

The **TAVY** 5k

A **TAVISTOCK** Athletic Club Production

Entries

This list contains the names of all who are registered up to 0915 on Sat 15 Mar 2025.

No.	Surname	Forename	Age Cat.	Club	Fee Due
	Alexander	James	Vet 40 M	Unattached	£2
	Allen	Dave	Sen M	Unattached	£2
	Allen	Sara	Vet 50 W	Tavistock AC	£1
	Andrews	Jim	Vet 60 M	Plymouth Musketeers RC	£1
	Anthony	Claire	Vet 45 W	Unattached	£2
	Anthony	Jack	U13 M	Tavistock AC	£1
	Anthony	James	U11 M	Unattached	£2
	Armstrong	James	Vet 40 M	Tavistock AC	£1
	Armstrong	Jodi	Vet 40 W	Unattached	£2
	Armstrong	Peter	Vet 40 M	Plymouth Harriers	£1
	Ashton	Debbie	Vet 50 W	Unattached	£2
	Austin	David	Vet 40 M	Plymouth Musketeers RC	£1
	Bailey	Dan	Sen M	Tavistock Run Project	£1
	Bain	Matthew	Vet 50 M	Unattached	£2
	Baker	Fynn	U17 M	Tavistock AC	£1
	Baker	Mark	Vet 50 M	Tavistock Run Project	£1
	Ball	Rebecca	Vet 40 W	Unattached	£2
	Barnes	John	Vet 60 M	Launceston RR	£1
	Barrett	Simon	Vet 60 M	Instinctive Sports	£1
	Barriball	Ann	Vet 50 W	Launceston RR	£1
	Bartlett	Jess	Sen W	Launceston RR	£1
	Bays	Shannon	Vet 40 W	Plymouth Coasters	£1
	Bazley	Peter	Vet 65 M	Tavistock AC	£1
	Beer	Alan	Vet 70 M	Unattached	£2
	Beer	Chloe	U13 W	Unattached	£2
	Beer	Lee	Vet 40 M	Unattached	£2
	Bees	Andy	Vet 40 M	Plymouth Musketeers RC	£1
	Beilby	Ollie	Vet 40 M	Unattached	£2
	Bell	Harry	Sen M	Unattached	£2
	Benford	Josh	Sen M	Bideford AAC	£1
	Berergonzini	Umberto	Vet 50 M	Tavistock Run Project	£1
	Bickley	Jane	Vet 50 W	Unattached	£2
	Bigham	Alison	Vet 40 W	Tavistock AC	£1
	Bigham	Colin	Vet 45 M	Tavistock AC	£1
	Bigham	Serena	U10 W	Tavistock AC	£1
	Bigham	Tristan	U13 M	Tavistock AC	£1
	Bigham	Zoe	U15 W	Tavistock AC	£1
	Birchnall-Travers	Janet	Vet 50 W	Vegan Runners	£1
	Blake	Joshua	Sen M	City of Plymouth AC	£1
	Boonstra	David	Vet 50 M	Unattached	£2
	Borrow	Toby	Sen M	Unattached	£2
	Boundy	Eleanor	U10 W	Unattached	£2
	Boundy	Katie	Vet 40 W	Unattached	£2
	Bowen	Richard	Vet 60 M	Plymouth Harriers	£1

	Bower	Adrian	Vet 60 M	Unattached	£2
	Bradley	Matthew	Vet 35 M	City of Plymouth AC	£1
	Brandon	Tanisha	Sen W	Unattached	£2
	Bremner	Jane	Vet 65 W	Tamar Trotters	£1
	Brennan	Sallie	Vet 45 W	Tamar Trotters	£1
	Brogden	Emma	U10 W	Unattached	£2
	Brogden	Fearne	U11 W	Tavistock AC	£1
	Brogden	Mary	U13 W	Tavistock AC	£1
	Brogden	Thomas	Vet 40 M	Tavistock AC	£1
	Bryant	Ceri	Sen W	Unattached	£2
	Budge	Mark	Sen M	Unattached	£2
	Bytheway	Molly	Sen W	Tavistock AC	£1
	Camp	Beatriz	Vet 40 W	Unattached	£2
	Cann	Annette	Vet 65 W	Unattached	£2
	Cann	Brian	Vet 60 M	Unattached	£2
	Cann	Edward	Sen M	Unattached	£2
	Cansdale	Jane	Vet 55 W	Unattached	£2
	Cartlidge	Michelle	Vet 40 W	Plymouth Harriers	£1
