

# The **TAVY** 5k

A **TAVISTOCK** Athletic Club Production

## Entries

Registered to the event up to 1000 on  
Saturday 20 July 2024

No.	Surname	Forename	Age Cat.	Club	Fee Due
	Alexander	Fabi-Ann	Sen W	Unattached	£2
	Alexander	James	Vet 40 M	Unattached	£2
	Allen	Finlay	Sen M	Tamar Trotters	£1
	Allen	Phil	Vet 45 M	Unattached	£2
	Allen	Sara	Vet 50 W	Tavistock AC	£1
	Andrews	Carleen	Sen W	Unattached	£2
	Andrews	Jim	Vet 60 M	Plymouth Musketeers	£1
	Anness	Kath	Vet 40 W	Tavistock AC	£1
	Anthony	Claire	Vet 45 W	Unattached	£2
	Anthony	Jack	U13 M	Tavistock AC	£1
	Anthony	James	U10 M	Unattached	£2
	Archer	Craig	U10 M	Unattached	£2
	Armitage	Dean	Vet 35 M	Unattached	£2
	Armstrong	James	Vet 40 M	Tavistock AC	£1
	Armstrong	Peter	Vet 35 M	Plymouth Harriers	£1
	Aspden	Gail	Vet 55 W	Unattached	£2
	Austin	David	Vet 40 M	Plymouth Musketeers	£1
	Aze-Thomas	Gill	Vet 50 W	Launceston RR	£1
	Babb	Lynne	Vet 55 W	Unattached	£2
	Badgery	Jessica	Sen W	Unattached	£2
	Bailey	William	U10 M	Unattached	£2
	Baker	Fynn	U17 M	Tavistock AC	£1
	Baker	Mark	Vet 50 M	Unattached	£2
	Baldwin	Grace	Vet 35 W	Tavistock AC	£1
	Banbury	Eevee	Sen W	Torrington AAC	£1
	Barkwill	Michelle	Vet 40 W	Unattached	£2
	Barnes	John	Vet 60 M	Launceston RR	£1
	Barnett	Johanna	Vet 45 W	Unattached	£2
	Barnett	Jonathan	Vet 55 M	Unattached	£2
	Barrett	Simon	Vet 60 M	Instinctive Sports	£1
	Barriball	Ann	Vet 50 W	Launceston RR	£1
	Bartlett	Jess	Sen W	Launceston RR	£1
	Batten Reveley	Susannah	Vet 40 W	Tavistock AC	£1
	Bays	Shannon	Vet 40 W	Plymouth Coasters	£1
	Bazley	Peter	Vet 65 M	Tavistock AC	£1
	Beaton	Joe	Sen M	Tavistock AC	£1
	Beer	Alan	Vet 65 M	Unattached	£2
	Beer	Joe	Vet 55 M	Hayle Runners	£1
	Beilby	Annette	Vet 45 W	Unattached	£2
	Beilby	Franki	Vet 35 W	Unattached	£2
	Beilby	Jack	U13 M	Tavistock AC	£1
	Beilby	Max	U11 M	Tavistock AC	£1
	Beilby	Nick	Vet 45 M	Unattached	£2
	Benali	Naoui	Vet 55 M	Unattached	£2

	Benford	Josh	Sen M	Bideford AAC	£1
	Berergonzini	Umberto	Vet 50 M	Tavistock Run Project	£1
	Bigham	Alison	Vet 40 W	Tavistock AC	£1
	Bigham	Colin	Vet 45 M	Tavistock AC	£1
	Bigham	Serena	U10 W	Tavistock AC	£1
	Bigham	Tristan	U11 M	Tavistock AC	£1
	Bigham	Zoe	U13 W	Tavistock AC	£1
	Birchnall-Travers	Janet	Vet 50 W	Vegan Runners	£1
	Blight	James	Vet 40 M	Unattached	£2
	Blood	James	Vet 45 M	Unattached	£2
	Bond	Rich	Vet 35 M	Royal Air Force AC	£1
	Bonnie	Natalie	Vet 45 W	Unattached	£2
	Boon	Evie	U10 W	Unattached	£2
	Boon	Simon	Vet 40 M	Royal Navy AC	£1
	Bowen	Richard	Vet 55 M	Plymouth Harriers	£1
	Boyle	Cameron	Sen M	Unattached	£2
	Bradley	Matthew	Vet 35 M	City of Plymouth AC	£1
	Brant	Hayley	Vet 50 W	Unattached	£2
	Bremner	Jane	Vet 65 W	Tamar Trotters	£1
	Brennan	Sallie	Vet 45 W	Tamar Trotters	£1
	Brinicombe	Angela	Vet 65 W	Launceston RR	£1
	Broadbent	Denise	Vet 55 W	Unattached	£2
	Brogden	Emma	U10 W	Unattached	£2
	Brogden	Fearne	U10 W	Tavistock AC	£1
	Brogden	Mary	U13 W	Tavistock AC	£1
	Brogden	Thomas	Vet 40 M	Tavistock AC	£1
	Bryant	Ceri	Sen W	Unattached	£2
	Bryant	Jenny	Vet 55 W	Tavistock AC	£1
	Budge	Mark	Sen M	Unattached	£2
	Burrows	Steve	Vet 45 M	Unattached	£2
	Campbell	Jo	Vet 60 W	Unattached	£2
	Cansdale	Jane	Vet 55 W	Unattached	£2
	Carlton	Jamie	U15 M	Unattached	£2
	Cartlidge	James	Vet 35 M	Plymouth Harriers	£1
	Cartlidge	Michelle	Vet 35 W	Plymouth Harriers	£1
	Carty	Emma	Vet 50 W	Unattached	£2
	Carty	Jon	Vet 50 M	Unattached	£2
	Case	Daniel	Vet 35 M	Tamar Trotters	£1
	Case	Leanne	Vet 45 W	Plymouth Musketeers	£1
	Chambers	Anita	Vet 60 W	Plymouth Musketeers	£1
	Chan	Matt	Vet 35 M	Unattached	£2
	Chapman	Jackie	Vet 60 W	Launceston RR	£1
	Chinnery	Stewart	Vet 40 M	Unattached	£2
	Christian	Barrie	Vet 55 M	Plymouth musketeers	£1
	Cladi	Lorenzo	Vet 40 M	Unattached	£2
	Clarke	Maria	Vet 50 W	Unattached	£2
	Cleland	Charlie	U13 M	Tavistock AC	£1
	Cleland	Emma	Vet 40 W	Unattached	£2
	Cleland	Stuart	Vet 40 M	Unattached	£2
	Cleland	Thomas	U10 M	Unattached	£2
	Coad	Lucy	Sen W	South West Road Runners	£1
	Coate	Clive	Vet 60 M	Unattached	£2
	Coates	Alyson	Vet 60 W	Unattached	£2
	Coker	Kelvin	Sen M	Storm Plymouth	£1
	Cole	Jim	Vet 40 M	Tavistock Run Project	£1

