## Club Standards

Award key	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	lalf Marathor	า	15 Miles	20 Miles	Marathon
Katarzyna	F<40										
Dabrowska											
		21/01/2023	07/04/2023		26/02/2023		05/03/2023		26/03/2023		
Silver t-shirt		Felixstowe	Sudbury		Tarpley		Cambridge		Dave Wright		
awarded		parkrun	5 mile		10 miles		Half Marathon		15		
		24m19s	39m38s		1hr21m00s		1hr46m16s		2hr06m58s		
		18/02/2023	26/05/2023	16/04/2023			10/03/2024		24/03/2024		
Gold t-shirt		Felixstowe	Kirton	Lt. Bromley			Cambridge		Dave Wright		
awarded		parkrun	Friday 5	10k			Half Marathon		15		
		23m31s	37m55s	47m55s			1hr42m53s		2hr03m52s		
				14/04/2024							
				Lt. Bromley							
				10k							
				45m56s							

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Will Ibbotson Bronze t-shirt awarded	MV55-59											21/05/2024 Leeds Marathon 4h35m05s
Silver t-shirt awarded							17/03/2024 Colchester Half Marathon 1h56m45s					
				14/04/2024 Lt. Bromley 10k 50m54s								

Award key		BRONZE	SILVER	GOLD		PLATINUM		DIAMOND
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Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	L	Half Marathor	<u> </u>	15 Miles	20 Miles	Marathon
Atmete	Age Cat.	JK	J WIIIES	IOK	10 1011163	'	iaii iviaiatiioi		13 MILES	20 Miles	Iviaratiioii
Deb	FV50-54										
Ching											
					26/02/2023						
Silver t-shirt					Tarpley						
awarded					10 miles						
					1h32m13s						
		18/03/2023		16/04/2023							
Gold t-shirt		Southampton		Lt. Bromley							
awarded		parkrun		10k							
		25m29s		51m00s							
		16/12/2023	26/12/2023								
Platinum		Felixstowe	Witham								
t-shirt		parkrun	BD 5 Mile								
awarded		24m02s	40m03s								
		25/05/2024									
		Felixstowe									
		parkrun									
		22m47s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Marathor	า	15 Miles	20 Miles		Marathon
Lorna Webber Bronze t-shirt awarded	FV<40	21/01/2023 Kesgrave parkrun 27m11s		12/03/2023 Great Yarmouth 10k 55m27s								
Silver t-shirt awarded		18/03/2023 Felixstowe parkrun 26m10s		14/05/2023 Colchester 10k 53m49s								
		25/05/2024 Felixstowe parkrun 23m39s										

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Katie Holmes	FV<40											
		11/03/2023 Harwich parkrun 24m02s										
Gold t-shirt awarded		23/05/2023 Harwich 5k Series 23m28s	26/05/2023 Kirton Friday 5 38m59s									
		2311203	3011333									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Vincent	MV50-54											
Steensma												
		21/01/2023			10/09/2023		05/02/2023		26/03/2023			21/04/2024
Silver t-shirt		Ipswich			Felixstowe		Gt. Bentley		Dave Wright			London
awarded		parkrun			Coastal 10		Half Marathon		15			Marathon
		24m20s			1h27m00s		1hr51m40s		2hr12m00s			4hr3m
		11/02/2023	07/04/2023	16/04/2023	25/02/2024		17/03/2024					
Gold t-shirt		Ipswich	Sudbury	Lt. Bromley	Tarpley		Stowmarket					
awarded		parkrun	5 mile	<b>10</b> k	10 mile		Half Marathon					
		24m05s	38m11s	48m37s	1h18m		1hr45m47s					