	Case	Daniel	Vet 35 M	Plymouth Musketeers RC	£1
	Case	Leanne	Vet 45 W	Plymouth Musketeers RC	£1
	Chambers	Samuel	Sen M	Tavistock Run Project	£1
	Chiswell	Kevin	Vet 60 M	Storm Plymouth	£1
	Christian	Barrie	Vet 55 M	Plymouth Musketeers RC	£1
	Christie	Bill	Vet 60 M	Plymouth Musketeers RC	£1
	Clatworthy	Jamie	Sen M	Unattached	£2
	Cleland	Charlie	U13 M	Tavistock AC	£1
	Cleland	Gemma	Vet 40 W	Unattached	£2
	Cleland	Stuart	Vet 40 M	Unattached	£2
	Cleland	Thomas	U11 M	Tavistock AC	£1
	Coad	Lucy	Sen W	South West Road Runners	£1
	Coker	Kelvin	Sen M	Storm Plymouth	£1
	Coker	Tania	Vet 35 W	Unattached	£2
	Cole	Jim	Vet 40 M	Tavistock Run Project	£1
	Collacott	Ian	Vet 40 M	Tavistock AC	£1
	Collins	Caroline	Vet 65 W	Unattached	£2
	Cooke	Bluebell	U13 W	Tavistock AC	£1
	Cooke	Louise	Vet 45 W	Unattached	£2
	Cooper	Joan	Vet 65 W	Unattached	£2
	Cooper	Sarah	Vet 60 W	Tavistock AC	£1
	Cooper	Steve	Vet 65 M	Unattached	£2
	Cork	Michael	Vet 65 M	Plymouth Coasters	£1
	Cornish	Shona	Vet 45 W	Plymouth Harriers	£1
	Courtice	Sophie	Sen W	Unattached	£2
	Cox	Bea	Sen W	Unattached	£2
	Cox	Steve	Vet 55 M	Tavistock AC	£1
	Craig	Archer	U10 M	Unattached	£2
	Craig	Morgan	Vet 45 M	Bude Rats	£1
	Crawford	Mike	Vet 45 M	City of Plymouth AC	£1
	Creasy	Hannah	Vet 50 W	Tavistock AC	£1
	Crewe	Justin	Vet 50 M	Unattached	£2
	Crosher	Stephen	Vet 50 M	Unattached	£2
	Crossey	Alan	Vet 75 M	Unattached	£2
	Crossey	James	Sen M	Tavistock AC	£1
	Crossey	Luke	Vet 40 M	Unattached	£2
	Crossey	Mirianthi	U15 W	Tavistock AC	£1

	Crossey	Vanessa	Vet 55 W	Unattached	£2
	Crossman	Leigh	Vet 45 M	Bideford AAC	£1
	Cuckston	Tim	Vet 65 M	Lonely Goat RC	£1
	Currie	Hannah	Sen W	Plymouth Musketeers RC	£1
	Curtis	Kristian	Sen M	Unattached	£2
	Cusack	Addie	Vet 50 M	Unattached	£2
	Dale	Lewis	Sen M	Storm Plymouth	£1
	Davies	Abi	Sen W	Unattached	£2
	Daymond	Corrina	Vet 40 W	Tavistock AC	£1
	de la Hoya	Pablo	Vet 65 M	Unattached	£2
	Dearson	Jonathan	Vet 45 M	Royal Navy AC	£1
	Dee	Jack	Sen M	Plymouth Harriers	£1
	Delorme	Sarah	Vet 45 W	Plymouth Coasters	£1
	Diaper	Luke	Sen M	Unattached	£2
	Disu	Feyi	Vet 35 M	Unattached	£2
	Dix	Ewan	Sen M	Unattached	£2
	Doran	Stephen	Vet 40 M	North Herts RR	£1
	Drage	Owen	Sen M	Shrewsbury AC	£1
	Drage	Richard	Vet 65 M	Tavistock AC	£1
	Duffin	Connor	U17 M	Tavistock AC	£1
	Dunmore	Jenna	Vet 35 W	Unattached	£2
	Dunne	Damian	Vet 50 M	Plymouth Musketeers RC	£1
	Dunne	Ellie-May	Sen W	Plymouth Musketeers RC	£1
	Dunne	Emma	Vet 45 W	Plymouth Musketeers RC	£1
	Eadie	Janet	Vet 65 W	Unattached	£2
	Eales	Gemma	Vet 40 W	Tavistock AC	£1
	Eales	Richard	Vet 40 M	Unattached	£2
	Earp	Rebecca	Sen W	Unattached	£2
	Edwards	Hywel	Vet 70 M	Tavistock AC	£1
	Eick	Susan	Vet 50 W	Unattached	£2
