

Updated 20/03/2016

Award Scheme Records – Women

(Valid times from April 2015 or joining date onwards)

(Time shown in brackets is target time for Sapphire award)

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
<b>Elizabeth Ash</b>					14-Jun-2015 Ruby Run 2:01:55 SAPPHIRE 55.7%	
<b>Lauren Ausden</b>			20-Mar-2016 Age Uk Ex 52:10 BRONZE 58.1%		18-Oct-2015 Great West Run 1:57:47 SAPPHIRE 55.8%	
<b>Sarah Bell</b>	16-Jul-2015 Time Trial 09:05 BRONZE 60.2%	06-Dec-2015 Run I T Park 32:24 SAPPHIRE 57.4%	17-Jan-2016 First Chance 1:07:19 SAPPHIRE 56.6%		18-Oct-2015 Great West Run 2:38:11 SAPPHIRE 52.3%	
<b>Anne Binns</b>		19-Mar-2016 Tamar Lakes 24:38 SILVER 68.0%		01-Nov-2015 Bideford 1:22:45 GOLD 68.0%	19-Apr-2015 Plymouth 1:48:39 GOLD 67.8%	31-May-2015 Edinburgh 3:55:46 GOLD 67.3%
<b>Joanne Binns</b>		17-Oct-2015 Tamar Lakes 26:55 SAPPHIRE 54.9%				
<b>Laura Bird</b>					14-Jun-2015 Ruby Run 2:11:12 SAPPHIRE 52.9%	
<b>Jo Bradford</b>		01-Nov-2015 Run I T Park 29:30 (0:28:55) 52.9%	17-Jan-2016 First Chance 55:43 SAPPHIRE 57.4%			
<b>Lucy Brint</b>		04-Oct-2015 Run I T Park 37:21 (0:28:20) 40.9%	17-Jan-2016 First Chance 55:41 SAPPHIRE 56.3%		06-Mar-2016 Bideford 2:08:50 SAPPHIRE 52.7%	
<b>Debbie Bryant</b>						28-Apr-2015 London 5:56:17 SAPPHIRE 42.9%
<b>Ruth Bushell</b>			17-Jan-2016 First Chance 1:03:09 SAPPHIRE 55.0%			
<b>Joanne Camies</b>						12-Apr-2015 Brighton 4:10:43 SILVER 60.2%

<b>Cathy Carey</b>				21-Jun-2015 Lanhydrock 1:42:31 (1:36:47) 49.1%		12-Apr-2015 Brighton 4:34:12 SAPPHIRE 50.4%
<b>Charlotte Collyer</b>	27-Aug-2015 ORC TT 07:02 BRONZE 62.3%	22-Sep-2015 Club Handicap 25:20 BRONZE 60.0%			27-Sep-2015 Barnstaple 1:55:15 BRONZE 58.6%	
<b>Marilyn Cooper</b>	02-Jul-2015 Time Trial 06:53 PLATINUM 82.9%	11-Jul-2015 Tamar Lakes 25:25 DIAMOND 75.2%	17-Jan-2016 First Chance 50:06 PLATINUM 79.3%	24-Jan-2016 Storm Force 1:25:56 DIAMOND 75.7%	14-Feb-2016 Exeter (12.7m) 1:49:40 PLATINUM 76.1%	28-Apr-2015 London 3:59:37 PLATINUM 77.1%
<b>Jess Corcoran</b>				13-Mar-2016 Granite Way 1:46:08 (1:42:31) 50.2%		
<b>Carole Cornwall</b>			29-Jul-2015 Exeter 56:42 BRONZE 58.5%	13-Mar-2016 Granite Way 1:36:16 BRONZE 57.1%	17-May-2015 Imerys 2:17:18 SAPPHIRE 52.4%	18-Oct-2015 Eden 5:07:27 SAPPHIRE 50.3%
<b>Deborah Cunningham</b>	21-May-2015 Time Trial 06:41 GOLD 73.6%	22-Sep-2015 Club Handicap 26:24 BRONZE 63.5%	10-May-2015 Bideford 51:32 SILVER 65.8%	01-Nov-2015 Bideford 1:28:15 SILVER 63.7%	14-Jun-2015 Ruby Run 1:58:30 SILVER 62.9%	12-Apr-2015 Taunton 4:25:15 BRONZE 59.8%
<b>Jackie Dawes</b>	16-Jul-2015 Time Trial 07:04 SILVER 67.9%	07-Jun-2015 Michelmores 26:10 BRONZE 61.9%	17-Jan-2016 First Chance 50:10 SILVER 66.8%		06-Mar-2016 Bideford 1:53:35 SILVER 64.1%	
<b>Emma Dean</b>				01-Nov-2015 Bideford 1:31:55 SAPPHIRE 55.8%	06-Mar-2016 Bideford 1:59:49 BRONZE 56.7%	
<b>Rebecca Ewing</b>						25-Oct-2015 Bristol To Bath 4:17:24 SAPPHIRE 54.0%
<b>Jo-Anne Fletcher</b>	21-May-2015 Time Trial 06:19 GOLD 70.1%			13-Mar-2016 Granite Way 1:36:16 SAPPHIRE 53.6%	14-Jun-2015 Ruby Run 1:59:39 BRONZE 56.8%	
<b>Christine Fritsch</b>	27-Aug-2015 ORC TT 06:53 SILVER 65.7%	22-Sep-2015 Club Handicap 25:54 BRONZE 59.8%			13-Sep-2015 Bristol 2:07:01 SAPPHIRE 54.2%	
<b>Suzanne Gratton</b>					06-Mar-2016 Bideford 2:26:50 SAPPHIRE 51.4%	
<b>Lorraine Guscott</b>	28-May-2015 Time Trial 08:00 (0:07:45) 53.3%					28-Apr-2015 London 5:45:14 SAPPHIRE 39.6%

