

Club Standards

Award key	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
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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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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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Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon	15 Miles	20 Miles	Marathon
Sharon Williets	FV55-59								
Gold t-shirt awarded		06/05/2025 Harwich 5k Series 26m50s		13/04/2025 Little Bromley 10k 55m00s					
Platinum t-shirt awarded		29/07/2025 Harwich 5k 25m44s		11/05/2025 Colchester 10k 54m06s					

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Sandra Bumphrey	FV50-54								
Platinum t-shirt awarded		21/01/2023 Felixstowe parkrun 24m29s	07/04/2023 Sudbury 5 mile 39m28s	16/04/2023 Lt. Bromley 10k 48m41s					

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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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Helen Yellop	55-59								
Gold t-shirt awarded						14/05/2023 Bristol Half Marathon 2hrs9m44s			
Platinum t-shirt awarded		03/06/2023 Kesgrave parkrun 25m20s		16/04/2023 Lt. Bromley 10k 51m24s					

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Trevor Stevenson	MV70-74					24/09/2023 Mayflower Half Marathon 2h32m06s			
						03/03/2024 Cambridge Half Marathon 2hr03m26s			
Gold t-shirt awarded			30/06/2023 Stowmarket Friday 5 41m34s						
Platinum t-shirt awarded		15/04/2023 Felixstowe parkrun 24m50s	05/07/2024 Great Bentley Friday 5 42m34s						
		15/02/2025 Harwich parkrun 24m01s							

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Andrew Budd	MV65-69								
Silver t-shirt awarded				11/06/2023 Boxted 10k 56m28s					
Platinum t-shirt awarded				10/09/2023 Felixstowe Coastal 10 1h24m15s					
Diamond t-shirt awarded		06/05/2023 Felixstowe parkrun 22m34s		24/09/2023 Langham 10k 45m12s		04/02/2024 Great Bentley Half Marathon 1h44m20s			
		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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Marie Paveley	FV50-54								
		03/06/2023		14/05/2023					
Gold t-shirt awarded		Kesgrave parkrun		Colchester 10k					
		24m37s		49m40s					
		17/05/2025							
		Kesgrave parkrun							
		24m19s							

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Adrian Phillippo - Green	MV50-54								
Gold t-shirt awarded		17/06/2023 Felixstowe parkrun 23m05s	07/07/2023 Gt. Bentley Friday 5 38m13s						
Platinum t-shirt awarded		04/05/2024 Felixstowe parkrun 21m52s	14/04/2024 Lt. Bromley 10k 44m52s						

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Emma Lee	FV45-49								
Gold t-shirt awarded		05/08/2023	05/11/2023	18/05/2025					
		Felixstowe parkrun	Wix	Woodbridge					
		24m11s	5 Mile	10k					
			40m22s	52m11s					

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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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