

The **TAVY** 5k

A **TAVISTOCK** Athletic Club Production

Entries

Names of those who ran in any of the races between and including January 2025 and March 2026.

Please note - new entry fees from March 2026: £4 or £2 for members of UK Athletics affiliated clubs

No.	Surname	Forename	Age Cat.	Club	Fee Due
	Agnew	Jo	Vet 55 W	Unattached	£4
	Ainsworth	Clare	Vet 55 W	Tamar Trotters	£2
	Ainsworth	John	Vet 60 M	Tamar Trotters	£2
	Alexander	James	Vet 40 M	Unattached	£4
	Allen	Finlay	Sen M	Tamar Trotters	£2
	Allen	Peter	Sen M	Erme Valley Harriers	£2
	Andrews	Jim	Vet 65 M	Plymouth Musketeers RC	£2
	Anthony	Claire	Vet 45 W	Unattached	£4
	Anthony	Jack	U15 M	Tavistock AC	£2
	Anthony	James	U13 M	Unattached	£4
	Armstrong	James	Vet 40 M	Tavistock AC	£2
	Armstrong	Peter	Vet 40 M	Plymouth Harriers	£2
	Ashton	Debbie	Vet 55 W	Bere Alston Trekkers	£2
	Austin	David	Vet 40 M	Plymouth Musketeers RC	£2
	Bailey	Dan	Sen M	Tavistock Run Project	£2
	Bain	Matthew	Vet 50 M	Unattached	£4
	Baines	Penny	Vet 55 W	Unattached	£4
	Baker	Mark	Vet 50 M	Tavistock Run Project	£2
	Baker	Steve	Vet 65 M	Tamar Trotters	£2
	Bale	Becky	Vet 55 W	Plymstock RR	£2
	Bale	Graham	Vet 60 M	Plymstock RR	£2
	Bale	Jonathan	Sen M	Tamar Trotters	£2
	Ball	Eleanor	Sen W	Unattached	£4
	Barras	Peter	Vet 45 M	Unattached	£4
	Barratt	George	Vet 35 M	Unattached	£4
	Barrett	Dean	Vet 60 M	Tamar Trotters	£2
	Barrett	Simon	Vet 60 M	Instinctive Sports	£2
	Barriball	Ann	Vet 50 W	Launceston RR	£2
	Bartlett	Terry	Vet 65 M	Plymouth Harriers	£2
	Baugh	Daniel	Vet 35 M	Storm Plymouth	£2
	Bazley	Peter	Vet 70 M	Tavistock AC	£2
	Bees	Andy	Vet 45 M	Plymouth Musketeers RC	£2
	Bell	Harry	Sen M	Unattached	£4
	Bellamy	Jack	Sen M	Unattached	£4
	Birch	Joshua	Sen M	Unattached	£4
	Birch	Lisa	Vet 55 W	Bere Alston Trekkers	£2
	Bixter	Clinton	Vet 40 M	Unattached	£4
	Bixter	Elizabeth	U11 M	Unattached	£4
	Blake	Joshua	Sen M	City of Plymouth AC	£2
	Blakemore	Karen	Vet 60 W	Plymouth Harriers	£2