<b>Sarah Haigh</b>	27-Aug-2015 ORC TT 07:05 BRONZE 61.4%	22-Sep-2015 Club Handicap 27:14 SAPPHIRE 55.5%	10-May-2015 Bideford 1:01:26 (0:58:29) 50.4%		13-Sep-2015 Bristol 1:59:36 BRONZE 56.2%	
<b>Vicky Hall</b>			20-Mar-2016 Age Uk Ex 1:01:49 (0:57:15) 49.1%			
<b>Elizabeth Harris</b>		05-Jul-2015 Run I T Park 35:30 (0:34:26) 52.3%				
<b>Angela Hatten</b>		05-Jul-2015 Run I T Park 32:57 (0:28:01) 45.9%			06-Mar-2016 Bideford 2:39:13 (2:12:36) 42.4%	
<b>Rachael Haydon</b>			20-Mar-2016 Age Uk Ex 59:22 (0:57:13) 51.0%			
<b>Rachel Holland</b>			10-May-2015 Bideford 1:01:16 (0:58:12) 50.3%			
<b>Ali Holliday</b>					17-May-2015 Imerys 2:17:12 (2:12:36) 49.3%	
<b>Chloe Howard-Smith</b>		07-Jun-2015 Michelmores 25:08 BRONZE 59.6%				
<b>Jane Jackson</b>		07-Feb-2016 Run I T Park 27:15 GOLD 69.2%			14-Jun-2015 Ruby Run 1:59:19 GOLD 70.3%	31-May-2015 Edinburgh 3:59:31 PLATINUM 76.0%
<b>Mags Jarvis</b>	21-May-2015 Time Trial 07:15 DIAMOND 78.7%	22-Aug-2015 Chelmsford 25:31 DIAMOND 74.9%	12-Apr-2015 Salford 51:20 DIAMOND 76.3%		04-Oct-2015 Bournemouth 2:08:02 GOLD 66.4%	
<b>Emma Kelleher</b>					06-Mar-2016 Bideford 2:10:37 SAPPHIRE 52.4%	
<b>Beverly Kidson</b>		06-Sep-2015 Run I T Park 25:33 GOLD 69.9%	25-Mar-2016 Fast Friday 49:54 DIAMOND 74.3%	01-Nov-2015 Bideford 1:23:26 GOLD 71.8%	11-Oct-2015 Henley 1:56:05 GOLD 68.4%	
<b>Marilyn Ley</b>	16-Jul-2015 Time Trial 09:05 BRONZE 61.0%					

