

Updated 03/04/2018

Award Scheme Records – Women

(Valid times from April 2017 or joining date onwards)

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

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Women						
Frances Alexander	25-May-2017 ORC TT 09:59 (0:09:03) 49.9%	07-May-2017 RITP 35:53 (0:31:02) 46.7%				
Elizabeth Baker		03-Dec-2017 RITP 30:50 (0:30:00) 52.5%	14-May-2017 Bideford 1:04:07 (1:01:24) 50.7%			
Sarah Bell			30-Apr-2017 Pennywell P 1:30:07 (1:12:55) 42.8%		15-Oct-2017 Grt West Run 2:57:43 (2:46:49) 47.8%	
Anne Binns	18-May-2017 ORC TT 06:45 GOLD 74.7%	23-Sep-2017 Tamar Lks PR 24:54 GOLD 69.0%				23-Apr-2017 London 4:07:19 GOLD 65.8%
Jo Bradford	25-May-2017 ORC TT 07:15 BRONZE 63.8%	04-Jun-2017 RITP 25:49 BRONZE 60.9%	14-May-2017 Bideford 53:30 BRONZE 60.3%	05-Nov-2017 Bideford 1:27:19 BRONZE 61.0%	15-Oct-2017 Grt West Run 2:06:26 SAPPHIRE 55.8%	
Jenny Bruce	14-Sep-2017 ORC TT 06:00 SILVER 69.8%	18-Nov-2017 Tamar Lks PR 21:13 GOLD 69.7%				
Daniella Bryant			22-Jul-2017 Exeter 1:14:41 (0:57:13) 40.6%	05-Nov-2017 Bideford 2:04:28 (1:35:32) 39.9%		
Jo Burrow			14-May-2017 Bideford 1:01:48 (0:57:47) 49.5%		11-Mar-2018 Bideford 2:08:56 SAPPHIRE 51.7%	
Ruth Bushell		04-Jun-2017 RITP 29:08 BRONZE 59.7%	14-May-2017 Bideford 58:59 BRONZE 60.5%	05-Nov-2017 Bideford 1:49:30 SAPPHIRE 53.3%		
Cathy Carey					15-Oct-2017 Grt West Run 2:30:38 (2:12:36) 44.9%	
Abi Colton					11-Mar-2018 Bideford 1:58:42 SAPPHIRE 55.4%	

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Jess Corcoran			14-May-2017 Bideford 1:02:16 (1:01:58) 52.7%			
Carole Cornwall				24-Sep-2017 Lanhydrock 1:52:06 (1:46:55) 49.6%	25-Jun-2017 North Devon 2:41:09 (2:24:26) 45.7%	
Andrea Cowling		04-Jun-2017 RITP 31:01 SAPPHIRE 56.8%				
Deborah Cunningham					11-Jun-2017 Ruby Run 2:14:55 BRONZE 56.6%	28-May-2017 Woman Can 5:51:03 SAPPHIRE 46.4%
Fiona Davidson		10-Jun-2017 Exeter R'side PR 30:21 SAPPHIRE 55.2%				
Jackie Dawes	18-May-2017 ORC TT 06:48 GOLD 72.3%	27-May-2017 Exeter R'side PR 24:15 SILVER 68.3%	14-May-2017 Bideford 50:21 SILVER 67.3%	05-Nov-2017 Bideford 1:22:03 GOLD 67.7%	15-Oct-2017 Grt West Run 1:52:55 SILVER 65.2%	
Issy Edworthy		24-Mar-2018 Tamar Lks PR 23:43 SILVER 65.3%				
Rebecca Ewing					02-Apr-2017 Taunton 1:50:37 BRONZE 60.8%	
Christine Fritsch			05-Nov-2017 Haldon Night 1:02:35 (1:00:52) 51.5%		25-Feb-2018 Hameldown 2:47:00 (2:17:17) 41.9%	01-Oct-2017 Glencoe 6:14:50 SAPPHIRE 39.8%
Danielle Fulford-Brown			30-Apr-2017 Pennywell P 1:16:46 (1:07:19) 46.4%		26-Aug-2017 Great Escape 2:59:19 (2:31:51) 43.1%	
Suzanne Gratton					11-Jun-2017 Ruby Run 2:36:50 (2:28:02) 48.1%	
Sarah Haigh		22-Apr-2017 Tamar Lks PR 29:30 (0:28:20) 51.8%				
Vicky Hall		01-Oct-2017 RITP 30:21 (0:27:28) 48.8%			11-Mar-2018 Bideford 2:12:58 (2:09:24) 49.6%	

