Club Standards

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		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

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	26/12/2023 Witham BD 5 Mile 40m03s								
		25/05/2024 Felixstowe parkrun 22m47s									

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		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								

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		15 Miles	20 Miles		Marathon
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**	**31/05/2024 Sudbury Friday 5 38m35s**	**14/04/2024 Lt. Bromley 10k 47m51s**							

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon	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					

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		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		Half Marathon		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 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									

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		15 Miles	20 Miles		Marathon
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			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						

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		15 Miles	20 Miles		Marathon
Carolyn Tynan Bronze t-shirt awarded	45-49	03/06/2023 Felixstowe parkrun 29m11s					21/05/2023 Colchester Half Marathon 2hr20m55s				

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles		Half Marathon		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	Half Marathon		15 Miles	20 Miles		Marathon
Jo Harris	**FV40-44**										
		23/06/2023 Kesgrave parkrun 25m09s	**30/06/2023 Stowmarket Friday 5 41m12s**								
Silver t-shirt awarded											

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

Award key		BRONZE		SILVER		GOLD		PLATINUM		DIAMOND

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		15 Miles	20 Miles		Marathon
Mark Askew	MV65-69										
Diamond t-shirt awarded		23/03/2024 Felixstowe parkrun 22m48s		14/04/2024 Lt. Bromley 10k 45m33s							

Athlete	Age Cat.	5k	5 Miles	10k	10 Miles	Half Marathon		15 Miles	20 Miles	Marathon
Andy Parton Bronze t-shirt awarded	MV55-59						18/03/2024 Colchester Half Marathon 2hr 07m		25/03/2024 Dave Wright 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	Half Marathon		15 Miles	20 Miles		Marathon
Jo Raven-Lloyd Bronze t-shirt awarded		25/05/2024 Felixstowe parkrun 28m30s		29/06/2024 Kesgrave 10k 1hr02m35s							