

## TRR Weekly Summaries: August – October 2016

### Tour of Terling Day 2 - Navigators' Trail - 5.3M - 1 August

Craig Dawson was victorious in the second event of the 2016 Tour of Terling series - the 5.3 mile navigators' trail - recording 38:03 to maintain his grip on first place overall. Mark Lawes and Mark Shillaker also ran strongly, coming home together in 43:14 to finish joint 3rd. Vicky Knight ran 48:04, to finish 3rd female with Simon Baker and Malcolm Bailey finishing with Iain Rhodes (and, no doubt, slightly sore ears) to clock 52:58. Wendy Smalley ran 1:02:23 just pipping Pat Rhodes, Paula Rothero and Anne-Marie Bearne who finished together on 1:02:27. Anthony Knight ran with Finley Newman, finishing in 1:02:54, Julian Holder ran 1:05:15, James and Georgina Haskey-Jones 1:06:45 with Roger Duffield finishing in 1:15:24.

### Tour of Terling Day 3 - Multi-Terrain "Ford" Race - 4.5M - 2 August

The third event in the series saw a healthy TRR turn-out with 23 tackling the 2 lap course, ford and all. Craig Dawson was again fastest, running 26:11 with Andy Conway also running well to claim third place on the night in 28:11. Tracy Harrington was first female home, and ninth overall, in 29:29 with Vicky Knight just behind in 30:19. Then followed a clutch of runners - Mark Lawes, Mark Shillaker, Lee Kerrison, Iain Rhodes, Graeme Moon, Simon Baker and Malcolm Bailey - all benefiting from the 30 second rule to finish on 30:29. Paul Gregory (35:29) was then followed by another group - Julian Holder, Lorraine Baker, Rob Hadgraft and Stacy Hember - sharing 36:51. Paula Rothero and Pete Bouldstridge clocked 38:06, Zoe Gould 39:35, Pat Rhodes and Anne-Marie Bearne 43:42 and Roger Duffield 47:22.

### Tour of Terling Day 4 - Mile up, Mile Down - 3 August

The final event of the series, a mile up hill followed by a mile back down, saw Craig Dawson run 12:03 to finish 2nd on the night, but comfortably retain his overall title. Mark Lawes clocked 13:16 with Mark Shillaker just behind in 13:23. Simon Baker ran 14:49, Julian Holder 15:24, Malcolm Bailey 15:46, Paula Rothero 16:48 and Roger Duffield 19:34.

In addition to Craig, 6 other Tiptree runners competed in all 4 events to complete the tour - Mark Lawes (who finished 5th), Mark Shillaker (6th), Malcom Bailey (11th), Paula Rothero (17th), Julian Holder (21st) and Roger Duffield (24th).

### Ipswich Twilight 10K - 5 August

Rob Hadgraft marked a return to one of his old stomping grounds by running 51:48 in this city centre evening race.

### Ipswich Twilight 5K - 5 August

Paul Mingay unfortunately took a tumble in the 5K race, eventually limping across the line in 23:49.

### Maldon Parkrun - 6 August

A beautiful clear, sunny morning at the Prom saw Julia Bawden take 19 seconds off her PB to finish in 27:32. Andrew Conway, who led at half-way, eventually finished 3rd in 19:37. Graeme Moon ran 23:04 with Peter Bouldstridge, getting stronger by the week, taking another minute off his Season's Best to record 26:07. Anthony Knight came home in 27:12, Kim Broughton 28:46 and Rose Haskey-Jones a Season's Best 31:41.

### Notley Parkrun - 6 August

Mark Shillaker ran 21:49 to finish 1<sup>st</sup> VM 50-54 and Paula Rothero also finished first in her (VW 45-49) age category in 27:39.

Netley Abbey Parkrun - 6 August

Tim Ford ran 24:01 in his home Parkrun.

Barnsley Parkrun - 6 August

Lee Kerrison flew the TRR Flag up in Yorkshire, finishing the Barnsley Parkrun in 22:40, just outside his PB.

Bradford Parkrun – 6 August

Vicky Knight completed the Bradford Parkrun in 21:55.

Maldon 5K Handicap - Race 5 – 11 August

The final event of the Maldon 5K handicap series saw three personal bests for the club. Simon Baker ran 22:34, Lorraine Baker 25:08 and Rachel Jackson 26:56. Andrew Conway was first home for the club in 19:24 with Graeme Moon running 22:48. Tina Clarke finished in 28:49 just ahead of Sally **Wood in 28:50 while Roger Duffield ran a season's best of 31:06 and Anita Leaver came home in 32:48.**

Stour Valley Path 100 km – 13 August

The Stour Valley Path 100 km is a tough undulating ultra race through the picturesque scenery of Constable country. James Haskey-Jones found the later stages tough as he felt he had not taken enough fluid in the early part of the race. He finished in 14:08:31 taking 42<sup>nd</sup> place out of 128 starters. Tracy Harrington came home five minutes later in 14:13:26 finishing 46<sup>th</sup> overall and 9<sup>th</sup> lady.