	Cole	Pauline	Vet 55 W	Bere Alston Trekkers	£1
	Cole	Tracy Ann	Vet 55 W	Unattached	£2
	Collacott	Ian	Vet 40 M	Tavistock AC	£1
	Collins	Caroline	Vet 65 W	Unattached	£2
	Connell	Dave	Vet 70 M	Plymouth Harriers	£1
	Cooke	Bluebell	U13 W	Tavistock AC	£1
	Cooke	Lawrence	Vet 40 M	Unattached	£2
	Cooke	Louise	Vet 45 W	Unattached	£2
	Cooper	Joan	Vet 65 W	Unattached	£2
	Cooper	Sarah	Vet 60 W	Tavistock AC	£1
	Cooper	Steve	Vet 65 M	Unattached	£2
	Cork	Michael	Vet 65 M	Plymouth Coasters	£1
	Cornish	Shona	Vet 45 W	Plymouth Harriers	£1
	Cousins	Geri	Vet 55 W	Tavistock AC	£1
	Cowley	Nigel	Vet 60 M	Lonely Goat RC	£1
	Cox	Steve	Vet 55 M	Tavistock AC	£1
	Cozens	Jenson	Sen M	Army Triathlon	£1
	Craig	Archer	U10 M	Unattached	£2
	Craig	Morgan	Vet 45 M	Bude Rats	£1
	Crawford	Mike	Vet 45 M	City of Plymouth AC	£1
	Creber	Andy	Vet 65 M	Chepstow Harriers	£1
	Crewe	Debbie	Vet 55 W	Tavistock AC	£1
	Croasdale	Luke	Sen M	Unattached	£2
	Crosher	Stephen	Vet 50 M	Unattached	£2
	Crossey	James	U17 M	Tavistock AC	£1
	Crossey	Mirianthi	U13 W	Tavistock AC	£1
	Crossey	Vanessa	Vet 50 W	Unattached	£2
	Cuckston	Tim	Vet 65 M	Lonely Goat RC	£1
	Cull	Nicholas	Vet 40 M	Torbay Tri	£1
	Curtis	Mark	Vet 55 M	Tavistock AC	£1
	Darke	Caitlin	Sen W	Unattached	£2
	Davies	Gareth	Sen M	South West Road Runners	£1
	Davies	John	Vet 45 M	Unattached	£2
	Davies	Leo	U13 M	Unattached	£2
	Davies	Will	U13 M	Unattached	£2
	Davis	Steve	Vet 65 M	Bere Alston Trekkers	£1
	Deane-Simmons	Nicky	Vet 65 W	Unattached	£2
	Dearson	Jonathan	Vet 45 M	Royal Navy AC	£1
	Dee	Jack	Sen M	Plymouth Harriers	£1
	Delorme	Sarah	Vet 45 W	Plymouth Coasters	£1
	Derges	Jack	Vet 35 M	Wimbledon Windmilers	£1
	Diaper	Luke	Sen M	Unattached	£2
	Doidge	Sarah	Vet 50 W	Tavistock AC	£1
	Doney	Charlotte	U15 W	Tavistock AC	£1
	Doney	Isabelle	U15 W	Tavistock AC	£1
	Doney	Wendy	Vet 45 W	Unattached	£2
	Drage	Emily	Sen W	Unattached	£2
	Drage	Richard	Vet 65 M	Tavistock AC	£1
	Drew-Hill	Adele	Vet 40 W	Unattached	£2
	Duffin	Connor	U15 M	Tavistock AC	£1
	Duke	Janet	Vet 50 W	Bere Alston Trekkers	£1
	Duke	Mark	Vet 50 M	Bere Alston Trekkers	£1
	Dumbreck	Deana	Vet 35 W	Unattached	£2
	Dunmore	Jenna	Vet 35 W	Unattached	£2
	Dunne	Damian	Vet 50 M	Plymouth Musketeers	£1

