## Club Standards

Award kov	BRONZE	SILVER	COLD	PLATINUM	DIAMOND
Award key	BRONZL	JILVLIN	GOLD		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
						-					-	
Katarzyna	F<40											
Dabrowska												
		21/01/2023	07/04/2023		26/02/2023		05/03/2023		26/03/2023			
Silver t-shirt		Felixstowe	Sudbury		Tarpley		Cambridge		Dave Wright			
awarded		parkrun	5 mile		10 miles		Half Marathon		15			
		24m19s	39m38s		1hr21m00s		1hr46m16s		2hr06m58s			
		18/02/2023	26/05/2023	16/04/2023			10/03/2024		24/03/2024			
Gold t-shirt		Felixstowe	Kirton	Lt. Bromley			Cambridge		Dave Wright			
awarded		parkrun	Friday 5	10k			Half Marathon		15			
		23m31s	37m55s	47m55s			1hr42m53s		2hr03m52s			
				14/04/2024								
				Lt. Bromley								
				10k								
				45m56s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	H	Half Maratho	า	15 Miles	20 Miles		Marathon
Will Ibbotson	MV55-59											
				14/04/2024								
				Lt. Bromley 10k 50m54s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
Deb	FV50-54											
Ching												
					26/02/2023							
Silver t-shirt					Tarpley							
awarded					10 miles							
					1h32m13s							
		18/03/2023		16/04/2023								
Gold t-shirt		Southampton		Lt. Bromley								
awarded		parkrun 25m29s		10k 51m00s								
		16/12/2023	26/12/2023	5111003								
Platinum		Felixstowe	Witham									
t-shirt		parkrun	BD 5 Mile									
awarded		24m02s	40m03s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
												-
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Lorna	FV<40	21/01/2023		12/03/2023								
Webber		Kesgrave		Great								
Bronze t-shirt		parkrun		Yarmouth 10k								
awarded		27m11s		55m27s								
		18/03/2023		14/05/2023								
Silver t-shirt		Felixstowe		Colchester								
awarded		parkrun		10k								
		26m10s		53m49s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
	<u> </u>	B										
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	H	Half Maratho	n	15 Miles	20 Miles		Marathon
Katie	FV<40											
Holmes												
		11/03/2023										
		Harwich parkrun										
		24m02s										
		23/05/2023	26/05/2023									
Gold t-shirt		Harwich	Kirton									
awarded		5k Series	Friday 5									
		23m28s	38m59s									

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	n	15 Miles	20 Miles		Marathon
Vincent Steensma	MV50-54										
Silver t-shirt awarded		21/01/2023 Ipswich parkrun 24m20s			10/09/2023 Felixstowe Coastal 10 1h27m00s	05/02/2023 Gt. Bentley Half Marathon 1hr51m40s		26/03/2023 Dave Wright 15 2hr12m00s			
Gold t-shirt awarded		11/02/2023 Ipswich parkrun 24m05s	07/04/2023 Sudbury 5 mile 38m11s	16/04/2023 Lt. Bromley 10k 48m37s	25/02/2024 Tarpley 10 mile 1h18m	17/03/2024 Stowmarket Half Marathon 1hr45m47s					

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlata	Acc Cat			101	10 Miles		lelf Merethe	-	15 Miles			Mayathan
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	1	Half Maratho	n	15 Miles	20 Miles		Marathon
Paul	MV65-69			12/03/2023								
Maycock				Great								
Bronze t-shirt				Yarmouth 10k								
awarded				1hr05m23s								
		11/02/2023										
		Ipswich										
		parkrun										
		27m25s										
		18/02/2023	26/12/2023	07/05/2023								
Gold t-shirt		Altonwater	Witham	Thurston								
awarded		parkrun	BD 5 mile	10k								
		26m51s	43m05s	55m54s								
		30/03/2024		14/04/2024								
Platinum		Felixstowe		Lt. Bromley								
t-shirt		parkrun		10k								
awarded		24m17s		51m22s								

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	n	15 Miles	20 Miles		Marathon
Sandra Bumphrey	FV50-54										
Platinum t-shirt awarded		21/01/2023 Felixstowe parkrun 24m29s	07/04/2023 Sudbury 5 mile 39m28s	16/04/2023 Lt. Bromley 10k 48m41s							