Chelmsford Super Sprint Tri – 13 August

At the Chelmsford Sprint Triathlon, Matt Davey finished the event in 38:38, completing a 160m swim, 9500m bike ride and 3000m run.

Maldon Parkrun – 13 August

The Maldon Prom Parkrun saw Andrew Conway in his first event of the weekend, finishing in 25:14. Kim Broughton and Graeme Moon ran together to finish in 27:36, with Pat Rhodes running 29:17 and Anita Leaver 33:26.

Kingston Parkrun – 13 August

At the Kingston Parkrun, Edward Skinner ran 22:49 to claim first spot in the VM 60-64 category.

Great Yarmouth half-marathon – 14 August

Paul Mingay completed his first half-marathon of the season at Great Yarmouth, running 1:20:28 to finish 7<sup>th</sup> overall and 1<sup>st</sup> V55.

Scouting trail 11.2 miles – 14 August

The Scouting Trail at Hatfield Peverel saw a good turnout from the club. Craig Dawson continued his good trail form to take third place in the 11.2 mile event in 1:25:35 while Paul Dellar prepared for his holiday with 5<sup>th</sup> spot in 1:32:40. Mark Shillaker ran 1:42:33 with Andrew Conway a few minutes behind in 1:44:07. Zoe Gould and Paula Rothero teamed up to finish in 2:18:39.

Scouting trail 6.6 miles – 14 August

In the 6.6 mile event, Simon and Lorraine Baker ran 1:08:38 with Wendy Smalley finishing in 1:23:30.

Burnham Beeches half-marathon – 14 August

Lee Kerrison travelled to the Burnham Beeches half-marathon, finishing in 1:45:14 in his first club race at the distance.

### Spitfire Scramble 13 – 14 August

The Spitfire Scramble is a 24-hour race held at Hornchurch Country Park, the former RAF Hornchurch. The aim is to complete as many laps of the 5.9 mile course as possible in 24 hours. The Tiptree team completed 20 laps with a total time of 24:20:06. Tina Clarke, Jim Slater and Mark Lawes ran 4 laps, John McVelia 3 laps, Phil Clarke and Ann-Marie Bearn 2 and Rebecca McVelia 1 lap.

### Maldon Prom Parkrun – 21 August

A windy Maldon Prom Parkrun saw James Haskey-Jones run 19:47 for 6<sup>th</sup> place, closely followed by Andrew Conway in 7<sup>th</sup> spot with 19:50. Graeme Moon ran 23:22, Simon Baker 24:57, Vicky Knight 25:21 and Lorraine Baker 26:00. Peter Bouldstridge continued his comeback with a run of 27:15, followed by Rachel Jackson in 29:15 and Rose Haskey-Jones in 31:27. The Knight family followed with Finlay Newman running 37:51, Euan Knight 38:13 and Anthony Knight 38:15.

### Clacton half-marathon – 21 August

At the Clacton half-marathon, Jim Slater made light of the very windy conditions to take more than 5 minutes off his club V70 record with a run of 1:53:47. Nigel Kinsella came home in 1:55:46.

### Clacton 10K – 21 August

The Clacton 10K run along a very windy promenade saw Rob Hadgraft finish in 53:15.

### Sandon Circuit trail – 21 August

At the Sandon Circuit trail, Mark Lawes and Tracy Harrington were first home for the club in 1:19, with Tracy finishing 3<sup>rd</sup> lady. Tracy Russell ran 1:35 with Julian Holder just a few minutes behind in 1:37. Peter Bouldstridge completed a weekend double in 1:45 and Wendy Smalley and Anita Leaver finished in 2:05.

### Lee Valley Velopark 10 - 27 August

Lee Kerrison ran an even paced 1:20:25 in this 10 miler held at the cycling venue in the Olympic Park.

### Maldon Parkrun - 27 August

James Haskey-Jones was first home for the club at the Prom, finishing in 19:25 to take 6<sup>th</sup> position. Andy Conway warmed up for Mersea the following day with 21:21, Graeme Moon ran 24:04 with Vicky Knight claiming 1st VW 40-44 in 24:35. Simon Baker ran 26:00 to finish just ahead of wife Lorraine in 27:11 with Stacey Hember (28:39) and Anthony Knight (28:40) crossing the line (more or less) together. Kim Broughton clocked 30:26 with Ian Linton, in his first appearance since early May, running 37:12.