	Elder	Charlie	Vet 55 M	Unattached	£2
	Elias	Kirstie	Vet 55 W	Unattached	£2
	Ellis	Ryan	Sen M	Unattached	£2
	Erscott	Jeremy	Sen M	Unattached	£2
	Evans	Val	Vet 70 W	Tavistock AC	£1
	Evenden	Alana	U15 W	Unattached	£2
	Evenden	Laura	Vet 45 W	Tavistock Run Project	£1
	Evenden	Paul	Vet 55 M	Unattached	£2
	Everett	Samantha	Vet 40 W	Unattached	£2
	Ezra-Ham	Richard	Sen M	Tamar Trotters	£1
	Fairbairn	David	Vet 60 M	Tavistock AC	£1
	Farr	Georgie	Sen W	Storm Plymouth	£1
	Fast	Sarah	Vet 35 W	Okehampton RC	£1
	Faulkner	Jacquelyn	Vet 45 W	Plymouth Musketeers RC	£1
	Felwick	Harry	Sen M	Unattached	£2
	Felwick	Rob	Vet 60 M	Instinctive Sports	£1
	Field	Oscar	U10 M	Unattached	£2
	Fierek	Rebecca	Vet 40 W	Unattached	£2
	Fisher	Darren	Vet 55 M	Tavistock AC	£1
	Fitzgerald	Hollie	Vet 35 W	Unattached	£2
	Fitzsimmons	Ann	Vet 70 W	Tavistock AC	£1
	Folland	Nathan	Vet 40 M	Tavistock Run Project	£1
	Forbes	Rosie	Vet 40 W	Unattached	£2
	Foster	Andrea	Vet 55 W	Launceston RR	£1
	Foster	Mark	Vet 50 M	Unattached	£2

	Fowler	Christopher	Vet 35 M	Launceston RR	£1
	Fowler	Imogen	U10 W	Unattached	£2
	Fowler	Katie	Vet 35 W	Launceston RR	£1
	Fowler	Leighton	U10 M	Launceston RR	£1
	Friskin	David	Vet 35 M	Plymouth Musketeers RC	£1
	Fuller	Freddie	Sen M	Unattached	£2
	Gallant	Gemma	Vet 35 W	Unattached	£2
	Gawman	Sue	Vet 55 W	Unattached	£2
	Gibbs	Seth	U11 M	Tavistock AC	£1
	Giles-Wyatt	Adam	Vet 35 M	Unattached	£2
	Giles-Wyatt	Willow	U10 W	Unattached	£2
	Glendinning	Tom	Vet 40 M	Unattached	£2
	Goodhead	Lia	Vet 40 W	Tavistock AC	£1
	Greaves	Richard	Vet 65 M	Unattached	£2
	Gregg	Louise	Vet 50 W	Unattached	£2
	Gregg	Paul	Vet 55 M	Tamar Trotters	£1
	Griffin	Paul	Vet 55 M	Instinctive Sports	£1
	Griffith	Peter	Vet 75 M	Unattached	£2
	Griffiths	Andrew	Vet 45 M	Unattached	£2
	Griffiths	Lily	U11 W	Tavistock AC	£1
	Griffiths	Tracey	Vet 45 W	Unattached	£2
	Grimes	Ian	Vet 70 M	Launceston RR	£1
	Haimes	Morgan	U13 M	Tavistock AC	£1
	Haimes	Tim	Vet 50 M	Tavistock AC	£1
	Hale	Steve	Vet 65 M	Team Bath AC	£1
	Hamilton	Beatrice	Vet 55 W	Unattached	£2
	Hann	Lucy	Vet 45 W	Tavistock AC	£1
	Harbottle	Helen	Vet 55 W	South Molton Strugglers	£1
	Harmer	Nichola	Vet 55 W	Unattached	£2
	Harper	Angie	Vet 65 W	Unattached	£2
	Harris	Charlotte	Sen W	Unattached	£2
	Harris	Pippi	Sen W	Unattached	£2
	Harris	David	Vet 60 M	Tavistock AC	£1
	Harvey	Grant	Vet 40 M	Tavistock AC	£1
	Hawes	Bernie	Vet 55 M	Unattached	£2
	Hazeldine	Emma	Vet 50 W	Tavistock AC	£1
	Heatley	Joel	Vet 40 M	South West Road Runners	£1
	Heatley	Lizz	Vet 40 W	Unattached	£2
	Heeley	Abbie	Vet 35 W	Storm Plymouth	£1
	Herbert	Sam	Vet 35 M	Unattached	£2
	Herdman	Allan	Vet 70 M	Tavistock AC	£1
	Herdman	Francesca	Sen W	Unattached	£2