	Dunne	Ellie-May	Sen W	Plymouth Musketeers	£1
	Dunne	Emma	Vet 45 W	Plymouth Musketeers	£1
	Dyer	Dawn	Vet 65 W	Plymouth Musketeers	£1
	Eales	Gemma	Vet 40 W	Tavistock AC	£1
	Eales	Richard	Vet 40 M	Unattached	£2
	Edney	Beth	U15 W	Unattached	£2
	Edwards	Fiona	Sen W	Westbury Harriers	£1
	Edwards	Jamie	Sen M	Newquay Road Runners	£1
	Elder	Charlie	Vet 55 M	Unattached	£2
	Elias	Kirstie	Vet 50 W	Unattached	£2
	Elliott	Ashley	Sen W	East Cornwall Harriers	£1
	Eperon	Trudy	Vet 45 W	Tavistock AC	£1
	Erscott	Jeremy	Sen M	Unattached	£2
	Evans	Robbie	Vet 45 M	Unattached	£2
	Evans	Val	Vet 70 W	Tavistock AC	£1
	Evenden	Alana	U15 W	Unattached	£2
	Evenden	Laura	Vet 45 W	Tavistock Run Project	£1
	Evenden	Paul	Vet 55 M	Unattached	£2
	Everett	Samantha	Vet 40 W	Unattached	£2
	Ezra-Ham	Rebecca	Sen W	Tamar Trotters	£1
	Ezra-Ham	Richard	Sen M	Tamar Trotters	£1
	Fairbairn	David	Vet 60 M	Tavistock AC	£1
	Fast	Sarah	Vet 35 W	Okehampton RC	£1
	Fear	Paul	Vet 60 M	Unattached	£2
	Fell	Heather	Vet 40 W	Tavistock AC	£1
	Felwick	Harry	Sen M	Unattached	£2
	Felwick	Rob	Vet 60 M	Instinctive Sports	£1
	Findlay	EJ	Vet 55 W	Tavistock AC	£1
	Fisher	Darren	Vet 55 M	Tavistock AC	£1
	Fitzgerald	Hollie	Vet 35 W	Unattached	£2
	Fitzsimmons	Ann	Vet 70 W	Tavistock AC	£1
	Foster	Mark	Vet 50 M	Unattached	£2
	Fowler	Christopher	Vet 35 M	Launceston RR	£1
	Fowler	Katie	Vet 35 W	Launceston RR	£1
	Fowler	Leighton	U10 M	Launceston RR	£1
	Freedman	Peter	Vet 40 M	Tavistock Run Project	£1
	Friskin	David	Vet 35 M	Plymouth Musketeers	£1
	Frost	Justin	Vet 45 M	Plymouth Musketeers	£1
	Fry	Marianne	Vet 50 W	Unattached	£2
	Fuller	Janice	Vet 55 W	Unattached	£2
	Ganfield	Ruben	U17 M	Tavistock AC	£1
	Gawman	Sue	Vet 55 W	Unattached	£2
	Geen	Andrew	Vet 65 M	Unattached	£2
	Geen	Pauline	Vet 60 W	Unattached	£2
	Gibbs	Seth	U10 M	Tavistock AC	£1
	Gifford-Groves	Ashton	Sen M	Tavistock AC	£1
	Giles-Wyatt	Adam	Vet 35 M	Unattached	£2
	Giles-Wyatt	Willow	U10 W	Unattached	£2
	Ginter	Paul	Vet 50 M	Unattached	£2
	Glendinning	Tom	Vet 40 M	Unattached	£2
	Gray	Jasmine	Sen W	Tavistock AC	£1
	Greatrex	Rebecca	Vet 40 W	Unattached	£2
	Greaves	Richard	Vet 65 M	Unattached	£2
	Green	Tom	Sen M	Unattached	£2
	Green	Tina	Vet 55 W	Unattached	£2

