

The **TAVY** 5k

A **TAVISTOCK** Athletic Club Production

Entries

Names of those who have entered between and including
1 January 2025 and 16 May 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 | U16 M | Tavistock AC | £2 |
| | Anthony | James | U14 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 |
| | Bailey | Joanne | Vet 55 W | Launceston RR | £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 |
| | Baldwin | Grace | Vet 35 W | Unattached | £4 |
| | 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 65 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 |
| | Bere | Reece | Sen M | Bideford AAC | £2 |
| | Birch | Joshua | Sen M | Unattached | £4 |
| | Birch | Lisa | Vet 55 W | Bere Alston Trekkers | £2 |
| | Bixter | Clinton | Vet 40 M | Unattached | £4 |

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| | Bixter | Elizabeth | U12 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 | U12 W | Tavistock AC | £2 |
| | 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 | U18 W | Tavistock AC | £2 |
| | Brazier | Jessica | U18 W | Unattached | £4 |
| | Bremner | Jane | Vet 65 W | Tamar Trotters | £2 |
| | Brogden | Fearne | U14 W | Tavistock AC | £2 |
| | Brown | Annika | Sen W | Unattached | £4 |
| | Brown | Blake | Sen M | Cornwall AC | £2 |
| | Brown | Richard | Vet 50 M | Unattached | £4 |
| | Brown | Tom | Sen M | Unattached | £4 |
| | Brown | Blake | Sen M | Cornwall AC | £2 |
| | Browning | Katie | Sen W | Plymouth Harriers | £2 |
| | Burbidge | Alice | Vet 40 W | Unattached | £4 |
| | 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 |
| | Carpenter-Warren | Yvonne | Vet 55 W | Unattached | £4 |
| | Carrillo | Anhela | Vet 45 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 |
| | Clarke | Maria | Vet 55 W | Unattached | £4 |
| | Cleland | Charlie | U16 M | Tavistock AC | £2 |
| | Cleland | Gemma | Vet 40 W | Unattached | £4 |
| | Cleland | Stuart | Vet 45 M | Unattached | £4 |
| | Cleland | Thomas | U14 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 |

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| | 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 | U18 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 |
| | Crosner | Stephen | Vet 50 M | Unattached | £4 |
| | Crossey | James | Sen M | Tavistock AC | £2 |
| | Crossey | Mirianthi | U16 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 | U16 M | Unattached | £4 |
| | Cuthell | Kim | Vet 40 W | Unattached | £4 |
| | Dandy | Kath | Vet 60 W | Unattached | £4 |
| | Dandy | Sophie | Sen W | Plymouth Harriers | £2 |
| | Darby | Charlotte | Sen W | Plymouth Harriers | £2 |
| | Darby | Kat | Vet 35 W | Tamar Trotters | £2 |
| | Davenport | Leigh | Vet 45 W | Unattached | £4 |
| | Davies | Abi | Sen W | Unattached | £4 |
| | Dawson | Euan | Sen M | Unattached | £4 |
| | Dawson | Faith | U12 W | Tavistock AC | £2 |
| | Dawson | Jeff | Vet 40 M | Unattached | £4 |
| | Day | Rachel | Vet 45 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 | U18 M | Tavistock AC | £2 |
| | Duffin | Ian | Vet 50 M | Tavistock AC | £2 |
| | 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 | U16 M | Unattached | £4 |
| | Dykes | Joseph | U18 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 75 W | Tavistock AC | £2 |

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| | 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 | Tavistock AC | £2 |
| | 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 |
| | Fowle | Kate | Vet 45 W | Unattached | £4 |
| | Fraser | Gary | Vet 60 M | Unattached | £4 |
| | 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 |
| | Gibbons | Luke | Vet 35 M | Tamar Trotters | £2 |
| | Gibbs | Samuel | U16 M | Unattached | £4 |
| | Gibbs | Seth | U14 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 | U12 M | Unattached | £4 |
| | Graham | Harrison | U14 M | Unattached | £4 |
| | Grantham | Raoul | Vet 55 M | Launceston RR | £2 |
| | 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 |
| | Grimes | Ian | Vet 70 M | Launceston RR | £2 |
| | 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 | Plymouth Harriers | £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 | Pippi | Sen W | Unattached | £4 |