	Herdman	Harry	Sen M	Unattached	£2
	Heryet	Nicole	Vet 50 W	Tavistock AC	£1
	Hill	Catherine	Vet 45 W	Unattached	£2
	Hill	Elaine	Vet 55 W	Launceston RR	£1
	Hine	William	Sen M	Unattached	£2
	Hinton	Peter	Vet 60 M	Unattached	£2
	Hinton	Sarah	Vet 55 W	Unattached	£2
	Hobbs	Lindsay	Vet 60 W	Unattached	£2
	Hockey	Michael	Vet 45 M	Plymouth Musketeers RC	£1
	Hockin	Karen	Vet 60 W	Unattached	£2
	Holland	Adam 'Tango'	Vet 35 M	Tavistock AC	£1
	Holland	Sarah	Vet 50 W	Tavistock AC	£1
	Holloway	Damien	Vet 50 M	Storm Plymouth	£1

	Holloway	Emma	Vet 35 W	Unattached	£2
	Honey	Geoffrey	Vet 75 M	Plymouth Harriers	£1
	Hooper	Rebecca	Vet 50 W	Unattached	£2
	Hope	Sophie	Vet 35 W	Unattached	£2
	Horn	Edward	Vet 35 M	Tavistock AC	£1
	Hornby-Peters	Daisy	Sen W	Unattached	£2
	Hortopp	Sam	Sen M	Unattached	£2
	Houghton	Andrew	Vet 75 M	Tavistock AC	£1
	Howells	Craig	Vet 40 M	Unattached	£2
	Howells	Jack	U11 M	Tavistock AC	£1
	Hubbard	Simon	Vet 55 M	Tavistock AC	£1
	Hughes	Andy	Vet 65 M	Tavistock AC	£1
	Hughes	Colin	Vet 40 M	Plymouth Musketeers RC	£1
	Hyde	Catrin	Sen W	Storm Plymouth	£1
	Hyde	Catrin Hyde	Sen W	Storm Plymouth	£1
	Iddon	Polly	Vet 40 W	Tavistock AC	£1
	James	Andy	Sen M	Unattached	£2
	Jelliman	Chris	Vet 55 M	Plymouth Harriers	£1
	Jenkins	Fred	Vet 60 M	Instinctive Sports	£1
	Jenks	Emma	Vet 45 W	Plymouth Musketeers RC	£1
	Jinman	Rob	Vet 40 M	Tavistock AC	£1
	Jones	Shelly	Vet 50 W	Storm Plymouth	£1
	Jones	Sophie	Vet 40 W	Unattached	£2
	Jones	Steve	Vet 35 M	City of Plymouth AC	£1
	Jones	Suzanne	Vet 60 W	Instinctive Sports	£1
	Jones	Taylan	U15 M	City of Plymouth AC	£1
	Jones	Theia	U10 W	City of Plymouth AC	£1
	Jones-Roberts	Toby	Sen M	Unattached	£2
	Kappes	Jonathan	Vet 55 M	Launceston RR	£1
	Kelly	Anna	Sen W	Tavistock AC	£1
	Kelly	Beth	U10 W	Tavistock AC	£1
	Kelly	Katy	Vet 40 W	Tavistock AC	£1
	Kelly	Megan	U10 W	Tavistock AC	£1
	Kendall	Diane	Vet 45 W	Unattached	£2
	Kennelly	Paul	Vet 55 M	Unattached	£2
	Kilgore	David	Vet 45 M	Storm Plymouth	£1
	King	Kathy	Vet 45 W	Unattached	£2
	Knapp	Phil	Vet 40 M	Unattached	£2
	Knight	Patrick	Vet 60 M	Unattached	£2
	Kula-Przewanski	Helen	Vet 65 W	Tavistock AC	£1
	Lake	George	U10 M	Tavistock AC	£1
	Lake	Samantha	Vet 45 W	Tavistock AC	£1
	Lancaster	Joni	Vet 45 W	Unattached	£2
	Lane	Jenny	Sen W	Unattached	£2
	Lane	Nick	Vet 35 M	Unattached	£2
	Langmead	Olivia	Vet 50 W	Unattached	£2
	Larkham	Sam	Vet 40 M	Tavistock AC	£1
	Lathom	Janet	Vet 65 W	Launceston RR	£1
	Le Marquand	Lee	Vet 45 M	Plymouth Musketeers RC	£1
	Leather	Raegan	Vet 35 W	Plymouth Musketeers RC	£1
	Lefley	Julia	Vet 40 W	Unattached	£2
	Letheren	Garry	Vet 35 M	Tavistock AC	£1
	Lewis	Marc	Vet 40 M	Unattached	£2
	Lewis	Ray	Vet 75 M	Exmouth Harriers	£1