	Gregg	Louise	Vet 50 W	Unattached	£2
	Gregg	Paul	Vet 55 M	Tamar Trotters	£1
	Griffin	Paul	Vet 55 M	Instinctive Sports	£1
	Griffiths	Andrew	Vet 45 M	Unattached	£2
	Griffiths	Lily	U10 W	Tavistock AC	£1
	Griffiths	Melvyn	Vet 45 M	Unattached	£2
	Griffiths	Tracey	Vet 45 W	Unattached	£2
	Grigg	Trevor	Vet 65 M	Tavistock AC	£1
	Guscott	Jessie	Sen W	Unattached	£2
	Haines	Morgan	U13 M	Tavistock AC	£1
	Haines	Tim	Vet 50 M	Tavistock AC	£1
	Hale	Steve	Vet 65 M	Team Bath AC	£1
	Hall	Lisa	Vet 50 W	Tavistock AC	£1
	Hallam	Ben	Vet 40 M	Unattached	£2
	Halliday	Anna	Sen W	Unattached	£2
	Halliday	William	Vet 60 M	Unattached	£2
	Hamilton	Bea	Vet 55 W	Unattached	£2
	Hann	Lucy	Vet 45 W	Tavistock AC	£1
	Harper	Angie	Vet 65 W	Unattached	£2
	Harris	David	Vet 60 M	Tavistock AC	£1
	Harvey	Grant	Vet 40 M	Tavistock AC	£1
	Hawkins	Lorraine	Vet 55 W	Launceston RR	£1
	Hazeldine	Emma	Vet 50 W	Unattached	£2
	Heale	Stuart	Vet 35 M	Unattached	£2
	Heatley	Joel	Vet 40 M	South West Road Runners	£1
	Heatley	Lizz	Vet 40 W	Unattached	£2
	Hennessey	Thomas	U13 M	Tavistock AC	£1
	Herbert	Claire	Vet 50 W	Plymouth Musketeers	£1
	Herbert	Lee	Vet 45 M	Plymouth Musketeers	£1
	Herdman	Allan	Vet 70 M	Tavistock AC	£1
	Herdman	Francesca	Sen W	Unattached	£2
	Heryet	Nicole	Vet 50 W	Tavistock AC	£1
	Hibbert	Julie	Vet 55 W	Unattached	£2
	Hicks	Adam	Vet 35 M	Bere Alston Trekkers	£1
	Hicks	Sylvia	Sen W	Unattached	£2
	Hill	Elaine	Vet 55 W	Launceston RR	£1
	Hillebrandt	Rodney	Vet 75 M	Plymouth Musketeers	£1
	Hinton	John	Sen M	Unattached	£2
	Hinton	Peter	Vet 55 M	Unattached	£2
	Hobbs	Lindsay	Vet 60 W	Unattached	£2
	Hobbs	Neil	Vet 60 M	Gloucester Athletics Club	£1
	Hockey	Michael	Vet 40 M	Plymouth Musketeers	£1
	Hockin	Karen	Vet 60 W	Unattached	£2
	Holland	Adam Tango	Vet 35 M	Tavistock AC	£1
	Holland	Adam 'Tango'	Vet 35 M	Tavistock AC	£1
	Holland	Katie	Sen W	Plymouth Harriers	£1
	Holland	Sarah	Vet 45 W	Tavistock AC	£1
	Holtan Carter	Benedicte	Vet 40 W	Launceston RR	£1
	Honey	Geoffrey	Vet 70 M	Plymouth Harriers	£1
	Hopkins	Lucas	Sen M	Unattached	£2
	Houghton	Andrew	Vet 75 M	Tavistock AC	£1
	Houlden	Paul	Sen M	eterborough and Nene Valley A	£1
	Howard	Shane	Sen M	Plymouth Harriers	£1
	Howells	Craig	Vet 40 M	Unattached	£2
	Howells	Jack	U10 M	Tavistock AC	£1

	Hudson	Sally	Vet 45 W	Unattached	£2
	Hughes	Andy	Vet 65 M	Tavistock AC	£1
	Hughes	Sarah	Vet 50 W	Unattached	£2
	Humphreys	Joanna	Vet 40 W	Run Venture	£1
	Hutchings	Jed	U17 M	Tavistock AC	£1
	Hynes	Jaine	Vet 55 W	Launceston RR	£1
	Hynes	Martin	Vet 70 M	Launceston RR	£1
	Iddon	Polly	Vet 40 W	Tavistock AC	£1
	James	Emma	Vet 50 W	Launceston RR	£1
	Jeeves	Jenny	Vet 55 W	Tavistock AC	£1
	Jelliman	Chris	Vet 55 M	Plymouth Harriers	£1
	Jenkins	Carly	Vet 35 W	Unattached	£2
	Jenkins	Fred	Vet 60 M	Instinctive Sports	£1
	Jinman	Rob	Vet 35 M	Tavistock AC	£1
	Johns	Clare	Vet 60 W	Unattached	£2
	Johnston	Rob	Vet 65 M	Unattached	£2
	Jones	Claudia	U15 W	Unattached	£2
	Jones	Emma	Sen W	Unattached	£2
	Jones	Rachel	Vet 45 W	Tavistock AC	£1
	Jones	Sarah	Vet 40 W	Unattached	£2
	Jones	Sophie	Vet 35 W	Unattached	£2
	Jones	Steve	Vet 35 M	City of Plymouth AC	£1
	Jones	Steve	Sen M	Plymouth Harriers	£1
	Jones	Suzanne	Vet 60 W	Instinctive Sports	£1
	Jones	Taylan	U13 M	City of Plymouth AC	£1
	Jones	Theia	U10 W	City of Plymouth AC	£1
	Kappes	Jonathan	Vet 50 M	Launceston RR	£1
	Keightley	Gavin	Sen M	Unattached	£2
	Kelly	Andrew	Vet 60 M	Unattached	£2
	Kelly	Anna	Sen W	Tavistock AC	£1
	Kelly	Beth	U10 W	Tavistock AC	£1
	Kelly	Katy	Vet 40 W	Tavistock AC	£1
	Kelly	Megan	U10 W	Tavistock AC	£1
	Kelly	Nikki	Sen W	Tavistock AC	£1
	Kendall-Dunn	Joshua	Sen M	Unattached	£2
	Kennelly	Paul	Vet 55 M	Instinctive Sports	£1
	Kilcore	David	Vet 45 M	Storm Plymouth	£1
	King	Kathy	Vet 45 W	Unattached	£2
	Kinloch	Harriet	Vet 60 W	Tavistock AC	£1
	Kirby	Marlow	U13 M	Torbay AAC	£1
	Kirby	Steven	Vet 45 M	Unattached	£2
	Kirby Ashworth	Hallé	Sen W	Launceston RR	£1
	Knight	Patrick	Vet 60 M	Unattached	£2
	Kovalchuk	Tania	Vet 45 W	Unattached	£2
	Kyril	Maryna	Vet 35 W	Unattached	£2
	Ladell	Donald	Vet 35 M	Tavistock Run Project	£1
	Ladell	Hugh	U10 M	Unattached	£2
	Ladell	Lucia	U11 W	Tavistock AC	£1
	Lake	George	U10 M	Tavistock AC	£1
	Lake	Miley	U15 W	Tavistock AC	£1
	Lake	Samantha	Vet 45 W	Tavistock AC	£1
	Landers	Jacob	Sen M	Tamar Trotters	£1
	Langman	Becky	Sen W	Torbay Tri	£1
	Langmead	Olivia	Vet 50 W	Unattached	£2
	Larkham	Sam	Vet 40 M	Tavistock AC	£1

