

# The TAVY 5k



A **TAVISTOCK**  
Athletic Club  
Production

## Results

20 July 2024

Version 1

| Pos. | Time  | Forename    | Surname          | Club                | Age Cat. | Age Cat.<br>Position | Age Graded<br>Performance | Course Record | Age Category Record |
|------|-------|-------------|------------------|---------------------|----------|----------------------|---------------------------|---------------|---------------------|
| 1    | 17:31 | Reuben      | Sebag-Montefiore | Tavistock AC        | U15 M    | 1                    | 80.97%                    |               |                     |
| 2    | 17:53 | Connor      | Duffin           | Tavistock AC        | U15 M    | 2                    | 79.31%                    |               |                     |
| 3    | 18:00 | Daniel      | Westlake         | Storm Plymouth      | Sen M    | 1                    | 71.67%                    |               |                     |
| 4    | 18:37 | Freddie     | Whybrow          | Tavistock AC        | U13 M    | 1                    | 79.86%                    |               |                     |
| 5    | 18:45 | Andy        | Wall             | Unattached          | Vet 35 M | 1                    | 70.76%                    |               |                     |
| 6    | 18:54 | Jack        | Anthony          | Tavistock AC        | U13 M    | 2                    | 80.95%                    |               |                     |
| 7    | 18:54 | Daniel      | Case             | Tamar Trotters      | Vet 35 M | 2                    | 70.63%                    |               |                     |
| 8    | 19:09 | Ian         | Collacott        | Tavistock AC        | Vet 40 M | 1                    | 71.80%                    |               |                     |
| 9    | 19:37 | Jonathan    | Kappes           | Launceston RR       | Vet 50 M | 1                    | 77.66%                    |               |                     |
| 10   | 19:39 | Hollie      | Fitzgerald       | Unattached          | Vet 35 W | 1                    | 77.01%                    |               |                     |
| 11   | 19:48 | Luke        | Diaper           | Unattached          | Sen M    | 2                    | 65.15%                    |               |                     |
| 12   | 20:09 | Joe         | Thomson          | Launceston RR       | Vet 35 M | 3                    | 66.75%                    |               |                     |
| 13   | 20:19 | Mike        | Crawford         | City of Plymouth AC | Vet 45 M | 1                    | 70.30%                    |               |                     |
| 14   | 20:40 | James       | Crossey          | Tavistock AC        | U17 M    | 1                    | 66.29%                    |               |                     |
| 15   | 20:45 | Mark        | Peck             | Unattached          | Vet 35 M | 4                    | 64.82%                    |               |                     |
| 16   | 20:48 | Chris       | Puertas          | Plymouth Harriers   | Vet 55 M | 1                    | 75.80%                    |               |                     |
| 17   | 21:20 | Charlie     | Cleland          | Tavistock AC        | U13 M    | 3                    | 71.72%                    |               |                     |
| 18   | 21:33 | Christopher | Fowler           | Launceston RR       | Vet 35 M | 5                    | 62.41%                    |               |                     |
| 19   | 21:40 | Samuel      | White            | Unattached          | Vet 40 M | 2                    | 64.92%                    |               |                     |
| 20   | 21:41 | Mark        | Foster           | Unattached          | Vet 50 M | 2                    | 68.56%                    |               |                     |
| 21   | 21:41 | Carly       | Wardle           | Plymouth Musketeers | Vet 35 W | 2                    | 68.95%                    |               |                     |
| 22   | 21:51 | Cheryl      | Littlewood       | Plymouth Musketeers | Vet 35 W | 3                    | 68.88%                    |               |                     |
| 23   | 21:54 | Mark        | Sinclair         | Plymouth Musketeers | Vet 55 M | 2                    | 70.78%                    |               |                     |
| 24   | 21:58 | Andrew      | Whitby           | Instinctive Sports  | Vet 60 M | 1                    | 74.28%                    |               |                     |