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
Karen	FV55-59											
Skene												
									24/03/2024			
									Langham			
									15 mile			
							/ /		2hr 31m		<u> </u>	
		11/03/2023 Felixstowe		16/04/2023			05/03/2023 Chelmsford					
Gold t-shirt awarded		parkrun		Lt. Bromley 10k			Half					
		27m11s		55m30s			2hr02m38s					
		23/05/2023		14/05/2023								
Platinum		Harwich		Colchester								
t-shirt		5k Series		10k								
awarded		26m11s		54m23s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Laura Crossley	FV40-44	11/03/2023 Felixstowe		05/03/2023 Chelmsford								
Bronze t-shirt awarded		parkrun 29m51s		10k 1hr02m29s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
								[				
Kyla	FV50-54			11/06/2023			21/05/2023					
Webb				Boxted			Colchester					
Bronze t-shirt				10k			Half Marathon					
awarded				1h07m32s			2h19m59s					
		08/04/2023	07/04/2023									
Silver t-shirt		Ipswich	Sudbury									
awarded		parkrun	5 mile									
		29m01s	47m54s									

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	n	15 Miles	20 Miles		Marathon
John Dunnett	MV60-64										
						30/04/2023 Heritage coast					
						Half Marathon 2hr04m31s					
Gold t-shirt			07/04/2023 Sudbury	16/04/2023 Lt. Bromley	25/02/2024 Tarpley	17/03/2024 Stowmarket					
awarded			5 mile 40m23s	10k 49m38s	10 miles 1hr23m17s	Half Marathon 1hr55m07s					
Platinum t-shirt		26/08/2023 Felixstowe parkrun		14/04/2024 Lt. Bromley 10k							
awarded		23m25s		47m51s							

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
Glenn												
Yellop												
			07/04/2023	16/04/2023								
Silver t-shirt			Sudbury	Lt. Bromley								
awarded			5 mile 43m10s	10k 53m53s								
			4511103	5511555								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
Bethany	FV<40		16/04/2023				17/09/2023					
Bedingfield			Lt. Bromley				Ipswich Half					
Bronze t-shirt			10k				Marathon					
awarded			55m49s				2h07m40s					
				14,05/2023								
				Colchester								
				10k 54m07s								
				5411073								

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	n	15 Miles	20 Miles		Marathon
Helen Yellop	55-59										
Gold t-shirt awarded						14/05/2023 Bristol Half Marathon 2hrs9m44s					
Platinum t-shirt awarded		03/06/2023 Kesgrave parkrun 25m20s		16/04/2023 Lt. Bromley 10k 51m24s		2015900445					

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	า	15 Miles	20 Miles		Marathon
Trevor Stevenson	MV65-69					24/09/2023 Mayflower					
						Half Marathon 2h32m06s					
						03/03/2024 Cambridge					
			30/06/2023			 Half Marathon 2hr03m26s					
Gold t-shirt awarded			Stowmarket Friday 5								
awarueu		15/04/2023	41m34s								
		Felixstowe parkrun 24m50s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	า	15 Miles	20 Miles		Marathon
Andrew Budd	MV60-64											
				11/06/2023								
Silver t-shirt				Boxted								
awarded				10k								
				56m28s	40/00/2022							
					10/09/2023 Felixstowe							
					Coastal 10							
					1h24m15s							
		06/05/2023		24/09/2023	1112-4111133		04/02/2024					
Platinum		Felixstowe		Langham			Great Bentley					
t-shirt		parkrun		10k			Half Marathon					
awarded		22m34s		45m12s			1h44m20s					
		27/01/2024	05/11/2023		14/04/2024							
Diamond		Felixstowe	Wix		Lt. Bromley							
t-shirt		parkrun	5 Mile		10k							
awarded		21m49s	35m41s		44m12s							

