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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	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		17/09/2023 Ipswich Half Marathon 1h45m35s			
Diamond t-shirt awarded		03/06/2023 Bushy parkrun 21m21s	05/11/2023 Wix 5 Mile 35m41s						



