|    |       |            |                  |                     |          |   |        |  |  |
|----|-------|------------|------------------|---------------------|----------|---|--------|--|--|
| 25 | 22:03 | Timothy    | Silvester        | Unattached          | Vet 40 M | 3 | 62.36% |  |  |
| 26 | 22:05 | Martyn     | Prouse           | Unattached          | Vet 45 M | 2 | 65.21% |  |  |
| 27 | 22:07 | James      | Alexander        | Unattached          | Vet 40 M | 4 | 61.72% |  |  |
| 28 | 22:08 | Nicola     | Noble            | Plymouth Harriers   | Vet 35 W | 4 | 68.00% |  |  |
| 29 | 22:09 | Richard    | Sloley           | Instinctive Sports  | Vet 45 M | 3 | 66.06% |  |  |
| 30 | 22:10 | Mark       | Sluggett         | Launceston RR       | Vet 55 M | 3 | 69.92% |  |  |
| 31 | 22:14 | Stuart     | Cleland          | Unattached          | Vet 40 M | 5 | 62.82% |  |  |
| 32 | 22:26 | Harriet    | Silvester        | Tavistock AC        | U10 W    | 1 | 78.23% |  |  |
| 33 | 23:31 | George     | Lake             | Tavistock AC        | U10 M    | 1 | 72.36% |  |  |
| 34 | 23:54 | Katie      | Fowler           | Launceston RR       | Vet 35 W | 5 | 62.76% |  |  |
| 35 | 23:55 | Sallie     | Brennan          | Tamar Trotters      | Vet 45 W | 1 | 66.41% |  |  |
| 36 | 24:11 | Olivia     | Walkerdine       | Tavistock AC        | U10 W    | 2 | 72.57% |  |  |
| 37 | 24:13 | Mirianthi  | Crossey          | Tavistock AC        | U13 W    | 1 | 67.24% |  |  |
| 38 | 24:15 | Fred       | Jenkins          | Instinctive Sports  | Vet 60 M | 2 | 67.90% |  |  |
| 39 | 24:27 | Ralph      | Tomlin           | Unattached          | Vet 55 M | 4 | 64.49% |  |  |
| 40 | 24:37 | Emma       | Webber           | Tavistock AC        | Vet 40 W | 1 | 63.91% |  |  |
| 41 | 24:55 | James      | Anthony          | Unattached          | U10 M    | 2 | 65.62% |  |  |
| 42 | 25:02 | Peter      | Armstrong        | Plymouth Harriers   | Vet 35 M | 6 | 54.13% |  |  |
| 43 | 25:11 | Paul       | Griffin          | Instinctive Sports  | Vet 55 M | 5 | 61.55% |  |  |
| 44 | 25:12 | Neil       | Turnham          | Instinctive Sports  | Vet 60 M | 3 | 63.62% |  |  |
| 45 | 25:27 | Sarah-Jane | Sinclair         | Plymouth Musketeers | Vet 55 W | 1 | 70.20% |  |  |
| 46 | 25:29 | Vanessa    | Ratcliffe        | Unattached          | Vet 35 W | 6 | 59.65% |  |  |
| 47 | 25:31 | Peter      | Bazley           | Tavistock AC        | Vet 65 M | 1 | 67.60% |  |  |
| 48 | 25:33 | Michael    | Hockey           | Plymouth Musketeers | Vet 40 M | 6 | 55.06% |  |  |
| 49 | 25:37 | Nicole     | Heryet           | Tavistock AC        | Vet 50 W | 1 | 67.08% |  |  |
| 50 | 25:47 | Sue        | Gawman           | Unattached          | Vet 55 W | 2 | 69.30% |  |  |
| 51 | 25:50 | Flora      | Mee-Langmead     | Unattached          | U13 W    | 2 | 64.39% |  |  |
| 52 | 25:51 | Thomas     | Shires           | Unattached          | Vet 35 M | 7 | 51.00% |  |  |
| 53 | 26:04 | Katy       | Kelly            | Tavistock AC        | Vet 40 W | 2 | 58.70% |  |  |
| 54 | 27:10 | Kate       | Rogers           | Tavistock AC        | Vet 65 W | 1 | 75.77% |  |  |
| 55 | 27:14 | Sarah      | Prior            | Tavistock AC        | Vet 50 W | 2 | 62.30% |  |  |
| 56 | 27:21 | Faye       | Norman           | Unattached          | Sen W    | 1 | 54.11% |  |  |
| 57 | 27:25 | Rose       | Sebag-Montefiore | Tavistock AC        | U13 W    | 3 | 60.67% |  |  |
| 58 | 27:27 | Olivia     | Langmead         | Unattached          | Vet 50 W | 3 | 61.81% |  |  |