	Lismore	Rhian	Vet 40 W	Plymouth Musketeers RC	£1

	Littlewood	Cheryl	Vet 35 W	Plymouth Musketeers RC	£1
	Lovell	Fiona	Vet 60 W	Unattached	£2
	Lowe	Frankie	U10 W	Unattached	£2
	Lowe	Tim	Vet 35 M	Unattached	£2
	Malthouse	Harry	U13 M	Unattached	£2
	Mansfield	Logan	U13 M	City of Plymouth AC	£1
	Mansfield	Scott	Vet 35 M	Plymouth Musketeers RC	£1
	March	Lauren	Vet 45 W	Unattached	£2
	March	Megan	Sen W	Unattached	£2
	Marchant	Bailey	U11 M	Tavistock AC	£1
	Marriott	Benjamin	U17 M	City of Plymouth AC	£1
	Marriott	Hayley	Vet 50 W	City of Plymouth AC	£1
	Marsh	Lauren	Sen W	Unattached	£2
	Martin	Gary	Vet 55 M	Plymouth Musketeers RC	£1
	Martin	Jason	Vet 45 M	Unattached	£2
	Martin	Nicola	Vet 35 W	Unattached	£2
	Martin	Samantha	Vet 50 W	Plymouth Musketeers RC	£1
	Matthams	Daniel	Vet 35 M	Unattached	£2
	Matthams	David	Vet 60 M	Instinctive Sports	£1
	Matthews	Charlene	Vet 35 W	Storm Plymouth	£1
	Matthews	Joanne	Vet 45 W	Unattached	£2
	Mcardle	Emma	Vet 45 W	Plymouth Harriers	£1
	McCartney	David	Vet 60 M	Storm Plymouth	£1
	McLeod	Ian	Vet 60 M	Plymouth Coasters	£1
	McOwan-White	Amanda	Vet 45 W	Unattached	£2
	McWass	Iain	Vet 40 M	Plymouth Harriers	£1
	Mee-Langmead	Flora	U13 W	Unattached	£2
	Mendes	Elisa	Sen W	Tavistock AC	£1
	Merrett	Lorena	Vet 70 W	Tavistock AC	£1
	Middelkoop	Rianne	Vet 40 W	Unattached	£2
	Middleton	Grace	Sen W	Unattached	£2
	Mill	Lewis	Vet 40 M	Tavistock Run Project	£1
	Mills	Carl	Vet 45 M	Instinctive Sports	£1
	Millward	Andy	Vet 60 M	Tavistock AC	£1
	Miners	Michael	Vet 45 M	Storm Plymouth	£1
	Mitchell	Ellis	Sen M	Unattached	£2
	Moore	Emily	Sen W	Unattached	£2
	Morfey	Michaela	Vet 50 W	Unattached	£2
	Morris	David	Vet 40 M	Plymouth Harriers	£1
	Moyse	Peter	Vet 40 M	Tavistock Run Project	£1
	Mycock	Tim	Vet 50 M	Plymouth Musketeers RC	£1
	Nation	Beverley	Vet 65 W	Instinctive Sports	£1
	Nawalany	Dominika	Vet 40 W	Bere Alston Trekkers	£1
	Neale	Ben	Vet 35 M	Tavistock AC	£1
	Neale	Oliver	U13 M	Tavistock AC	£1
	Newcombe	Alison	Vet 60 W	Tavistock AC	£1
	Newman	Alison	Vet 60 W	Baffins Fit Club	£1
	Newman	Geoffrey	Vet 60 M	Baffins Fit Club	£1
	Newman	Peter	Sen M	Tavistock AC	£1
	Nicholls	Joshua	Sen M	Unattached	£2
	Nishkur	Alina	Vet 40 W	Unattached	£2
	Noble	Nicola	Vet 35 W	Plymouth Harriers	£1
	Norman	Faye	Sen W	Unattached	£2
	Northmore	Sally	Vet 50 W	Unattached	£2
	Oddie	Fred	U10 M	Unattached	£2

	Oddie	Rosa	U10 W	Unattached	£2
	Orchard	Ruby	Vet 40 W	Cornwall AC	£1
	Orme	Mark	Vet 55 M	Tavistock AC	£1
	Overy	Catherine	Vet 35 W	Unattached	£2
	Overy	Nicolette	Vet 65 W	Tavistock AC	£1
	Oxborough-Clarke	Mary	Sen W	Unattached	£2
	Packer	Hugo	U13 M	Unattached	£2
	Page	Danielle	Sen W	Plymouth Harriers	£1
