

Diamond	Gold	Club Standards	Silver	Bronze
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Runner	Current age category	5k	5M	10k	10M	½ Marathon	15 M	20M	Marathon
Andrew Budd	MV60-64	2020 July <small>Ekiden Virtual</small>	2019 Oct <small>Wix 5</small>	2020 July <small>Ekiden Virtual</small>	2018 Nov <small>Hadleigh 10</small>	2019 Feb <small>Colchester</small>			2019 April <small>London</small>
Sandra Bumphrey	FV50-54	2022 May <small>Harwich 5k</small>	2022 May <small>Kirton 5</small>	2022 April <small>Lt. Bromley 10k</small>	2018 Nov <small>Hadleigh 10</small>	2022 May <small>Edinburgh</small>			2019 May <small>Milton Keynes</small>
Emily Dixon	FS25-29	2019 May <small>Twilight 5k</small>							
Emma Lee	FV40-44	2020 Nov <small>Nov 5k virtual</small>		2018 Nov <small>?</small>	2019 Feb <small>Tarpley 10</small>				
Lorna Webber	FV35-39	2020 Jan <small>Ipswich pr</small>	2022 June <small>Fram Friday 5</small>						
Paul Maycock	MV60-64	2018 Nov <small>Felixstowe pr</small>	2019 June <small>Fram Friday 5</small>	2019 July <small>Twilight 10k</small>			2019 April <small>Bungay Half</small>		
Diane Parton	FV50-54	2019 May <small>Harwich pr</small>	2022 April <small>Sudbury 5</small>	2019 May <small>Vitality 10k</small>					
Heather Ruff	FV55-59					2021 Oct <small>Chelmsford half</small>			2019 Oct <small>Yorkshire</small>
Karen Skene	FV50-54	2020 July <small>Ekiden Virtual</small>		2019 July <small>Twilight 10k</small>	2019 Feb <small>Tarpley 10</small>	2019 Feb <small>Gt. Bentley Half</small>			
Helen Yellop	FV45-49				2018 Nov <small>Hadleigh 10</small>				2019 May <small>Milton Keynes</small>
Marie Paveley	FV45-49		2019 Oct <small>Wix 5</small>	2020 July <small>Ekiden Virtual</small>	2021 Nov <small>Hadleigh 10</small>	2019 Oct <small>Colchester Zoo</small>	2022 Mar <small>Dave Wright 15</small>	2022 Feb <small>Tarpely 20</small>	2021 Oct <small>London</small>
Nick Frost	MV50-54	2020 July <small>Ekiden Virtual</small>		2019 Sep <small>Langham 10k</small>		2019 Aug <small>Clacton Half</small>			
Amanda Prior	FV50-54		2019 Oct <small>Wix 5</small>						
Heidi Knight	FV45-49	2020 July <small>Ekiden Virtual</small>							
Adrian Phillippo-Green	MV50-54	2021 Aug <small>Felixstowe pr</small>		2022 April <small>Bromley 10k</small>	2021 Nov <small>Hadleigh 10</small>	2021 Nov <small>Saffron Walden</small>			

Sally Maddams	FV40-44	2020 July		
		Ekiden Virtual		
Marie Barker	FV45-49	2020 Nov		
		Nov 5k Virtual		
Jo Harris	FV40-44	2020Nov		
		Nov 5k Virtual		
Andrew Chatfield	MV40-44	2021July		
		Ekiden Virtual		
Vincent Steensma	MV50-54	2022 April	2022 April	2021 Oct
		Thomas Mills pr	Sudbury 5	Chelmsford Half
Louise Beck	FV55-59	2022 March	2022 April	
		Felixstowe pr	Sudbury 5	