|    |       |          |                  |                      |          |   |        |  |  |
|----|-------|----------|------------------|----------------------|----------|---|--------|--|--|
| 59 | 27:32 | Hazel    | Stead            | Tavistock AC         | U15 W    | 1 | 57.99% |  |  |
| 60 | 27:34 | Kelvin   | Coker            | Storm Plymouth       | Sen M    | 3 | 47.16% |  |  |
| 61 | 27:51 | Greg     | Walkerdine       | Unattached           | Vet 40 M | 7 | 50.15% |  |  |
| 62 | 28:18 | Claire   | Anthony          | Unattached           | Vet 45 W | 2 | 56.65% |  |  |
| 63 | 28:36 | Hazel    | Walker           | Tavistock AC         | Vet 50 W | 4 | 60.90% |  |  |
| 64 | 28:40 | Calli    | Walkerdine       | Unattached           | Vet 40 W | 3 | 54.88% |  |  |
| 65 | 29:23 | Nick     | Stewart          | Bere Alston Trekkers | Vet 55 M | 6 | 53.20% |  |  |
| 66 | 29:41 | Sarah    | Cooper           | Tavistock AC         | Vet 60 W | 1 | 64.46% |  |  |
| 67 | 29:57 | Alan     | Beer             | Unattached           | Vet 65 M | 2 | 58.21% |  |  |
| 68 | 30:13 | Megan    | Kelly            | Tavistock AC         | U10 W    | 3 | 64.64% |  |  |
| 69 | 30:17 | Tim      | Cuckston         | Lonely Goat RC       | Vet 65 M | 3 | 55.92% |  |  |
| 70 | 30:21 | Willow   | Giles-Wyatt      | Unattached           | U10 W    | 4 | 61.83% |  |  |
| 71 | 30:22 | Adam     | Giles-Wyatt      | Unattached           | Vet 35 M | 8 | 44.29% |  |  |
| 72 | 30:47 | Keeley   | Tucker           | Unattached           | Sen W    | 2 | 48.08% |  |  |
| 73 | 31:09 | Thelma   | Turner           | Tavistock AC         | Vet 70 W | 1 | 71.48% |  |  |
| 74 | 31:17 | James    | Savage           | Tavistock AC         | Vet 50 M | 3 | 48.69% |  |  |
| 75 | 31:24 | Beverley | Nation           | Instinctive Sports   | Vet 60 W | 2 | 64.54% |  |  |
| 76 | 32:17 | Sarah    | Ruskin           | Unattached           | Vet 55 W | 3 | 58.44% |  |  |
| 77 | 32:35 | Tessa    | Young            | Unattached           | Sen W    | 3 | 45.42% |  |  |
| 78 | 32:35 | Jenny    | Young            | Unattached           | Vet 60 W | 3 | 61.28% |  |  |
| 79 | 32:45 | Vanessa  | Crossey          | Unattached           | Vet 50 W | 5 | 53.84% |  |  |
| 80 | 32:53 | Lucas    | Withecombe       | Tavistock AC         | U10 M    | 3 | 51.75% |  |  |
| 81 | 32:55 | Justina  | Sebag-Montefiore | Unattached           | Vet 40 W | 4 | 47.44% |  |  |
| 82 | 32:55 | Daisy    | Sebag-Montefiore | Unattached           | U10 W    | 5 | 55.04% |  |  |
| 83 | 32:55 | Tim      | Haimes           | Tavistock AC         | Vet 50 M | 4 | 45.16% |  |  |
| 84 | 34:31 | Ailla    | Thomson          | Unattached           | U10 W    | 6 | 52.49% |  |  |
| 85 | 34:48 | Bryony   | Ruffell          | Unattached           | Vet 60 W | 4 | 54.98% |  |  |
| 86 | 35:54 | Jessica  | Snell            | Unattached           | Sen W    | 4 | 41.23% |  |  |
| 87 | 36:04 | Samantha | Everett          | Unattached           | Vet 40 W | 5 | 43.62% |  |  |
| 88 | 36:18 | Jane     | Cansdale         | Unattached           | Vet 55 W | 4 | 49.86% |  |  |
| 89 | 36:48 | Lorena   | Merrett          | Tavistock AC         | Vet 70 W | 2 | 63.63% |  |  |
| 90 | 36:50 | Paul     | Kennelly         | Instinctive Sports   | Vet 55 M | 7 | 42.44% |  |  |
| 91 | 37:50 | Sara     | Allen            | Tavistock AC         | Vet 50 W | 6 | 45.42% |  |  |
| 92 | 38:00 | Tish     | Valva            | Tavistock AC         | Vet 60 W | 5 | 52.54% |  |  |

|     |       |         |          |                    |          |   |        |  |  |
|-----|-------|---------|----------|--------------------|----------|---|--------|--|--|
| 93  | 38:20 | Len     | Saxty    | Instinctive Sports | Vet 75 M | 1 | 50.30% |  |  |
| 94  | 38:20 | Simon   | Barrett  | Instinctive Sports | Vet 60 M | 4 | 42.96% |  |  |
| 95  | 39:05 | Frankie | Lowe     | Unattached         | U10 W    | 7 | 48.02% |  |  |
| 96  | 39:06 | Azara   | Perry    | Unattached         | Sen W    | 5 | 37.85% |  |  |
| 97  | 39:06 | Merlin  | Perry    | Unattached         | Sen M    | 4 | 32.99% |  |  |
| 98  | 39:06 | Tim     | Lowe     | Unattached         | Vet 35 M | 9 | 34.40% |  |  |
| 99  | 41:04 | Harry   | Sharp    | Tavistock AC       | Sen M    | 5 | 31.45% |  |  |
| 100 | 43:32 | Alison  | Newcombe | Tavistock AC       | Vet 60 W | 6 | 43.95% |  |  |