### Great Notley Parkrun - 27 August

Mark Lawes made the trip up to Braintree to finish the Great Notley parkrun in 23:00.

### Brentwood Parkrun - 27 August

Jeff Fairfull's return to Parkrun action at Brentwood saw him finish in 30:09.

### RSC Twister - Rayne - 6M – 27 August

Mark Lawes went straight from running the Notley Parkrun to compete in this 6 mile MEC trail from Rayne Station, and had enough left in the tank to run 52:17 and claim a creditable 4<sup>th</sup> place. Malcom Bailey and Pete Bouldstridge kept each other company to come home in 1:11:33 and Wendy Smalley finished in 1:20:03.

### RSC Twister - Rayne - 3M – 27 August

Roger Duffield finished the 3 mile event in 41:08, and was awarded the Percy Fawcett Trophy (for his navigational skills, or lack of!)

### Mersea 10 Mile - 28 August

The annual 10 mile road race on Mersea Island saw a healthy Tiptree turn out and 2 club records fall. Tracy Harrington, seemingly fully recovered from her exertions in the SVP 100, ran 1:15:22 to take 7 minutes off the previous F50 record (held by Helen Ivory) whilst the evergreen Jim Slater finished in 1:24:31 to beat Roger Duffield's previous M70 mark. Craig Dawson ran steadily to be first home for the club in 1:11:45, with Mark Shillaker running 1:15:42 and Simon Baker, in his second race of the weekend, recording 1:24:45. Paul Gregory clocked 1:29:23, closely followed by Julian Holder in 1:29:51 with Lorraine Baker (1:32:46) and Paula Rothero (1:36:52) combining with Tracy to pick up 3rd place in the Ladies' Team competition. Tina Clarke came home in 1:40:53, with Sam Cheung (1:50:01) and Seonaid Shepherd (1:51:08) making their debuts at the distance and finishing just ahead of Larina Marsh in 1:51:38 and Zoe Jackson, another debutant, in 2:00:41.

### Mersea 5 Mile - 28 August

Paul Mingay, celebrating his call up for England, claimed second place in the 5 mile race in 29:30 and combined with Jonathan Finch (33:06, 8th and a PB) and Andrew Conway (33:17, 10th) to see off Colchester Harriers and take the Men's Team Prize. Glenn Reeve ran a strong 38:07 in his debut for the club at the distance, with Rob Hadgraft finishing in 43:02 just ahead of Rachel Jackson in 43:45. Pete Bouldstridge continued his comeback with 45:23 and Zoe Gould crossed the line in 48:58.

### Veteran Athletics Association Championships - Kingston - 28 August

Edward Skinner rolled back the years to take the gold medal in both the 400 and 800 metres as well as claiming silver in the 200.

### Huffer Puffer Trail - Rayne - 5.8M - 31 August

5 TRRs competed in the 5.8M Huffer Puffer Trail from Rayne Station. Anthony Knight was first home for the club in 57:29. Malcolm Bailey (1:04:14) and Pete Bouldstridge (1:09:05) had some navigational issues, Julian Holder ran 1:09:21 and Roger Duffield came home in 1:18:14.

### Maldon Parkrun - 3 September

Ideal conditions down at the Prom on Saturday morning saw some good TRR performances, not least 2 club records. Tracy Harrington ran 21:35, a Season's Best, to take a minute off her previous Club F50 record whilst Anita Leaver recorded 32:04 to improve her F60 mark by almost 30 seconds. There was also a PB for Rachel Jackson, who finished in 25:54, and a Season's Best of 26:01 for the resurgent Pete Bouldstridge. Andrew Conway also ran strongly to cross the line in second place in 19:38, Mark Shillaker ran 21:29 and Malcolm Bailey 23:53. Paula Rothero was first VW 45-49 in 26:30, Anthony Knight (with pram) ran 29:07 with Finley Newman not far behind in 30:20.

### Essex Way Relay - 4 September

The Essex Way Relay is an annual trail race held along the 82 mile Essex Way, stretching from Epping Station in the west of the county to the old lighthouse at Harwich. The race has been run since the last 1980's and Tiptree have entered at least 1 team every year since 2003. This years saw 3 Tiptree teams among the 59 strong field, with Tiptree A finishing 18th, Tiptree C 37th and Tiptree B in 41st position.

#### Veteran's Association 10,000m - 7 September

Edward Skinner continued his hot streak on the track to run 48:02 and finish 2nd V60-64 at the Battersea Arena.

#### King's Forest Trail Half-marathon - 10 September

Mark Shillaker and Paula Rothero made the journey up to Suffolk to compete in this trail half-marathon - Mark finishing 13th in 1:47:27 and Paula clocking 2:14:16.

