

Club Standards

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

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Katie Holmes	FV<40									
		11/03/2023 Harwich parkrun 24m02s								
		23/05/2023 Harwich 5k Series 23m28s	26/05/2023 Kirton Friday 5 38m59s							

Gold t-shirt awarded

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Andrew Budd	MV60-64								
Silver t-shirt awarded				11/06/2023 Boxted 10k 56m28s					
					10/09/2023 Felixstowe Coastal 10 1h24m15s				
Platinum t-shirt awarded		06/05/2023 Felixstowe parkrun 22m34s		24/09/2023 Langham 10k 45m12s		04/02/2024 Great Bentley Half Marathon 1h44m20s			
Diamond t-shirt awarded		27/01/2024 Felixstowe parkrun 21m49s	05/11/2023 Wix 5 Mile 35m41s		14/04/2024 Lt. Bromley 10k 44m12s				

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Mark Askew	MV65-69								
Diamond t-shirt awarded			23/03/2024 Felixstowe parkrun 22m48s		14/04/2024 Lt. Bromley 10k 45m33s				

