

# The TAVY 5k



A **TAVISTOCK**  
Athletic Club  
Production

## Results

19 April 2025

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Position	Age Graded Performance	Course Record	Age Category Record
1	16:54	David	Starley	Launceston RR	Sen M	1	76.33%		
2	17:22	Freddie	Whybrow	Tavistock AC	U15 M	1	83.49%		
3	17:40	Ben	Johnson	Unattached	Sen M	2	73.30%		
4	17:50	Connor	Duffin	Tavistock AC	U17 M	1	78.04%		
5	19:06	Jonathan	Kappes	Launceston RR	Vet 55 M	1	80.45%		
6	19:15	Matthew	Retter	Unattached	Vet 35 M	1	70.39%		
7	19:20	Tom	Rebhan	Unattached	Sen M	3	67.50%		
8	19:23	Simon	Yeo	Unattached	Vet 40 M	1	70.94%		
9	19:51	Owen	Drage	Shrewsbury AC	Sen M	1	65.49%		
10	20:19	Ollie	Johnson	Unattached	Sen M	5	63.49%		
11	20:33	James	Armstrong	Tavistock AC	Vet 40 M	2	66.91%		
12	21:07	Sam	Twine	Clevedon AC	Sen M	6	61.25%		
13	21:31	Eddie	Johnson	Unattached	U17 M	2	63.67%		
14	21:33	Dan	Bailey	Tavistock Run Project	Sen M	7	60.02%		
15	21:39	Francesca	Mapp	Unattached	Vet 35 W	1	69.05%		
16	21:41	Nicola	Noble	Plymouth Harriers	Vet 35 W	2	69.79%		
17	21:52	Jim	Medhurst	Bere Alston Trekkers	Vet 45 M	1	65.32%		
18	22:11	James	Crossey	Tavistock AC	Sen M	8	60.86%		
19	22:14	Andy	Bees	Plymouth Musketeers RC	Vet 40 M	3	63.27%		
20	22:30	Steve	Hale	Team Bath AC	Vet 65 M	1	75.26%		
21	22:34	Andrew	Whitby	Instinctive Sports	Vet 60 M	1	72.97%		
22	22:46	Barrie	Christian	Plymouth Musketeers RC	Vet 55 M	2	68.08%		
23	22:50	Joshua	Marr	Unattached	Sen M	9	56.50%		
24	23:13	Garry	Letheren	Tavistock AC	Vet 35 M	2	58.36%		

25	23:37	Peter	Barras	Unattached	Vet 45 M	2	60.48%		
26	23:48	Richard	Sloley	Instinctive Sports	Vet 50 M	1	61.97%		
27	23:50	Elizabeth	Teague	Unattached	Sen W	1	62.10%		
28	24:05	Lydie	Johnson	Unattached	Sen W	2	61.45%		
29	24:09	David	Twine	Unattached	Vet 65 M	2	72.19%		
30	24:18	Ralph	Tomlin	Unattached	Vet 55 M	3	65.43%		
31	24:37	Karl	Saunders	Unattached	Vet 40 M	4	56.74%		
32	24:48	Amanda	McOwan-White	Unattached	Vet 45 W	1	64.05%		
33	24:51	Beth	Kelly	Tavistock AC	U10 W	1	70.62%		
34	24:51	Christopher	Dennehy-Brown	Unattached	Sen M	10	51.91%		
35	24:53	Tracy	Rendle	Unattached	Vet 50 W	1	69.06%		
36	24:58	Steve	Cooper	Unattached	Vet 65 M	3	68.42%		
37	25:26	Kate	Medhurst	Bere Alston Trekkers	Vet 40 W	1	61.86%		
38	25:27	Peter	Armstrong	Plymouth Harriers	Vet 40 M	5	53.63%		
39	25:38	Sue	Gawman	Tavistock AC	Vet 55 W	1	69.70%		
40	25:46	Benedicte	Holtan	Unattached	Vet 40 W	2	61.06%		
41	25:46	Patrick	Knight	Unattached	Vet 60 M	2	62.81%		
42	25:57	Oscar	Worth	Unattached	U11 M	1	60.82%		
43	26:03	Sarah	Worth	Unattached	Vet 35 W	3	58.35%		
44	26:09	Holly	Boon	Unattached	U10 W	2	67.11%		
45	26:12	Peter	Bazley	Tavistock AC	Vet 65 M	4	66.54%		
46	26:14	Simon	Boon	Unattached	Vet 40 M	6	53.62%		
47	26:17	Samantha Louise	Parsons	Unattached	Vet 50 W	2	64.55%		
48	26:45	George	Felwick	Instinctive Sports	Sen M	11	48.22%		
49	26:52	Nicole	Heryet	Tavistock AC	Vet 50 W	3	64.83%		
50	27:01	James	Cuthell	Unattached	U13 M	1	55.03%		
51	27:04	Charlie	Cook	Unattached	Sen M	12	47.66%		
52	27:11	Les	Wilkinson	Tavistock AC	Vet 60 W	1	71.37%		
53	27:15	Thomas	Cleland	Tavistock AC	U11 M	2	57.92%		
54	27:15	Stuart	Cleland	Unattached	Vet 40 M	7	51.62%		
55	27:20	Joan	Cooper	Unattached	Vet 65 W	1	78.84%		
56	27:34	Jonathan	Carty	Unattached	Vet 50 M	2	53.93%		
57	27:41	Clare	Palider	Unattached	Sen W	3	53.70%		
58	27:45	Greg	Rendle	Instinctive Sports	Vet 50 M	3	54.89%		