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
Amanda Prior	55-59											
Silver t-shirt awarded		02/05/2023 Harwich 5k 31m29s	26/05/2023 Kirton Friday 5 50m18s	14,05/2023 Colchester 10k 1hr04m40s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	า	15 Miles	20 Miles		Marathon
Marie Paveley	FV45-49											
Gold t-shirt awarded		03/06/2023 Kesgrave parkrun 24m37s		14/05/2023 Colchester 10k 49m40s								
		2411373		4311403								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Marathor	า	15 Miles	20 Miles		Marathon
Andrew Chatfield Bronze t-shirt awarded	40-44	20/05/2023 Ipswich parkrun 25m36s					21/05/2023 Colchester Half Marathon 1hr56m36s					
Silver t-shirt awarded		23/05/2023 Harwich 5k Series 22m30s	02/06/2023 Sudbury Friday 5 38m12s									
Gold t-shirt awarded		22/07/2023 Altonwater parkrun 22m18s		14/07/2023 Ipswich Twilight 10k 44m47s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	n	15 Miles	20 Miles		Marathon
Carolyn Tynan Bronze t-shirt awarded	45-49	03/06/2023 Felixstowe parkrun 29m11s					21/05/2023 Colchester Half Marathon 2hr20m55s					

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	lalf Maratho	า	15 Miles	20 Miles		Marathon
Cath Breckell	FV45-49											
							21/05/2023 Colchester					
							Half marathon 2h03m41s					

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
											1	
Jo	FV40-44											
Harris												
		23/06/2023	30/06/2023									
Silver t-shirt		Kesgrave	Stowmarket									
awarded		parkrun	Friday 5									
awaraca		25m09s	41m12s									
		LSINGSS	TIMILS									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Sally Maddams	FV45-49											
		04/03/2023	30/06/2023									
Silver t-shirt		Felixstowe	Stowmarket									
awarded		parkrun 26m41s	Friday 5 44m58s									

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	n	15 Miles	20 Miles		Marathon
Adrian Phillippo - Green	MV50-54										
Gold t-shirt awarded		17/06/2023 Felixstowe parkrun	07/07/2023 Gt. Bentley Friday 5								
		23m05s	38m13s	14/04/2024 Lt. Bromley							
				10k 44m52s							

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ł	Half Maratho	1	15 Miles	20 Miles		Marathon
Emma Lee	FV40-44											
		05/08/2023	05/11/2023									
Gold t-shirt awarded		Felixstowe parkrun 24m11s	Wix 5 Mile 40m22s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Sonia Copping	FV55-59	27/01/2024 Felixstowe parkrun 35m36s										

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Age Cat.	5k	5 Miles	10k	10 Miles		Half Maratho	n	15 Miles	20 Miles		Marathon
FV55-59											
								25/03/2024			
								Dave Wright			
						17/02/2024		2hr 31m			
						Half Marathon					
						2hr07m09s					
		Age Cat. 5k	Age Cat. 5k 5 Miles	Age Cat. 5k 5 Miles 10k	Age Cat.   5k   5 Miles   10k   10 Miles     FV55-59   Image: Cat. State of the sta	Age Cat.   5k   5 Miles   10k   10 Miles   H     FV55-59   Image: Cate of the second sec	Age Cat. 5k 5 Miles 10k 10 Miles Half Marathon   FV55-59 Image: Second Se	Age Cat. 5k 5 Miles 10k 10 Miles Half Marathon   FV55-59 Image: Category of the second	Age Cat. 5k 5 Miles 10k 10 Miles Half Marathon 15 Miles   FV55-59 Image: Second	Age Cat. 5k 5 Miles 10k 10 Miles Half Marathon 15 Miles 20 Miles   FV55-59 Image: Stress of the str	Age Cat. 5k 5 Miles 10k 10 Miles Half Marathon 15 Miles 20 Miles   FV55-59 Image: Stress of the str

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
												-
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	lalf Maratho	า	15 Miles	20 Miles		Marathon
Mark	MV65-69											
Askew												
		23/03/2024		14/04/2024								
Diamond		Felixstowe		Lt. Bromley								
t-shirt		parkrun		10k								
awarded		22m48s		45m33s								

	Award key		BRONZE		SILVER	GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Maratho	า	15 Miles	20 Miles		Marathon
Andy Parton Bronze t-shirt awarded	MV55-59					18/03/2024 Colchester Half Marathon 2hr 07m		25/03/2024 Dave Wright Langham15 2hr 31m			
awarded				14/04/2024 Lt. Bromley 10k 53m21s		2		2111 31111			
				5511213							