

Award Scheme Records – Ladies
 (Valid times from April 2014 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			23-03-2015 Age UK 58:08 (49:00)			
Chloe Barton		07-12-2014 Exeter Santa Run 31:42 (24:00)				
Molly Bell	21-08-2014 ORC Time Trial 7:21 (6:55)					
Joanne Binns					08-06-2014 Ruby Run 2:04:12 (1:55:00)	
Gillian Cross	29-05-2014 ORC Time Trial 9:00 (6:55)					
Claire Kelly		10-06-2014 Michelmores 25:44 (24:00)			19-10-2014 Great West 2:13:42 (1:55:00)	
Katie Littlejohns			25-05-2014 Edinburgh 52:53 (49:00)	02-11-2014 Bideford 1:17:55 BRONZE		
Ruth Palmer			11-05-2014 Bideford 1:09:50 (49:00)			
Charlotte Radnor	19-06-2014 ORC Time Trial 6:12 BRONZE	31-07-2014 ORC Time Trial 22:57 BRONZE	11-05-2014 Bideford 48:59 BRONZE	15-03-2015 Granite Way 1:18:05 BRONZE	08-03-2015 Bideford 1:43:16 BRONZE	
Heather Richards					19-10-2014 Eden Project 2 :10:34 (1:55:00)	
Emma Sizmur					27-04-14 Plymouth 1:40:41 BRONZE	25-05-2014 Edinburgh 4:09:36 BRONZE
Lucy Skye			04-05-2014 Killerton 54:33 (49:00)			12-04-2014 Exmoor CTS 5:53:34 BRONZE
Veteran 35+						
Cathy Carey					08-06-2014 Ruby Run 2:01:22 (1:58:00)	06-04-2014 Brighton 4:05:32 BRONZE
Rebecca Ewing				02-11-2014 Bideford 1:19:34 BRONZE	19-10-2014 Eden Project 2:10:34 (1:58:00)	
Jo-Anne Fletcher		31-07-2014 ORC Time Trial 23:11 BRONZE	20-08-2014 Exeter 48:01 BRONZE	02-11-2014 Bideford 1:20:09 BRONZE	03-08-2014 Indian Queens 2:00:41 (1:58:00)	06-04-2014 Brighton 5:03:35 BRONZE
Sarah Haigh					08-06-2014 Ruby Run 2:04:37 (1:58:00)	18-05-2014 Imerys Trail 5:30:49 BRONZE

Angela Hatton		07-12-2014 Exeter Santa Run 31:42 (24:30)				
Ali Holliday		24-09-2014 Club Handicap 27:08 (24:30)				
Michelle Radford	29-05-2014 ORC Time Trial 7:54 (7:00)					
Beki Simmons	29-05-2014 ORC Time Trial 7:15 (7:00)		18-01-2015 First Chance 58:33 (50:00)	15-03-2015 Granite Way 1:35:00 (1:25:00)		
Karen Skye			04-05-2014 Killerton 54:01 (50:00)			12-04-2014 Exmoor CTS 5:53:34 BRONZE
Claire Sprague	21-08-2014 ORC Time Trial 8:38 (7:00)	10-06-2014 Michelmores 32:08 (24:30)				
Deborah Terry					08-06-2014 Ruby Run 1:31:13 GOLD	
Abby Williams			18-01-2015 First Chance 58:34 (50:00)			
Heidi Wills			20-08-2014 Exeter 60:58 (50:00)	15-03-2015 Granite Way 1:35:00 (1:25:00)	08-03-2015 Bideford 2:07:10 (1:58:00)	

Veteran 40+

Joanne Camies					08-06-2014 Ruby Run 2:01:22 BRONZE	13-04-2014 London 4:16:47 BRONZE
Jess Corcoran	21-08-2014 ORC Time Trial 8:36 (7:20)					
Christine Fritsch					19-10-2014 Great West 2:06:39 (2:05:00)	
Trudy Larkworthy			23-03-2015 Age UK 1:22:54 (52:00)			
Sarah Marvin	22-05-2014 ORC Time Trial 5:48 GOLD	31-07-2014 ORC Time Trial 21:23 SILVER				
Keri Quertier					19-10-2014 Great West 1:55:29 BRONZE	13-04-2014 London 4:25:27 BRONZE
Claire Sprague			18-01-2015 First Chance 1:05:54 (52:00)			
Karen Vallance	22-05-2014 ORC Time Trial 6:10 SILVER	31-07-2014 ORC Time Trial 23:41 BRONZE	20-08-2014 Exeter 49:01 BRONZE		08-06-2014 Ruby Run 1:55:51 BRONZE	