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|--|---------------|-----------|----------|-------------------------|----|
| | 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 | U16 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 | U16 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 | British Triathlon | £2 |
| | Honey | Geoffrey | Vet 75 M | Plymouth Harriers | £2 |
| | Hooper | Erin | U12 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 |

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|--|-----------------|-----------|----------|------------------------|----|
| | Jones | Suzanne | Vet 60 W | Instinctive Sports | £2 |
| | Jones | Taylan | U16 M | City of Plymouth AC | £2 |
| | Jones | Theia | U12 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 | U12 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 |
| | Khomych | Dariia | Sen W | Tamar Trotters | £2 |
| | 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 | Mark | Vet 40 M | Unattached | £4 |
| | Knight | Patrick | Vet 60 M | Unattached | £4 |
| | Kula-Przewanski | Helen | Vet 65 W | Tavistock AC | £2 |
| | Lake | George | U12 M | Tavistock AC | £2 |
| | Lake | Samantha | Vet 45 W | Tavistock AC | £2 |
| | Langley | Jason | Vet 40 M | Tamar Trotters | £2 |
| | Langmead | Olivia | Vet 50 W | Unattached | £4 |
| | Laphorn | Dominic | Sen M | Unattached | £4 |
| | Large | Albie | U14 M | Unattached | £4 |
| | Lathom | Janet | Vet 70 W | Launceston RR | £2 |
| | 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 | Tavistock AC | £2 |
| | Majewski | Artur | Vet 45 M | Unattached | £4 |
| | Malthouse | Harry | U16 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 | U18 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 |

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|--|----------------|-----------|----------|------------------------|----|
| | Matthews | Joanne | Vet 45 W | Unattached | £4 |
| | Matthews | Vicky | Vet 45 W | Unattached | £4 |
| | May | Antonia | Vet 35 W | Unattached | £4 |
| | McAughey | 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 | U16 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 | U16 W | Unattached | £4 |
| | Moore | Emily | Sen W | Unattached | £4 |
| | Morewood | Jack | Sen M | Unattached | £4 |
| | Morris | David | Vet 40 M | Plymouth Harriers | £2 |
| | Morton | Chris | Vet 40 M | Unattached | £4 |
| | Morton | Megan | U16 W | Unattached | £4 |
| | 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 | U16 M | Tavistock AC | £2 |
| | Neale | Ben | Vet 40 M | Tavistock AC | £2 |
| | Neale | Oliver | U14 M | Tavistock AC | £2 |
| | Nettleship | Edward | Sen M | Tavistock AC | £2 |
| | Nettleship | Richard | Vet 55 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 |
| | Nitti | Tom | Sen M | Unattached | £4 |
| | Noble | Nicola | Vet 35 W | Tavistock AC | £2 |
| | Nordmann | Ruth | Vet 50 W | Unattached | £4 |
| | Norman | Faye | Sen W | Unattached | £4 |
| | Northmore | Sally | Vet 50 W | Unattached | £4 |
| | Norton | Arthur | U16 M | Tavistock AC | £2 |
| | Norton | John | Vet 50 M | Unattached | £4 |
| | Norton | Jonathan | Vet 50 M | Unattached | £4 |