#### Great Notley Parkrun - 10 September

Lee Kerrison "did a Lawesy", and shaved 2 seconds off his previous mark to set a new PB in 22:30.

#### Maldon Parkrun - 10 September

Rachel Jackson continued her good run of form to record 25:15 and in the process set a new PB at the Maldon Parkrun. Andy Conway's 19:39 was good enough for 4th place, Malcolm Bailey ran 23:44 and Pete Bouldstridge celebrated yet another Season's Best in 25:39. Anthony Knight ran 26:48, finishing with Graham Moon who recorded 26:49. Nicky Crane crossed the line in 27:40, Stacy Hember 28:53, Kim Broughton 31:11 and Anita Leaver 32:38.

#### Kingston Parkrun - 10 September

Edward Skinner ran 22:57 at his home Parkrun in Kingston.

#### Netley Abbey Parkrun - 10 September

Tim Ford's return to action at his home event in Hampshire saw him record 24:17.

#### Cardiff International 10K - 11 September

Paul Mingay was very much enjoying his England debut and going well, when at 7 Kilometres his achilles and calf locked up, and unfortunately he had to limp the last 3 kilometres to finish the race in 59:03. Rumours that TRR's first ever international runner still hasn't taken off his England Vest may be confirmed at club night tomorrow evening.

#### Great North Run (Half Marathon) - 11 September

Meanwhile up in Newcastle Simon Baker took over a minute off his previous best to finish the Great North Run with a new PB of 1:53:48, with Lorraine finishing in 2:02:12.

#### Langham 10K - 11 September

Conditions were ideal closer to home at Langham for what is always a fast race, and Tiptree's runners, cheered on by the injured Gary Perryman, took full advantage. Paul Dellar went under 40 minutes for the first time, taking over a minute off his PB in clocking 39:32 to finish 27th in a large field of over 600 runners. Jonathan Finch was not far behind in 43rd place, shrugging off the prospect of a 15 mile run home to run an impressive 40:47. Team Shilleroo overcame having run a half-marathon the previous day to also post fast times, with Mark claiming a new PB in 44:36 and Paula just outside her's in 54.30.

Langham 5K - 11 September

Andy Conway ran 19.23 in the inaugural 5K event.

Last of the Summer Whine Trail - 6.2M - 11 September

Craig Dawson continued his impressive form in trail races to claim 2nd place in this regular end of summer event in 51:54. Tracy Harrington also ran well to finish 2nd Female in 56:08, despite having to run with Mark Lawes who finished with the same time in 7th = place overall. Pete Bouldstridge, running his second race of the weekend, came home in 1:08:19.

Roald Dahl Challenge - 15 September

Malcolm Bailey and Jim Slater enjoyed a mid-week break down in Kent which including running in the Roald Dahl Challenge, an event celebrating what would have been the author's 100th birthday and involving running as far as possible within a 6 hour time limit. In searing 28C heat, Jim completed 4 loops of the 3.85 mile course to cover a total distance of 15.4 miles, whilst Malcolm did an additional 3 laps to run 26.95 miles in total.

Maldon Parkrun - 17 September

7 Tiptree runners were at the Prom on a somewhat blowy morning for the 162nd running of the Maldon Parkrun. Andy Conway was first home for the club in 22:38, Peter Bouldstridge ran his customary Season's Best to finish 1st VM 60-64 in 25:36 with Lorraine Baker, back from Northern Climes, running 27:42. Rachel Jackson came home in 27:50, Kim Broughton 30:36, Rose Haskey-Jones 32:12 and Anita Leaver 32:41.

Colchester Parkrun - 17 September

The Knight family enjoyed a morning at the Colchester Parkrun with Vicky running 28:24, Finley 28:29 and Anthony (and Meghan!) 28:56.

Brentwood Parkrun - 17 September

Jeff Fairfull was back in action at Weald Park, running 29:25 to finish 1st VM 65-69.

Netley Abbey Parkrun - 17 September

Tiptree exile Tim Ford continued his comeback with an improved time of 23:44 at the Netley Abbey Parkrun.

General's Round Trails - Little Baddow - 18 September

Sunday morning saw the usual group of bedraggled, bleary-eyed misfits descend upon otherwise peaceful and prosperous Little Baddow for a pair of trail runs over technical, hilly but picturesque courses taking in the woods around the village. Paul Dellar was first home for the club in the 8 mile event, finishing in 1:06:05 to claim 4th place overall. Mark Lawes had more than a few navigational issues in 1:38:38, Pete Bouldstridge ran his second race in consecutive days in 1:42:49 with Tracy Russell not far behind in 1:46:00.

In the 6.2 mile event, Wendy Smalley, Anita Leaver and Rose Haskey-Jones also made the most of the scenery before finding their way home together in 1:52:12, 1:52:17 and 1:52:20 respectively.

