Updated 08/03/2020 Award Scheme Records – Women (Valid times from April 2019 or joining date onwards) (Time shown in brackets is target time for Sapphire award)						
Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Women						
Elizabeth Baker	07-May-2019 ORC TT 08:00 BRONZE 61.5%	07-Apr-2019 RITP 29:48 SAPPHIRE 54.9%				
Anne Binns		29-Feb-2020 Futakotamag' PR 23:43 DIAMOND 74.3%			09-Jun-2019 Ruby Run 1:53:01 GOLD 68.5%	13-Oct-2019 Chicaco 3:52:48 DIAMOND 72.8%
Claudine Benstead	23-May-2019 ORC TT 05:50 PLATINUM 96.4%	01-Jun-2019 Exeter R'side PR 19:41 PLATINUM 95.8%	12-May-2019 Bideford 40:40 PLATINUM 95.0%		23-Jun-2019 Vancouver 1:31:21 PLATINUM 91.8%	
Vicky Bond			19-Jan-2020 First Chance 58:13 SAPPHIRE 55.9%	03-Nov-2019 Bideford 1:35:01 SAPPHIRE 56.1%	08-Mar-2020 Bideford 2:04:40 BRONZE 56.6%	
Jo Bradford	21-May-2019 ORC TT 06:27 GOLD 73.5%	10-Sep-2019 Run Ex 23:07 GOLD 70.0%	19-Jan-2020 First Chance 47:59 GOLD 69.1%	03-Nov-2019 Bideford 1:21:14 SILVER 66.9%	25-Aug-2019 Severn Bridge 1:51:44 SILVER 64.4%	06-Oct-2019 Chester 3:48:04 GOLD 67.8%
Jo Burrow	14-May-2019 ORC TT 07:28 SAPPHIRE 57.8%	25-May-2019 Southampton PR 27:06 SAPPHIRE 55.5%	19-Jan-2020 First Chance 56:03 SAPPHIRE 55.3%			
Ruth Bushell			19-Jan-2020 First Chance 1:01:40 BRONZE 59.3%			
Andrea Cowling	07-May-2019 ORC TT 09:39 SAPPHIRE 55.9%					
Deborah Cunningham	23-May-2019 ORC TT 08:10 BRONZE 63.4%					
Jackie Dawes	21-May-2019 ORC TT 06:58 GOLD 72.4%	19-Sep-2019 Run Ex 24:07 GOLD 70.3%	19-Jan-2020 First Chance 50:21 GOLD 69.9%	03-Nov-2019 Bideford 1:22:56 GOLD 68.7%	01-Mar-2020 Exeter 1:53:08 GOLD 67.5%	24-Nov-2019 Florence 3:55:33 GOLD 69.1%

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Emma Dean	21-May-2019 ORC TT 06:07 GOLD 74.8%		12-May-2019 Bideford 47:24 SILVER 67.5%		08-Mar-2020 Bideford 1:45:06 GOLD 66.6%	29-Sep-2019 Barnstaple 3:59:02 SILVER 62.4%
Joanna Drew	21-May-2019 ORC TT 09:02 (0:08:31) 51.8%					
Christine Fritsch	14-May-2019 ORC TT 07:11 SILVER 66.0%	05-May-2019 RITP 25:58 BRONZE 61.7%	12-May-2019 Bideford 1:01:08 SAPPHIRE 53.7%			
Karen Gear		31-Aug-2019 Killerton PR 24:23 BRONZE 62.3%	07-Jul-2019 Barnstaple 51:55 BRONZE 60.0%			
Suzanne Gratton	07-May-2019 ORC TT 08:34 BRONZE 60.4%					
Jessica Guscott		23-Nov-2019 ORC TT 23:38 BRONZE 62.6%			07-Dec-2019 Plym Trail 2:00:14 SAPPHIRE 54.7%	
Carron Holmes			22-Sep-2019 Warhorse 1:03:11 SILVER 67.7%			
Denise Horner		04-Aug-2019 RITP 27:44 SILVER 65.2%				
Jane Jackson		04-Aug-2019 RITP 28:12 GOLD 70.8%	15-Dec-2019 Haldon Jingle Bell 1:08:36 BRONZE 59.6%	03-Nov-2019 Bideford 1:43:07 SILVER 65.0%		
Jane Jones			22-Sep-2019 Warhorse 1:04:25 SAPPHIRE 57.6%			
Mags Jarvis	23-May-2019 ORC TT 07:10 PLATINUM 84.5%	04-Jun-2019 Run Ex 25:01 PLATINUM 81.0%	19-Apr-2019 Exeter Fast Friday 53:19 DIAMOND 77.9%	03-Nov-2019 Bideford 1:30:35 DIAMOND 75.1%	29-Sep-2019 Barnstaple 1:59:30 DIAMOND 75.4%	