	Lemasurier	Claire	Vet 40 W	Tavistock AC	£1
	Lewis	Ray	Vet 75 M	Exmouth Harriers	£1
	Lilley	Laura	Vet 40 W	Unattached	£2
	Littlewood	Cheryl	Vet 35 W	Plymouth Musketeers	£1
	Lizgt	Bianca	Vet 45 W	Storm Plymouth	£1
	Lowe	Frankie	U10 W	Unattached	£2
	Lowe	Tim	Vet 35 M	Unattached	£2
	MacDonald	Lilibet	Sen W	Unattached	£2
	MacDonald	Ross	Vet 35 M	Plymouth Musketeers	£1
	Malthouse	Harry	U13 M	Tavistock AC	£1
	Malthouse	Rachael	Vet 40 W	Tavistock Run Project	£1
	Mammatt	Guy	Vet 50 M	Tavistock Run Project	£1
	Mannion	Wendy	Vet 60 W	Unattached	£2
	Mansfield	Scott	Vet 35 M	Plymouth Musketeers	£1
	Marriott	Benjamin	U15 M	City of Plymouth AC	£1
	Marriott	Hayley	Vet 50 W	City of Plymouth AC	£1
	Marshall	Lavinia	Vet 70 W	Launceston RR	£1
	Martin	Jason	Vet 40 M	Unattached	£2
	Martin	Nicola	Vet 35 W	Unattached	£2
	Matthams	Daniel	Sen M	Unattached	£2
	Matthams	David	Vet 60 M	Instinctive Sports	£1
	Matthews	Charlene	Vet 35 W	Storm Plymouth	£1
	Matthews	Will	Sen M	Unattached	£2
	Mcardle	Emma	Vet 45 W	Plymouth Harriers	£1
	McAughey	Peter	Vet 50 M	Launceston RR	£1
	McAulay	Anyia	U15 W	Tavistock AC	£1
	McCartney	David	Vet 60 M	Storm Plymouth	£1
	McGavin	Jennifer	Vet 55 W	Tavistock AC	£1
	McLeod	Ian	Vet 60 M	Plymouth Coasters	£1
	McVeigh	Anna	Vet 50 W	Unattached	£2
	McVeigh	Emily	Sen W	Unattached	£2
	McWass	Iain	Vet 40 M	Plymouth Harriers	£1
	Mee-Langmead	Flora	U13 W	Unattached	£2
	Mee-Langmead	Flora	U13 W	Unattached	£2
	Merrett	Lorena	Vet 70 W	Tavistock AC	£1
	Metcalf	Caroline	Vet 45 W	Unattached	£2
	Metcalf	Harry	U10 M	Unattached	£2
	Mill	Francesca	Vet 35 W	Unattached	£2
	Mill	Lewis	Vet 35 M	Tavistock Run Project	£1
	Mills	Carl	Vet 45 M	Instinctive Sports	£1
	Millward	Andy	Vet 55 M	Tavistock AC	£1
	Mitchell	Debbie	Vet 45 W	Hayle Runners	£1
	Monk	Robert	Vet 40 M	Unattached	£2
	Morfey	Michaela	Vet 50 W	Unattached	£2
	Morgan	Craig	Vet 45 M	Unattached	£2
	Morgan	Niki	Vet 55 W	Chepstow Harriers	£1
	Morris	David	Vet 35 M	Plymouth Harriers	£1
	Morton	Chris	Vet 35 M	Unattached	£2
	Mulvaney	Sarah	Vet 45 W	Launceston RR	£1
	Muncey	Mark	Vet 55 M	Unattached	£2
	Munday	Abby	Sen W	Launceston RR	£1
	Nation	Beverley	Vet 60 W	Instinctive Sports	£1
	Neal	Barry	Vet 40 M	Erme Valley Harriers	£1
	Neale	Ben	Vet 35 M	Tavistock AC	£1
	Neale	Matthew	Vet 50 M	Unattached	£2