Ipswich Half Marathon - 18 September

Meanwhile Anthony Knight was representing the club up in Suffolk, completing the hilly course in 2:12:23.

#### Dedham 10K - 18 September

Rachel Jackson and Nicky Crane made their 10K debuts for the club in Dedham, Rachel running 53:29 and Nicky 58:04.

#### Essex Cross-Country relays - Hockley - 24 September

Three teams from TRR competed in the annual Essex Cross Country Relay Championships in Hockley, with many of our runners doubling up to run 2 legs. Team 1 (Vicky Knight 20:58, Anthony Knight 22:37, Vicky 21:47, Anthony 23:28) finished in 11th place in the Mixed Category (but first in the husband and wife category!). Team 2 (Julia Bawden 25:44, Zoe Gould 26:00, Rachel Jackson 23:03) managed 24th place in the Female Competition with Team 3 (Rachel 23:08, Louise Hawkins 29:58, Julia 27:44) coming home in 27th.

#### Maldon Parkrun - 24 September

A beautiful, sunny morning down at the Prom saw Anita Leaver run 31:48 to improve her PB and Club Record for the ninth time this season. Paul Dellar set a new PB in running 19:01 and claiming second place overall, with James Haskey-Jones hot on his heels in 3rd place in 19:18. Andy Conway warmed up for his Half-Marathon the following day with 22:06, Frances Gridley - returning from injury - ran 28:43, Anthony and Vicky Knight kicked off a busy weekend in 29:12 and 29:13 respectively and Rose Haskey-Jones ran a Season's Best 31:21.

#### Netley Abbey Parkrun - 24 September

Tim Ford ran 23:52 at this home Parkrun in Hampshire.

#### Great Notley Parkrun - 24 September

Lee Kerrison was just outside his PB at Great Notley, running 22:37.

#### Kingston Parkrun - 24 September

Edward Skinner ran an impressive 22:20, just outside his best of the season, to finish 1st VM60-64 at the Kingston Parkrun.

#### Maldon Half Marathon - 25 September

Andy Conway was first home for the club at this local half-marathon, running a Season's Best 1:29:12 to finish in 15th place overall. Vicky "Running Machine" Knight, worried she hadn't quite clocked up enough miles over the weekend, did a 3 mile warm-up run before somehow finding the energy to finish in 1:41:35, in the process claiming the prize for 3rd Female. Next came 2 impressive PB performances on what certainly can't be considered a flat course - with Lee Kerrison running 1:41:50 despite a fast 5K the previous day and Simon Baker, reaping the rewards of a beer-free Saturday night, crossing the line in 1:51:51. Lynne Baines completed the Tiptree finishers, finishing her second Half of the season in 2:32:26. Iain Rhodes also ran most of the course after the field had cleared his marshalling station near the start.

#### Felixstowe Coastal 10 - 25 September

Sue Long made her 10 mile debut for the club at this coastal race in Suffolk, enduring windy conditions to finish in 2:06:40.

#### Run for Wildlife Trail - Alresford - 14M - 25 September

Despite upsetting farmers, scaring partridges and running his customary extra miles, Mark Lawes completed the 14 mile Run for Wildlife Trail in 2:35:00.

#### Run for Wildlife Trail - Alresford - 4.5M - 25 September

Three TRRs completed the 4.5 mile event - Roger Duffield running 50:28, Wendy Smalley and Anita Leaver (despite taking a tumble) both recording 54:35.

Essex Waterways Triathlon - 50K - 25 September

The 50K race consists of a 10K canoe, a 30K cycle leg (2 circuits of a 15K loop) and finally a 10K off-road run across fields and along tow-paths. Jo Dickman and Jo Roblin both completed the course in 4 hours and 57 minutes.

Essex Waterways Traithlon - 30K - 25 September

In the 30K event competitors were faced with a 7K stint in a canoe, a loop of the 15K cycle circuit and an 8K off-road run. Mark Shillaker emerged victorious, beating his closest rival by 5 minutes to finish in 2 hours and 49 minutes, with Paula Rothero and Zoe Gould coming home in their usual harmonious fashion in 3:33:00.

Cheltenham Half Marathon - 25 September

Fiona Burrows made her debut at the Half Marathon in Cheltenham, including running miles 11 and 12 on the racecourse (going: Heavy), to finish in an encouraging 2:07:29.

