

# OKEHAMPTON RUNNING CLUB - FEMALE RECORDS

	1 MILE	5 Km	5 Mile	10 Km	7 Mile	10 Mile	Half Marathon	20 Mile	Marathon
<b>OVERALL</b>	Debbie Marsden <b>05:36</b> Okehampton TT 21/05/2015	Sue Walker <b>18:58</b> Taunton Triathlon 05/06/2011	Jo Page <b>33:08</b> Fulfords Five 03/02/2019	Sue Walker <b>40:19</b> Bideford 16/05/2010	Jo Page <b>49:13</b> Tavy 7 28/10/2018	Jo Page <b>1:09:03</b> Bideford 04/11/2018	Jo Page <b>1:31:54</b> Southampton 05/05/2019	Kirstin Phippard <b>2:41:17</b> Duchy 20 13/03/2011	Jo Page <b>3:16:34</b> Gr Manchester 07/04/2019
<b>UNDER 18</b>	Eleanor Marvin <b>05:54</b> Okehampton TT 28/06/2018	Molly Marvin <b>21:26</b> Exeter PR 09/12/2017					Molly Marvin <b>1:46:53</b> Bideford 11/03/2018		
<b>SENIOR</b>	Kirstin Phippard <b>05:51</b> Okehampton TT 03/05/2011	Jo Page <b>20:39</b> Amgar Fælled PR 20/10/2018	Jo Page <b>33:08</b> Fulfords Five 03/02/2019	Jo Page <b>41:36</b> Bideford 12/05/2019	Jo Page <b>49:13</b> Tavy 7 28/10/2018	Jo Page <b>1:09:03</b> Bideford 04/11/2018	Jo Page <b>1:31:54</b> Southampton 05/05/2019	Kirstin Phippard <b>2:41:17</b> Duchy 20 13/03/2011	Jo Page <b>3:16:34</b> Gr Manchester 07/04/2019
<b>VET 35</b>	Debbie Marsden <b>05:36</b> Okehampton TT 21/05/2015	Karen Skye <b>20:09</b> Okehampton TT 07/06/2011	Rachel Holland <b>54:27</b> Lydford Dash 5 08/07/2017	Debbie Marsden <b>40:26</b> WMAC Lyon 10/08/2015	Jo-Anne Fletcher <b>55:50</b> Tavy 7 27/10/2013	Karen Skye <b>1:14:27</b> Lanhydrock 26/06/2011	Karen Skye <b>1:32:09</b> Sturminster Newton 07/08/2011	Abby Metherell <b>3:09:22</b> Granite Way 20 15/03/2015	Karen Skye <b>3:30:50</b> London 22/04/2012
<b>VET 40</b>	Sue Walker <b>05:41</b> Okehampton TT 11/05/2010	Sue Walker <b>18:58</b> Taunton Triathlon 05/06/2011		Sue Walker <b>40:19</b> Bideford 16/05/2010	Rachel Short <b>51:42</b> Bampton to Tiverton 16/05/2010	Sue Walker <b>1:13:52</b> Great South Run 27/10/2013	Jo Daniel <b>1:36:45</b> Dartmoor Vale 18/10/2009	Jo Daniel <b>2:45:13</b> Duchy 20 07/03/2010	Jo Daniel <b>3:44:36</b> Duchy 13/03/2011
<b>VET 45</b>	Sarah Marvin <b>06:00</b> Okehampton TT 28/06/2018	Sarah Marvin <b>20:53</b> Exeter R's PR 08/09/2018	Sarah Marvin <b>35:56</b> Fulfords Five 04/02/2018	Sarah Marvin <b>43:51</b> Exeter 24/02/2019	Jackie Rice <b>55:08</b> Tavy 7 08/11/2009	Sarah Marvin <b>1:15:20</b> Granite Way 10 23/03/2019	Sarah Marvin <b>1:41:47</b> Exeter 19/05/2019	Jo Bradford <b>2:50:07</b> Granite Way 20 23/03/2019	Jo Bradford <b>3:49:10</b> Gr Manchester 07/04/2019
<b>VET50</b>	Jane Jackson <b>06:34</b> Okehampton TT 07/05/2009	Jane Jackson <b>22:37</b> Okehampton TT 04/06/2009	Jackie Dawes <b>39:09</b> Fulfords Five 04/02/2018	Jane Jackson <b>46:55</b> Bideford 17/05/2009	Jackie Dawes <b>56:37</b> Tavy 7 28/10/2018	Jane Jackson <b>1:18:33</b> Storm Force 10 23/01/2011	Jane Jones <b>1:46:44</b> White Peak 19/05/2013	Anne Binns <b>2:57:00</b> Granite Way 20 13/03/2016	Jackie Dawes <b>3:54:29</b> Pisa 16/12/18
<b>VET 55</b>	Claudine Benstead <b>05:50</b> Okehampton TT 23/05/2019	Claudine Benstead <b>19:41</b> Exeter R's PR 01/06/2019	Jane Jackson <b>38:01</b> Torrington Back in Five 02/09/2012	Claudine Benstead <b>40:40</b> Bideford 12/05/2019	Jane Jackson <b>56:13</b> Tavy 7 23/10/2011	Jane Jackson <b>1:18:29</b> Plymouth Hoe 10 19/02/2012	Claudine Benstead <b>1:34:03</b> Bideford 03/03/2019	Jane Jackson <b>2:56:06</b> Duchy 20 03/03/2013	Jane Jackson <b>3:51:42</b> London 22/04/2012
<b>VET 60</b>	Jane Jackson <b>06:40</b> ORC TT 04/08/2017	Jane Jackson <b>23:31</b> Barnstaple PR 04/06/2016		Marilyn Cooper <b>49:20</b> First Chance 18/01/2015	Jane Jackson <b>01:00:40</b> Tavy 7 22/10/2017	Marilyn Cooper <b>1:25:42</b> Braunton 25/01/2015	Marilyn Cooper <b>1:50:59</b> Bideford 08/03/2015		Marilyn Cooper <b>3:59:37</b> London 26/04/2015

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VET 65	Jane Richardson <b>07:58</b> Okehampton TT 25/05/2017	Jane Richardson <b>27:29</b> Exeter R's PR 13/04/2019	Jane Richardson <b>48:31</b> Fulfords Five 03/02/2019	Jane Richardson <b>57:46</b> First Chance 17/01/2016	Janet White <b>1:11:30</b> Tavy 7 25/10/2015	Jane Richardson <b>1:37:19</b> Bideford 04/11/2018	Janet White <b>2:13:50</b> Bideford 06/03/2016		
VET 70	Jane Richardson <b>07:46</b> ORC TT 14/05/2019	Jane Richardson <b>28:00</b> Exeter R's PR 08/06/2019		Jane Richardson <b>59:15</b> Fast Friday 19/04/2019					