

Updated 02/04/2019

Award Scheme Records – Women

(Valid times from April 2018 or joining date onwards)

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

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Elizabeth Baker		02-Sep-2018 RITP 33:26 (0:30:18) 48.9%				
Anne Binns	07-Jun-2018 ORC TT 06:47 DIAMOND 75.3%	25-Nov-2018 ORC TT 24:08 GOLD 72.1%	23-Sep-2018 War Horse 1:08:11 (1:07:19) 52.3%		15-Apr-2018 Tavy 13 2:03:15 SILVER 62.0%	20-May-2018 Exeter 4:06:25 GOLD 67.0%
Claudine Benstead		23-Mar-2019 Harwich PR 20:03 PLATINUM 94.1%	24-Feb-2019 Exeter Charity 41:30 PLATINUM 93.1%		03-Mar-2019 Bideford 1:34:03 PLATINUM 89.2%	
Katie Bolt					14-Oct-2018 Exeter Great West 2:31:16 (2:09:05) 43.5%	
Jo Bradford	07-Jun-2018 ORC TT 06:27 GOLD 72.6%	07-Aug-2018 Run Ex 22:46 GOLD 70.4%	24-Feb-2019 Exeter Charity 46:03 GOLD 71.3%		03-Mar-2019 Bideford 1:45:40 GOLD 67.4%	
Lucy Brint					03-Mar-2019 Bideford 2:03:26 BRONZE 56.2%	
Daniella Bryant					20-May-2018 Plymouth 3:01:01 (2:09:05) 36.3%	
Jo Burrow	07-Jun-2018 ORC TT 07:22 SAPPHIRE 58.2%	01-Apr-2018 RITP 26:37 SAPPHIRE 56.3%	13-May-2018 Bideford 57:38 SAPPHIRE 53.3%	04-Nov-2018 Bideford 1:35:08 SAPPHIRE 52.9%		
Ruth Bushell	14-Jun-2018 ORC TT 07:56 SILVER 66.1%		23-Sep-2018 War Horse 1:06:03 SAPPHIRE 54.7%		16-Dec-2018 Pisa 2:30:02 SAPPHIRE 52.2%	
Jo Camies					15-Apr-2018 Tavy 13 2:00:47 BRONZE 60.2%	
Cathy Carey					15-Apr-2018 Tavy 13 2:00:46 BRONZE 56.0%	

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Abi Colton			13-May-2018 Bristol 52:24 SAPPHIRE 57.8%		14-Oct-2018 Eden 1:41:52 SILVER 64.6%	
Charlie Collyer					09-Sep-2018 Great North Run 2:03:40 SAPPHIRE 55.7%	
Carole Cornwall				23-Feb-2019 Looe 10 Miler 1:57:25 (1:49:35) 48.5%	14-Oct-2018 Eden 2:26:57 (2:26:12) 50.7%	
Deborah Cunningham	14-Jun-2018 ORC TT 08:03 BRONZE 64.3%	01-Jul-2018 RITP 29:18 BRONZE 59.4%				16-Dec-2018 Pisa 4:52:09 BRONZE 57.2%
Emma Cunnington			13-May-2018 Bideford 1:02:26 (1:00:22) 51.2%			
Jackie Dawes	07-Jun-2018 ORC TT 06:37 DIAMOND 75.3%	06-May-2018 RITP 24:17 GOLD 69.0%	17-Jun-2018 Exeter Retro Run 49:15 GOLD 69.7%	04-Nov-2018 Bideford 1:21:07 GOLD 69.3%	24-Jun-2018 Torbay 1:51:49 GOLD 66.6%	16-Dec-2018 Pisa 3:54:29 GOLD 69.4%
Emma Dean			03-Jun-2018 Burrator 50:39 BRONZE 62.7%	20-Jan-2019 Braunton 1:19:33 SILVER 65.8%	09-Feb-2019 Exeter HM 1:42:22 GOLD 67.8%	
Louise Dennis			13-May-2018 Bideford 1:03:11 (0:58:12) 48.8%			
MaryCarol DeZutter		26-May-2018 Tamar Lakes PR 29:55 SAPPHIRE 54.7%	23-Sep-2018 War Horse 1:11:35 (1:03:18) 46.8%			22-Apr-2018 London 5:44:17 SAPPHIRE 45.5%
Joanna Drew	14-Jun-2018 ORC TT 08:51 (0:08:24) 52.3%	07-Oct-2018 RITP 31:25 (0:29:24) 50.5%	23-Sep-2018 War Horse 1:13:21 (1:01:24) 44.3%			
Issy Edworthy		05-May-2018 Tamar Lakes PR 23:18 SILVER 66.5%				