Maldon Parkrun - 1 October

Saturday's Parkrun at the Prom saw a welcome return to action for Kate Finch, out for nearly 9 months after breaking both her legs in a skiing accident earlier in the year. Kate, running with daughter Isobel, came through safely to cross the line in 31:51. Anita Leaver recorded her tenth PBs/club record of the year in some style as she took more than 30 seconds off her previous mark to come home in 31:11 and finish 1st VW 60-64. Rachel Jackson also ran strongly and was first home for the club as she improved her PB to 24:41. Frances Gridley continued her improvement after returning from injury with 26:36, also winning her age category in the process, Lorraine and Simon Baker warmed up for their Half Marathon the following day with 26:58 and 27:30 respectively.

Bournemouth "Supersonic" 10K - 1 October

Tim Ford also overcame windy conditions, this time on the South Coast, to run 49:44 in the Bournemouth Supersonic 10K.

Chelmsford Parkrun - 1 October

Anthony Knight put in a strong performance at Central Park to finish just outside his Season's Best in 25:59, with Finley and Vicky running 27:47 and 27:48 respectively.

Barnsley Parkrun - 1 October

Lee Kerrison gained some respite from the in-laws as he ran 22:42 at the Barnsley Parkrun.

Kingston Parkrun - 1 October

Edward Skinner continued his purple patch to run 22:13 at the Kingston Parkrun, just two seconds outside his Season's Best for the distance, finishing 1st VM 60-64 in the process.

Saltmarsh 75 Ultra - 1 & 2 October

The fourth running of this gruelling 2 day, 75 mile Ultra saw some excellent performances from TRR's runners. Top of the bill was Tracy Harrington, winning the ladies event for the fourth consecutive year in 14:26:23, a time that was also good enough for 9th place overall. James Haskey-Jones, also completing the event for the fourth time, came home in 13:20:51, and finished one place ahead of Tracy in the overall standings in 8th position. We also had 2 debutants, both proving themselves to be made of stern stuff - with Iain Rhodes finishing in 17:35:49 and Rebecca McVelia in 24:21:04.

Several TRRs also donned their red vests to run the entire second day - a mere 37.5 miles - with Tracy Russell (in 7:45:00), Stacy Hember, Kim Broughton, Julia Bawden and Alison Peace all going the distance and Louise Hawkins completing 19.5 miles.

#### Saltmarsh 75 Relay - 1&2 October

TRR's relay team (Pete Bouldstridge (2 legs), Paula Rothero, Mark Shillaker (2 legs), Mark Lawes (2 legs), Anthony Knight, Vicky Knight, Frances Gridley, Zoe Gould, Valerie Rees), captained as usual by Wendy Smalley, came home in 5th position - with an overall time of 12:23:12.

#### Mablethorpe Marathon - 2 October

The day dawned bright, mild but bloody windy for the 10th running of this marathon on the Lincolnshire Coast. Paul Dellar hobbled home first for the club, taking 10 minutes off his PB with a time of 3:20:22. He was closely followed by the equally lame Jonathan Finch, who finished just a minute behind in 3:21:22. Malcolm Bailey completed Tiptree's crooked Dad's Army, persevering despite a dead leg to cross the line in 4:28:20.

#### Mablethorpe Half Marathon - 2 October

Jim Slater defied both the wind and his seventy years to put in another remarkable performance as he smashed his own club record and finished 2nd V70 in a time of 1:49:16. Andy Conway, who hadn't sufficiently recovered from a calf strain sustained at the Maldon Half-Marathon the previous week, pulled out half-way through the marathon to register a time of 1:38:06 in the Half.

#### Pleshey Half Marathon (incl Essex Championships) - 2 October

Simon Baker completed back to back Half Marathon PBs, chiselling another 2 minutes off the time he recorded at Maldon the previous week to finish in 1:49:32 at the Essex Championships in Pleshey. Graeme Moon finished hot on his heels in 1:50:38, recording a Season's Best, with Lorraine Baker also not far behind in 1:56:46.

#### Born2Tri Notley Duathlon - 2 October

Glen Reeve continued his good run of form to put in a strong showing at this Duathlon event at Great Notley - recording 17:00 for the first 4K run, 42:15 for the 20K bike stage, and then 18:16 for the final 4K run to complete the course in 1:19:32 (including transitions).

#### Essex League Cross Country - One Tree Hill - 8 October

Edward Skinner ran in the first cross country of the winter at One Tree Hill, finishing 154th despite arriving late and giving the rest of the field a 300 yard head start.

#### Netley Abbey Parkrun - 8 October

Tim Ford ran 22:24, his fastest time for 2 years, at the Netley Abbey Parkrun.