	Blowey	Paul	Vet 60 M	Unattached	£4
	Boon	Holly	U13 W	Unattached	£4
	Boon	Simon	Vet 45 M	Unattached	£4
	Boonstra	David	Vet 50 M	Unattached	£4
	Botterill	Julia	Vet 60 W	Unattached	£4
	Bowden	Kevin	Vet 45 M	Unattached	£4
	Bowen	Richard	Vet 60 M	Plymouth Harriers	£2
	Bower	Adrian	Vet 65 M	Unattached	£4
	Boylin	James	Vet 45 M	Plymouth Harriers	£2
	Boylin	Kellie	Vet 40 W	Plymouth Harriers	£2
	Brant	Hayley	Vet 50 W	Unattached	£4
	Brazier	Jess	Sen W	Tavistock AC	£2
	Brazier	Jessica	Sen W	Unattached	£4
	Bremner	Jane	Vet 65 W	Tamar Trotters	£2
	Brogden	Fearne	U13 W	Tavistock AC	£2
	Brown	Annika	Sen W	Unattached	£4
	Brown	Blake	Sen M	Cornwall AC	£2
	Brown	Tom	Sen M	Unattached	£4
	Brown	Blake	Sen M	Cornwall AC	£2
	Browning	Katie	Sen W	Plymouth Harriers	£2
	Butler	Paul	Vet 45 W	Unattached	£4
	Camp	Beatriz	Vet 45 W	Unattached	£4
	Campbell	Christie	Vet 35 W	Bere Alston Trekkers	£2
	Campbell	Laura	Sen W	Unattached	£4
	Cartlidge	James	Vet 35 M	Plymouth Harriers	£2
	Cartlidge	Michelle	Vet 40 W	Plymouth Harriers	£2
	Carty	Emma	Vet 50 W	Unattached	£4
	Carty	Jonathan	Vet 50 M	Unattached	£4
	Case	Daniel	Vet 35 M	Tamar Trotters	£2
	Chambers	Anita	Vet 60 W	Plymouth Musketeers RC	£2
	Chantler	Greg	Vet 35 M	Plymstock RR	£2
	Charles	Andrew	Vet 60 M	Plymouth Harriers	£2
	Charnock	Craig	Vet 35 M	Unattached	£4
	Christian	Barrie	Vet 55 M	Plymouth Musketeers RC	£2
	Clancy	Jason	Vet 40 M	Unattached	£4
	Cleland	Charlie	U15 M	Tavistock AC	£2
	Cleland	Gemma	Vet 40 W	Unattached	£4
	Cleland	Stuart	Vet 45 M	Unattached	£4
	Cleland	Thomas	U13 M	Tavistock AC	£2
	Cogdell	Cheryl	Vet 60 W	Tavistock AC	£2
	Coker	Kelvin	Vet 35 M	Unattached	£4
	Cole	Jim	Vet 40 M	Tavistock Run Project	£2
	Combs	Antony	Vet 55 M	Unattached	£4
	Cook	Charlie	Sen M	Unattached	£4
	Cooper	Joan	Vet 65 W	Unattached	£4
	Cooper	Kate	Vet 65 W	Plymouth Musketeers RC	£2
	Cooper	Keith	Vet 70 M	Unattached	£4
	Cooper	Steve	Vet 65 M	Unattached	£4
	Cornish	Shona	Vet 45 W	Plymouth Harriers	£2
	Corpes	Karl	Vet 60 M	Waverley AC	£2
	Corpez	Karenza	U17 W	Waverley AC	£2
	Cowley	Nigel	Vet 65 M	Tavistock AC	£2
	Cox	Bea	Sen W	Unattached	£4
	Cox	Sarah	Vet 55 W	Unattached	£4
	Cox	Steve	Vet 55 M	Tavistock AC	£2

	Creasy	Hannah	Vet 50 W	Tavistock AC	£2
	Crewe	Justin	Vet 50 M	Unattached	£4
	Crook	Bethany	Sen W	Unattached	£4
	Crossey	James	Sen M	Tavistock AC	£2
	Crossey	Mirianthi	U17 W	Tavistock AC	£2
	Cuckston	Tim	Vet 65 M	Lonely Goat RC	£2
	Cundell	Matthew	Sen M	Plymouth Harriers	£2
	Curtis	Kristian	Sen M	Plymouth Harriers	£2
	Cuthell	James	U15 M	Unattached	£4
	Cuthell	Kim	Vet 40 W	Unattached	£4
	Dandy	Kath	Vet 60 W	Unattached	£4
	Dandy	Sophie	Sen W	Plymouth Harriers	£2
	Davenport	Leigh	Vet 45 W	Unattached	£4
	Davies	Abi	Sen W	Unattached	£4
	Dawson	Euan	Sen M	Unattached	£4
	Dawson	Faith	U11 W	Tavistock AC	£2
	Dawson	Jeff	Vet 40 M	Unattached	£4
	Day	Rachel	Vet 40 W	Unattached	£4
	Dennehy-Brown	Christopher	Sen M	Unattached	£4
	Disu	Feyi	Vet 35 M	Unattached	£4
	Doidge	Jemma	Sen W	Unattached	£4
	Donovan	Val	Vet 55 W	Unattached	£4
	Doran	Stephen	Vet 40 M	Unattached	£4
	Drage	Owen	Sen M	Shrewsbury AC	£2
	Drage	Richard	Vet 65 M	Tavistock AC	£2
	Drew-Hill	Becky	Vet 45 W	Unattached	£4
	Drew-Hill	Dominic	U10 M	Tavistock AC	£2
	Duffin	Connor	Sen M	Tavistock AC	£2
	Duffin	Ian	Vet 50 M	Unattached	£4
	Dunne	Damian	Vet 50 M	Plymouth Musketeers RC	£2
	Dunne	Emma	Vet 45 W	Plymouth Musketeers RC	£2
	Dyer	Dawn	Vet 65 W	Plymouth Musketeers RC	£2
	Dykes	Catherine	Vet 45 W	Unattached	£4
	Dykes	Finley	U15 M	Unattached	£4
	Dykes	Joseph	U17 M	Unattached	£4
	Dykes	Nick	Vet 45 M	Unattached	£4
	Edgar	Aiden	Sen M	Unattached	£4
	Edwards	Hywel	Vet 75 M	Tavistock AC	£2
	Eick	Susan	Vet 50 W	Unattached	£4
	Elder	Charlie	Vet 55 M	Unattached	£4
	Ellis	Becca	Sen W	Storm Plymouth	£2
	Erith	Mike	Vet 75 M	Unattached	£4
	Evans	Mat	Vet 50 M	Unattached	£4
	Evans	Val	Vet 70 W	Tavistock AC	£2
	Exley-Deane	Martin	Vet 65 M	Tavistock AC	£2
	Farr	Georgie	Sen W	Storm Plymouth	£2
	Fell	Heather	Vet 40 W	Tavistock AC	£2
	Felwick	George	Sen M	Instinctive Sports	£2
	Felwick	Rob	Vet 60 M	Instinctive Sports	£2
	Fierek	Rebecca	Vet 40 W	Unattached	£4
	Firth	Hollie	Sen W	Royal Navy AC	£2
	Firth	Samuel	Sen M	Unattached	£4
	Fisher	Darren	Vet 55 M	Tavistock AC	£2
	Fitzgerald	Hollie	Vet 40 W	Tavistock AC	£2
	Fitzgerald	Joseph	Vet 55 M	Unattached	£4

