

Award Scheme Records – Ladies

(Valid times from April 2012 or joining date onwards)
(Time shown in brackets is target time for Bronze award)

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Senior Ladies						
Jo Bowler	06-09-2012 ORC TT 6:57 (6:55)	11-09-2012 ORC Handicap 24:39 (24:00)				
Cathy Carey	12-07-2012 ORC TT 6:32 BRONZE				03-03-2013 Bideford 1:48:17 BRONZE	
Gemma Cole	10-05-2012 ORC TT 8:30 (6:55)					
Nicola Cook	10-05-2012 ORC TT 7:50 (6:55)					
Beverly Dennis					03-03-2013 Bideford 2:10:14 (1:55:00)	
Sophie Down	06-09-2012 ORC TT 6:33 BRONZE					
Hayley Gent	10-05-2012 ORC TT 8:05 (6:55)					
Sophie Halliday						15-04-2012 Paris 3:55:06 BRONZE
Claire Kelly	03-07-2012 ORC TT 6:27 BRONZE	14-06-2012 ORC TT 23:59 BRONZE	20-01-2013 First Chance 50:05 (49:00)		03-03-2013 Bideford 1:49:17 BRONZE	
Katie Littlejohns						07-10-2012 Jersey 3:56:05 BRONZE
Becky Lunk	10-05-2012 ORC TT 8:43 (6:55)					
Abby Metherell	10-05-2012 ORC TT 6:48 BRONZE	12-06-2012 ORC TT 24:37 (24:00)		04-11-2012 Bideford 1:27:16 (1:24:00)	03-03-2013 Bideford 1:52:37 BRONZE	22-04-2012 London 4:52:25 BRONZE
Leanne Rice	10-05-2012 ORC TT 6:15 BRONZE					22-04-2012 London 3:56:08 BRONZE
Heather Richards Hardest Trainer	06-09-2012 ORC TT 6:35 BRONZE	11-09-2012 ORC Handicap 24:43 (24:00)	16-08-2012 Exeter 50:18 (49:00)	04-11-2012 Bideford 1:26:32 (1:24:00)	03-03-2013 Bideford 1:58:55 (1:55:00)	
Lucy Skye Member & Coach of the Year	12-07-2012 ORC TT 5:59 SILVER	09-08-2012 ORC TT 22:55 BRONZE	21-07-2012 Bath Roman 10K 52:26 (49:00)			22-04-2012 London 3:53:48 BRONZE

Emma Sizmur			14-06-2012 Powderham 48:57 BRONZE		21-10-2012 Dartmoor Vale 1:46:39 BRONZE	
Ellodie Stott	06-09-2012 ORC TT 6:27 BRONZE					
Jess Trerise					14-10-2012 Cardiff 1:39:02 SILVER	
Rebecca Walker						15-04-2012 Paris 4:57:07 BRONZE
Jayne West						22-04-2012 London 4:16:12 BRONZE
Abby Williams Most Improved	10-05-2012 ORC TT 6:41 BRONZE		16-08-2012 Exeter 51:01 (49:00)	04-11-2012 Bideford 1:23:49 BRONZE	03-03-2013 Bideford 1:48:16 BRONZE	

Veteran 35+

Elizabeth Ash				04-11-2012 Bideford 1:25:02 BRONZE	10-06-2012 Ruby Run 1:58:19 (1:58:00)	
Emma-Lisa Cunnington	12-07-2012 ORC TT 6:44 BRONZE				15-04-2012 Tavy 13 2:06:52 (1:58:00)	
Jo-Anne Fletcher	03-07-2012 ORC TT 5:50 SILVER		04-11-2012 Plymouth 46:12 BRONZE		10-06-2012 Ruby Run 1:53:45 BRONZE	22-04-2012 London 3:58:18 BRONZE
Sarah Haigh						
Kate Hall					30-09-2012 Bristol 1:58:40 (1:58:00)	
Ali Holliday	08-05-2012 ORC TT 7:06 (7:00)	12-06-2012 ORC TT 26:05 (24:30)		04-11-2012 Bideford 1:36:11 (1:25:00)	03-03-2013 Bideford 2:06:28 (1:58:00)	
Lynette Luxton			13-05-2012 Bideford 56:44 (50:00)			
Abby Metherell				04-11-2012 Bideford 1:27:16 (1:25:00)	03-03-2013 Bideford 1:52:37 BRONZE	
Mary Moore	12-07-2012 ORC TT 5:59 SILVER		20-01-2013 First Chance 48:01 BRONZE		23-09-2012 New Forest 1:53:17 BRONZE	
Melissa Pinfield	10-05-2012 ORC TT 6:58 BRONZE	12-06-2012 ORC TT 25:10 (24:30)			10-06-2012 Ruby Run 1:59:45 (1:58:00)	

