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| 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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| John Dunnett | MV65-69 | | | | | | | | | |
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| | | | | | | | 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 | | | | | |
| | | | 31/05/2024 Sudbury Friday 5 38m35s | | | | | | | |

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