#### Maldon Parkrun - 8 October

An autumnal Saturday morning at Maldon's Promenade Park didn't deter 13 TRRs from joining nearly 300 others for the 165th Maldon parkrun. Leading the way, and closely following the example set by a certain (to remain nameless) TRR Coach, Anita Leaver chipped 1 second off her PB to run 31:10 and make it 11 for the season as she once again improved her club record for the distance. James Haskey-Jones was first across the line for the club, finishing 3rd in 19:17, closely followed by Paul Dellar, who finished in 7th place with 19:29 and Andy Conway, taking the opportunity to sharpen his 7 minute mile pacing skills, in 21:11. Next came Simon Baker in 24:41, hotly pursued by wife Lorraine in 25:30 and also Frances Gridley who finished 1st VW 55-59 in 25:51. Kim Broughton and Anthony Knight (plus Meghan) crossed the line together in 29:10, then came Rachel Jackson, conserving some energy for her big race the following day, in 29:22. Rose Haskey-Jones ran a Season's Best

30:54 with Graeme Moon and Lindsay Visagie, the latter making her Parkrun debut as well as a long-awaited return from a foot injury, running 31:14.

Brentwood Parkrun - 8 October

Jeff Fairfull ran 28:46 at Weald Park.

Tiptree 10 - 9 October

This year's race was run in near perfect conditions and saw 8 TRRs, cheered on by the home marshalls, all performing well on what was a successful day all round for the club. Lee Kerrison was first home, taking 5 minutes off his PB to record an impressive 1:15:36. Graeme Moon ran an even-paced 1:19:41 and was closely followed by Danielle Harrington, the first of 4 club debutants at the distance, who ran 1:20:25, a whopping 7 minutes faster than her time at the event the previous year. More pleasing still for Danielle she beat brother Anthony, who nevertheless recorded a competitive time of 1:23:50 in his first outing for the club. Rachel Jackson finished in between the Harringtons in a promising 1:23:34, with fellow debutant Angela Dellar also running strongly for 1:27:35. Not to be outdone, Zoe Jackson and Sue Long both recorded PBs, Zoe improving her time by 2 minutes to go under 2 hours for the first time in 1:58:57 and Sue taking 5 minutes off her previous mark to finish in 2:01:23.

Surrey League Cross-Country - Wimbledon Common - 15 October

Edward Skinner's eventful cross-country season continued as he finished 242nd in a race which went well over the scheduled 5 mile distance as a result of the whole field (apart from the runner in last place at the time) following the wrong route.

Hampshire League Cross-Country - Farley Mount - 15 October

Tim Ford was also in cross-country action, finishing 154th at Farley Mount in Hampshire.

Maldon Parkrun - 15 October

Anita Leaver posted her 12th 5K PB of the season, in the process lowering her V60 club record, as she ran 30:50 at the 166th running of the Maldon Parkrun. There were a number of other good performances in good conditions down at the Prom, with Andy Conway coming home first for the club and claiming 5th place in 19:47 and Jonathan Finch also going under 20 minutes to finish 7th in 19:57. Danielle Harrington continued her run of good form by running just outside her PB in 22:34 and Malcolm Bailey and Frances Gridley both won their age groups in 23:39 and 26:15 respectively. Next came Fiona Burrows, also just outside her best time in 27:33, with Meghan Knight just crossing the line just ahead of Anthony and Vicky in 28:01 and Rose Haskey-Jones chalking up another Season's Best in 30:25.

Great Notley Parkrun - 15 October

Lee Kerrison, another runner on a hot streak of form, ran 22:04 to take 30 seconds off his 5K PB at the not exactly flat Great Notley Parkrun.

Wix 5 - 16 October

The rain held off for the duration of the race but it was still wet underfoot and more than a little bit blowy for the 12th running of the Wix 5. All Tiptree's runners, cheered on enthusiastically by Garry Perryman and (the slightly more subdued) Zoe Gould, acquitted themselves well however, in particular pocket dynamo Jim Slater who ran a well-paced 39:47 to post a Season's Best and in the process lower his own V70 club record. Paul Dellar was first across the line for the club, running 32:11 to improve upon his PB set at the same race last year with Mark Shillaker just outside his own mark in 35:10. Lindsay Rolerkite, warming up for the cross-country season, ran a promising 40:20 in her debut for the club at the distance with Paula Rothero (43:05) and Roger Duffield (52:57) both running strongly to post Season's Bests.

### Cabbage Patch 10 - 16 October

The Cabbage Patch 10 is a well established event run along two-paths and roads in South West London, finishing in Twickenham. Anthony Knight represented the club at the 34th running of the race, posting a competitive time of 1:30:41.

### Sorting the Wheat from the Chaff Trail - 4.5 Mile - 15 October

Wendy Smalley completed the 4.5 mile Sorting the What from the Chaff Trail in 54:38.

### Judgement Day 12K Obstacle Race - Ashdown Forest - 22 October

Anthony Knight dodged, climbed and ducked 12 kilometres worth of obstacles on his way to a time of 2:01:51 in the Judgement Day Obstacle Race in Ashdown Forest.

