

Award Scheme Records - Ladies  
 (Valid times from April 2011 or joining date onwards)  
 (Time shown in brackets is target time for Bronze award)

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
<u>Senior Ladies</u>						
Cathy Carey	3-May-2011 Oke TT 6:46 <b>BRONZE</b>		17-Aug-2011 Exeter city-run 53:22 (49:00)	9-Oct-2011 Bideford 1:40:16 (1:24:00)		17-Apr-2011 London 4:38:39 <b>BRONZE</b>
Claire Mortimer (Down)					16-Oct-2011 Cardiff 1:51:09 <b>BRONZE</b>	
Katy Graves		7-Jun-2011 Oke TT 29:00				
Sarah Haigh	8-Sep-2011 Oke TT 6:46 <b>BRONZE</b>	9-Aug-2011 Oke TT 23:57 <b>BRONZE</b>	17-Aug-2011 Exeter city-run 52:05 (49:00)	27-Nov-2011 Bicton Blister 1:38:19 (1:24:00)	9-Oct-2011 Eden 1:59:19 (1:55:00)	
Katie Littlejohns					4-Mar-2012 Bideford 1:41:38 <b>BRONZE</b>	
Lora Medland	8-Sep-2011 Oke TT 7:18 (6:55)	13-Sep-2011 Club Handicap 27:51 (24:00)		9-Oct-2011 Bideford 1:34:24 (1:24:00)		
Abby Metherell MOST IMPROVED	3-May-2011 Oke TT 7:26 (6:55)	13-Sep-2011 Club Handicap 26:48 (24:00)	8-Jan-2012 First Chance 51:49 (49:00)	9-Oct-2011 Bideford 1:28:07 (1:24:00)		
Rachael O'Dell		2-Jun-2011 Oke TT 34:29 (24:00)	15-May-2011 Bideford 1:05:08 (49:00)		12-Jun-2011 Ruby Run 2:31:24 (1:55:00)	
Kirstin Phippard	3-May-2011 Oke TT 5:51 SILVER	13-Sep-2011 Club Handicap 21:50 <b>BRONZE</b>	15-May-2011 Bideford 44:01 <b>BRONZE</b>			17-Apr-2011 London 3:42:54 <b>BRONZE</b>
Leanne Rice MEMBER OF THE YEAR	19-May-2011 Oke TT 6:13 <b>BRONZE</b>				16-Oct-2011 Cardiff 1:51:35 <b>BRONZE</b>	17-Apr-2011 London 4:11:54 <b>BRONZE</b>
Beki Simmons	19-May-2011 Oke TT 8:38 (6:55)					
Lucy Skye	19-May-2011 Oke TT 5:52 SILVER	7-Jun-2011 Oke TT 21:24 SILVER	15-May-2011 Bideford 45:20 <b>BRONZE</b>	26-Jun-2011 Lanhydrock 1:25:57 (1:24:00)	7-Aug-2011 Sturminster Newton 1:50:58 <b>BRONZE</b>	9-Oct-2011 Eden 4:09:24 <b>BRONZE</b>
Lita Vallance					12-Jun-2011 Ruby Run 2:39:31 (1:55:00)	
Lisa Veale	3-May-2011 Oke TT 6:26 <b>BRONZE</b>					17-Apr-2011 London 4:09:36 <b>BRONZE</b>
Rebecca Walker	3-May-2011 Oke TT 7:12 (6:55)					
Jayne West	3-May-2011 Oke TT 6:24 <b>BRONZE</b>	7-Jun-2011 Oke TT 23:26 <b>BRONZE</b>			10-Apr-2011 Tavy13 1:54:54 <b>BRONZE</b>	2-Oct-2011 Eden 4:40:49 <b>BRONZE</b>

Veteran 35+						
Laura Alm	19-May-2011 Oke TT 6:07 SILVER	2-Jun-2011 Oke TT 23:28 BRONZE				
Elizabeth Ash	8-Sep-2011 Oke TT 6:50 BRONZE			9-Oct-2011 Bideford 1:28:55 (1:25:00)	4-Mar-2012 Bideford 1:52:06 BRONZE	
Rachel Baker		1-May-2011 Great West 5K 28:29 (24:30)	15-May-2011 Bideford 59:08 (50:00)			
Lucy Brint	19-May-2011 Oke TT 8.23 (7:00)					
Emma-Lisa Cunningham	8-Sep-2011 Oke TT 6:47 BRONZE	2-Jun-2011 Oke TT 26:01 (24:30)	15-May-2011 Bideford 59:02 (50:00)		4-Mar-2012 Bideford 2:03:45 (1:58:00)	
Jo-Anne Fletcher	19-May-2011 Oke TT 6:15 SILVER	7-Jun-2011 Oke TT 22:43 BRONZE		30-Oct-2011 Great South Run 1:18:35 BRONZE		2-Oct-2011 Jersey 4:25:20 BRONZE
Claire Gee	19-May-2011 Oke TT 7:14 (7:00)		15-May-2011 Bideford 55:12 (50:00)			
Alison Holliday			17-Aug-2011 Exeter city-run 1:00:34	9-Oct-2011 Bideford 1:40:16		17-Apr-2011 London 5:24:15 BRONZE
Mary Moore	8-Sep-2011 Oke TT 6:20 BRONZE		15-May-2011 Bideford 55:12 (50:00)			
Melissa Pinfield	8-Sep-2011 Oke TT 7:18 (7:00)				4-Mar-2012 Bideford 1:59:32 (1:58:00)	
Clare Poulter WINNER HANDICAP RACE	27-Mar-2012 Oke TT 7.05 (7:00)	4-Aug-2011 Oke TT 23:53 BRONZE	8-Jan-2012 First Chance 53:21 (50:00)	19-Feb-2012 Plymouth Hoe 10 1:27:24 (1:25:00)	4-Mar-2012 Bideford 1:54:58 BRONZE	
Beki Simmons	27-Mar-2012 Oke TT 7:33 (7:00)					
Karen Skye	27-Mar-2012 Oke TT 6.03 SILVER	7-Jun-2011 Oke TT 20:09 SILVER	15-May-2011 Bideford 40:51 GOLD	26-Jun-2011 Lanhydrock 1:14:27 SILVER	7-Aug-2011 Sturminster Newton 1:32:09 SILVER	9-Oct-2011 Eden 3:43:20 SILVER
Lita Vallance					12-Feb-2012 Exeter 2:27:26 (1:55:00)	