	Paine	Richard	Vet 70 M	Tavistock AC	£1
	Pandy	Ravi	Vet 50 M	Storm Plymouth	£1
	Parish	Jo	Vet 35 W	Unattached	£2
	Parish	Stephanie	Sen W	Plymouth Musketeers RC	£1
	Parsons	Andrew	Vet 50 M	Storm Plymouth	£1
	Parsons	Julia	Vet 55 W	Holbeton Harriers	£1
	Parsons	Nick	Vet 60 M	Tavistock AC	£1
	Parsons	Samantha Louise	Vet 50 W	Unattached	£2
	Pascoe	Lisa	Vet 50 W	Launceston RR	£1
	Passmore	Yami	Vet 50 W	Unattached	£2
	Paul	Olivia	U15 W	Team Bath AC	£1
	Paynter	Adam	Vet 50 M	Launceston RR	£1
	Pearce	Jack	Vet 35 M	Launceston RR	£1
	Peck	Mark	Vet 35 M	Unattached	£2
	Peers	Alistair	Vet 40 M	Tavistock AC	£1
	Penney	Ross	Vet 35 M	City of Plymouth AC	£1
	Perry	Azara	Sen W	Unattached	£2
	Perry	Merlin	Sen M	Unattached	£2
	Peyton Jones	Ami	Vet 40 W	Plymouth Harriers	£1
	Phillips	Jean	Vet 55 W	Tavistock AC	£1
	Pilsbury	Claire	Vet 35 W	Tavistock AC	£1
	Pinney	Dianne	Vet 55 W	Unattached	£2
	Pipe	Daniel	Vet 50 M	Unattached	£2
	Pipe	Finn	U15 M	Unattached	£2
	Pirie	Caleb	Sen M	North Devon AC	£1
	Pollard	Lee	Vet 35 M	Tamar Trotters	£1
	Porter	Adam	Sen M	Unattached	£2
	Porter	John	Vet 50 M	Plymouth Harriers	£1
	Potter	Joanna	Vet 50 W	Tavistock AC	£1
	Prior	Sarah	Vet 50 W	Tavistock AC	£1
	Pritchard	Angela	Vet 55 W	Storm Plymouth	£1
	Prouse	Martyn	Vet 45 M	Unattached	£2
	Prowse	Kirsty	Vet 35 W	DSFRS RC	£1
	Puertas	Chris	Vet 55 M	Plymouth Harriers	£1
	Queen	Stuart	Vet 50 M	Plymouth Musketeers RC	£1
	Quick	Nicola	Vet 45 W	Unattached	£2
	Quinn	Alison	Sen W	Tamar Trails Runners	£1
	Quinn	Harry	U13 M	Unattached	£2
	Quinn	Orla	U10 W	Unattached	£2
	Quintero	Geraldine	Vet 35 W	Unattached	£2
	Randell	Tim	Vet 60 M	Unattached	£2
	Ratcliffe	Vanessa	Vet 40 W	Unattached	£2
	Refson	Kitty	Vet 70 W	Tavistock AC	£1
	Retter	Matthew	Vet 35 M	Unattached	£2
	Robbins	Sarah	Sen W	Plymouth Harriers	£1
	Roberts	Martha	Sen W	Unattached	£2
	Roberts	Sam	Sen M	Unattached	£2

	Roberts	Sophie	Vet 40 W	Unattached	£2
	Robinson	Leigh	Vet 50 M	Plymouth Harriers	£1
	Rockey	Dean	Vet 60 M	Storm Plymouth	£1
	Rodia	Daniel	Vet 35 M	Unattached	£2
	Rogers	Kate	Vet 65 W	Tavistock AC	£1
	Roissetter	Emily	Sen W	Tavistock AC	£1
	Roper	Louise	Sen W	Unattached	£2
	Rowe	Paul	Vet 35 M	Unattached	£2
	Ruffell	Bryony	Vet 60 W	Unattached	£2
	Ruskin	Sarah	Vet 60 W	Unattached	£2
	Russell	Corin	Vet 35 M	Tavistock AC	£1
	Russell	Katie	Vet 45 W	Unattached	£2
	Russell	William	Sen M	Unattached	£2
	Ryder	Alan	Vet 60 M	Plymouth Musketeers RC	£1
	Sangster	Cameron	Sen M	Infinity Club	£1
	Savage	Adam	Vet 40 M	Unattached	£2
	Savage	James	Vet 55 M	Tavistock AC	£1
	Saxty	Len	Vet 75 M	Instinctive Sports	£1
	Schofield	Cheryl	Vet 60 W	Tavistock AC	£1
	Scott	Jon	Vet 40 M	Unattached	£2