### Maldon Parkrun - 22 October

Rachel Jackson was the winner of this week's Mark Lawes Award, taking two seconds off her PB to finish the Maldon Parkrun in 24:39 and finish 1st VW 35-39. James Haskey-Jones was first across the line for the club in 19:24, claiming 7th place with Simon Baker running 23:13. Pete Bouldstridge ran 26:21, finishing just ahead of Stacy Hember who finished in 26:27. Frances Gridley was 1st VW 55-59 in 27:16, Vicky Knight warmed up for her marathon the following day in 28:00 with Graeme Moon running 28:12. Rose Haskey-Jones posted a Season's Best 30:23 with Anita Leaver coming home in 31:06 and Roger Duffield running 31:21 to finish 1<sup>st</sup> V75-79.

### Colchester Parkrun - 22 October

Tim Ford made a return to Essex to record 23:01, his fastest time on the hilly Colchester course, with Rob Hadgraft running 25:52.

### Great Notley Parkrun - 22 October

Lee Kerrison, nursing a tight hamstring, ran 23:16 at Great Notley Parkrun.

### Brentwood Parkrun - 22 October

Jeff Fairfull ran 29:16 at Brentwood's Weald Park.

### Chelmsford Marathon - 23 October

The Chelmsford Marathon, now in its third year, is run on a slightly undulating course taking in the villages of Writtle, Roxwell and Willingale before finishing in the town's Central Park. This years event saw 2 great performances from Tiptree athletes, with both claiming club records.. Vicky Knight took the F40 record, finishing 10th female in 3:28:27, with Tracy Harrington finishing close behind in 3:31:07, improving her F50 Record and earning herself a PB in the process.

### Great South Run - Portsmouth - 23 October

Meanwhile Julia Bawden was also running strongly down on the South Coast, taking 5 minutes off her PB to finish this Blue Riband 10 miler in 1:33:35.

### Essex League Cross-Country - Hylands Park - 29 October

Edward Skinner came 183rd in the Essex League Cross-Country at Hylands Park, Chelmsford.

### Maldon Parkrun - 29 October

13 TRRs toed the line for the 166th Maldon Parkrun at Promenade park and there were no shortage of impressive showings in the still, dry conditions, including 2 personal bests with Simon Baker 6 seconds faster than previously in 22:28 and Rachel Jackson's 24:17 an improvement of 22

seconds. Paul Dellar's time of 19:08 was just outside his best, but was good enough for 1st place overall with Andy Conway finishing 6th in 20:27. Graeme Moon ran a strong 23:08, finishing 1st VM 60-64 and Lorraine Baker recorded 25:33 just ahead of Stacy Hember in 25:42. Kim Broughton ran 26:27, Frances Gridley was 1st VW 55-59 in 26:29 and Jo Roblin crossed the line in 27:42. Anita Leaver, experimenting with her pacing, ran 31:23, Roger Duffield was first VM 75-79 in 31:33 whilst Lindsay Visagie came home in 31:55.

Whitstable Parkrun - 29 October

Craig Dawson made the trip down to Kent and ran an encouraging 19:46 to finish in 6th place in the Whitstable Parkrun.

Great Notley Parkrun - 29 October

Jonathan Finch tackled the Great Notley course in 20:49, finishing in 9th place.

Clacton Parkrun - 29 October

Rob Hadgraft had a morning at the sea-side, competing in the third running of the Clacton Parkrun and finishing in 25:23.

Basildon Parkrun - 29 October

Anthony and Vicky warmed up for their ghoulish adventure the following day by completing the Basildon Parkrun in 28:19.

Stratford Upon Avon - 29 October

Matt Davey escaped the clutches of the in-laws for a while by completing the Stratford-Upon-Avon Parkrun in 21:52.

Netley Abbey Parkrun - 29 October

Tim Ford returned to home ground to finish the Netley Abbey Parkrun in 24:52.

Hockley Woods Parkrun - 29 October

James and Rose Haskey-Jones went down to the woods on Saturday for the Hockley Parkrun, James finishing fourth in 20:09 and Rose running 33:40.

Ranscombe Autumn Challenge - Kent - 30 October

The pair then made the journey into Kent the following day to compete in this event on a hilly 3.8 mile lap course. James completed 7 laps, the equivalent of a marathon, in 4:15:00 and Rose 3 laps, or 11.4 miles - making it her longest event to date - in 2:50:00.

Trick or Treat 5 and 10K - Richmond Park - 30 October

Anthony, Vicky and Finley entered the Halloween spirit as they donned fancy dress for these spooky races in South-West London. Anthony, obviously very much at home in his costume, ran 54:56 in the 10K with Vicky understandably trying to keep her distance a bit in 55:01. Finley came home in 28:51 in the 5K race.