Veteran 40+						
Laura Alm					12-Feb-2012 Exeter 1:39:02 BRONZE	
Esther Brunati-Taylor					4-Mar-2012 Bideford 2:10:57 (2:05:00)	
Debbie Bryant			15-May-2011 Bideford 1:09:16 (52:00)			
Joanne Camies	3-May-2011 Oke TT 6:46 BRONZE		17-Aug-2011 Exeter city-run 52:13 (52:00)	9-Oct-2011 Bideford 1:27:57 BRONZE		17-Apr-2011 London 4:35:29 BRONZE
Jessica Corcoran	3-May-2011 Oke TT 7:18 BRONZE	7-Jun-2011 Oke TT 27:27 (25:30)			4-Mar-2012 Bideford 2:25:06 (2:05:00)	
Carole Cornwall COACH OF THE YEAR	19-May-2011 Oke TT 7:30 (7:20)	7-Jun-2011 Oke TT 26:21 (25:30)	17-Aug-2011 Exeter city-run 53:22 (52:00)		29-May-2011 Plymouth 2:11:12 (2:05:00)	
Gina Jones	8-Sep-2011 Oke TT 8:01 (7:20)					
Fiona Mugliston	19-May-2011 Oke TT 7:20 BRONZE		8-Jan-2012 First Chance 51:16 BRONZE			
Heather Richards	27-Mar-2012 Oke TT 7.07 BRONZE					
Karen Vallance	3-May-2011 Oke TT 6:17 SILVER	2-Jun-2011 Oke TT 22:45 BRONZE				17-Apr-2011 London 4:29:51 BRONZE
Sue Walker	19-May-2011 Oke TT 5:39 GOLD	5-Jun-2011 Taunton Triathlon 18:58 DIAMOND	10-Sep-2011 London Duathlon 40:47 GOLD			
Tracey Webber			15-May-2011 Bideford 1:09:16 (52:00)			

Veteran 45+						
Philippa Allom					10-Apr-2011 Tavy13 2:02:03 BRONZE	1-May-2011 Neolithic 4:37:34 BRONZE
Leoni Antoniazzi				29-Jan-2012 Braunton 10 1:43:53 (1:35:00)	12-Jun-2011 Ruby Run 2:24:22 (2:12:00)	
Deborah Cunningham		2-Jun-2011 Oke TT 25:01 BRONZE		27-Nov-2011 Bicton Blister 1:40:23 (1:35:00)	4-Mar-2012 Bideford 1:51:41 SILVER	
Denise Horner	8-Sep-2011 Oke TT 7:30 BRONZE					
Jane Jones	27-Mar-2012 Oke TT 6.38 SILVER	7-Jun-2011 Oke TT 24:34 BRONZE	8-Jan-2012 First Chance 49:19 SILVER	9-Oct-2011 Bideford 1:28:55 BRONZE	10-Apr-2011 Tavy13 1:56:32 BRONZE	21-May-2011 White Peak 4:33:19 BRONZE
Tracey Mills	27-Mar-2012 Oke TT 7:41 BRONZE					
Katy Speak HARDEST TRAINER	3-May-2011 Oke TT 6:56 BRONZE	7-Jun-2011 Oke TT 25:09 BRONZE	8-Jan-2012 First Chance 51:11 BRONZE	9-Oct-2011 Bideford 1:31:44 BRONZE	29-May-2011 Plymouth 2:07:29 BRONZE	
Ros Woodward	3-May-2011 Oke TT 7:30 BRONZE	2-Jun-2011 Oke TT 26:54 BRONZE			4-Mar-2012 Bideford 2:07:18 BRONZE	
Veteran 50+						
Jane Lott		31-Mar-2012 Norwich Park Run 30:27 (28:30)				
Wendy Manfield		9-Aug-2011 Oke TT 23:13 GOLD				
Jackie Rice	3-May-2011 Oke TT 6:42 GOLD					
Veteran 55+						
Marilyn Cooper	19-May-2011 Oke TT 6:43 DIAMOND	1-May-2011 Great West 5K 24:06 GOLD	8-Jan-2012 First Chance 49:49 GOLD	9-Oct-2011 Bideford 1:24:21 GOLD	19-Jun-2011 Torbay 1:54:30 GOLD	10-Apr-2011 Great Welsh 4:03:35 GOLD
Jane Jackson HIGHEST ACHIEVER	3-May-2011 Oke TT 6:27 DIAMOND	2-Jun-2011 Oke TT 22:41 DIAMOND	15-May-2011 Bideford 47:42 DIAMOND	19-Feb-2012 Plymouth Hoe 10 1:18:29 DIAMOND	4-Mar-2012 Bideford 1:44:07 DIAMOND	10-Apr-2011 Great Welsh 4:03:35 GOLD

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