	Fitzsimmons	Ann	Vet 70 W	Tavistock AC	£2
	Forster	Mary-Anne	Vet 40 W	Tavistock AC	£2
	Foster	Andrea	Vet 60 W	Launceston RR	£2
	Friskin	David	Vet 35 M	Plymouth Musketeers RC	£2
	Fry	Marianne	Vet 50 W	Unattached	£4
	Gallant	Gemma	Vet 35 W	Unattached	£4
	Garbas	Alexander	Sen M	Unattached	£4
	Gash	Simon	Vet 60 M	Unattached	£4
	Gawadzyn	Kate	Vet 45 W	Unattached	£4
	Gawman	Sue	Vet 55 W	Tavistock AC	£2
	Gentle	Megan	Sen W	Unattached	£4
	Gethin	Hannah	Vet 40 W	Tavistock AC	£2
	Gibbs	Samuel	U17 M	Unattached	£4
	Gibbs	Seth	U13 M	Tavistock AC	£2
	Gillespie	Ayesha	Sen W	Tamar Trotters	£2
	Gillespie	Ayesha	Sen W	Tamar Trotters	£2
	Ginter	Paul	Vet 50 M	Unattached	£4
	Glanville	Claire	Vet 50 W	Unattached	£4
	Graham	George	U11 M	Unattached	£4
	Graham	Harrison	U15 M	Unattached	£4
	Greaves	Melanie	Vet 50 W	Bere Alston Trekkers	£2
	Greaves	Richard	Vet 65 M	Unattached	£4
	Gregg	Louise	Vet 50 W	Unattached	£4
	Gregg	Paul	Vet 60 M	Tamar Trotters	£2
	Griffin	Paul	Vet 55 M	Instinctive Sports	£2
	Griffith	Peter	Vet 75 M	Unattached	£4
	Grove	Christine	Vet 70 W	Tavistock AC	£2
	Grzenda	Matthew	Vet 45 M	Plymouth Musketeers RC	£2
	Guilfoy Richards	Jordan	Sen W	Unattached	£4
	Guilor	Daisy	Sen W	University of Bristol AC	£2
	Haimes	Tim	Vet 50 M	Tavistock AC	£2
	Hale	Steve	Vet 65 M	Team Bath AC	£2
	Hallam	Ben	Vet 45 M	Unattached	£4
	Hamilton	Beatrice	Vet 55 W	Unattached	£4
	Hancock	Grace	Sen W	Unattached	£4
	Hann	Lucy	Vet 45 W	Tavistock AC	£2
	Harmer	Nichola	Vet 60 W	Unattached	£4
	Harris	Charlotte	Sen W	Unattached	£4
	Harris	David	Vet 60 M	Tavistock AC	£2
	Hartley	Freya	Sen W	Plymouth Harriers	£2
	Harvey	Grant	Vet 40 M	Tavistock AC	£2
	Hawes	Bernie	Vet 55 M	Unattached	£4
	Hawke	Ben	Vet 35 M	Unattached	£4
	Heale	Stuart	Vet 35 M	Unattached	£4
	Heatley	Joel	Vet 40 M	South West Road Runners	£2
	Heatley	Lizz	Vet 40 W	Unattached	£4
	Heaton	Thomas	U15 M	Unattached	£4
	Hellings	Rosie	Sen W	Unattached	£4
	Helliwell	Vincent	Vet 65 M	Bideford AAC	£2
	Hendry	Alexandra	Vet 50 W	Unattached	£4
	Hennessey	Chrissy	Vet 50 W	Unattached	£4
	Hennessey	Thomas	U17 M	Tavistock AC	£2
	Herdman	Allan	Vet 70 M	Tavistock AC	£2
	Herdman	Francesca	Sen W	Unattached	£4
	Heryet	Nicole	Vet 50 W	Tavistock AC	£2