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	า	15 Miles	20 Miles		Marathon
Paul	MV65-69			12/03/2023								
Maycock				Great								
Bronze t-shirt				Yarmouth 10k								
awarded				1hr05m23s								
		11/02/2023										
		Ipswich										
		parkrun										
		27m25s										
		18/02/2023	26/12/2023	07/05/2023								
Gold t-shirt		Altonwater	Witham	Thurston								
awarded		parkrun	BD 5 mile	10k								
		26m51s	43m05s	55m54s								
		30/03/2024		14/04/2024								
Platinum		Felixstowe		Lt. Bromley								
t-shirt		parkrun		10k								
awarded		24m17s		51m22s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
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								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Karen	FV55-59											
Skene												
									24/03/2024			12/05/2024
Silver t-shirt									Langham			Leeds
awarded									15 mile			Marathon
									2hr 31m			4hr 44m
		11/03/2023		16/04/2023			05/03/2023					
Gold t-shirt		Felixstowe		Lt. Bromley			Chelmsford					
awarded		parkrun		<b>10</b> k			Half					
		27m11s		55m30s			2hr02m38s					
		23/05/2023		14/05/2023								
Platinum		Harwich		Colchester								
t-shirt		5k Series		10k								
awarded		26m11s		54m23s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	lalf Marathor	n	15 Miles	20 Miles		Marathon
Laura Crossley Bronze t-shirt awarded	FV40-44	11/03/2023 Felixstowe parkrun 29m51s		05/03/2023 Chelmsford 10k 1hr02m29s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Kyla	FV50-54			11/06/2023			21/05/2023					
Webb				Boxted			Colchester					
Bronze t-shirt				10k			Half Marathon					
awarded				1h07m32s			2h19m59s					
		08/04/2023	07/04/2023									
Silver t-shirt		Ipswich	Sudbury									
awarded		parkrun	5 mile									
		29m01s	47m54s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
John	MV60-64										<u> </u>	
Dunnett												
							30/04/2023					
							Heritage coast					
							Half Marathon					
							2hr04m31s					
			07/04/2023	16/04/2023	25/02/2024		17/03/2024					
Gold t-shirt			Sudbury	Lt. Bromley	Tarpley		Stowmarket					
awarded			5 mile	10k	10 miles		Half Marathon					
		05/00/2000	40m23s	49m38s	1hr23m17s		1hr55m07s					
Platinum		26/08/2023 Felixstowe	31/05/2024	14/04/2024								
t-shirt		parkrun	Sudbury Friday 5	Lt. Bromley 10k								
awarded		23m25s	38m35s	47m51s								
awaraca		23111233	30111333	47111313								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Marathor	า	15 Miles	20 Miles		Marathon
Glenn Yellop												
Silver t-shirt awarded			07/04/2023 Sudbury 5 mile 43m10s	16/04/2023 Lt. Bromley 10k 53m53s								
			75111203	33111333								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Bethany	FV<40		16/04/2023				17/09/2023					
Bedingfield			Lt. Bromley				Ipswich Half					
Bronze t-shirt			10k				Marathon					
awarded			55m49s				2h07m40s					
				14,05/2023								
				Colchester								
				10k								
				54m07s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ı	Half Maratho	า	15 Miles	20 Miles		Marathon
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								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Trevor Stevenson	MV70-74						24/09/2023 Mayflower					
							Half Marathon 2h32m06s					
							03/03/2024 Cambridge					
							Half Marathon 2hr03m26s					
Gold t-shirt			30/06/2023 Stowmarket									
awarded			Friday 5 41m34s									
Platinum		15/04/2023 Felixstowe	05/07/2024 Great Bentley									
t-shirt awarded		parkrun 24m50s	Friday 5 42m34s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Marathor	n	15 Miles	20 Miles		Marathon
Andrew Budo	MV60-64											
				44 /05 /2022								
Silver t-shirt				11/06/2023 Boxted								
awarded				10k								
awaiueu				56m28s								
				30111203	10/09/2023							
					Felixstowe							
					Coastal 10							
					1h24m15s							
		06/05/2023		24/09/2023			04/02/2024					
Platinum		Felixstowe		Langham			<b>Great Bentley</b>					
t-shirt		parkrun		10k			Half Marathon					
awarded		22m34s		45m12s			1h44m20s					
		27/01/2024	05/11/2023		14/04/2024							
Diamond		Felixstowe	Wix		Lt. Bromley							
t-shirt		parkrun	5 Mile		10k							
awarded		21m49s	35m41s		44m12s							