	Newcombe	Alison	Vet 60 W	Tavistock AC	£1
	Nickel	Lisa	Vet 45 W	Bere Alston Trekkers	£1
	Niskkur	Alika	Vet 40 W	Unattached	£2
	Noakes	Karen	Vet 60 W	Unattached	£2
	Noble	Abbi	Sen W	Unattached	£2
	Noble	Nicola	Vet 35 W	Plymouth Harriers	£1
	Norman	Faye	Sen W	Unattached	£2
	Northmore	Joanne	Vet 50 W	Unattached	£2
	Nutbean	Scarlett	U13 W	Unattached	£2
	Orchard	Ruby	Vet 40 W	Cornwall AC	£1
	Orgacki	Ayla	U13 W	City of Plymouth AC	£1
	Orgacki	Kyle	Vet 35 M	Tamar Trotters	£1
	Orme	Helen	Vet 50 W	Tavistock AC	£1
	Orme	Mark	Vet 50 M	Tavistock AC	£1
	Oualid	Elguendouzi	Sen M	Unattached	£2
	Owen	Emma	Vet 40 W	Bere Alston Trekkers	£1
	Packer	Hugo	U13 M	Unattached	£2
	Page	Danielle	Sen W	Plymouth Harriers	£1
	Page	Martha	U10 W	Unattached	£2
	Page	Mathew	Vet 45 M	Unattached	£2
	Page	Samuel	U13 M	Unattached	£2
	Paine	Richard	Vet 70 M	Tavistock AC	£1
	Pandy	Ravi	Vet 50 M	Storm Plymouth	£1
	Parakkal	Shini	Vet 35 W	Unattached	£2
	Parish	Stephanie	Sen W	Unattached	£2
	Parker	Ollie	Sen M	Royal Navy AC	£1
	Parsons	Nick	Vet 60 M	Tavistock AC	£1
	Paskins	Jasmine	Sen W	Unattached	£2
	Paynter	Adam	Vet 50 M	Launceston RR	£1
	Pearce	Jack	Sen M	Launceston RR	£1
	Pearce	Ruth	Vet 35 W	Unattached	£2
	Peck	Mark	Vet 35 M	Unattached	£2
	Pedmanson	Pille	Sen W	Unattached	£2
	Peers	Alistair	Vet 40 M	Tavistock AC	£1
	Penney	Ross	Vet 35 M	Plymouth Harriers	£1
	Perry	Azara	Sen W	Unattached	£2
	Perry	Merlin	Sen M	Unattached	£2
	Peyton Jones	Ami	Vet 40 W	Plymouth Harriers	£1
	Phillips	Ben	Sen M	Plymouth Harriers	£1
	Phillips	Jean	Vet 55 W	Tavistock AC	£1
	Pipe	Daniel	Vet 50 M	Unattached	£2
	Pipe	Finn	U15 M	Unattached	£2
	Poole	Philippa	Vet 65 W	Tavistock AC	£1
	Porter	John	Vet 50 M	Plymouth Harriers	£1
	Prior	Sarah	Vet 50 W	Tavistock AC	£1
	Prouse	Martyn	Vet 45 M	Unattached	£2
	Prowse	Kirsty	Vet 35 W	DSFRS RC	£1
	Puertas	Chris	Vet 55 M	Plymouth Harriers	£1
	Quinn	Alison	Sen W	Tamar Trails Runners	£1
	Quinn	Harry	U11 M	Unattached	£2
	Quinn	Jonathan	Vet 40 M	Unattached	£2
	Quinn	Orla	U10 W	Unattached	£2
	Quintero	Geraldine	Vet 35 W	Unattached	£2
	Randell	Tim	Vet 60 M	Unattached	£2
	Ranson	Wendy	U10 W	Unattached	£2

	Ratcliffe	Vanessa	Vet 35 W	Unattached	£2
	Reardon	Diane	Vet 70 W	Tavistock AC	£1
	Reid	Noah	U17 M	Tavistock AC	£1
	Reid	Tamsyn	U15 W	Tavistock AC	£1
	Renfree	Bethany	Sen W	Unattached	£2
	Retter	Matthew	Vet 35 M	Unattached	£2
	Robbins	Sarah	Sen W	Plymouth Harriers	£1
	Roberts	Chris	Vet 40 M	Unattached	£2
	Roberts	Sophie	Vet 35 W	Unattached	£2
	Robinson	Jacob	U17 M	City of Plymouth AC	£1
	Robinson	Leigh	Vet 50 M	Plymouth Harriers	£1
	Rogers	Kate	Vet 65 W	Tavistock AC	£1
	Rolinson	Sally	Sen W	Unattached	£2
	Roper	Louise	Sen W	Unattached	£2
	Ruddock	Ann	Vet 60 W	Tavistock AC	£1
	Ruffell	Bryony	Vet 60 W	Unattached	£2
	Ruskin	Sarah	Vet 55 W	Unattached	£2
	Russell	Corin	Vet 35 M	Tavistock AC	£1
	Russell	Katie	Vet 45 W	Unattached	£2
	Russell	William	Sen M	Unattached	£2
	Ryder	Alan	Vet 60 M	Plymouth Musketeers	£1
	Ryder	Angie	Vet 70 W	Unattached	£2
	Ryder	Emma	Sen W	Tavistock AC	£1
	Sahoo	Anis	Sen M	Unattached	£2
	Sanders	Nora	Vet 55 W	Unattached	£2
	Sankey	Nigel	Vet 40 M	Dursely Running Club	£1
	Sargent	Peter	Vet 75 M	South West Veterans AC	£1
	Savage	Adam	Vet 40 M	Unattached	£2
	Savage	James	Vet 50 M	Tavistock AC	£1
	Savage	Lucy	Sen W	Tavistock AC	£1
	Saxty	Len	Vet 75 M	Instinctive Sports	£1
	Schofield	Cheryl	Vet 60 W	Unattached	£2
	Scott	Jon	Vet 40 M	Unattached	£2
	Scott	Sky	Sen W	Unattached	£2
	Scrivens	Dave	Vet 65 M	Unattached	£2
	Searle	Paul	Vet 60 M	Plymouth Coasters	£1
	Sebag-Montefiore	Daisy	U10 W	Unattached	£2
	Sebag-Montefiore	Justina	Vet 40 W	Unattached	£2
	Sebag-Montefiore	Reuben	U15 M	Tavistock AC	£1
	Sebag-Montefiore	Rose	U13 W	Tavistock AC	£1
	Sell	Catriona	Vet 35 W	Launceston RR	£1
	Serres	Roger	Vet 45 M	Launceston RR	£1
	Sharp	Harry	Sen M	Tavistock AC	£1
	Shaw	Harrison	U11 M	Unattached	£2
	Shaw	Louisa	Vet 40 W	Bere Alston Trekkers	£1
	Shearer	Anthony	Vet 70 M	Tavistock AC	£1
	Shelley	Rich	Vet 50 M	Plymstock RR	£1
	Shere	Ruth	Vet 45 W	Unattached	£2
	Shipton	Jason	Vet 50 M	Launceston RR	£1
	Shires	Thomas	Vet 35 M	Unattached	£2
	Sillence	Charles	Sen M	Unattached	£2
	Sillence	Molly	Sen W	Unattached	£2
	Silvester	Harriet	U10 W	Tavistock AC	£1
	Silvester	Nicola	Vet 40 W	Unattached	£2
	Silvester	Timothy	Vet 40 M	Unattached	£2

