

## Club Standards

Award key	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
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[illegible]



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Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon	15 Miles	20 Miles	Marathon
Deb Ching	FV50-54								
Silver t-shirt awarded					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	18/04/2025 Sudbury 5 Mile 39m13s	13/04/2025 Little Bromley 10k 48m37s	23-Feb Tarpley 10 miles 1hr23m55s		02/03/2025 Southwold Half Marathon 1hr47m38s		
		25/05/2024 Felixstowe parkrun 22m47s							











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

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