Keri Quertier					03-03-2013 Bideford 1:51:50 BRONZE	
Beki Simmons			13-05-2012 Bideford 55:56 (50:00)		30-09-2012 Bristol 2:09:14 (1:58:00)	
Karen Skye	08-05-2012 ORC TT 5:56 SILVER		21-07-2012 Bath Roman 10K 48:45 BRONZE			22-04-2012 London 3:30:50 SILVER
Lita Vallance						22-04-2012 London 5:31:21 BRONZE
Hannah Woods	10-05-2012 ORC TT 7:59 (7:00)					

Veteran 40+

Wendy Abbott	12-07-2012 ORC TT 7:02 BRONZE	12-06-2012 ORC TT 25:51 (25:30)		04-11-2012 Bideford 1:35:22 (1:30:00)	03-03-2013 Bideford 2:06:08 (2:05:00)	
Laura Alm (Bird)	10-05-2012 ORC TT 6:26 SILVER	09-08-2012 ORC TT 24:41 BRONZE		27-01-2013 Braunton 1:28:09 BRONZE	21-10-2012 Dartmoor Vale 1:54:18 BRONZE	01-04-2012 Taunton 4:07:52 BRONZE
Debbie Bryant					03-03-2013 Bideford 2:13:03 (2:05:00)	
Joanne Camies	12-07-2012 ORC TT 6:24 SILVER			04-11-2012 Bideford 1:24:26 BRONZE	03-03-2013 Bideford 1:51:31 BRONZE	
Jess Corcoran	06-09-2012 ORC TT 8:03 (7:20)	11-09-2012 ORC Handicap 30:37 (25:30)				
Carole Cornwall	12-07-2012 ORC TT 7:09 BRONZE	12-06-2012 ORC TT 25:17 BRONZE		24-06-2012 Lanhydrock 1:44:58 (1:30:00)	16-09-2012 Truro 2:13:57 (2:05:00)	
Lynette Luxton					03-03-2013 Bideford 2:13:03 (2:05:00)	
Fiona Mugliston	08-05-2012 ORC TT 6:26 SILVER			04-11-2012 Bideford 1:25:02 BRONZE		
Melanie Priday					03-03-2013 Bideford 2:01:38 BRONZE	
Karen Vallance	10-05-2012 ORC TT 6:12 SILVER				10-06-2012 Ruby Run 1:53:44 BRONZE	
Sue Walker		06-05-2012 Great West 5K 19:59 GOLD				

Veteran 45+

Leoni Antoniazzi						22-04-2012 London 5:00:28 BRONZE
Anne Binns	06-09-2012 ORC TT 7:15 BRONZE			20-01-2013 Storm Force 1:25:48 BRONZE	03-03-2013 Bideford 1:52:43 SILVER	
Judith Bolton					03-03-2013 Bath 2:25:53 (2:12:00)	
Deborah Cunningham	08-05-2012 ORC TT 6:46 SILVER		13-05-2012 Bideford 51:25 BRONZE		10-06-2012 Ruby Run 1:59:13 BRONZE	22-04-2012 London 4:14:45 BRONZE
Jane Jones	10-05-2012 ORC TT 6:17 GOLD	12-06-2012 ORC TT 24:04 SILVER	13-05-2012 Bideford 48:15 SILVER	24-06-2012 Lanhydrock 1:32:14 BRONZE	15-04-2012 Tavy 13 1:48:56 SILVER	
Karen McDowell			20-01-2013 First Chance 58:59 (55:00)			
Tracey Mills		12-06-2012 ORC TT 26:40 BRONZE	13-05-2012 Bideford 55:56 (55:00)	04-11-2012 Bideford 1:35:27 (1:35:00)	03-03-2013 Bideford 2:07:40 BRONZE	
Katy Speak	10-05-2012 ORC TT 6:42 SILVER			24-06-2012 Lanhydrock 1:43:27 (1:35:00)		22-04-2012 London 5:04:48 BRONZE
Ros Woodward	10-05-2012 ORC TT 7:13 BRONZE				10-06-2012 Ruby Run 2:04:30 BRONZE	

Veteran 50+

Wendy Manfield						
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Veteran 55+

Marilyn Cooper	06-09-2012 ORC TT 6:31 DIAMOND	28-09-2012 Serpentine 24:23 GOLD	24-03-2013 Age UK Wrap Up & Run 50:22 GOLD	28-10-2012 Great South Run 1:23:38 GOLD	03-03-2013 Silverstone 1:53:53 GOLD	22-04-2012 London 4:14:01 GOLD
Jane Jackson Highest Achiever	08-05-2012 ORC TT 6:18 DIAMOND	06-05-2012 Great West 5K 22:00 DIAMOND	13-05-2012 Bideford 45:09 DIAMOND	20-01-2013 Storm Force 1:18:55 DIAMOND	05-08-2012 Indian Queens 1:47:12 DIAMOND	22-04-2012 London 3:51:42 DIAMOND
Mags Jarvis	06-09-2012 ORC TT 7:03 GOLD	16-02-2013 Chelmsford Parkrun 24:45 GOLD	10-03-2013 Siblyback 50:54 GOLD			
Marilyn Ley	06-09-2012 ORC TT 9:20 BRONZE					
Kerry Morashti		11-09-2012 ORC Handicap 27:44 BRONZE				