	Hill	Catherine	Vet 50 W	Unattached	£4
	Hillebrandt	Rodney	Vet 75 M	Plymouth Musketeers RC	£2
	Hine	William	Sen M	Bere Alston Trekkers	£2
	Hinton	Peter	Vet 60 M	Unattached	£4
	Hinton	Sarah	Vet 55 W	Unattached	£4
	Hockey	Michael	Vet 45 M	Plymouth Musketeers RC	£2
	Hodge	Jack	Sen M	Unattached	£4
	Hodson	Chantelle	Sen W	Unattached	£4
	Holloway	Damien	Vet 50 M	Storm Plymouth	£2
	Holtan	Benedicte	Vet 45 W	Unattached	£4
	Honey	Geoffrey	Vet 75 M	Plymouth Harriers	£2
	Hooper	Erin	U13 W	Unattached	£4
	Hooper	Rebecca	Vet 50 W	Unattached	£4
	Hopkinson	Olivia	Sen W	Unattached	£4
	Hornby-Peters	Daisy	Sen W	Unattached	£4
	Hubbard	Simon	Vet 55 M	Tavistock AC	£2
	Hubbard	Tom	Sen M	Unattached	£4
	Hughes	Colin	Vet 40 M	Plymouth Musketeers RC	£2
	Hughes	Michael	Vet 60 M	Storm Plymouth	£2
	Hurman	Luke	Sen M	Plymouth Harriers	£2
	James	Andy	Sen M	Unattached	£4
	Jelliman	Chris	Vet 55 M	Plymouth Harriers	£2
	Jenkins	Fred	Vet 65 M	Instinctive Sports	£2
	Jenks	Emma	Vet 45 W	Plymouth Musketeers RC	£2
	Johns	Clare	Vet 60 W	Tavistock AC	£2
	Johnson	Anne	Sen W	Unattached	£4
	Johnson	Ben	Sen M	Unattached	£4
	Johnson	Eddie	Sen M	Unattached	£4
	Johnson	Ian	Vet 60 M	Unattached	£4
	Johnson	Jeannette	Vet 55 W	Launceston RR	£2
	Johnson	Lydie	Sen W	Unattached	£4
	Johnson	Ollie	Sen M	Unattached	£4
	Jones	Ian	Vet 75 M	Tavistock AC	£2
	Jones	Kris	Vet 40 M	Plymouth Musketeers RC	£2
	Jones	Lynn	Vet 70 W	Plymouth Musketeers RC	£2
	Jones	Nick	Vet 35 M	Unattached	£4
	Jones	Sophie	Vet 40 W	Unattached	£4
	Jones	Steve	Vet 35 M	City of Plymouth AC	£2
	Jones	Suzanne	Vet 60 W	Instinctive Sports	£2
	Jones	Taylan	U17 M	City of Plymouth AC	£2
	Jones	Theia	U13 W	City of Plymouth AC	£2
	Jory	Neil	Vet 65 M	Unattached	£4
	Kappes	Jonathan	Vet 55 M	Launceston RR	£2
	Keith	Laura	Sen W	Plymouth Harriers	£2
	Kelly	Anna	Sen W	Tavistock AC	£2
	Kelly	Beth	U13 W	Tavistock AC	£2
	Kelly	Katy	Vet 40 W	Tavistock AC	£2
	Kelly	Megan	U10 W	Tavistock AC	£2
	Kendall	Diane	Vet 45 W	Unattached	£4
	Kennelly	Paul	Vet 55 M	Unattached	£4
	Kerslake	Steph	Sen W	Unattached	£4
	Kilgore	David	Vet 50 M	Storm Plymouth	£2
	King	Wendy	Vet 55 W	Unattached	£4
	Kitto	Liam	Sen M	Unattached	£4
	Kivisoja	Heli	Vet 50 W	Unattached	£4

