

OKEHAMPTON RUNNING CLUB - FEMALE RECORDS

	1 MILE	5 Km	5 Mile	10 Km	7 Mile	10 Mile	Half Marathon	20 Mile	Marathon
OVERALL	Debbie Marsden 05:36 Okehampton TT 21/05/2015	Sue Walker 18:58 Taunton Triathlon 05/06/2011	Jo Page 33:08 Fulfords Five 03/02/2019	Sue Walker 40:19 Bideford 16/05/2010	Jo Page 49:13 Tavy 7 28/10/2018	Jo Page 1:09:03 Bideford 04/11/2018	Jo Page 1:31:11 Barnstaple 29/09/2019	Kirstin Phippard 2:41:17 Duchy 20 13/03/2011	Jo Page 3:16:34 Gr Manchester 07/04/2019
UNDER 18	Eleanor Marvin 05:54 Okehampton TT 28/06/2018	Molly Marvin 21:26 Exeter PR 09/12/2017					Molly Marvin 1:46:53 Bideford 11/03/2018		
SENIOR	Jo Page 05:50 Okehampton TT 17/09/2019	Jo Page 19:58 Run Ex 10/09/2019	Jo Page 33:08 Fulfords Five 03/02/2019	Jo Page 41:32 Exeter 17/07/2019	Jo Page 49:13 Tavy 7 28/10/2018	Jo Page 1:09:03 Bideford 04/11/2018	Jo Page 1:31:11 Barnstaple 29/09/2019	Kirstin Phippard 2:41:17 Duchy 20 13/03/2011	Jo Page 3:16:34 Gr Manchester 07/04/2019
VET 35	Debbie Marsden 05:36 Okehampton TT 21/05/2015	Karen Skye 20:09 Okehampton TT 07/06/2011	Rachel Holland 54:27 Lydford Dash 5 08/07/2017	Debbie Marsden 40:26 WMAC Lyon 10/08/2015	Jo-Anne Fletcher 55:50 Tavy 7 27/10/2013	Karen Skye 1:14:27 Lanhydrock 26/06/2011	Karen Skye 1:32:09 Sturminster Newton 07/08/2011	Abby Metherell 3:09:22 Granite Way 20 15/03/2015	Karen Skye 3:30:50 London 22/04/2012
VET 40	Sue Walker 05:41 Okehampton TT 11/05/2010	Sue Walker 18:58 Taunton Triathlon 05/06/2011		Sue Walker 40:19 Bideford 16/05/2010	Rachel Short 51:42 Bampton to Tiverton 16/05/2010	Sue Walker 1:13:52 Great South Run 27/10/2013	Jo Daniel 1:36:45 Dartmoor Vale 18/10/2009	Jo Daniel 2:45:13 Duchy 20 07/03/2010	Jo Daniel 3:44:36 Duchy 13/03/2011
VET 45	Sarah Marvin 06:00 Okehampton TT 28/06/2018	Sarah Marvin 20:53 Exeter R's PR 08/09/2018	Sarah Marvin 35:56 Fulfords Five 04/02/2018	Sarah Marvin 43:51 Exeter 24/02/2019	Jackie Rice 55:08 Tavy 7 08/11/2009	Sarah Marvin 1:15:20 Granite Way 10 23/03/2019	Sarah Marvin 1:41:47 Exeter 19/05/2019	Jo Bradford 2:50:07 Granite Way 20 23/03/2019	Karen Vallance 3:48:22 Barnstaple 29/09/2019
VET50	Jane Jackson 06:34 Okehampton TT 07/05/2009	Jane Jackson 22:37 Okehampton TT 04/06/2009	Jackie Dawes 39:09 Fulfords Five 04/02/2018	Jane Jackson 46:55 Bideford 17/05/2009	Jackie Dawes 56:37 Tavy 7 28/10/2018	Jane Jackson 1:18:33 Storm Force 10 23/01/2011	Jane Jones 1:46:44 White Peak 19/05/2013	Anne Binns 2:57:00 Granite Way 20 13/03/2016	Jackie Dawes 3:54:29 Pisa 16/12/18
VET 55	Claudine Benstead 05:50 Okehampton TT 23/05/2019	Claudine Benstead 19:41 Exeter R's PR 01/06/2019	Jane Jackson 38:01 Torrington Back in Five 02/09/2012	Claudine Benstead 40:40 Bideford 12/05/2019	Jane Jackson 56:13 Tavy 7 23/10/2011	Jane Jackson 1:18:29 Plymouth Hoe 10 19/02/2012	Claudine Benstead 1:31:21 Vancouver 23/06/2019	Jane Jackson 2:56:06 Duchy 20 03/03/2013	Jane Jackson 3:51:42 London 22/04/2012
VET 60	Jane Jackson 06:40 ORC TT 04/08/2017	Claudine Benstead 19:50 Exeter R's PR 31/08/2019		Claudine Benstead 41:29 Bridgewater 01/09/2019	Jane Jackson 01:00:40 Tavy 7 22/10/2017	Marilyn Cooper 1:25:42 Braunton 25/01/2015	Marilyn Cooper 1:50:59 Bideford 08/03/2015		Marilyn Cooper 3:59:37 London 26/04/2015

	1 MILE	5 Km	5 Mile	10 Km	7 Mile	10 Mile	Half Marathon	20 Mile	Marathon
VET 65	Jane Richardson 07:58 Okehampton TT 25/05/2017	Jane Richardson 27:29 Exeter R's PR 13/04/2019	Jane Richardson 48:31 Fulfords Five 03/02/2019	Jane Richardson 57:46 First Chance 17/01/2016	Janet White 1:11:30 Tavy 7 25/10/2015	Jane Richardson 1:37:19 Bideford 04/11/2018	Janet White 2:13:50 Bideford 06/03/2016		
VET 70	Jane Richardson 07:46 ORC TT 14/05/2019	Jane Richardson 26:48 Exeter R's PR 14/09/2019		Jane Richardson 57:53 Exmouth 29/09/2019			Jane Richardson 2:19:20 Winchester 22/09/2019		