

Diamond

Gold

Club Standards

Silver

Bronze

Runner	Current age category	5k	5M	10k	10M	½ Marathon	15 M	20M	Marathon
Andrew Budd	MV60-64	2020 July Ekiden Virtual	2019 Oct Wix 5	2020 July Ekiden Virtual	2018 Nov Hadleigh 10	2019 Feb Colchester			2019 April London
Sandra Bumphrey	FV45-49	2019 Feb Handicap 5k		2021 May Lt. Bromley 10k	2018 Nov Hadleigh 10	2019 Sep Great East Run			2019 May Milton Keynes
Emily Dixon	FS25-29	2019 May Twilight 5k							
Emma Lee	FV40-44	2020 Nov Nov 5k virtual		2018 Nov ?	2019 Feb Tarpley 10				
Lorna Webber	FV35-39	2020 Jan Ipswich pr							
Paul Maycock	MV60-64	2018 Nov Felixstowe pr	2019 June Fram Friday 5	2019 July		2019 April			
Diane Parton	FV50-54	2019 May Harwich pr		2019 May Vitality 10k		Bungay Half			
Heather Ruff	FV55-59					2019 Feb Gt. Bentley Half			2019 Oct Yorkshire
Karen Skene	FV50-54	2020 July Ekiden Virtual		2019 July Twilight 10k	2019 Feb Tarpley 10	2019 Feb Gt. Bentley Half			
Helen Yellop	FV45-49				2018 Nov Hadleigh 10				2019 May Milton Keynes
Marie Paveley	FV40-44		2019 Oct Wix 5	2020 July Ekiden Virtual		2019 Oct Colchester Zoo			
Nick Frost	MV50-54	2020 July Ekiden Virtual		2019 Sep Langham 10k		2019 Aug Clacton Half			
Amanda Prior	FV50-54		2019 Oct Wix 5						
Heidi Knight	FV45-49	2020 July Ekiden Virtual							
Adrian Phillippo-Green	MV50-54	2021 May NH 5k 2021		2020 July Ekiden Virtual					

Sally Maddams	FV40-44	2020 July	Ekiden Virtual
Marie Barker	FV45-49	2020 Nov	Nov 5k Virtual
Jo Harris	FV40-44	2020Nov	Nov 5k Virtual