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Amanda Prior	55-59											
Silver t-shirt awarded		02/05/2023 Harwich 5k 31m29s	26/05/2023 Kirton Friday 5 50m18s	14,05/2023 Colchester 10k 1hr04m40s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Marie Paveley	FV45-49											
Gold t-shirt awarded		03/06/2023 Kesgrave parkrun 24m37s		14/05/2023 Colchester 10k 49m40s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Andrew	40-44	20/05/2022					24 /05 /2022					
	40-44	20/05/2023					21/05/2023					
Chatfield		Ipswich					Colchester					
Bronze t-shirt		parkrun					Half Marathon					
awarded		25m36s					1hr56m36s					
		23/05/2023	02/06/2023									
Silver t-shirt		Harwich	Sudbury									
awarded		5k Series	Friday 5									
		22m30s	38m12s									
		22/07/2023		14/07/2023								
Gold t-shirt		Altonwater		Ipswich								
awarded		parkrun		Twilight 10k								
		22m18s		44m47s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Carolyn Tynan	45-49	03/06/2023 Felixstowe					21/05/2023 Colchester					
Bronze t-shirt		parkrun 29m11s					Half Marathon 2hr20m55s					

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Cath Breckell	FV45-49											
							21/05/2023 Colchester Half marathon					
							2h03m41s					

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Jo Harris	FV40-44											
Silver t-shirt awarded		23/06/2023 Kesgrave parkrun 25m09s	30/06/2023 Stowmarket Friday 5 41m12s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Sally Maddams	FV45-49											
Silver t-shirt awarded		04/03/2023 Felixstowe parkrun 26m41s	30/06/2023 Stowmarket Friday 5 44m58s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
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								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Emma Lee	FV40-44											
Gold t-shirt awarded		05/08/2023 Felixstowe parkrun 24m11s	05/11/2023 Wix 5 Mile 40m22s									

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Marathor	n	15 Miles	20 Miles		Marathon
Sonia Copping Bronze t-shirt awarded	FV55-59	27/01/2024 Felixstowe parkrun 35m36s	14/06/2024 Kirton Friday 5 58m21s	18/08/2024 Clacton 10k 1h11m56s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Marathor	า	15 Miles	20 Miles		Marathon
Diane Parton	FV55-59											
Silver t-shirt									25/03/2024 Dave Wright Langham 15			12/05/2024 Leeds Marathon
Gold t-shirt							17/03/2024 Colchester		2hr 31m			4hrs 53m
awarded				15/04/2024			Half Marathon 2hr07m09s					
				Lt. Bromley 10k 53m47s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Ago Cot	FI.	F Miles	101	10 Miles		Half Maratho	•	15 Miles	20 Miles		Marathan
Atmete	Age Cat.	5k	5 Miles	10k	10 Miles	Г	ali Maratioi	11	15 Miles	20 ivilles		Marathon
Mark	MV65-69											
Askew												
		22/02/2024		14/04/2024								
Diamond		23/03/2024 Felixstowe		Lt. Bromley								
t-shirt		parkrun		10k								
awarded		22m48s		45m33s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	n	15 Miles	20 Miles		Marathon
Andy Parton	MV55-59						18/03/2024 Colchester		25/03/2024 Dave Wright			
Bronze t-shirt							Half Marathon 2hr 07m		Langham15 2hr 31m			
				14/04/2024 Lt. Bromley								
				10k 53m21s								

	Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND	
Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	ŀ	Half Maratho	า	15 Miles	20 Miles		Marathon
Jo Raven-Lloyd Bronze t-shirt awarded		25/05/2024 Felixstowe parkrun 28m30s		29/06/2024 Kesgrave 10k 1hr02m35s								