	Scrivens	Dave	Vet 70 M	Unattached	£2
	Sebag-Montefiore	Daisy	U10 W	Unattached	£2
	Sebag-Montefiore	Justina	Vet 40 W	Unattached	£2
	Sebag-Montefiore	Reuben	U17 M	Tavistock AC	£1
	Sebag-Montefiore	Rose	U13 W	Tavistock AC	£1
	Sell	Catriona	Vet 35 W	Launceston RR	£1
	Serres	Roger	Vet 45 M	Launceston RR	£1
	Shapland	John	Vet 70 M	Bideford AAC	£1
	Sharp	Harry	Sen M	Tavistock AC	£1
	Shaw	Harrison	U13 M	Unattached	£2
	Shaw	Louisa	Vet 40 W	Bere Alston Trekkers	£1
	Shearer	Anthony	Vet 70 M	Tavistock AC	£1
	Shere	Ruth	Vet 45 W	Unattached	£2
	Shields	Lis	Vet 50 W	Unattached	£2
	Shipton	Jason	Vet 55 M	Launceston RR	£1
	Shires	Thomas	Vet 35 M	Unattached	£2
	Silvester	Harriet	U11 W	Tavistock AC	£1
	Silvester	Nicola	Vet 40 W	Unattached	£2
	Silvester	Timothy	Vet 40 M	Unattached	£2
	Silvester	Toby	U10 M	Unattached	£2
	Sinclair	Mark	Vet 55 M	Plymouth Musketeers RC	£1
	Sinclair	Sarah-Jane	Vet 55 W	Plymouth Musketeers RC	£1
	Slack	Cameron	Sen M	Unattached	£2
	Sloley	Richard	Vet 50 M	Instinctive Sports	£1
	Sluggett	Mark	Vet 55 M	Launceston RR	£1
	Smerdon	Noa	Sen W	Unattached	£2
	Smith	Abigail	Sen W	Unattached	£2
	Smith	Andrew	Sen M	Marshall Milton Keynes AC	£1
	Smith	Annette	Vet 70 W	Tavistock AC	£1
	Smith	Hannah	Sen W	Tavistock AC	£1
	Smith	Wes	Sen M	Tavistock Run Project	£1
	Smyly	Jack	Sen M	Unattached	£2
	Snell	Jessica	Sen W	Unattached	£2
	Southcott	Christopher	Vet 55 M	Unattached	£2
	Spencer	James	Vet 40 M	Unattached	£2

	Sperring	Bethany-Paige	Sen W	Unattached	£2
	Spooner	Suzie	Vet 40 W	Plymouth Harriers	£1
	Squance	Cynthia	Vet 65 W	Tavistock AC	£1
	Stapleton	Andy	Vet 45 M	Unattached	£2
	Stead	Hazel	U15 W	Tavistock AC	£1
	Steel	Emelia	Sen W	Unattached	£2
	Steel	Josephine	Sen W	Unattached	£2
	Steere	Tim	Vet 45 M	Erme Valley Harriers	£1
	Steven	Caroline	Vet 55 W	Tavistock AC	£1
	Stewart	Joseph	Vet 35 M	Unattached	£2
	Stewart	Nick	Vet 55 M	Bere Alston Trekkers	£1
	Stoneman	Alex	Sen M	Unattached	£2
	Stoneman	Neil	Vet 45 M	Unattached	£2
	Stratton	Marion	Vet 65 W	Tavistock AC	£1
	Sweeney	Jacob	U10 M	City of Plymouth AC	£1
	Sweeney	Lucas	U13 M	Unattached	£2
	Sweeney	Paul	Vet 40 M	City of Plymouth AC	£1
	Sweeney	Stacie	Vet 40 W	Unattached	£2
	Talling	Mary-Anne	Vet 45 W	Tavistock AC	£1
	Tapp	Leann	Vet 40 W	Tamar Trotters	£1
	Teagle	Stephen	Vet 65 M	Unattached	£2
	Teague	Christine	Vet 60 W	Tavistock AC	£1
	Thackham	Lori	Vet 55 W	Unattached	£2
	Thewlls	Helen	Vet 55 W	Tavistock AC	£1
	Thompson	Alice	Vet 35 W	Unattached	£2
	Thomson	Ailla	U10 W	Unattached	£2
	Thomson	David	Vet 60 M	Launceston RR	£1
	Thomson	Joe	Vet 35 M	Launceston RR	£1
	Thomson	Ollie	U15 M	Tavistock AC	£1
	Thomson	Oscar	U13 M	Unattached	£2
	Thorne	Brenda	Vet 65 W	Instinctive Sports	£1