Michelle Walker			23-03-2015 Age UK 59:20 (52:00)			
Hannah Woods	29-05-2014 ORC Time Trial 7:59 (7:00)					

Veteran 45+

Anne Binns	22-05-2014 ORC Time Trial 6:51 SILVER			02-11-2014 Bideford 1:22:43 SILVER	16-11-2014 Gosport 1:47:19 SILVER	28-09-2014 Loch Ness 4:00:07 SILVER
Carole Cornwall		24-09-2014 Club Handicap 27:47 (27:00)			08-03-2015 Bideford 2:07:10 BRONZE	
Deborah Cunningham				02-11-2014 Bideford 1:32:43 BRONZE	08-06-2014 Ruby Run 2:04:50 BRONZE	25-05-2014 Edinburgh 4:25:57 BRONZE
Jackie Dawes		10-06-2014 Michelmores 27:01 (27:00)	18-01-2015 First Chance 54:29 BRONZE	15-03-2015 Granite Way 1:29:19 BRONZE		
Ros Woodward	29-05-2014 ORC Time Trial 7:47 (7:45)					

Veteran 50+

Danielle Fulford-Brown	29-05-2014 ORC Time Trial 7:22 SILVER					
Jane Jones			11-05-2014 Bideford 50:29 SILVER		08-06-2014 Ruby Run 1:56:05 SILVER	
Beverley Kidson		31-07-2014 ORC Time Trial 24:48 SILVER			19-10-2014 Great West 1:58:32 SILVER	
Katy Speak	29-05-2014 ORC Time Trial 7:20 BRONZE					

Veteran 55+

Sarah Bell	21-08-2014 ORC Time Trial 9:24 BRONZE	24-09-2014 Club Handicap 33:06 (32:30)	18-01-2015 First Chance 1:07:54 (1:06:00)	15-03-2015 Granite Way 2:00:32 (1:55:00)		
Marilyn Cooper	29-05-2014 ORC Time Trial 6:48 GOLD	31-07-2014 ORC Time Trial 24:45 GOLD	11-05-2014 Bideford 49:48 GOLD	02-11-2014 Bideford 1:23:20 GOLD	08-06-2014 Ruby Run 1:55:10 GOLD	28-09-2014 Barnstaple 3:58:43 DIAMOND
Elizabeth Harris			25-05-2014 Edinburgh 1:05:22 BRONZE			
Jane Jackson		15-03-2015 Barnstaple Parkrun 22:49 DIAMOND	22-03-2015 Age UK 47:13 DIAMOND	02-11-2014 Bideford 1:19:34 DIAMOND	28-09-2014 Barnstaple 1:46:53 DIAMOND	13-04-2014 London 4:34:24 SILVER
Mags Jarvis	22-05-2014 ORC Time Trial 7:03 GOLD	23-08-2014 Chelmsford Parkrun 24:32 GOLD				
Marilyn Ley	21-08-2014 ORC Time Trial 9:12 BRONZE					
Kerry Morashti	29-05-2014 ORC Time Trial 7:18 SILVER	31-07-2014 ORC Time Trial 25:06 SILVER			27-04-2014 Plymouth 2:00:58 GOLD	

Veteran 60+

Marilyn Cooper		07-02-2015 Exeter Parkrun 24:40 DIAMOND	18-01-2015 First Chance 49:20 DIAMOND	25-01-2015 Braunton 1:25:42 DIAMOND	08-03-2015 Bideford 1:50:59 DIAMOND	
Mags Jarvis		15-03-2015 Tamar Lakes Parkrun 25:49 GOLD	22-03-2015 Age UK 51:45 GOLD			
Janet White	21-08-2014 ORC Time Trial 8:39 SILVER		18-01-2015 First Chance 1:02:18 BRONZE			

Veteran 65+

Janet White			22-03-2015 Age UK 1:00:40 SILVER	15-03-2015 Granite Way 1:39:51 GOLD		
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Updated 23/03/15