

## Results

21 March 2026

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat.	Age Graded	Course Record	Age Category Record
						Position	Performance		
1	16:56	Connor	Duffin	Tavistock AC	U17 M	1	80.91%		
2	17:36	Daniel	Westlake	Storm Plymouth	Sen M	1	73.30%		
3	17:45	Reuben	Sebag-Montefiore	Tavistock AC	U17 M	2	77.18%		
4	19:04	Mike	Nithavrianakis	Tavistock AC	Vet 55 M	1	82.69%		
5	19:47	Ian	Duffin	Unattached	Vet 50 M	1	75.15%		
6	19:53	Alan	Ryder	Plymouth Musketeers RC	Vet 60 M	1	82.06%		
7	20:04	Ravi	Pandy	Storm Plymouth	Vet 50 M	2	75.91%		
8	20:27	James	Alexander	Unattached	Vet 40 M	1	67.24%		
9	20:42	Ayesha	Gillespie	Tamar Trotters	Sen W	1	71.50%		
10	20:50	Kevin	Paxman	Tavistock AC	Vet 40 M	2	66.00%		
11	20:51	Ben	Hawke	Unattached	Sen M	2	62.91%		
12	21:00	David	Harris	Tavistock AC	Vet 60 M	2	77.70%		
13	21:09	Damian	Dunne	Plymouth Musketeers RC	Vet 50 M	3	70.84%		
14	21:12	Gregor	McKinney	Instinctive Sports	Vet 35 M	1	62.58%		
15	21:15	Andy	Bees	Plymouth Musketeers RC	Vet 40 M	3	66.20%		
16	21:38	Caroline	Steven	Tavistock AC	Vet 55 W	1	87.21%		
17	21:41	Fearne	Brogden	Tavistock AC	U13 W	1	76.71%		
18	21:50	David	Austin	Plymouth Musketeers RC	Vet 40 M	4	63.97%		
19	22:13	Damien	Holloway	Storm Plymouth	Vet 50 M	4	66.92%		
20	22:16	Andrew	Whitby	Instinctive Sports	Vet 60 M	3	74.63%		
21	23:08	Fred	Jenkins	Instinctive Sports	Vet 65 M	1	72.48%		
22	23:24	Timothy	Silvester	Unattached	Vet 40 M	5	59.69%		
23	23:43	Harriet	Silvester	Tavistock AC	U13 W	2	70.13%		
24	23:45	Joanne	Yeo	Launceston RR	Vet 35 W	1	62.95%		
25	24:05	Steve	Baker	Tamar Trotters	Vet 65 M	2	71.63%		
26	24:30	Mark	Orme	Tavistock AC	Vet 55 M	2	63.27%		
27	25:35	Hannah	Gethin	Tavistock AC	Vet 40 W	1	59.80%		
28	25:57	Neil	Turnham	Instinctive Sports	Vet 60 M	4	62.36%		
29	26:42	Peter	Bazley	Tavistock AC	Vet 70 M	1	66.04%		
30	26:53	Justina	Sebag-Montefiore	Unattached	Vet 45 W	1	59.08%		
31	27:39	Nicolette	Overy	Tavistock AC	Vet 65 W	1	77.94%		
32	28:04	Paul	Griffin	Instinctive Sports	Vet 55 M	3	56.18%		
33	28:12	Richard	White	Unattached	Vet 50 M	5	53.61%		
34	28:17	Anna	Kelly	Tavistock AC	Sen W	2	52.33%		
35	28:25	Rodney	Hillebrandt	Plymouth Musketeers RC	Vet 75 M	1	70.67%		
36	28:29	Laura	Smale	Tavistock AC	Vet 45 W	2	56.29%		
37	29:07	Fiona	Lovell	Unattached	Vet 60 W	1	66.63%		
38	29:15	Geoffrey	Honey	Plymouth Harriers	Vet 75 M	2	65.93%		
39	30:37	Suzanne	Jones	Instinctive Sports	Vet 60 W	2	65.22%		
40	31:21	Beverley	Nation	Instinctive Sports	Vet 65 W	2	66.67%		
41	31:36	Brenda	Thorne	Instinctive Sports	Vet 65 W	3	69.30%		
42	32:21	James	Savage	Unattached	Vet 55 M	4	47.91%		
43	32:22	Donald	MacInnes	Unattached	Vet 65 M	3	51.80%		
44	32:23	Kate	Gawadzyn	Unattached	Vet 45 W	3	49.51%		
45	32:56	Tiggy	Paton	Unattached	Sen W	3	44.94%		
46	32:59	Holly	Speare	Unattached	Sen W	4	44.87%		
47	33:08	Becca	Ellis	Storm Plymouth	Sen W	5	44.67%		
48	34:31	Lynn	Jones	Plymouth Musketeers RC	Vet 70 W	1	64.51%		
49	34:31	Kris	Jones	Plymouth Musketeers RC	Vet 40 M	6	40.75%		
50	35:46	Len	Saxty	Instinctive Sports	Vet 75 M	3	56.15%		
51	35:57	Kathryn	Weaver-Gore	Plymouth Musketeers RC	Vet 65 W	4	57.26%		
52	37:51	Hayley	Brant	Unattached	Vet 50 W	1	45.40%		
53	38:01	Vicky	Matthews	Unattached	Vet 45 W	4	41.78%		
54	40:31	Robert	Oxborough	Unattached	Vet 65 M	4	41.79%		
55	40:31	Christine	Teague	Tavistock AC	Vet 60 W	3	50.02%		