	Knight	Patrick	Vet 60 M	Unattached	£4
	Kula-Przezowski	Helen	Vet 65 W	Tavistock AC	£2
	Lake	George	U13 M	Tavistock AC	£2
	Lake	Samantha	Vet 45 W	Tavistock AC	£2
	Langmead	Olivia	Vet 50 W	Unattached	£4
	Laphorn	Dominic	Sen M	Unattached	£4
	Large	Albie	U15 M	Unattached	£4
	Le Marquand	Lee	Vet 45 M	Plymouth Musketeers RC	£2
	Leather	Raegan	Vet 35 W	Plymouth Musketeers RC	£2
	Lefley	Julia	Vet 40 W	Unattached	£4
	Letheren	Garry	Vet 40 M	Tavistock AC	£2
	Ling	Stacey	Vet 35 W	Unattached	£4
	Littlewood	Cheryl	Vet 35 W	Storm Plymouth	£2
	Locker	James	Sen M	Unattached	£4
	Lodge	Jonathan	Sen M	Unattached	£4
	Lovell	Fiona	Vet 60 W	Unattached	£4
	Lyons	Gabrielle	Vet 60 W	Launceston RR	£2
	MacInnes	Donald	Vet 65 M	Unattached	£4
	Malthouse	Harry	U15 M	Unattached	£4
	Mansfield	Scott	Vet 35 M	Plymouth Musketeers RC	£2
	Mapp	Francesca	Vet 35 W	Unattached	£4
	March	Lauren	Vet 45 W	Unattached	£4
	March	Megan	Sen W	Unattached	£4
	Marr	Joshua	Sen M	Unattached	£4
	Marriott	Benjamin	Sen M	City of Plymouth AC	£2
	Marriott	Hayley	Vet 50 W	City of Plymouth AC	£2
	Marsh	Cara	Vet 40 W	Unattached	£4
	Martin	Jason	Vet 45 M	Unattached	£4
	Martin	Laura	Vet 40 W	Unattached	£4
	Martin	Nicola	Vet 40 W	Unattached	£4
	Matayaya	Sheron	Vet 35 W	Unattached	£4
	Matthams	Daniel	Vet 35 M	Unattached	£4
	Matthams	David	Vet 60 M	Instinctive Sports	£2
	Matthews	Joanne	Vet 45 W	Unattached	£4
	Matthews	Vicky	Vet 45 W	Unattached	£4
	May	Antonia	Vet 35 W	Unattached	£4
	McAughy	Peter	Vet 55 M	Launceston RR	£2
	McCartney	David	Vet 65 M	Storm Plymouth	£2
	Mckeever	Alan	Vet 60 W	Unattached	£4
	McKinney	Gregor	Vet 35 M	Instinctive Sports	£2
	McOwan-White	Amanda	Vet 45 W	Unattached	£4
	Medhurst	Annette	Vet 50 W	Unattached	£4
	Medhurst	Jim	Vet 45 M	Bere Alston Trekkers	£2
	Medhurst	Kate	Vet 45 W	Bere Alston Trekkers	£2
	Medland	Dene	Vet 65 W	Tavistock AC	£2
	Mee-Langmead	Flora	U15 W	Tavistock AC	£2
	Mendes	Elisa	Sen W	Tavistock AC	£2
	Merrett	Lorena	Vet 75 W	Tavistock AC	£2
	Merriott	Rhys	Sen M	Unattached	£4
	Middleton	Grace	Sen W	Unattached	£4
	Mill	Lewis	Vet 40 M	Tavistock Run Project	£2
	Mills	Theresa	Vet 65 W	Unattached	£4
	Mills-Hicks	Robert	Vet 55 M	Tavistock AC	£2
	Mills-Hicks	Sarah	Sen W	Unattached	£4
	Minty	Hannah	Vet 40 W	Unattached	£4