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Rachael Haydon			14-May-2017 Bideford 58:30 (0:57:13) 51.8%	05-Nov-2017 Bideford 1:35:42 (1:35:32) 51.9%	11-Mar-2018 Bideford 2:12:58 (2:09:05) 49.5%	
Viki Hayer				05-Nov-2017 Bideford 1:28:47 BRONZE 57.4%	24-Sep-2017 Barnstaple 2:04:00 SAPPHIRE 53.0%	23-Apr-2017 London 4:47:04 SAPPHIRE 47.1%
Rachel Holland			14-May-2017 Bideford 59:47 (0:58:48) 52.1%	05-Nov-2017 Bideford 1:40:52 (1:38:08) 50.5%	24-Sep-2017 Barnstaple 2:15:49 (2:12:36) 49.8%	
Ali Holliday					26-Aug-2017 Great Escape 2:49:26 (2:14:12) 40.4%	
Denise Horner		07-Jan-2018 RITP 28:18 BRONZE 63.1%				
Jane Jackson	27-Mar-2018 ORC TT 06:59 PLATINUM 84.2%	24-Mar-2018 Barnstaple PR 23:58 PLATINUM 82.1%		05-Nov-2017 Bideford 1:27:04 DIAMOND 74.7%	11-Mar-2018 Bideford 1:53:53 PLATINUM 76.8%	
Mags Jarvis	14-Sep-2017 ORC TT 07:16 PLATINUM 80.9%	08-Jul-2017 Barnstaple PR 26:27 DIAMOND 74.4%	14-Apr-2017 Salford 54:16 DIAMOND 74.3%	21-Jan-2018 Storm Force 1:31:05 DIAMOND 72.5%	26-Aug-2017 Great Escape 2:37:01 SAPPHIRE 55.7%	
Jane Jones					11-Mar-2018 Bideford 1:54:27 GOLD 69.4%	
Karen King	27-Mar-2018 ORC TT 06:43 SILVER 65.9%	03-Dec-2017 RITP 25:39 BRONZE 59.2%		25-Mar-2018 Granit Way 1:23:48 BRONZE 61.2%	11-Mar-2018 Bideford 1:52:36 BRONZE 60.4%	
Katie Littlejohns			14-May-2017 Bideford 42:43 GOLD 71.0%	05-Nov-2007 Bideford 1:11:37 DIAMOND 73.5%	26-Aug-2017 Great Escape 2:00:36 SAPPHIRE 54.5%	
Lucy Marrison				05-Nov-2017 Bideford 1:41:20 (1:36:11) 49.3%		30-Apr-2017 N. Dorset Vge 4:28:35 SAPPHIRE 50.9%
Molly Marvin		09-Dec-2017 Exeter R'side PR 21:26 GOLD 70.5%			11-Mar-2018 Bideford 1:46:53 SILVER 63.4%	
Sarah Marvin	18-May-2017 ORC TT 05:56 DIAMOND 78.0%	22-Apr-2017 Exeter R'side PR 21:15 DIAMOND 74.0%	14-May-2017 Bideford 44:23 GOLD 72.7%		11-Mar-2018 Bideford 1:46:53 GOLD 66.1%	

