:24	Leanne	Case	Plymouth Musketeers	Vet 40 W	3	57.42%		
62	27:39	Samantha	Turner	Plymouth Musketeers	Vet 55 W	1	64.62%		
63	27:42	Rose	Sebag-Montefiore	Tavistock AC	U13 W	2	60.05%		
64	27:43	Samantha	West	Plymouth Musketeers	Vet 35 W	4	54.60%		
65	28:13	Ellie-May	Dunne	Plymouth Musketeers	Sen W	2	52.45%		
66	28:18	Claire	Anthony	Unattached	Vet 45 W	4	56.65%		
67	28:21	Ian	McLeod	Plymouth Coasters	Vet 60 M	3	57.55%		
68	28:34	Andrew	Griffiths	Unattached	Vet 45 M	6	49.65%		
69	29:41	Brenda	Thorne	Instinctive Sports	Vet 65 W	1	71.48%		
70	29:48	Justina	Sebag-Montefiore	Unattached	Vet 40 W	4	52.40%		
71	30:00	Geoffrey	Honey	Plymouth Harriers	Vet 70 M	3	62.11%		
72	30:39	Lindsay	Hobbs	Unattached	Vet 60 W	1	62.43%		
73	31:05	Shannon	Bays	Plymouth Coasters	Vet 35 W	5	48.90%		
74	32:36	Lily	Griffiths	Tavistock AC	U10 W	4	53.83%		
75	33:25	Darren	Fisher	Tavistock AC	Vet 55 M	7	45.99%		
76	34:35	Paul	Kennelly	Unattached	Vet 55 M	8	45.20%		
77	35:07	Tracey	Griffiths	Unattached	Vet 40 W	5	44.80%		
78	35:30	Rob	Felwick	Instinctive Sports	Vet 60 M	4	45.96%		
79	35:30	Len	Saxty	Instinctive Sports	Vet 75 M	1	54.32%		