	Minty	Tom	Vet 40 M	Unattached	£4
	Monk	Chloe	U15 W	Unattached	£4
	Moore	Emily	Sen W	Unattached	£4
	Morewood	Jack	Sen M	Unattached	£4
	Morris	David	Vet 40 M	Plymouth Harriers	£2
	Moyna	Paddy	Vet 50 M	Tavistock AC	£2
	Moyse	Peter	Vet 40 M	Tavistock Run Project	£2
	Murray-Gourlay	Alice	Sen W	Taunton AC	£2
	Musgrave	Anna	Vet 45 W	Unattached	£4
	Mycock	Tim	Vet 50 M	Plymouth Musketeers RC	£2
	Nation	Beverley	Vet 65 W	Instinctive Sports	£2
	Nawalany	Dominika	Vet 40 W	Bere Alston Trekkers	£2
	Neale	Archie	U17 M	Tavistock AC	£2
	Neale	Ben	Vet 40 M	Tavistock AC	£2
	Neale	Oliver	U15 M	Tavistock AC	£2
	Newell Price	Catherine	Vet 60 W	Unattached	£4
	Newman	Peter	Vet 35 M	Tavistock AC	£2
	Newman	Rebecca	Sen W	Unattached	£4
	Nicolle	William	Sen M	Taunton AC	£2
	Nishkur	Alina	Vet 45 W	Unattached	£4
	Nithavrianakis	Mike	Vet 55 M	Tavistock AC	£2
	Noble	Nicola	Vet 35 W	Tavistock AC	£2
	Norman	Faye	Sen W	Unattached	£4
	Northmore	Sally	Vet 50 W	Unattached	£4
	Norton	Arthur	U17 M	Tavistock AC	£2
	Norton	Jonathan	Vet 50 M	Unattached	£4
	O'Brien	Sheila	Vet 60 W	Tavistock AC	£2
	Oddie	Fred	U11 M	Unattached	£4
	Oddie	Rosa	U10 W	Unattached	£4
	Oldfield	Oliver	Sen M	Tamar Trotters	£2
	Oliver	Sam	Sen M	Unattached	£4
	Orme	Charles	Sen M	Unattached	£4
	Orme	Helen	Vet 50 W	Tavistock AC	£2
	Orme	Mark	Vet 55 M	Tavistock AC	£2
	Overy	Nicolette	Vet 65 W	Tavistock AC	£2
	Owen	Matthew	Sen M	Unattached	£4
	Oxborough	Robert	Vet 65 M	Unattached	£4
	Page	Danielle	Sen W	Plymouth Harriers	£2
	Paine	Richard	Vet 70 M	Tavistock AC	£2
	Palider	Clare	Vet 35 W	Unattached	£4
	Palider	Jakub	Vet 40 M	Unattached	£4
	Pandy	Ravi	Vet 50 M	Storm Plymouth	£2
	Parish	David	Vet 35 M	Unattached	£4
	Parish	Stephanie	Vet 35 W	Plymouth Musketeers RC	£2
	Parnell	Amber	Sen W	The Running Hub	£2
	Parsons	Andrew	Vet 50 M	Storm Plymouth	£2
	Parsons	Julie	Vet 60 W	Holbeton Harriers	£2
	Parsons	Samantha Louise	Vet 50 W	Unattached	£4
	Passmore	Yami	Vet 50 W	Unattached	£4
	Paton	Tiggy	Sen W	Unattached	£4
	Paul	Olivia	U17 W	Team Bath AC	£2
	Paxman	Kevin	Vet 40 M	Tavistock AC	£2
	Peers	Alistair	Vet 45 M	Tavistock AC	£2
	Pennell	Stella	Vet 70 W	Unattached	£4
	Percival	Fran	Sen W	Unattached	£4

	Perona - wright	Laura	Vet 40 W	Unattached	£4
	Peyton Jones	Alex	Vet 45 M	South West Veterans AC	£2
	Peyton Jones	Ami	Vet 45 W	South West Veterans AC	£2
	Phillips	Jean	Vet 55 W	Tavistock AC	£2
	Pilsbury	Claire	Vet 35 W	Tavistock AC	£2
	Pinney	Dianne	Vet 55 W	Unattached	£4
	Pollard	Lee	Vet 35 M	Tamar Trotters	£2
	Pollard	Lindsey	Vet 40 W	Plymouth Harriers	£2
	Pomfret	Karen	Vet 60 W	Tamar Trotters	£2
	Porter	Adam	Sen M	Unattached	£4
	Porter	John	Vet 50 M	Plymouth Harriers	£2
	Potterton	Louis	Sen M	Unattached	£4
	Prior	Lucie	Sen W	Unattached	£4
	Prior	Sarah	Vet 50 W	Tavistock AC	£2
	Prouse	Martyn	Vet 45 M	Unattached	£4
	Prowse	Kirsty	Vet 35 W	DSFRS RC	£2
	Puertas	Chris	Vet 60 M	Plymouth Harriers	£2
	Qin	Helen	Vet 50 W	Unattached	£4
	Quick	Nicola	Vet 50 W	Unattached	£4
	Quinn	Harry	U15 M	Unattached	£4
	Quinn	Jonty	Vet 45 M	Unattached	£4
	Quinn	Orla	U11 W	Unattached	£4
	Quintero	Geraldine	Vet 35 W	Unattached	£4
	Radford	Rebecca	Vet 45 W	Unattached	£4
	Rebhan	Tom	Vet 35 M	Unattached	£4
	Refson	Kitty	Vet 70 W	Tavistock AC	£2
	Reid	Gidon	Vet 50 M	Unattached	£4
	Renard	Daisy	U15 W	Basingstoke & Mid Hants AC	£2
	Renard	Sally	Vet 50 W	Basingstoke & Mid Hants AC	£2
	Renard	Lee	Vet 45 M	Unattached	£4
	Renard	Maya	U10 W	Basingstoke & Mid Hants AC	£2
	Rendle	Greg	Vet 55 M	Instinctive Sports	£2
	Rendle	Tracy	Vet 50 W	Unattached	£4
	Retter	Matthew	Vet 40 M	Unattached	£4
	Reynolds	Sarah	Vet 40 W	Unattached	£4
	Richards	Michael	Vet 60 M	Unattached	£4
	Roberts	Carolyn	Vet 65 W	Unattached	£4
	Roberts	Harrison	Sen M	Unattached	£4
	Roberts	Martha	Sen W	Unattached	£4
	Roberts	Sam	Sen M	Unattached	£4
	Roberts	Sophie	Vet 40 W	Unattached	£4
	Robinson	Mason	Sen M	Unattached	£4
	Rogers	Kate	Vet 65 W	Tavistock AC	£2
	Roper	Louise	Sen W	Unattached	£4
	Rowe	Paul	Vet 35 M	Unattached	£4
	Ruddock	Ann	Vet 60 W	Tavistock AC	£2
	Russell	Corin	Vet 35 M	Tavistock AC	£2
	Ryder	Alan	Vet 60 M	Plymouth Musketeers RC	£2
	Ryder	Angela	Vet 75 W	Unattached	£4
	Sabey-Corkindale	Hamish	Sen M	Unattached	£4
	Sables	Dylan	Sen M	Tavistock AC	£2
	Sales	Deane	Sen M	Unattached	£4
	Sangster	Cameron	Sen M	Infinity Club	£2
	Saunders	Karl	Vet 40 M	Unattached	£4
	Savage	James	Vet 55 M	Unattached	£4