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Lora Medland					25-Jun-2017 Torbay 2:05:41 SAPPHIRE 52.5%	
Debbie Miller				05-Nov-2017 Bideford 1:51:20 (1:41:38) 47.4%		
Kerry Morashti		04-Jun-2017 RITP 32:16 BRONZE 59.3%	21-May-2017 Burrator 1:08:51 SAPPHIRE 56.9%			
Tracey Mills			14-May-2017 Bideford 59:46 SAPPHIRE 57.5%	05-Nov-2017 Bideford 1:26:13 SILVER 66.0%	24-Sep-2017 Barnstaple 1:57:06 SILVER 64.4%	
Jo Page	27-Mar-2018 ORC TT 06:28 SILVER 65.1%	31-Mar-2018 Penallta PR 23:09 SILVER 64.0%	30-Mar-2018 Exeter Fast Friday 47:55 SILVER 63.4%			
Jayne Peachey				05-Nov-2017 Bideford 1:19:07 SILVER 62.8%	17-Sep-2017 Bristol 1:47:33 SILVER 61.2%	
Juliet Paterson		07-Jan-2018 RITP 26:06 BRONZE 60.2%			24-Sep-2017 Lanhydrock 1:36:23 (1:35:32) 51.5%	
Keri Quartier					02-Apr-2017 Taunton 1:50:37 SILVER 62.7%	
Hannah Ramsey		27-Jan-2018 Exeter R'side PR 24:56 SILVER 64.3%				28-May-2017 Woman Can 6:09:53 SAPPHIRE 40.8%
Monika Richards	25-May-2017 ORC TT 06:18 SILVER 66.6%	18-Jun-2017 Womens RS 24:46 BRONZE 59.7%				
Jane Richardson	25-May-2017 ORC TT 07:58 PLATINUM 81.1%	29-Jul-2017 Exeter R'side PR 28:26 DIAMOND 75.7%	14-May-2017 Bideford 1:00:43 GOLD 72.7%	05-Nov-2017 Bideford 1:45:58 GOLD 68.2%	15-Oct-2017 Grt West Run 2:26:59 SILVER 65.2%	
Beki Simmons			05-Nov-2017 Haldon Night 1:09:48 (0:59:29) 45.1%			

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Karen Skye						15-Oct-2017 Eden Project 3:59:27 SILVER 60.8%
Lucy Skye						15-Oct-2017 Eden Project 4:28:37 SAPPHIRE 51.1%
Lotte Smith				05-Nov-2017 Bideford 1:39:01 SAPPHIRE 56.8%		
Nicola Smith						28-May-2017 Dorchester 5:19:39 SAPPHIRE 42.8%
Katy Speak					25-Jun-2017 North Devon 2:41:11 (2:33:49) 48.6%	
Gill Spinney		03-Feb-2018 Tonbridge PR 24:39 SILVER 65.0%	18-Nov-2018 Knight Templar 51:19 SILVER 64.6%		25-Feb-2018 Hameldown 2:38:36 (2:19:50) 44.9%	
Claire Sprague			14-May-2017 Bideford 1:04:06 (0:59:56) 49.5%	05-Nov-2017 Bideford 1:54:57 (1:40:01) 45.2%	15-Oct-2017 Grt West Run 2:37:08 (2:15:09) 43.8%	
Jo-Anne Turner					11-Mar-2018 Bideford 1:54:00 BRONZE 60.9%	
Kerry Tyler					11-Jun-2017 Ruby Run 2:36:50 (2:11:55) 42.9%	
Karen Vallance					11-Jun-2017 Ruby Run 1:59:49 BRONZE 60.1%	
Catherine Walker	14-Sep-2017 ORC TT 08:10 (0:07:37) 51.3%	04-Feb-2018 RITP 29:54 (0:28:55) 52.2%	08-Oct-2017 Plymouth 1:03:56 (0:57:13) 47.4%	05-Nov-2017 Bideford 1:44:38 (1:40:48) 50.1%		
Geraldine Walter	14-Sep-2017 ORC TT 07:31 SAPPHIRE 55.7%		25-Jun-2017 Saltram Trust 58:18 SAPPHIRE 54.4%	25-Mar-2018 Granit Way 1:29:54 BRONZE 58.3%	11-Mar-2018 Bideford 2:01:33 BRONZE 57.1%	
Janet White		20-May-2017 Tamar Lks PR 32:46 SILVER 64.7%	30-Apr-2017 Pennywell P 1:20:16 SAPPHIRE 54.1%			

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Heidi Wills					15-Oct-2017 Grt West Run 1:52:55 BRONZE 60.6%	23-Apr-2017 London 4:10:44 BRONZE 57.4%
Caroline Wilson						28-May-2017 Dorchester 5:19:39 SAPPHIRE 43.0%
Hannah Woods			05-Nov-2017 Haldon Night 1:10:31 (1:00:52) 45.7%			
Rosalind Woodward					11-Mar-2018 Bideford 2:13:53 BRONZE 57.1%	