<b>Katie Littlejohns</b>				01-Nov-2015 Bideford 1:17:44 SILVER 63.9%	06-Mar-2016 Bideford 1:35:32 GOLD 68.9%	04-Oct-2015 Bournemouth 4:07:29 SAPPHIRE 54.7%
<b>Lucy Marrison</b>						31-May-2015 Edinburgh 4:52:51 SAPPHIRE 46.4%
<b>Debbie Marsden</b>	21-May-2015 Time Trial 05:36 DIAMOND 77.1%	07-Aug-2015 WMAC Lyon 21:26 GOLD 70.2%	10-Aug-2015 WMAC Lyon 40:26 DIAMOND 76.3%			
<b>Sarah Marshall</b>			15-Nov-2015 Plymouth 1:02:40 (0:58:48) 49.7%			
<b>Sarah Marvin</b>		06-Dec-2015 Run I T Park 24:37 BRONZE 62.9%				
<b>Lora Medland</b>			20-Mar-2016 Age Uk Ex 52:40 SAPPHIRE 57.6%	01-Nov-2015 Bideford 1:28:10 SAPPHIRE 56.3%	13-Sep-2015 Bristol 2:01:15 SAPPHIRE 54.3%	
<b>Abby Metherell</b>		04-Oct-2015 Run I T Park 32:45 (0:28:01) 46.2%	17-Jan-2016 First Chance 50:11 BRONZE 61.7%			28-Apr-2015 London 4:17:19 SAPPHIRE 54.4%
<b>Mary Moore</b>	21-May-2015 Time Trial 06:13 GOLD 72.7%					
<b>Kerry Morashti</b>	16-Jul-2015 Time Trial 07:21 DIAMOND 75.4%	22-Sep-2015 Club Handicap 28:27 SILVER 65.3%			19-Apr-2015 Plymouth 2:04:04 GOLD 66.7%	
<b>Tracey Mills</b>			17-Jan-2016 First Chance 53:20 SILVER 63.6%			28-Apr-2015 London 4:25:31 BRONZE 59.0%
<b>Jayne Peachey</b>						15-Nov-2015 Cornish 4:47:44 SAPPHIRE 47.0%
<b>Louise Pengelly</b>				01-Nov-2015 Bideford 1:26:51 BRONZE 57.2%		
<b>Keri Quartier</b>		07-Feb-2016 Run I T Park 35:36 (0:28:42) 43.5%			06-Mar-2016 Bideford 1:47:51 SILVER 63.9%	12-Apr-2015 Brighton 4:12:43 BRONZE 57.0%

<b>Charlotte Radnor</b>	27-Aug-2015 ORC TT 06:17 SILVER 66.7%	22-Sep-2015 Club Handicap 24:01 BRONZE 61.6%	10-May-2015 Bideford 45:57 SILVER 66.0%	01-Nov-2015 Bideford 1:17:54 SILVER 63.7%	19-Apr-2015 Plymouth 1:46:28 SILVER 61.8%	
<b>Hannah Ramsey</b>		07-Feb-2016 Run I T Park 28:20 SAPPHIRE 55.5%			18-Oct-2015 Eden 2:01:17 BRONZE 57.7%	
<b>Heather Richards</b>						31-May-2015 Edinburgh 4:16:47 SAPPHIRE 53.5%
<b>Jane Richardson</b>	16-Jul-2015 Time Trial 08:18 DIAMOND 75.3%	24-Oct-2015 Winchester PR 28:13 DIAMOND 74.0%	17-Jan-2016 First Chance 57:46 DIAMOND 74.1%			
<b>Hilary Sales</b>					28-Jun-2015 Torbay 2:00:41 BRONZE 57.1%	
<b>Rachel Short</b>		06-Sep-2015 Run I T Park 27:43 BRONZE 60.4%				
<b>Karen Skye</b>						18-Oct-2015 Eden 4:00:49 BRONZE 59.2%
<b>Lucy Skye</b>						18-Oct-2015 Eden 4:34:03 SAPPHIRE 49.7%
<b>Lotte Smith</b>	28-May-2015 Time Trial 07:43 BRONZE 62.9%		10-May-2015 Bideford 58:53 SAPPHIRE 56.9%	21-Jun-2015 Lanhydrock 1:55:21 (1:45:42) 47.6%	06-Mar-2016 Bideford 2:08:19 BRONZE 57.4%	
<b>Nicola Smith</b>		07-Feb-2016 Run I T Park 26:56 SAPPHIRE 55.2%	20-Mar-2016 Age Uk Ex 51:26 BRONZE 59.2%	01-Nov-2015 Bideford 1:29:04 SAPPHIRE 56.0%	14-Feb-2016 Exeter (12.7m) 1:52:16 BRONZE 56.9%	
<b>Katy Speak</b>			17-Jan-2016 First Chance 55:05 SILVER 64.7%	21-Jun-2015 Lanhydrock 1:46:33 SAPPHIRE 54.1%	18-Oct-2015 Eden 2:23:11 SAPPHIRE 54.0%	
<b>Claire Sprague</b>	28-May-2015 Time Trial 07:55 SAPPHIRE 55.9%	05-Jul-2015 Run I T Park 32:50 (0:28:20) 46.6%	17-Jan-2016 First Chance 1:05:26 (0:59:29) 48.1%		18-Oct-2015 Great West Run 2:36:17 (2:13:21) 43.5%	
<b>Claire Stanbury</b>	28-May-2015 Time Trial 07:13 SAPPHIRE 58.1%		10-May-2015 Bideford 55:19 SAPPHIRE 54.8%	01-Nov-2015 Bideford 1:26:53 BRONZE 57.1%	06-Mar-2016 Bideford 1:59:04 SAPPHIRE 55.2%	

