

The TAVY 5k



A TAVISTOCK
Athletic Club
Production

Results

19 July 2025

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Position	Age Graded Performance	Course Record	Age Category Record
1	16:53	Oliver	Oldfield	Tamar Trotters	Sen M	1	76.51%		
2	17:19	Thomas	Hennessey	Tavistock AC	U15 M	1	83.73%		
3	18:30	Reuben	Sebag-Montefiore	Tavistock AC	U17 M	1	75.23%		
4	18:48	Alexander	Garbas	Unattached	Sen M	2	68.62%		
5	18:51	Hannah	Smith	Tavistock AC	Sen W	1	78.51%		
6	19:07	George	Barratt	Unattached	Vet 35 M	1	68.96%		
7	19:17	Mike	Nithavrianakis	Tavistock AC	Vet 55 M	1	81.76%		
8	19:21	David	Kilgore	Storm Plymouth	Vet 45 M	1	75.62%		
9	19:36	Joe	Thomson	Launceston RR	Vet 35 M	1	69.13%		
10	19:46	Alan	Ryder	Plymouth Musketeers RC	Vet 60 M	1	81.87%		
11	19:57	Ben	Hallam	Unattached	Vet 45 M	2	71.09%		
12	19:58	Charlotte	Walker	Tavistock AC	Sen W	2	74.96%		
13	19:58	Nick	Turner	Tavistock Run Project	Vet 35 M	3	66.03%		
14	20:03	Heather	Fell	Tavistock AC	Vet 40 W	1	77.31%		
15	20:06	Hannah	Walker	Tavistock AC	Sen W	3	74.46%		
16	20:32	David	Thomson	Launceston RR	Vet 60 M	2	79.46%		
17	21:01	Samantha	Lake	Tavistock AC	Vet 45 W	1	76.29%		
18	21:10	Hannah	Worth	Tavistock AC	Vet 40 W	2	73.23%		
19	22:08	Kevin	Paxman	Tavistock AC	Vet 40 M	1	61.67%		
20	22:25	Cheryl	Littlewood	Storm Plymouth	Vet 35 W	1	67.51%		
21	22:32	Andrew	Whitby	Instinctive Sports	Vet 60 M	3	73.08%		
22	22:54	James	Alexander	Unattached	Vet 40 M	2	60.04%		
23	23:13	Mark	Sluggett	Launceston RR	Vet 55 M	2	67.34%		
24	23:16	Ralph	Tomlin	Unattached	Vet 55 M	3	68.34%		

25	23:16	Garry	Letheren	Tavistock AC	Vet 35 M	4	58.24%		
26	23:39	Fred	Jenkins	Instinctive Sports	Vet 60 M	4	70.26%		
27	24:13	Richard	Sloley	Instinctive Sports	Vet 50 M	1	60.91%		
28	24:23	Peter	Armstrong	Plymouth Harriers	Vet 40 M	3	55.98%		
29	24:33	Rosie	Hellings	Unattached	Sen W	4	60.29%		
30	25:13	Karenza	Corpez	Waverley AC	U15 W	1	62.33%		
31	25:17	Karl	Corpes	Waverley AC	Vet 55 M	4	62.89%		
32	25:22	Jane	Bremner	Tamar Trotters	Vet 65 W	1	84.95%		
33	25:32	Benedicte	Holtan	Unattached	Vet 40 W	3	61.62%		
34	25:34	Peter	Bazley	Tavistock AC	Vet 65 M	1	68.19%		
35	25:53	Samantha Louise	Parsons	Unattached	Vet 50 W	1	65.55%		
36	26:46	Geoffrey	Honey	Plymouth Harriers	Vet 75 M	1	70.80%		
37	27:03	Nicole	Heryet	Tavistock AC	Vet 50 W	2	64.39%		
38	27:14	Harry	Quinn	Unattached	U13 M	1	56.18%		
39	27:29	Beth	Kelly	Tavistock AC	U10 W	1	63.86%		
40	27:39	Elizabeth	Bixter	Unattached	U10 M	1	61.54%		
41	27:39	Clinton	Bixter	Unattached	Vet 40 M	4	50.51%		
42	28:11	Hazel	Walker	Tavistock AC	Vet 50 W	3	62.57%		
43	28:26	Cheryl	Schofield	Tavistock AC	Vet 60 W	1	68.23%		
44	29:34	Theresa	Mills	Unattached	Vet 65 W	2	72.89%		
45	29:38	Justina	Sebag-Montefiore	Unattached	Vet 40 W	4	53.09%		
46	29:41	Megan	Kelly	Tavistock AC	U10 W	2	63.22%		
47	29:42	Katy	Kelly	Tavistock AC	Vet 40 W	5	51.80%		
48	30:50	Harrison	Graham	Unattached	U13 M	2	49.62%		
49	31:01	Adrian	Bower	Unattached	Vet 65 M	2	54.06%		
50	31:45	Antonia	May	Unattached	Sen W	5	46.82%		
51	31:47	Thelma	Turner	Tavistock AC	Vet 70 W	1	71.21%		
52	33:15	Thomas	Heaton	Unattached	U13 M	3	44.71%		
53	33:15	Heli	Kivisoja	Unattached	Vet 50 W	4	51.03%		
54	33:18	Laura	Smale	Unattached	Vet 45 W	2	47.70%		
55	33:25	Libby	Steel	Unattached	Vet 55 W	1	53.47%		
56	33:26	Emelia	Steel	Unattached	Sen W	6	44.27%		
57	33:26	Josephine	Steel	Unattached	Sen W	7	44.27%		
58	33:41	Dominika	Nawalany	Bere Alston Trekkers	Vet 40 W	6	45.67%		

59	33:41	George	Graham	Unattached	U10 M	2	50.52%		
60	34:11	Lauren	March	Unattached	Vet 45 W	3	47.39%		
61	34:19	Lorena	Merrett	Tavistock AC	Vet 70 W	2	69.40%		
62	35:02	Megan	March	Unattached	Sen W	8	42.25%		
63	35:12	Anthony	Thyer	Unattached	U17 M	2	38.92%		
64	35:46	Fran	Percival	Unattached	Sen W	9	41.47%		
65	35:50	Angela	Ryder	Unattached	Vet 75 W	1	67.67%		
66	35:58	Helen	Qin	Unattached	Vet 50 W	5	46.62%		
67	36:04	Sheila	O'Brien	Unattached	Vet 55 W	2	52.31%		
68	36:54	Susan	Eick	Unattached	Vet 50 W	6	45.44%		
69	37:23	Ailla	Thomson	Unattached	U10 W	3	46.95%		
70	37:35	Orla	Quinn	Unattached	U10 W	4	48.20%		
71	37:36	Jonty	Quinn	Unattached	Vet 40 M	5	37.41%		
72	37:43	Max	Thyer	Unattached	Vet 50 W	7	44.45%		
73	37:43	Daniella	Stevens	Unattached	Sen W	10	39.24%		
74	38:34	Rebecca	Radford	Unattached	Vet 45 W	4	42.01%		
75	38:35	Hannah	Creasy	Tavistock AC	Vet 50 W	8	44.54%		
76	40:58	Debbie	Ashton	Bere Alston Trekkers	Vet 50 W	9	43.04%		
77	41:43	Rebecca	Newman	Unattached	Sen W	11	35.52%		