

# The TAVY 5k



A **TAVISTOCK**  
Athletic Club  
Production

## Results

21 December 2024

Version 1

Pos.	Time	Forename	Surname	Club	Age Cat.	Age Cat. Position	Age Graded Performance	Course Record	Age Category Record
1	15:52	Ben	Neale	Tavistock AC	Vet 35 M	1	85.40%		
2	16:15	Jim	Cole	Tavistock Run Project	Vet 40 M	1	85.23%		
3	16:19	Peter	Newman	Unattached	Sen M	1	79.98%		
4	16:23	Sam	Larkham	Tavistock AC	Vet 40 M	2	83.93%		
5	17:11	Richard	Ezra-Ham	Tamar Trotters	Sen M	2	75.65%		
6	17:29	Scott	Mansfield	Plymouth Musketeers	Vet 35 M	2	76.36%		
7	17:33	Joel	Heatley	South West Road Runners	Vet 40 M	3	78.92%		
8	17:39	Andrew	Smith	Marshall Milton Keynes AC	Sen M	3	73.09%		
9	17:46	Reuben	Sebag-Montefiore	Tavistock AC	U17 M	1	78.33%		
10	18:01	Derrick	Warren	Plymstock RR	Vet 35 M	3	75.21%		
11	18:18	David	Friskin	Plymouth Musketeers	Vet 35 M	4	72.04%		
12	18:21	Taylan	Jones	City of Plymouth AC	U15 M	1	79.02%		
13	18:23	Joe	Thomson	Launceston RR	Vet 35 M	5	73.16%		
14	18:43	Matthew	Retter	Unattached	Vet 35 M	6	72.40%		
15	18:51	Kristian	Curtis	Unattached	Sen M	4	68.52%		
16	19:04	Jack	Anthony	Tavistock AC	U13 M	1	77.97%		
17	19:14	Nathan	Folland	Tavistock Run Project	Vet 40 M	4	73.14%		
18	19:17	Ian	Trice	Tavistock AC	Vet 45 M	1	75.89%		
19	19:20	Damian	Dunne	Plymouth Musketeers	Vet 50 M	1	76.29%		
20	19:23	Daniel	Case	Tamar Trotters	Vet 35 M	7	69.39%		
21	19:24	James	Spencer	Unattached	Vet 40 M	5	71.99%		
22	19:25	David	Kilgore	Storm Plymouth	Vet 45 M	2	74.76%		
23	19:35	Alan	Ryder	Plymouth Musketeers	Vet 60 M	1	81.87%		
24	19:51	Grant	Harvey	Tavistock AC	Vet 40 M	6	69.77%		

25	19:59	Jonathan	Kappes	Launceston RR	Vet 55 M	1	76.90%		
26	20:16	Phoebe	Timson	City of Plymouth AC	Sen W	1	74.59%		
27	20:20	Mark	Peck	Okehampton RC	Vet 35 M	8	66.15%		
28	20:23	James	Armstrong	Tavistock AC	Vet 40 M	7	66.97%		
29	20:27	Dan	Bailey	Tavistock Run Project	Sen M	5	63.24%		
30	20:29	Andy	Bees	Plymouth Musketeers	Vet 40 M	8	68.19%		
31	21:14	Olivia	Walkerdine	Tavistock AC	U11 W	1	80.38%		
32	21:20	Mark	Foster	Unattached	Vet 50 M	2	70.23%		
33	21:26	Tim	Mycock	Plymouth Musketeers	Vet 50 M	3	70.53%		
34	21:35	Steve	Hale	Team Bath AC	Vet 65 M	1	77.68%		
35	21:36	Martyn	Prouse	Unattached	Vet 45 M	3	67.21%		
36	21:38	Cheryl	Littlewood	Plymouth Musketeers	Vet 35 W	1	69.95%		
37	21:56	Jodi	Armstrong	Unattached	Vet 40 W	1	69.76%		
38	21:59	Garry	White	Tavistock AC	Vet 45 M	4	66.57%		
39	22:06	Steve	Cox	Tavistock AC	Vet 55 M	2	69.53%		
40	22:15	David	Boonstra	Unattached	Vet 50 M	4	67.34%		
41	22:22	Georgie	Farr	Storm Plymouth	Sen W	2	66.17%		
42	22:27	Logan	Mansfield	City of Plymouth AC	U13 M	2	68.15%		
43	22:28	Caroline	Steven	Tavistock AC	Vet 55 W	1	81.68%		
44	23:02	Carly	Wardle	Plymouth Musketeers	Vet 35 W	2	64.91%		
45	23:08	Mirianthi	Crossey	Tavistock AC	U15 W	1	69.02%		
46	23:42	Thomas	Wright	Unattached	Sen M	6	54.43%		
47	23:44	Gary	Martin	Plymouth Musketeers	Vet 55 M	3	64.75%		
48	23:54	Soozie	Trice	Tavistock AC	Vet 45 W	1	69.32%		
49	23:54	Molly	Bytheway	Tavistock AC	Sen W	3	61.92%		
50	24:29	Ceri	Bryant	Unattached	Sen W	4	60.45%		
51	24:38	Jim	Andrews	Plymouth Musketeers	Vet 60 M	2	66.85%		
52	24:40	Shaun	West	Unattached	Vet 50 W	1	70.61%		
53	24:46	Peter	Armstrong	Plymouth Harriers	Vet 40 M	9	55.11%		
54	25:01	George	Lake	Tavistock AC	U10 M	1	65.36%		
55	25:02	Theia	Jones	City of Plymouth AC	U10 W	1	70.11%		
56	25:06	Oliver	Neale	Tavistock AC	U13 M	3	60.96%		
57	25:08	Adam	Paynter	Launceston RR	Vet 50 M	5	59.15%		
58	25:22	Abbie	Heeley	Storm Plymouth	Vet 35 W	3	58.94%		