	Timson	Phoebe	Sen W	City of Plymouth AC	£1
	Tomlin	Harry	Sen M	Unattached	£2
	Tomlin	Ralph	Vet 55 M	Unattached	£2
	Toms	Simon	Vet 45 M	Fordy Runs	£1
	Torres Langmead	Javier	Sen M	Unattached	£2
	Travers	Ryan	Vet 40 M	Vegan Runners	£1
	Travers	Sebby	U13 M	City of Plymouth AC	£1
	Trezise	Bianca	Sen W	Unattached	£2
	Trice	Ian	Vet 50 M	Tavistock AC	£1
	Trice	Soozie	Vet 50 W	Tavistock AC	£1
	Tucker	George	Sen M	Unattached	£2
	Tucker	Keeley	Sen W	Unattached	£2
	Turcan	Gill	Vet 65 W	Tavistock AC	£1
	Turner	Richard	Vet 40 M	Unattached	£2
	Turner	Samantha	Vet 55 W	Plymouth Musketeers RC	£1
	Turner	Sarah	Vet 40 W	Tavistock AC	£1
	Turner	Thelma	Vet 70 W	Tavistock AC	£1
	Turnham	Neil	Vet 60 M	Instinctive Sports	£1
	Underwood	Jill	Vet 55 W	Tavistock AC	£1
	Valva	Tish	Vet 60 W	Tavistock AC	£1
	Walker	Charlotte	Sen W	Tavistock AC	£1
	Walker	Hazel	Vet 50 W	Tavistock AC	£1
	Walker	Richard	Vet 55 M	Unattached	£2
	Walkerdine	Calli	Vet 45 W	Unattached	£2

	Walkerdine	Greg	Vet 40 M	Unattached	£2
	Walkerdine	Olivia	U11 W	Tavistock AC	£1
	Walkey	Matthew	Vet 40 M	Plymouth Harriers	£1
	Wall	Andy	Vet 35 M	Unattached	£2
	Wall	Mike	Sen M	Unattached	£2
	Walsh	Caelan	U15 M	Unattached	£2
	Walters	Carole	Vet 60 W	Tavistock AC	£1
	Wardle	Carly	Vet 35 W	Plymouth Musketeers RC	£1
	Warner	Bethany	Sen W	Tamar Trotters	£1
	Warren	Derrick	Vet 35 M	Plymstock RR	£1
	Wase	Natalia	Vet 45 W	Unattached	£2
	Webber	Emma	Vet 45 W	Tavistock AC	£1
	Webber	Emma	Sen W	Unattached	£2
	Webber	Guy	Sen M	Unattached	£2
	Webber	Olivia	U10 W	Unattached	£2
	West	Aaron	Vet 40 M	Unattached	£2
	West	Samantha	Vet 40 W	Plymouth Musketeers RC	£1
	West	Shaun	Vet 50 W	Unattached	£2
	Westlake	Daniel	Sen M	Storm Plymouth	£1
	Whitby	Alex	Sen M	Unattached	£2
	Whitby	Andrew	Vet 60 M	Instinctive Sports	£1
	White	Claire	Vet 45 W	Tavistock AC	£1
	White	Garry	Vet 45 M	Tavistock AC	£1
	White	Samuel	Vet 45 M	Unattached	£2
	Whiting	Jo	Vet 50 W	Launceston RR	£1
	Whybrow	Freddie	U15 M	Tavistock AC	£1
	Wildman	Sue	Vet 50 W	Tavistock AC	£1
	Wilkinson	Les	Vet 60 W	Tavistock AC	£1
	Williams	Grace	Sen W	Unattached	£2
	Williams	Langdon	Vet 55 M	Exmouth Harriers	£1
	Wilton	Tristan	Vet 40 M	Unattached	£2
	Winfield	Claire	Vet 55 W	Launceston RR	£1
	Withecumbe	Lucas	U10 M	Tavistock AC	£1
	Woods	Helen	Vet 55 W	Tavistock AC	£1
	Woods	Tyler	Sen M	Unattached	£2
	Worth	Daniel	Vet 45 M	Unattached	£2
	Worth	Hannah	Vet 40 W	Tavistock AC	£1
	Worth	Sarah	Vet 35 W	Unattached	£2
	Wright	Andy	Vet 40 M	Unattached	£2
	Wright	Thomas	Sen M	Unattached	£2
	Yeo	Simon	Vet 40 M	Unattached	£2
	Young	Jenny	Vet 60 W	Unattached	£2
	Young	Marc	Vet 50 M	Plymouth Musketeers RC	£1
	Young	Tessa	Sen W	Unattached	£2