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Rebecca Ewing					17-Jun-2018 Guernsey 1:45:34 SILVER 64.0%	
Christine Fritsch		25-Nov-2018 ORC TT 25:44 BRONZE 61.7%	20-Jan-2019 Braunton 55:29 BRONZE 58.6%	04-Nov-2018 Bideford 1:29:26 BRONZE 59.6%	14-Oct-2018 Exeter Great West 2:04:13 BRONZE 56.8%	09-Jun-2018 Tsunami 7:55:33 SAPPHIRE 31.7%
Vicky Hall			13-May-2018 Bideford 1:00:21 (0:57:21) 50.3%	04-Nov-2018 Bideford 1:42:01 (1:35:57) 48.9%		
Rachael Haydon			13-May-2018 Bideford 1:00:25 (0:57:13) 50.2%	04-Nov-2018 Bideford 1:38:33 (1:35:32) 50.4%	24-Feb-2019 Thorp and Egham 2:07:48 SAPPHIRE 51.5%	
Viki Hayer			17-Jun-2018 Exeter Retro Run 1:01:19 (0:59:09) 51.1%		03-Mar-2019 Bideford 2:05:34 SAPPHIRE 54.1%	
Rachel Holland			17-Jun-2018 Exeter Retro Run 1:01:19 (0:59:09) 51.1%	24-Mar-2019 Granite Way 1:42:34 (1:39:21) 50.3%		
Alison Holliday						31-Mar-2019 Dorset Ooser 6:24:57 SAPPHIRE 38.3%
Jane Jackson	07-Jun-2018 ORC TT 06:44 PLATINUM 87.3%	02-Jun-2018 Barnstaple PR 24:19 PLATINUM 80.9%	13-May-2018 Bideford 49:37 PLATINUM 81.2%	04-Nov-2018 Bideford 1:26:52 DIAMOND 76.0%	20-Jan-2019 Plym Trail 1:57:25 DIAMOND 74.5%	30-Sep-2018 Barnstaple 4:26:15 DIAMOND 71.5%
Mags Jarvis	07-Jun-2018 ORC TT 07:04 PLATINUM 84.4%	07-Aug-2018 Run Ex 24:50 PLATINUM 80.4%	18-Jul-2018 Exeter 51:23 PLATINUM 79.6%	04-Nov-2018 Bideford 1:29:56 DIAMOND 74.5%	24-Mar-2019 Forest of Dean 2:05:33 DIAMOND 71.8%	14-Oct-2018 Eden 5:12:14 SILVER 61.9%
Tina Kiff-Jamieson	14-Jun-2018 ORC TT 08:34 SAPPHIRE 57.4%					
Karen King	07-Jun-2018 ORC TT 06:30 SILVER 68.1%	19-Jan-2019 Tamar Lakes PR 24:29 BRONZE 62.4%	17-Jun-2018 Exeter Retro Run 48:38 SILVER 64.4%	04-Nov-2018 Bideford 1:22:02 SILVER 62.5%	23-Sep-2018 Bristol 1:49:14 SILVER 62.2%	

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Katie Littlejohns						01-Sep-2018 Dartmoor Highground 5:14:35 SAPPHIRE 43.0%
Lucy Marrison		06-May-2018 RITP 26:36 SAPPHIRE 56.2%				31-Mar-2019 Dorset Ooser 5:05:03 SAPPHIRE 45.3%
Eleanor Marvin	28-Jun-2018 ORC TT 05:54 GOLD 74.4%	19-Jan-2019 Exeter R'side PR 23:49 SILVER 64.2%				
Molly Marvin		22-Sep-2018 Exeter R'side PR 22:26 SILVER 67.3%			17-Mar-2019 Bath 2:00:00 SAPPHIRE 55.7%	
Sarah Marvin	28-Jun-2018 ORC TT 06:00 DIAMOND 78.0%	08-Sep-2018 Exeter R'side PR 20:53 DIAMOND 76.0%	24-Feb-2019 Exeter Charity 43:51 DIAMOND 74.9%	24-Mar-2019 Granite Way 1:15:20 GOLD 71.4%	16-Sep-2018 Killerton 1:53:46 SILVER 62.1%	
Abby Metherell		01-Apr-2018 RITP 32:15 (0:28:20) 47.4%				
Kerry Morashti	14-Jun-2018 ORC TT 09:04 BRONZE 63.8%	04-Nov-2018 RITP 27:42 GOLD 71.0%			16-Dec-2018 Pisa 2:05:03 GOLD 70.0%	
Tracey Mills			17-Jun-2018 Exeter Retro Run 1:00:59 SAPPHIRE 57.7%	24-Mar-2019 Granite Way 1:42:34 SAPPHIRE 56.2%		
Katherine Murray		06-Jan-2019 RITP 24:01 BRONZE 61.6%				
Jo Page	07-Jun-2018 ORC TT 06:07 SILVER 68.9%	05-Jan-2019 Exeter R'side PR 19:52 DIAMOND 74.8%	08-Dec-2018 Weston x-mas Cracker 43:30 GOLD 70.0%	04-Nov-2018 Bideford 1:09:03 DIAMOND 72.2%	14-Oct-2018 Exeter Great West 1:33:15 GOLD 70.9%	30-Sep-2018 Barnstaple 3:22:31 GOLD 67.3%
Juliet Paterson		01-Apr-2018 RITP 27:01 SAPPHIRE 58.2%				

