





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
Deb Ching	FV50-54								
					26/02/2023 Tarpley 10 miles 1h32m13s				
		Gold t-shirt awarded	18/03/2023 Southampton parkrun 25m29s		16/04/2023 Lt. Bromley 10k 51m00s				
		Platinum t-shirt awarded	16/12/2023 Felixstowe parkrun 24m02s	26/12/2023 Witham BD 5 Mile 40m03s					
			25/05/2024 Felixstowe parkrun 22m47s						



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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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John Dunnett	MV60-64								
							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		
		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	MV60-64								
Silver t-shirt awarded				11/06/2023 Boxted 10k 56m28s					
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	08/09/2024 Felixstowe Coastal 10 mile 1h17m28s				

























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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					













