

The TAVY 5k



A **TAVISTOCK**
Athletic Club
Production

Results

15 March 2025

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Position	Age Graded Performance	Course Record	Age Category Record
1	16:28	Peter	Newman	Tavistock AC	Sen M	1	79.25%		
2	17:23	Benjamin	Marriott	City of Plymouth AC	U17 M	1	80.06%		
3	17:35	Reuben	Sebag-Montefiore	Tavistock AC	U17 M	2	79.15%		
4	17:50	Joe	Thomson	Launceston RR	Vet 35 M	1	75.42%		
5	18:03	Connor	Duffin	Tavistock AC	U17 M	3	77.10%		
6	18:09	Charlotte	Walker	Tavistock AC	Sen W	1	82.46%		
7	18:21	Joshua	Blake	City of Plymouth AC	Sen M	2	70.30%		
8	18:42	John	Porter	Plymouth Harriers	Vet 50 M	1	80.84%		
9	19:22	Richard	Drage	Tavistock AC	Vet 65 M	1	87.44%		
10	19:45	Charlie	Cleland	Tavistock AC	U13 M	1	75.27%		
11	20:09	Alistair	Peers	Tavistock AC	Vet 40 M	1	69.81%		
12	20:11	Andy	Bees	Plymouth Musketeers RC	Vet 40 M	2	69.20%		
13	20:12	Damian	Dunne	Plymouth Musketeers RC	Vet 50 M	2	73.60%		
14	20:13	David	Friskin	Plymouth Musketeers RC	Vet 35 M	2	65.21%		
15	20:27	Emily	Moore	Unattached	Sen W	2	72.37%		
16	20:44	James	Armstrong	Tavistock AC	Vet 40 M	3	66.32%		
17	20:53	Stuart	Cleland	Unattached	Vet 40 M	4	66.88%		
18	21:09	John	Shapland	Bideford AAC	Vet 70 M	1	84.40%		
19	21:25	Hannah	Worth	Tavistock AC	Vet 40 W	1	72.37%		
20	21:28	Colin	Hughes	Plymouth Musketeers RC	Vet 40 M	5	64.05%		
21	21:57	Garry	Letheren	Tavistock AC	Vet 35 M	3	61.73%		
22	22:01	Nicola	Noble	Plymouth Harriers	Vet 35 W	1	68.74%		
23	22:23	David	Austin	Plymouth Musketeers RC	Vet 40 M	6	61.88%		
24	22:28	Richard	Sloley	Instinctive Sports	Vet 50 M	3	65.65%		
25	22:37	Hayley	Marriott	City of Plymouth AC	Vet 50 W	1	75.98%		
26	22:46	Andrew	Whitby	Instinctive Sports	Vet 60 M	1	72.33%		

27	23:16	Claire	Winfield	Launceston RR	Vet 55 W	1	77.79%		
28	23:24	Fred	Jenkins	Instinctive Sports	Vet 60 M	2	71.01%		
29	23:36	Stephanie	Parish	Plymouth Musketeers RC	Sen W	3	62.99%		
30	24:17	Jason	Martin	Unattached	Vet 45 M	1	58.41%		
31	24:19	Sue	Gawman	Unattached	Vet 55 W	2	73.47%		
32	24:25	Nicola	Martin	Unattached	Vet 35 W	2	61.98%		
33	24:28	Jim	Andrews	Plymouth Musketeers RC	Vet 60 M	3	67.92%		
34	24:35	Daniel	Matthams	Unattached	Sen M	3	53.36%		
35	24:42	Emma	Jenks	Plymouth Musketeers RC	Vet 45 W	1	64.30%		
36	24:54	Ann	Barriball	Launceston RR	Vet 50 W	2	69.01%		
37	24:56	Julia	Lefley	Unattached	Vet 40 W	2	61.70%		
38	25:00	Beth	Kelly	Tavistock AC	U10 W	1	70.20%		
39	25:09	Grace	Middleton	Unattached	Sen W	4	58.85%		
40	25:49	Tim	Cuckston	Lonely Goat RC	Vet 65 M	2	66.17%		
41	25:52	Amanda	McOwan-White	Unattached	Vet 45 W	2	61.40%		
42	26:07	Samantha Louise	Parsons	Unattached	Vet 50 W	3	64.96%		
43	26:23	Thomas	Cleland	Tavistock AC	U11 M	1	59.82%		
44	26:32	Paul	Griffin	Instinctive Sports	Vet 55 M	1	58.92%		
45	26:38	Peter	Bazley	Tavistock AC	Vet 65 M	3	65.46%		
46	26:39	Shona	Cornish	Plymouth Harriers	Vet 45 W	3	60.16%		
47	26:40	David	Matthams	Instinctive Sports	Vet 60 M	4	61.19%		
48	26:53	Bernie	Hawes	Unattached	Vet 55 M	2	57.66%		
49	27:01	Hazel	Walker	Tavistock AC	Vet 50 W	4	64.47%		
50	27:21	Alina	Nishkur	Unattached	Vet 40 W	3	57.53%		
51	27:39	Emma	Dunne	Plymouth Musketeers RC	Vet 45 W	4	59.19%		
52	27:50	Peter	Griffith	Unattached	Vet 75 M	1	68.08%		
53	27:50	Stephen	Teagle	Unattached	Vet 65 M	4	60.24%		
54	27:57	Geoffrey	Honey	Plymouth Harriers	Vet 75 M	2	67.80%		
55	28:24	Nicolette	Overy	Tavistock AC	Vet 65 W	1	74.71%		
56	28:39	Megan	Kelly	Tavistock AC	U10 W	2	65.50%		
57	28:41	Katy	Kelly	Tavistock AC	Vet 40 W	4	53.34%		
58	28:49	Paul	Kennelly	Unattached	Vet 55 M	3	54.71%		
59	29:08	Tyler	Woods	Unattached	Sen M	4	44.28%		
60	29:39	Fiona	Lovell	Unattached	Vet 60 W	1	64.53%		
61	30:07	Brenda	Thorne	Instinctive Sports	Vet 65 W	2	71.56%		