	Saxty	Len	Vet 75 M	Instinctive Sports	£2
	Schofield	Cheryl	Vet 60 W	Tavistock AC	£2
	Sebag-Montefiore	Daisy	U13 W	Unattached	£4
	Sebag-Montefiore	Justina	Vet 45 W	Unattached	£4
	Sebag-Montefiore	Reuben	Sen M	Tavistock AC	£2
	Shapland	John	Vet 70 M	Bideford AAC	£2
	Shaw	Louisa	Vet 45 W	Unattached	£4
	Shearer	Anthony	Vet 70 M	Tavistock AC	£2
	Shears	Andrew	Sen M	Unattached	£4
	Shields	Lis	Vet 50 W	Unattached	£4
	Silvester	Harriet	U13 W	Tavistock AC	£2
	Silvester	Timothy	Vet 40 M	Unattached	£4
	Simpson	Zhara	Sen W	Unattached	£4
	Sinclair	Mark	Vet 55 M	Plymouth Musketeers RC	£2
	Sinclair	Sarah-Jane	Vet 55 W	Plymouth Musketeers RC	£2
	Skentelbery	Maddyson	Sen W	Cambridge Triathlon Club	£2
	Sloley	Richard	Vet 50 M	Instinctive Sports	£2
	Sluggett	Mark	Vet 55 M	Launceston RR	£2
	Smale	Laura	Vet 45 W	Tavistock AC	£2
	Smith	Annette	Vet 70 W	Tavistock AC	£2
	Smith	Hannah	Sen W	Tavistock AC	£2
	Smith	Jessica	Sen W	Unattached	£4
	Smith	Richard	Vet 60 M	Unattached	£4
	Smith	Wes	Sen M	Tavistock Run Project	£2
	Smyly	Jack	Sen M	Unattached	£4
	Speare	Holly	Sen W	Unattached	£4
	Spencer	Aaron	Vet 35 M	Unattached	£4
	Starley	David	Sen M	Launceston RR	£2
	Stead	Emma	Vet 50 W	Tavistock AC	£2
	Steel	Emelia	Sen W	Unattached	£4
	Steel	Josephine	Sen W	Unattached	£4
	Steel	Libby	Vet 55 W	Unattached	£4
	Steere	Tim	Vet 45 M	Erme Valley Harriers	£2
	Steven	Caroline	Vet 55 W	Tavistock AC	£2
	Stevens	Daniella	Sen W	Unattached	£4
	Stewart	Joseph	Vet 35 M	Unattached	£4
	Stewart	John Frederick	Sen M	Unattached	£4
	Stoecker	Alexandra	Sen W	Unattached	£4
	Stone	Henry	U13 M	Unattached	£4
	Stone	Sophia	Vet 40 W	Unattached	£4
	Stratton	Marion	Vet 65 W	Tavistock AC	£2
	Strawbridge	Bethany	U15 W	Tavistock AC	£2
	Sweeney	Jacob	U13 M	City of Plymouth AC	£2
	Sweeney	Lucas	U15 M	Unattached	£4
	Sweeney	Paul	Vet 40 M	City of Plymouth AC	£2
	Tasker	Zac	U15 M	Tavistock AC	£2
	Taylor	Penny	Vet 60 W	Tavistock AC	£2
	Teagle	Stephen	Vet 65 M	Unattached	£4
	Teague	Christine	Vet 60 W	Tavistock AC	£2
	Teague	Elizabeth	Sen W	Unattached	£4
	Terry	Katie	Vet 45 W	Unattached	£4
	Thackham	Lori	Vet 55 W	Unattached	£4
	Thomas	Caleb	U13 M	Unattached	£4
	Thomas	Nathaniel	U17 M	Sidmouth RC	£2
	Thomson	Ailla	U13 W	Unattached	£4