<b>Kerry Tyler</b>					<b>06-Mar-2016</b> <b>Bideford</b> <b>2:26:50</b> <b>(2:11:18)</b> <b>45.6%</b>	
<b>Karen Vallance</b>	<b>21-May-2015</b> <b>Time Trial</b> <b>06:22</b> <b>GOLD</b> <b>73.5%</b>				<b>14-Jun-2015</b> <b>Ruby Run</b> <b>1:59:39</b> <b>BRONZE</b> <b>59.0%</b>	<b>28-Apr-2015</b> <b>London</b> <b>4:08:42</b> <b>SILVER</b> <b>60.7%</b>
<b>Lisa Voaden</b>					<b>18-Oct-2015</b> <b>Great West Run</b> <b>2:09:09</b> <b>SAPPHIRE</b> <b>53.7%</b>	
<b>Michelle Walker</b>	<b>28-May-2015</b> <b>Time Trial</b> <b>07:28</b> <b>BRONZE</b> <b>62.0%</b>		<b>26-Jul-2015</b> <b>Race For Life</b> <b>54:35</b> <b>BRONZE</b> <b>59.6%</b>			
<b>Janet White</b>	<b>28-May-2015</b> <b>Time Trial</b> <b>08:35</b> <b>GOLD</b> <b>71.7%</b>	<b>22-Sep-2015</b> <b>Club Handicap</b> <b>31:25</b> <b>SILVER</b> <b>65.5%</b>	<b>17-Jan-2016</b> <b>First Chance</b> <b>1:01:47</b> <b>GOLD</b> <b>68.2%</b>	<b>13-Mar-2016</b> <b>Granite Way</b> <b>1:39:30</b> <b>GOLD</b> <b>70.4%</b>	<b>06-Mar-2016</b> <b>Bideford</b> <b>2:13:50</b> <b>GOLD</b> <b>69.4%</b>	
<b>Abby Williams</b>						<b>28-Apr-2015</b> <b>London</b> <b>4:06:05</b> <b>BRONZE</b> <b>56.5%</b>
<b>Heidi Wills</b>			<b>29-Jul-2015</b> <b>Exeter</b> <b>56:40</b> <b>SAPPHIRE</b> <b>55.0%</b>	<b>13-Mar-2016</b> <b>Granite Way</b> <b>1:31:36</b> <b>SAPPHIRE</b> <b>56.0%</b>		<b>18-Oct-2015</b> <b>Eden</b> <b>5:07:27</b> <b>SAPPHIRE</b> <b>45.9%</b>
<b>Caroline Wilson</b>				<b>13-Mar-2016</b> <b>Granite Way</b> <b>1:34:15</b> <b>SAPPHIRE</b> <b>53.0%</b>	<b>06-Mar-2016</b> <b>Bideford</b> <b>2:08:51</b> <b>SAPPHIRE</b> <b>51.4%</b>	