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Fiona Porter		04-Nov-2018 RITP 32:11 (0:29:58) 50.2%				
Melanie Priday		08-Dec-2018 Minehead PR 30:40 (0:30:18) 53.3%				
Keri Quartier					17-Jun-2018 Guernsey 1:45:34 GOLD 66.3%	
Hannah Ramsey		06-Jan-2019 RITP 29:54 SAPPHIRE 54.1%				
Monika Richards					14-Oct-2018 Exeter Great West 1:52:12 BRONZE 58.8%	02-Dec-2018 Valencia 3:55:25 BRONZE 57.7%
Jane Richardson	14-Jun-2018 ORC TT 08:15 DIAMOND 79.6%	16-Mar-2019 Exeter R'side PR 27:55 DIAMOND 78.4%	17-Jun-2018 Exeter Retro Run 1:01:30 DIAMOND 73.0%	04-Nov-2018 Bideford 1:37:19 DIAMOND 75.5%	03-Mar-2019 Bideford 2:16:33 DIAMOND 71.3%	
Lotte Smith		05-Jun-2018 Run Ex 28:34 BRONZE 59.3%		04-Nov-2018 Bideford 1:40:07 SAPPHIRE 56.9%	03-Mar-2019 Bideford 2:11:17 BRONZE 58.2%	
Nicola Smith					23-Sep-2018 Disney 2:13:23 (2:10:47) 50.0%	
Katy Speak				23-Feb-2019 Looe 10 Miler 1:56:51 SAPPHIRE 52.0%	14-Oct-2018 Eden 2:26:57 SAPPHIRE 54.8%	
Jo Taxeira		03-Mar-2019 RITP 32:40 (0:28:42) 47.4%				
Jo-Anne Turner						09-Jun-2018 Tsunami 7:55:28 SAPPHIRE 31.0%
Karen Vallance			18-Jul-2018 Exeter 47:25 GOLD 70.7%		03-Mar-2019 Bideford 1:46:26 GOLD 69.2%	

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Kathryn Volkelt-Igoe	14-Jun-2018 ORC TT 07:24 DIAMOND 77.1%	25-Nov-2018 ORC TT 26:54 GOLD 71.1%	20-Jan-2019 Braunton 1:00:08 SILVER 65.1%	24-Mar-2019 Granite Way 1:38:25 SILVER 66.1%	10-Feb-2019 Exeter HM 2:15:05 SILVER 62.9%	22-Apr-2018 London 5:48:15 SAPPHIRE 53.0%
Catherine Walker					03-Mar-2019 Bideford 2:20:02 (2:17:17) 50.0%	
Lu Walsh	14-Jun-2018 ORC TT 07:23 SILVER 65.8%		23-Sep-2018 War Horse 58:14 SAPPHIRE 57.6%	24-Mar-2019 Granite Way 1:27:28 SILVER 63.5%		
Geraldine Walter	07-Jun-2018 ORC TT 07:06 SILVER 65.9%	03-Jul-2018 Exeter 25:58 BRONZE 61.1%	13-May-2018 Bideford 53:41 BRONZE 60.6%	04-Nov-2018 Bideford 1:28:26 BRONZE 60.2%	03-Mar-2019 Bideford 2:05:31 BRONZE 56.8%	
Janet White			23-Sep-2018 War Horse 1:13:21 BRONZE 60.2%		16-Dec-2018 Pisa 2:32:49 SILVER 62.7%	
Abby Williams					23-Sep-2018 Bristol 1:49:14 SILVER 62.2%	
Heidi Wills						22-Apr-2018 London 4:35:12 SAPPHIRE 52.9%
Caroline Wilson		17-Nov-2018 Camperdown PR 34:40 (0:27:52) 43.4%				
Kate Wilson			24-Feb-2019 Exeter 53:39 SILVER 67.3%		17-Mar-2019 Bath 2:01:30 SILVER 64.5%	