	Silvester	Toby	U10 M	Unattached	£2
	Sims	Andrew	Vet 55 M	East Cornwall Harriers	£1
	Sims	Karen	Vet 55 W	East Cornwall Harriers	£1
	Sinclair	Mark	Vet 55 M	Plymouth Musketeers	£1
	Sinclair	Sarah-Jane	Vet 55 W	Plymouth Musketeers	£1
	Slack	Cameron	Sen M	Unattached	£2
	Slater	Charlotte	Sen W	Unattached	£2
	Sloley	Richard	Vet 45 M	Instinctive Sports	£1
	Sluggett	Mark	Vet 55 M	Launceston RR	£1
	Smart	Oliver	Sen M	Tavistock Run Project	£1
	Smith	Annette	Vet 70 W	Tavistock AC	£1
	Smith	Justin	Vet 45 M	Unattached	£2
	Smith	Wesley	Sen M	Unattached	£2
	Snell	Jessica	Sen W	Unattached	£2
	Spooner	Suzanne	Vet 40 W	Plymouth Harriers	£1
	Spooner	Suzie	Vet 40 W	Plymouth Harriers	£1
	Spoors	Kathryn	Vet 50 W	Tavistock AC	£1
	Squance	Cynthia	Vet 65 W	Tavistock AC	£1
	Stapleton	Andy	Vet 45 M	Unattached	£2
	Stapleton	Clara	U10 W	Unattached	£2
	Stead	Hazel	U15 W	Tavistock AC	£1
	Steel	Emelia	Sen W	Tavistock AC	£1
	Steel	Jim	Vet 55 M	Unattached	£2
	Steere	Tim	Vet 40 M	Erme Valley Harriers	£1
	Steven	Caroline	Vet 55 W	Tavistock AC	£1
	Stevens	Daniella	Sen W	Unattached	£2
	Stewart	Nick	Vet 55 M	Bere Alston Trekkers	£1
	Stone	Nellie	Vet 65 W	Unattached	£2
	Stratton	Marion	Vet 65 W	Tavistock AC	£1
	Stronge	Paul	Vet 60 M	Unattached	£2
	Summers	Robyn	U15 W	Tavistock AC	£1
	Sutcliffe	Deborah	Vet 60 W	Unattached	£2
	Sutherland	Eric	Sen M	Unattached	£2
	Sweeney	Jacob	U10 M	City of Plymouth AC	£1
	Sweeney	Lucas	U11 M	Unattached	£2
	Sweeney	Paul	Vet 40 M	City of Plymouth AC	£1
	Sweeney	Stacie	Vet 35 W	Unattached	£2
	Swinburne	Sarah	Vet 45 W	Tavistock AC	£1
	Symons	Paula	Vet 50 W	Unattached	£2
	Tandy	Eve	Vet 50 W	Tamar Trotters	£1
	Tasker	Zac	U13 M	Tavistock AC	£1
	Thewlls	Helen	Vet 55 W	Tavistock AC	£1
	Thomas	Mark	Vet 45 M	Storm Plymouth	£1
	Thomas-Stacey	Kirsty	Vet 45 W	Launceston RR	£1
	Thompson	Alice	Vet 35 W	Unattached	£2
	Thompson	Simon	Vet 45 M	Tavistock AC	£1
	Thomson	Ailla	U10 W	Unattached	£2
	Thomson	Joe	Vet 35 M	Launceston RR	£1
	Thomson	Ollie	U13 M	Tavistock AC	£1
	Thorne	Brenda	Vet 65 W	Instinctive Sports	£1
	Thyer	Adam	Sen M	Unattached	£2
	Thyer	Maxine	Vet 45 W	Unattached	£2
	Timson	Phoebe	U17 W	City of Plymouth AC	£1
	Tomlin	Ralph	Vet 55 M	Unattached	£2
	Toms	Simon	Vet 45 M	Fordy Runs	£1

