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Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon	15 Miles	20 Miles	Marathon
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John Dunnett	MV65-69								
						30/04/2023 Heritage coast Half Marathon 2hr04m31s			
Gold t-shirt awarded		07/04/2023 Sudbury 5 mile 40m23s	16/04/2023 Lt. Bromley 10k 49m38s	25/02/2024 Tarpley 10 miles 1hr23m17s		17/03/2024 Stowmarket Half Marathon 1hr55m07s		22/02/2026 Tarpley 20 miles 3hr08m05s	
Platinum t-shirt awarded		26/08/2023 Felixstowe parkrun 23m25s		14/04/2024 Lt. Bromley 10k 47m51s		08/03/2026 Colchester Half Marathon 1hr49m06s			
			31/05/2024 Sudbury Friday 5 38m35s						









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
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Andrew Budd	MV65-69								
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	23/05/2025 Kirton 5 Mile 35m47s	14/04/2024 Lt. Bromley 10k 44m12s	23/02/2025 Tarpley 10 mile 1hr16m57s	02/02/2025 Great Bentley Half Marathon 1hr42m11s			























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Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon	15 Miles	20 Miles	Marathon
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Mark Askew	MV65-69								
Diamond t-shirt awarded			07/03/2026 Felixstowe parkrun 22m30s		14/04/2024 Lt. Bromley 10k 45m33s				





