59	28:40	Emma	Carty	Unattached	Vet 50 W	4	59.94%		
60	29:07	Claire	White	Tavistock AC	Vet 45 W	2	54.55%		
61	29:12	Yami	Passmore	Unattached	Vet 50 W	5	58.11%		
62	29:33	Cheryl	Schofield	Tavistock AC	Vet 60 W	2	64.75%		
63	29:36	Annette	Medhurst	Unattached	Vet 45 W	3	55.97%		
64	30:25	Fiona	Lovell	Unattached	Vet 60 W	3	62.90%		
65	30:38	Megan	Kelly	Tavistock AC	U10 W	3	61.26%		
66	30:38	Katy	Kelly	Tavistock AC	Vet 40 W	3	50.22%		
67	30:52	Beverley	Nation	Instinctive Sports	Vet 65 W	2	66.68%		
68	30:54	Jakub	Palider	Unattached	Vet 40 M	8	44.50%		
69	31:16	Anne	Johnson	Unattached	Sen W	4	47.87%		
70	31:16	Jeannette	Johnson	Launceston RR	Vet 55 W	2	59.49%		
71	31:25	Mirianthi	Crossey	Tavistock AC	U15 W	1	50.82%		
72	31:25	Bethany	Crook	Unattached	U17 W	1	48.70%		
73	31:39	Clare	Johns	Tavistock AC	Vet 60 W	4	61.30%		
74	32:31	Jo	Agnew	Unattached	Vet 55 W	3	55.66%		
75	32:31	Simon	Gash	Unattached	Vet 55 M	4	48.90%		
76	32:47	Lorena	Merrett	Tavistock AC	Vet 70 W	1	72.65%		
77	33:05	Catherine	Hill	Unattached	Vet 45 W	4	50.08%		
78	33:38	Keith	Cooper	Unattached	Vet 65 M	5	51.83%		
79	33:39	Dominika	Nawalany	Bere Alston Trekkers	Vet 40 W	4	45.72%		
80	34:44	Abi	Davies	Unattached	Sen W	5	42.61%		
81	35:23	Susan	Eick	Unattached	Vet 50 W	6	47.39%		
82	35:25	Simon	Barrett	Instinctive Sports	Vet 60 M	3	46.49%		
83	36:47	Paul	Blowey	Unattached	Vet 60 M	4	44.77%		
84	37:30	Beatriz	Camp	Unattached	Vet 40 W	5	41.96%		
85	37:42	Kim	Cuthell	Unattached	Vet 40 W	6	41.42%		
86	37:42	Gemma	Cleland	Unattached	Vet 40 W	7	41.42%		
87	39:36	Debbie	Ashton	Bere Alston Trekkers	Vet 50 W	7	44.53%		
88	40:30	Christine	Teague	Tavistock AC	Vet 60 W	5	49.30%		
89	43:20	Hywel	Edwards	Tavistock AC	Vet 70 M	1	43.00%		