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| | Norton | Oscar | U12 M | Tavistock AC | £2 |
| | O'Brien | Sheila | Vet 60 W | Tavistock AC | £2 |
| | Oddie | Fred | U12 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 55 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 | U18 W | Team Bath AC | £2 |
| | Paxman | Kevin | Vet 40 M | Tavistock AC | £2 |
| | Peck | Ellie | Sen W | Tamar Trotters | £2 |
| | Peck | Mark | Vet 40 M | Okehampton RC | £2 |
| | Peers | Alistair | Vet 45 M | Tavistock AC | £2 |
| | Pennell | Stella | Vet 70 W | Unattached | £4 |
| | Percival | Fran | Sen W | Tavistock AC | £2 |
| | 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 |
| | Pillar-Lea | Sue | Vet 55 W | Unattached | £4 |
| | 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 | Esme | U10 W | Unattached | £4 |
| | Quinn | Harry | U14 M | Unattached | £4 |
| | Quinn | Jonty | Vet 45 M | Unattached | £4 |

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| | Quinn | Orla | U12 W | Unattached | £4 |
| | Quinn | Paige | U18 W | Unattached | £4 |
| | Quintero | Geraldine | Vet 35 W | Unattached | £4 |
| | Radford | Rebecca | Vet 45 W | Unattached | £4 |
| | Rebhan | Tom | Vet 35 M | Unattached | £4 |
| | Redman | John | Vet 55 M | Unattached | £4 |
| | Refson | Kitty | Vet 70 W | Tavistock AC | £2 |
| | Reid | Gidon | Vet 50 M | Unattached | £4 |
| | Renard | Daisy | U14 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 |
| | Savage | Vikki | Vet 50 W | Launceston RR | £2 |
| | Saxty | Len | Vet 75 M | Instinctive Sports | £2 |
| | Schofield | Cheryl | Vet 60 W | Tavistock AC | £2 |
| | Sebag-Montefiore | Daisy | U12 W | Unattached | £4 |
| | Sebag-Montefiore | Justina | Vet 45 W | Unattached | £4 |
| | Sebag-Montefiore | Reuben | U18 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 | U14 W | Tavistock AC | £2 |
| | Silvester | Timothy | Vet 40 M | Tavistock AC | £2 |
| | 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 |

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| | 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 |
| | Starling | Chris | Vet 40 M | Tavistock AC | £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 | U14 M | Unattached | £4 |
| | Stone | Sophia | Vet 40 W | Unattached | £4 |
| | Stratton | Marion | Vet 65 W | Tavistock AC | £2 |
| | Strawbridge | Bethany | U16 W | Tavistock AC | £2 |
| | Sweeney | Jacob | U12 M | City of Plymouth AC | £2 |
| | Sweeney | Lucas | U14 M | Unattached | £4 |
| | Sweeney | Paul | Vet 40 M | City of Plymouth AC | £2 |
| | Sweet | Aaron | Vet 40 M | Unattached | £4 |
| | Tasker | Zac | U16 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 60 W | Unattached | £4 |
| | Thomas | Beth | Sen W | Unattached | £4 |
| | Thomas | Caleb | U14 M | Unattached | £4 |
| | Thomas | Nathaniel | U18 M | Sidmouth RC | £2 |
| | Thomson | Ailla | U12 W | Unattached | £4 |
| | Thomson | David | Vet 60 M | Launceston RR | £2 |
| | Thomson | Joe | Vet 40 M | Launceston RR | £2 |
| | Thomson | Ollie | U16 M | Tavistock AC | £2 |
| | Thomson | Oscar | U14 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 |

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| | 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 |
| | Wain | Caroline | Vet 50 W | Unattached | £4 |
| | Wain | Isaac | U14 M | Tavistock AC | £2 |
| | Walker | Charlotte | Sen W | Tavistock AC | £2 |
| | Walker | Hannah | Sen W | Tavistock AC | £2 |
| | Walker | Hazel | Vet 55 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 | U14 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 |
| | West | Shaun | Vet 50 W | 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 | U16 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 | U14 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 | U16 M | Tavistock AC | £2 |
| | Young | Emily | Vet 50 W | Okehampton RC | £2 |