

Award Scheme Records – Ladies

(Valid times from April 2013 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						
Lauren Ausden					2-Mar-2014 Bideford 2:02:10 (1:55:00)	
Molly Bell			23-Mar-2014 Age UK 56:43 (49:00)			
Elizabeth Betambeau					6-Oct-2013 Cardiff 2:31:35 (1:55:00)	
Cathy Carey					9-June-2013 Ruby Run 2:08:59 (1:55:00)	21-Apr-2013 London 4:20:03 BRONZE
Amy Chapman			23-Mar-2014 Age UK 57:30 (49:00)			
Beverly Dennis			12-May-2013 Bideford 57:23 (49:00)			
Claire Down					6-Oct-2013 Cardiff 1:48:58 BRONZE	21-Apr-2013 London 3:56:57 BRONZE
Claire Kelly	10-Sept-2013 Oke TT 06:35 BRONZE	24-Sept-2013 Oke HC Race 25:08 (24:00)	15-Aug-2013 Exeter 50:42 (49:00)	3-Nov-2013 Bideford 1:24:10 (1:24:00)	6-Oct-2013 Cardiff 1:54:58 BRONZE	6-May-2013 Milton Keynes 4:37:36 BRONZE
Katie Littlejohns			12-May-2013 Bideford 49:10 (49:00)		13-Oct-2013 Great West Run 2:04:13 (1:58:00)	28-April-2013 Greater Manchester 3:47:28 BRONZE
Charlotte Radnor			15-Aug-2013 Exeter 48:57 BRONZE		2-Mar-2014 Bideford 1:46:02 BRONZE	
Leanne Rice			23-Mar-2014 Age UK 10k 48:27 BRONZE			
Heather Richards					20-Oct-2013 Eden 2:00:35 (1:58:00)	21-Apr-2013 London 4:20:25 BRONZE
Lucy Skye			26-Aug-2013 Lustleigh 55:01 (49:00)			
Emma Sizmur			12-May-2013 Bideford 46:46 BRONZE			

Veteran 35+

Elizabeth Ash		1-Aug-2013 Oke TT 24:01 BRONZE				
Cathy Carey						6-Oct-2013 Bournemouth 4:39:33 BRONZE
Nicola Cook			12-May-2013 Bideford 1:06:04 (50:00)			
Rebecca Ewing				3-Nov-2013 Bideford 1:24:03 BRONZE		
Jo-Anne Fletcher			12-May-2013 Bideford 46:15 BRONZE		16-Feb-2014 Exeter 1:42:55 BRONZE	
Sarah Haigh			5-Oct-2013 Mouth To Mouth 1:10:43 (50:00)	24-Nov-2013 Bicton Blister 1:50:21 (1:25:00)		
Ali Holliday	23-May-2013 Oke TT 07:04 (07:00)		12-May-2013 Bideford 56:21 (50:00)	27-Oct-2013 Great South Run 1:42:02 (1:25:00)	9-June-2013 Ruby Run 2:15:27 (1:58:00)	
Tracey Manning	23-May-2013 Oke TT 08:10 (07:00)					
Abby Metherell	10-Sept-2013 Oke TT 06:34 BRONZE	1-Aug-2013 Oke TT 24:05 BRONZE	12-May-2013 Bideford 50:35 (50:00)	3-Nov-2013 Bideford 1:24:05 BRONZE	2-Mar-2014 Bideford 1:56:50 BRONZE	
Mary Moore	11-July-2013 Oke TT 06:19 BRONZE					
Keri Quartier	10-Sept-2013 Oke TT 06:40 BRONZE	1-Aug-2013 Oke TT 23:59 BRONZE	12-May-2013 Bideford 50:36 (50:00)	3-Nov-2013 Bideford 1:24:04 BRONZE		
Beki Simmons	23-May-2013 Oke TT 07:00 BRONZE		12-May-2013 Bideford 53:57 (50:00)			
Karen Skye			26-Aug-2013 Lustleigh 47:32 BRONZE			
Claire Sprague	23-May-2013 Oke TT 09:20 (07:00)		23-Mar-2014 Age UK 1:05:36 (50:00)			
Rachel Voaden			20-Oct-2013 Dartmoor Vale 1:02:31 (50:00)			
Abby Williams			15-Aug-2013 Exeter 51:45 (50:00)		15-Sept-2013 Bristol 1:56:30 BRONZE	
Hannah Woods	23-May-2013 Oke TT 08:00 (07:00)					