62	30:26	Cheryl	Schofield	Tavistock AC	Vet 60 W	2	62.87%		
63	31:03	Adrian	Bower	Unattached	Vet 60 M	5	53.52%		
64	31:03	Nicole	Heryet	Tavistock AC	Vet 50 W	5	56.09%		
65	31:31	Faye	Norman	Unattached	Sen W	5	46.96%		
66	31:32	Geraldine	Quintero	Unattached	Vet 35 W	3	47.57%		
67	31:33	Lorena	Merrett	Tavistock AC	Vet 70 W	1	75.49%		
68	31:45	Martha	Roberts	Unattached	Sen W	6	46.61%		
69	32:20	Lori	Thackham	Unattached	Vet 55 W	3	57.53%		
70	32:33	Ailla	Thomson	Unattached	U10 W	3	53.92%		
71	32:38	Dominika	Nawalany	Bere Alston Trekkers	Vet 40 W	5	47.14%		
72	32:40	Nicola	Quick	Unattached	Vet 45 W	5	50.71%		
73	32:46	Lis	Shields	Unattached	Vet 50 W	6	52.44%		
74	33:00	Diane	Kendall	Unattached	Vet 45 W	6	48.13%		
75	33:01	Daisy	Sebag-Montefiore	Unattached	U10 W	4	53.15%		
76	33:01	Justina	Sebag-Montefiore	Unattached	Vet 40 W	6	47.65%		
77	33:40	Lauren	March	Unattached	Vet 45 W	7	48.12%		
78	34:20	Simon	Barrett	Instinctive Sports	Vet 60 M	6	47.96%		
79	34:21	Megan	March	Unattached	Sen W	7	43.09%		
80	34:48	Joanne	Matthews	Unattached	Vet 45 W	8	46.55%		
81	35:11	Gill	Turcan	Tavistock AC	Vet 65 W	3	59.40%		
82	35:22	Gemma	Cleland	Unattached	Vet 40 W	7	43.83%		
83	35:22	Catherine	Hill	Unattached	Vet 45 W	9	46.84%		
84	36:30	Rob	Felwick	Instinctive Sports	Vet 60 M	7	45.11%		
85	37:33	Beatriz	Camp	Unattached	Vet 40 W	8	41.90%		
86	37:48	Jill	Underwood	Tavistock AC	Vet 55 W	4	49.91%		
87	40:16	Susan	Eick	Unattached	Vet 50 W	7	41.64%		
88	40:16	Debbie	Ashton	Unattached	Vet 50 W	8	43.79%		
89	41:08	Sally	Northmore	Unattached	Vet 50 W	9	41.77%		
90	44:42	Hywel	Edwards	Tavistock AC	Vet 70 M	2	41.69%		
91	54:40	Sue	Wildman	Tavistock AC	Vet 50 W	10	31.43%		