	Travers	Ryan	Vet 40 M	Vegan Runners	£1
	Travers	Sebby	U11 M	City of Plymouth AC	£1
	Tregellas	Morwenna	Vet 40 W	Tavistock AC	£1
	Trice	Dean	Vet 55 M	Plymouth Musketeers	£1
	Trice	Ian	Vet 45 M	Tavistock AC	£1
	Trice	Soozie	Vet 45 W	Tavistock AC	£1
	Trice	Travis	Sen M	Plymouth Musketeers	£1
	Tripp	Helen	Vet 50 W	Tavistock AC	£1
	Tucker	Keeley	Sen W	Unattached	£2
	Turcan	Gill	Vet 65 W	Tavistock AC	£1
	Turner	Christopher	Sen M	Okehampton RC	£1
	Turner	Marisa	Vet 55 W	Launceston RR	£1
	Turner	Murray	Vet 55 M	Bere Alston Trekkers	£1
	Turner	Samantha	Vet 55 W	Plymouth Musketeers	£1
	Turner	Thelma	Vet 70 W	Tavistock AC	£1
	Turnham	Neil	Vet 60 M	Instinctive Sports	£1
	Turpin	Sarah	Vet 35 W	Unattached	£2
	Twine	David	Vet 65 M	Tavistock AC	£1
	Undeme	David	Sen M	Unattached	£2
	Underwood	Jill	Vet 55 W	Unattached	£2
	Underwood	Paul	Vet 40 M	Unattached	£2
	Valevata	Nadiia	U11 W	Unattached	£2
	Valva	Tish	Vet 60 W	Tavistock AC	£1
	Verity	William	U15 M	Unattached	£2
	Walker	Hazel	Vet 50 W	Tavistock AC	£1
	Walker	Rachel	Vet 50 W	Unattached	£2
	Walkerdine	Calli	Vet 40 W	Unattached	£2
	Walkerdine	Greg	Vet 40 M	Unattached	£2
	Walkerdine	Olivia	U10 W	Tavistock AC	£1
	Walkey	Matthew	Vet 40 M	Plymouth Harriers	£1
	Wall	Andy	Vet 35 M	Unattached	£2
	Wall	Mike	Sen M	Unattached	£2
	Walsh	Caelan	U15 M	Unattached	£2
	Walters	Carole	Vet 60 W	Tavistock AC	£1
	Walton	Sarah	Vet 45 W	Tavistock ac	£1
	Wardle	Carly	Vet 35 W	Plymouth Musketeers	£1
	Warren	Derrick	Vet 35 M	Plymstock RR	£1
	Wase	Natalia	Vet 45 W	Unattached	£2
	Waumsley	Pete	Vet 50 M	Tamar Trotters	£1
	Weaver	Michael	Vet 40 M	Unattached	£2
	Weaver-Gore	Kathryn	Vet 60 W	Plymouth Musketeers	£1
	Webber	Emma	Vet 40 W	Tavistock AC	£1
	Webber	Guy	Sen M	Unattached	£2
	Webber	Olivia	U10 W	Unattached	£2
	Welsh	Evie	U10 W	Tavistock AC	£1
	West	Aaron	Vet 40 M	Unattached	£2
	West	Mark	Vet 50 M	Tavistock AC	£1
	West	Samantha	Vet 35 W	Plymouth Musketeers	£1
	West	Shaun	Vet 50 W	Unattached	£2
	Westlake	Daniel	Sen M	Storm Plymouth	£1
	Wevill	Charlie	Sen M	Unattached	£2
	Wheeler	Glen	Vet 50 M	Unattached	£2
	Whitby	Andrew	Vet 60 M	Instinctive Sports	£1
	White	Claire	Vet 45 W	Tavistock AC	£1
	White	Garry	Vet 45 M	Tavistock AC	£1

	White	Samuel	Vet 40 M	Unattached	£2
	Whybrow	Freddie	U13 M	Tavistock AC	£1
	Wilkinson	Les	Vet 60 W	Tavistock AC	£1
	Williams	Chris	Vet 40 M	Unattached	£2
	Williams	Jo	Vet 35 W	Unattached	£2
	Williams	Kerry-Anne	Vet 40 W	Unattached	£2
	Williams	Langdon	Vet 55 M	Exmouth Harriers	£1
	Wilson	Dawn	Vet 60 W	Instinctive Sports	£1
	Winfield	Claire	Vet 55 W	Launceston RR	£1
	Withecumbe	Lucas	U10 M	Tavistock AC	£1
	Woodrow	Lisa	Vet 40 W	Unattached	£2
	Woodrow	Suzie	U13 W	Tavistock AC	£1
	Woods	Helen	Vet 50 M	Tavistock AC	£1
	Woods	Nigel	Vet 50 M	Unattached	£2
	Woolford	Neythen	Vet 35 M	Unattached	£2
	Worth	Daniel	Vet 45 M	Unattached	£2
	Worth	Hannah	Vet 40 W	Tavistock AC	£1
	Worth	Sarah	Vet 35 W	Unattached	£2
	Wunderle	Dave	Sen M	Unattached	£2
	Yeo	Simon	Vet 40 M	Unattached	£2
	Yoshihara-Coles	Naoka	Vet 50 W	Tavistock AC	£1
	Young	Jenny	Vet 60 W	Unattached	£2
	Young	Marc	Vet 50 M	Plymouth Musketeers	£1
	Young	Tessa	Sen W	Unattached	£2