Veteran 40+

Wendy Abbott	23-May-2013 Oke TT 07:04 BRONZE		12-May-2013 Bideford 53:59 (52:00)		9-June-2013 Ruby Run 2:15:28 (2:05:00)	
Laura Bird						21-Apr-2013 London 4:12:01 BRONZE
Debbie Bryant	23-May-2013 Oke TT 07:39 (07:20)		12-May-2013 Bideford 1:11:49 (52:00)			
Joanne Camies			15-Aug-2013 Exeter 50:18 BRONZE		9-June-2013 Ruby Run 2:09:00 (2:05:00)	6-Oct-2013 Bournemouth 4:25:03 BRONZE
Jess Corcoran	11-July-2013 Oke TT 07:49 (07:20)	1-Aug-2013 Oke TT 28:33 (25:30)	8-Sept-2013 Siblyback 1:00:24 (52:00)			
Keri Quartier					2-Mar-2014 Bideford 1:51:12 BRONZE	
Karen Vallance		1-Aug-2013 Oke TT 22:43 BRONZE			09-June-2013 Ruby Run 1:54:16 BRONZE	21-Apr-2013 London 4:06:25 BRONZE
Lisa Wright	23-May-2013 Oke TT 08:32 (07:20)					
Sue Walker				27-Oct-2013 Great South Run 1:13:52 SILVER		

Veteran 45+

Anne Binns	10-Sept-2013 Oke TT 06:33 SILVER	1-Aug-2013 Oke TT 24:19 SILVER		19-Jan-2014 Storm Force 1:24:14 SILVER	15-Sept-2013 Bristol 1:49:07 SILVER	
Carole Cornwall			12-May-2013 Bideford 59:55 (55:00)	27-Oct-2013 Great South Run 1:42:02 (1:35:00)	30-Mar-2014 Tavy 13 2:16:15 (2:12:00)	
Deborah Cunningham			12-May-2013 Bideford 53:27 BRONZE	3-Nov-2013 Bideford 1:30:10 BRONZE	09-June-2013 Ruby Run 2:03:35 BRONZE	21-Apr-2013 London 4:27:23 BRONZE
Jackie Dawes			23-Mar-2014 Age UK 55:55 (55:00)			
Danielle Fulford-Brown	11-July-2013 Oke TT 07:30 BRONZE	1-Aug-2013 Oke TT 26:25 BRONZE	8-Sept-2013 Siblyback 53:01 BRONZE			
Karen McDowell	11-July-2013 Oke TT 10:10 (07:45)				6-Oct-2013 Cardiff 2:09:18 BRONZE	
Tracey Mills			12-May-2013 Bideford 56:57 (55:00)		30-Mar-2014 Tavy 13 2:16:01 (2:12:00)	21-Apr-2013 London 4:29:29 BRONZE
Wendy Richards	23-May-2013 Oke TT 09:09 (07:45)					

Fiona Sladen	11-July-2013 Oke TT 07:22 BRONZE	7-Sept-2013 Killerton ParkRun 27:31 (27:00)				
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Veteran 50+

Danielle Fulford-Brown		13-Oct-2013 Wadebridge Tri 25:25 SILVER	23-Mar-2014 Age UK 53:46 BRONZE	3-Nov-2013 Bideford 1:24:05 SILVER	2-Mar-2014 Bideford 1:58:53 SILVER	
Jane Jones		1-Aug-2013 Oke TT 24:49 SILVER	12-May-2013 Bideford 49:12 SILVER	3-Nov-2013 Bideford 1:23:27 SILVER	18-May-2013 White Peaks 1:46:44 GOLD	9-Sept-2013 Highland & Perthshire 4:08:45 SILVER
Beverley Kidson			23-Mar-2014 Age UK 49:45 SILVER			
Sarah Woolacott			23-Mar-2014 Age UK 1:04:16 (58:00)			

Veteran 55+

Sarah Bell			23-Mar-2014 Age UK 1:08:50 (1:06:00)			
Marilyn Cooper	11-July-2013 Oke TT 06:50 GOLD	14-July-2013 Barnstaple Park Run 24:11 GOLD	15-Aug-2013 Exeter 49:51 GOLD	19-Jan-14 Storm Force 1:24:33 GOLD	22-Sept-2013 Plymouth Armada 1:53:01 GOLD	26-May-2013 Edinburgh 4:06:29 GOLD
Jane Jackson	10-Sept-2013 Oke TT 06:24 DIAMOND	15-Mar-2014 Barnstaple Park Run 23:00 DIAMOND	26-Aug-2013 Lustleigh 55:53 SILVER	3-Nov-2013 Bideford 1:20:20 GOLD	2-Mar-2014 Bideford 1:46:55 DIAMOND	
Mags Jarvis	11-July-2013 Oke TT 07:00 GOLD	22-March-14 Chelmsford PR 24:29 GOLD	9-Mar-2014 Trafford 49:47 GOLD			
Marilyn Ley	11-July-2013 Oke TT 10:27 (09:25)					
Kerry Morashti	10-Sept-2013 Oke TT 07:29 SILVER	24-Sept-2013 Oke HC Race 27:27 SILVER				

Updated 31/3/14