59	25:27	Elisa	Mendes	Tavistock AC	Sen W	5	58.28%		
60	25:36	Sam	Roberts	Unattached	Sen M	7	50.65%		
61	25:39	Emelia	Steel	Unattached	Sen W	6	57.70%		
62	25:40	Sue	Gawman	Unattached	Vet 55 W	2	69.61%		
63	25:44	Rhian	Lismore	Plymouth Musketeers	Vet 40 W	2	59.78%		
64	25:51	Peter	Bazley	Tavistock AC	Vet 65 M	2	67.44%		
65	26:00	Samantha	Martin	Plymouth Musketeers	Vet 50 W	2	66.09%		
66	26:01	Fearne	Brogden	Tavistock AC	U11 W	2	65.60%		
67	26:05	Louise	Roper	Unattached	Sen W	7	56.81%		
68	26:36	Nicole	Heryet	Tavistock AC	Vet 50 W	3	65.48%		
69	26:36	Feyi	Disu	Unattached	Vet 35 M	9	49.87%		
70	26:43	Les	Wilkinson	Tavistock AC	Vet 60 W	1	71.62%		
71	27:04	Patrick	Knight	Unattached	Vet 60 M	3	59.24%		
72	27:11	Claire	Anthony	Unattached	Vet 45 W	2	59.60%		
73	27:13	Jack	Smyly	Unattached	Sen M	8	47.40%		
74	27:15	Richard	Walker	Unattached	Vet 50 M	6	55.90%		
75	27:19	Hazel	Walker	Tavistock AC	Vet 50 W	4	63.76%		
76	27:43	Lizz	Heatley	Unattached	Vet 40 W	3	55.50%		
77	27:47	Andy	Hughes	Tavistock AC	Vet 65 M	3	62.09%		
78	27:49	Rose	Sebag-Montefiore	Tavistock AC	U13 W	1	58.54%		
79	28:00	Lucy	Hann	Tavistock AC	Vet 45 W	3	57.86%		
80	28:08	Sarah	Fast	Okehampton RC	Vet 35 W	4	53.50%		
81	28:18	Calli	Walkerdine	Unattached	Vet 40 W	4	55.59%		
82	28:25	Geoffrey	Honey	Plymouth Harriers	Vet 75 M	1	66.69%		
83	28:32	Mary	Brogden	Tavistock AC	U13 W	2	57.07%		
84	28:41	Bluebell	Cooke	Tavistock AC	U13 W	3	56.77%		
85	28:44	Marc	Lewis	Unattached	Vet 35 M	10	47.16%		
86	28:58	Josephine	Steel	Unattached	Sen W	8	51.09%		
87	29:01	Luke	Crossey	Unattached	Vet 40 M	10	48.13%		
88	29:09	Mary	Oxborough-Clarke	Unattached	Sen W	9	51.00%		
89	29:12	Cheryl	Schofield	Tavistock AC	Vet 60 W	2	65.53%		
90	29:48	Emma	Brogden	Unattached	U10 W	2	62.98%		
91	29:48	Thomas	Brogden	Tavistock AC	Vet 40 M	11	46.48%		
92	29:48	Tim	Haines	Tavistock AC	Vet 50 M	7	49.89%		

93	29:57	Ryan	Ellis	Unattached	Sen M	9	43.18%		
94	30:01	John	Barnes	Launceston RR	Vet 60 M	4	55.36%		
95	30:03	Jean	Phillips	Tavistock AC	Vet 55 W	3	61.06%		
96	30:08	Claire	White	Tavistock AC	Vet 45 W	4	52.71%		
97	30:31	Marion	Stratton	Tavistock AC	Vet 65 W	1	68.49%		
98	30:35	Annette	Smith	Tavistock AC	Vet 70 W	1	75.26%		
99	31:21	Hannah	Creasy	Tavistock AC	Vet 50 W	5	54.12%		
100	31:25	Thelma	Turner	Tavistock AC	Vet 70 W	2	70.88%		
101	31:34	Cynthia	Squance	Tavistock AC	Vet 65 W	2	66.21%		
102	31:40	Lorena	Merrett	Tavistock AC	Vet 70 W	3	73.95%		
103	31:48	Claire	Pilsbury	Tavistock AC	Vet 35 W	5	47.17%		
104	33:28	Ailla	Thomson	Unattached	U10 W	3	52.44%		
105	33:34	Abi	Davies	Unattached	Sen W	10	44.09%		
106	33:42	Simon	Hubbard	Tavistock AC	Vet 55 M	4	45.60%		
107	33:47	Daisy	Sebag-Montefiore	Unattached	U10 W	4	51.95%		
108	33:47	Justina	Sebag-Montefiore	Unattached	Vet 40 W	5	46.57%		
109	34:42	Darren	Fisher	Tavistock AC	Vet 55 M	5	44.67%		
110	35:51	Alan	Crossey	Unattached	Vet 75 M	2	53.79%		
111	36:18	Catherine	Overy	Unattached	Vet 35 W	6	41.32%		
112	39:25	Christine	Teague	Tavistock AC	Vet 60 W	3	50.66%		
113	40:47	Dominika	Nawalany	Bere Alston Trekkers	Vet 40 W	6	37.52%		
114	40:47	Debbie	Ashton	Unattached	Vet 50 W	6	42.71%		
115	40:47	Susan	Eick	Unattached	Vet 45 W	5	40.62%		
116	47:19	Hywel	Edwards	Unattached	Vet 70 M	1	39.38%		