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Karen King	21-May-2019 ORC TT 06:47 SILVER 65.9%	04-Jun-2019 Run Ex 23:52 SILVER 64.4%	12-May-2019 Bideford 49:44 SILVER 63.4%	03-Nov-2019 Bideford 1:29:53 BRONZE 57.4%	09-Jun-2019 Ruby Run 1:51:24 SILVER 61.4%	07-Apr-2019 Great Manchester 4:17:19 BRONZE 56.0%
Katie Littlejohns					09-Jun-2019 Ruby Run 1:31:58 DIAMOND 71.5%	29-Sep-2019 Barnstaple 3:27:19 GOLD 65.3%
Michelle Luddington	07-May-2019 ORC TT 08:24 BRONZE 63.3%	24-Nov-2019 ORC TT 28:40 BRONZE 63.1%	19-Jan-2020 First Chance 59:42 BRONZE 62.1%	03-Nov-2019 Bideford 1:43:17 BRONZE 58.8%		
Louise Lyle				03-Nov-2019 Bideford 1:20:16 BRONZE 61.9%		
Molly Marvin		25-May-2019 Tamar Lakes PR 22:18 SILVER 67.1%				
Sarah Marvin		20-Apr-2019 Exeter R'side PR 20:56 DIAMOND 76.5%	12-May-2019 Bideford 43:57 DIAMOND 74.7%		19-May-2019 Exeter 1:41:47 GOLD 70.0%	
Kerry Morashti	07-May-2019 ORC TT 07:51 GOLD 74.9%	05-May-2019 RITP 28:25 GOLD 69.2%	12-May-2019 Bideford 58:48 GOLD 68.5%			
Tracey Mills				03-Nov-2019 Bideford 1:40:08 BRONZE 58.3%		
Katherine Murray	14-May-2019 ORC TT 06:36 BRONZE 63.5%	04-Aug-2019 RITP 24:30 BRONZE 60.4%				31-Aug-2019 Dartmoor Highground 5:58:16 SAPPHIRE 37.8%
Jo Page	17-Sep-2019 ORC TT 05:50 GOLD 72.7%	10-Sep-2019 Run Ex 19:58 DIAMOND 74.6%	27-Oct-2019 Lausanne 40:49 DIAMOND 74.8%	03-Nov-2019 Bideford 1:08:59 DIAMOND 72.5%	08-Feb-2020 Exeter 1:30:47 DIAMOND 72.9%	13-Oct-2019 Chicaco 3:14:08 DIAMOND 70.4%
Melanie Priday		06-Oct-2019 RITP 29:28 SAPPHIRE 56.2%				
Hannah Ramsey		07-Apr-2019 RITP 26:41 BRONZE 60.7%				

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Jackie Rice	14-May-2019 ORC TT 07:36 GOLD 72.9%	24-Nov-2019 ORC TT 27:09 GOLD 69.4%	22-Sep-2019 Warhorse 1:05:40 BRONZE 58.0%			
Jane Richardson	14-May-2019 ORC TT 07:46 PLATINUM 86.0%	14-Sep-2019 Exeter R'side PR 26:48 PLATINUM 83.0%	29-Sep-2019 Exmouth 57:53 PLATINUM 78.8%	03-Nov-2019 Bideford 1:40:30 DIAMOND 74.3%	22-Sep-2019 Winchester 2:19:20 DIAMOND 71.0%	
Kathleen Sincock				03-Nov-2019 Bideford 1:16:40 PLATINUM 77.2%	08-Mar-2020 Bideford 1:41:59 PLATINUM 76.9%	
Lotte Smith				03-Nov-2019 Bideford 1:40:13 BRONZE 57.5%		07-Apr-2019 Vienna City 5:05:33 SAPPHIRE 54.0%
Katy Speak			19-Jan-2020 First Chance 55:45 SILVER 67.4%			
Gill Spinney		05-Jan-2020 RITP 26:31 SAPPHIRE 58.4%				04-Aug-2019 Something Wild 5:57:09 SAPPHIRE 43.8%
Ellodie Stott		01-Mar-2020 RITP 25:16 SAPPHIRE 58.5%				
Gillian Tabor		11-Jan-2019 Gloucester City PR 29:20 SAPPHIRE 56.4%			13-Oct-2019 Great West Run 2:07:46 BRONZE 58.3%	
Daniella Tansley	14-May-2019 ORC TT 07:32 SAPPHIRE 58.7%	29-Feb-2020 Exeter R'side PR 28:17 SAPPHIRE 54.3%				
Jo-Anne Turner					08-Mar-2020 Bideford 1:56:51 BRONZE 60.4%	
Karen Vallance			17-Jul-2019 Exeter 45:03 DIAMOND 75.3%		08-Mar-2020 Bideford 1:42:56 DIAMOND 72.4%	29-Sep-2019 Barnstaple 3:48:22 GOLD 69.5%

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Kathryn Volkelt-Igoe	**14-May-2019 ORC TT 08:08 GOLD 71.2%**	**01-Feb-2019 Shrewsbury PR 30:17 SILVER 63.1%**	**12-May-2019 Bideford 1:02:22 SILVER 63.7%**	**03-Nov-2019 Bideford 1:48:46 BRONZE 59.8%**		
Catherine Walker			**12-May-2019 Bideford 59:27 SAPPHIRE 54.2%**		**23-Jun-2019 Torbay 2:09:58 SAPPHIRE 53.8%**	
Lu Walsh	**21-May-2019 ORC TT 06:42 GOLD 73.4%**		**12-May-2019 Bideford 51:18 SILVER 66.1%**		**08-Mar-2020 Bideford 1:56:48 SILVER 63.8%**	
Geraldine Walter		**25-May-2019 Southampton PR 26:23 BRONZE 60.7%**				
Janet White	**07-May-2019 ORC TT 10:11 BRONZE 64.5%**	**05-May-2019 RITP 35:09 BRONZE 62.3%**	**22-Sep-2019 Warhorse 1:16:36 BRONZE 58.6%**			
Kate Wilson			**12-May-2019 Bideford 51:40 GOLD 70.8%**	**22-Feb-2020 Looe 1:44:33 BRONZE 57.3%**	**27-Oct-2019 Plym Trail 1:54:25 GOLD 69.4%**	**24-Nov-2019 Florence 4:22:00 GOLD 65.6%**
Hannah Woods		**25-May-2019 Southampton PR 29:14 SAPPHIRE 54.3%**				