Thomson	David	Vet 60 M	Launceston RR	£2
Thomson	Joe	Vet 35 M	Launceston RR	£2
Thomson	Ollie	U17 M	Tavistock AC	£2
Thomson	Oscar	U15 M	Unattached	£4
Thorne	Brenda	Vet 65 W	Instinctive Sports	£2
Thyer	Anthony	Sen M	Unattached	£4
Thyer	Max	Vet 50 W	Unattached	£4
Timson	Phoebe	Sen W	City of Plymouth AC	£2
Tithecott	Simon	Vet 50 M	Bideford AAC	£2
Toledo	Alexander	Sen M	Unattached	£4
Tomlin	Ralph	Vet 60 M	Unattached	£4
Trice	Ian	Vet 50 M	Tavistock AC	£2
Trice	Soozie	Vet 50 W	Tavistock AC	£2
Turcan	Gill	Vet 65 W	Tavistock AC	£2
Turner	Murray	Vet 55 M	Bere Alston Trekkers	£2
Turner	Nick	Vet 35 M	Tavistock Run Project	£2
Turner	Thelma	Vet 70 W	Tavistock AC	£2
Turnham	Neil	Vet 60 M	Instinctive Sports	£2
Twine	David	Vet 70 M	Tavistock AC	£2
Twine	Sam	Sen M	Clevedon AC	£2
Underwood	Jill	Vet 60 W	Tavistock AC	£2
Valva	Tish	Vet 65 W	Tavistock AC	£2
Vaughan	Isabella	Sen W	Unattached	£4
Walker	Charlotte	Sen W	Tavistock AC	£2
Walker	Hannah	Sen W	Tavistock AC	£2
Walker	Hazel	Vet 50 W	Tavistock AC	£2
Walker	Richard	Vet 55 M	Unattached	£4
Walkerdine	Calli	Vet 45 W	Unattached	£4
Walkerdine	Greg	Vet 40 M	Unattached	£4
Walkerdine	Olivia	U13 W	Tavistock AC	£2
Walker-Smith	Will	Vet 70 M	Tavistock AC	£2
Wall	Mike	Sen M	Unattached	£4
Wall	Oliver	Vet 35 M	Unattached	£4
Warner	Bethany	Sen W	Tamar Trotters	£2
Waterhouse	Phil	Vet 55 M	Unattached	£4
Weatherill	Sarah	Vet 45 W	Unattached	£4
Weaver-Gore	Kathryn	Vet 65 W	Plymouth Musketeers RC	£2
West	Aaron	Vet 40 M	Unattached	£4
Westlake	Daniel	Sen M	Storm Plymouth	£2
Whitby	Alex	Sen M	Unattached	£4
Whitby	Andrew	Vet 60 M	Instinctive Sports	£2
White	Claire	Vet 45 W	Tavistock AC	£2
White	Georgie	Sen W	Unattached	£4
White	Richard	Vet 50 M	Unattached	£4
White	Samuel	Vet 45 M	Unattached	£4
Whybrow	Freddie	U17 M	Tavistock AC	£2
Wildman	Sue	Vet 50 W	Tavistock AC	£2
Wilkinson	Les	Vet 60 W	Tavistock AC	£2
Williams	Julia	Vet 60 W	Unattached	£4
Wiltshire	Stephanie	Sen W	Unattached	£4
Winfield	Claire	Vet 55 W	Launceston RR	£2
Wolstenholme	Sean	Vet 60 M	Unattached	£4
Wolstenholme	Sharon	Vet 60 W	Unattached	£4
Woods	Helen	Vet 55 W	Tavistock AC	£2
Woods	Tyler	Sen M	Unattached	£4

	Worth	Oscar	U13 M	Unattached	£4
	Worth	Tom	Sen M	Unattached	£4
	Worth	Hannah	Vet 40 W	Tavistock AC	£2
	Worth	Sarah	Vet 40 W	Unattached	£4
	Yeo	Joanne	Vet 35 W	Launceston RR	£2
	Yeo	Simon	Vet 40 M	Unattached	£4
	Young	Eldon	U17 M	Tavistock AC	£2
	Young	Emily	Vet 50 W	Okehampton RC	£2