

TRR Weekly Summaries: May – July 2016

Edmund Carr Great Baddow 10 Mile – 15/5/16

Whilst it may have been a bright, sunny Spring day for the running of this popular race on an undulating course around the outskirts of Chelmsford, it rained PBs and club records on the Tiptree participants. Frances Gridley led the way, running 1:25:42 to take 3 minutes off her previous mark and in the process break her own F55 club record. Not to be outdone, Stacy Hember finished in 1:28:07 to take a whopping six minutes off her PB and Paul Dellar took more than a minute off his in clocking 1:08:26. However none of them were fast enough to catch Craig Dawson who returned to form to claim a top 50 place in 1:06:15. Lindsay Rolerkite (1:24:38), Julia Bawden (1:38:42), Larina Marsh (1:47:34) and Anita Leaver (2:04:33) all made impressive debuts at the distance for the club and Anthony Knight, running with Stacy Hember over the closing stages, recorded 1:28:07.

Woodbridge 10K – 15/5/16

Matt Davey competed in this well attended race on the Suffolk coast, running 46:16.

Berlin "Big 25" 10K – 15/5/16

Rob Hadgraft flew the flag for Tiptree in the German capital, finishing in the Olympic stadium in a time of 55:05.

Flitch Way Spring Marathon – 15/5/16

Tracy Russell and Jon Yorston were in North Essex to complete this off road marathon along the Flitch Way. John ran 4:13:20, closely followed by Tracy who finished 2nd Lady in 4:16:57.

Leisure FM Trail - 6.5 Miles – 15/5/16

Wendy Smalley was first home for the club in 1:19:06 in this race, which also saw welcome returns for two club stalwarts - Carolyn Bownes and Barry Dobson - who both ran 1:37:45.

Bewl Marathon – 15/5/16

Tracy Harrington and Mark Lawes made the journey down to West Kent to run in this marathon, run on a surprisingly undulating course around Bewl Water. They ran together to finish in 4:08:01 with Tracy claiming the prize for second lady.

Bewl Half-marathon – 15/5/16

Vicky Knight continued her good run of form to clock 1:46:01 in the half-marathon event.

Maldon Parkrun – 15/5/16

Saturday's park run at the Prom saw a new PB for Simon Baker, who crossed the line in 22:54 just behind Graeme Moon who ran 22:48. Iain Rhodes continued his return from injury with an encouraging 23:51, Alison Tuck ran 26:13 with Lorraine Baker close behind in 26:48 to claim first VW 50-54. Frances Gridley (29:20), Larina Marsh (29:23) and Anita Leaver (35:04) all enjoyed a warm up before the Baddow 10 the following day.

Brentwood Parkrun – 15/5/16

Jeff Fairfull represented the club at Weald Park and ran 30:10 to record a Season's Best.

Tiptree 5k Summer Handicap Series - Race 1 – 19/5/16

The first in the summer series attracted a large field of 124 runners keen to compete on in good conditions on what is always a fast course at Maldon Promenade Park. Sally Wood took full advantage to post a PB of 28:49, running nearly a minute quicker than her previous mark. Paul Dellar ran 19:58, his best run of the season at the distance, with Gary Perryman coming back from injury to record 21:02. Tracy Harrington, on a rare 5K outing, ran 22:34 with Iain Rhodes not far behind in 23:02. Frances Gridley crossed the line in 24:50, Pat Rhodes 27:24, with Larina Marsh, fresh from her 10 mile debut 4 days previously, running 28:17. Tina Clarke ran 28:50 and Anita Leaver completed the Tiptree line-up in 34:11.

Cape Wrath Challenge 16-21/5/16

Paula Rothero and Mark Shillaker caught the sleeper train up to the remote North West Highlands of Scotland to compete in the Cape Wrath Challenge, a week long festival of running involving a number of different races, including:

- the Loch Eribel 10K - a measured road race which saw Mark run 46:32 and Paula 58:22.
- the Two Lochs Trail - a 5 mile(ish) trail race - Mark 38:26 and Paula 46:55
- the Round Durness Run - a 10 mile(ish) off road race - Mark 1:26:18 and Paula 1:48:39.

The week culminated in a challenging marathon which Paula and Mark ran as a team in around 4:15.

European Masters 10K – Algarve – 20/5/16

Edward Skinner was flying the flag for TRR in the European Masters event, held in Monte Gordo in the Algarve. Edward overcame sultry conditions to finish in 49:08, in the process pipping former European marathon Gold medallist Ian Thompson by one place.

Bedgebury Half-marathon – 21/5/16

Vicky Knight competed in this popular hilly off-roader in the Kent countryside, finishing in an impressive 1:39:54 to claim 40th place in a field of over 400 runners.

Bedgebury 10K – 21/5/16

Anthony Knight ran in the 10K event, finishing in 56:17.

Maldon Parkrun – 21/5/16

The 145th running of the Maldon Parkrun saw Kim Broughton cross the line in 25:20 to claim a PB, taking 23 seconds off her previous mark for the distance. James Haskey-Jones also ran a strong race in 19:15 to claim 3rd place, followed by Malcolm Bailey, shaking off his run of marathons, in 23:45. Graeme Moon and Iain Rhodes, crossing the line together with Kim, ran 25:20, Larina Marsh recorded 29:17 and Pete Bouldstridge 30:05.

Brentwood Parkrun – 21/5/16

Jeff Fairfull ran 30.08 to record a Season's Best and finish 1st the v65-69 age category.

Colchester Parkrun – 21/5/16

Defying the challenging Colchester Parkrun course Lucy Davies continued her recent run of form

to clock 23:10 and finish 1st VW 40-44 and Rob Hadgraft ran a Season's Best in 25:14.

Copenhagen Marathon – 22/5/16

Paul Mingay was one of over 9000 starters for this marathon run through the streets of the Danish capital, crossing the line in 2:57:49 to finish 112th overall and 2nd in his MV55-59 age group.

Trace Your Royal Routes Trail - 8M – 22/5/16

Craig Dawson continued his return to form in the second of a series of 3 trail races run through Constable Country on the Suffolk/Essex border, claiming victory in 55:13. Mark Lawes also ran strongly to finish 5th in 1:02:26, whilst Paul Dellar went astray before eventually finding his way home in 1:05:52.

Trace Your Royal Routes Trail - 5M – 22/5/16

Wendy Smalley was first home for the club in the shorter event, clocking 1:06:35, running with Pete Bouldstridge, who in his second race of the weekend was officially timed at 1:06:36. Rob Hadgraft enjoyed the scenery and his second race in consecutive days to record 1:08:42 with Carolyn Bownes and Barry Dobson running together in 1:11:46 and 1:11:52 respectively. Roger Duffield completed the Tiptree line up, running 1:16:48.

Insane Terrain 10K – Ipswich – 22/5/16

Another busy weekend in the Knight household was capped by a trip up to Suffolk to compete in the Insane Terrain 10K, a tough obstacle race run over natural terrain including bogs, rivers and hills. Vicky completed the course in 1:04:00, with Anthony six minutes behind in 1:10:00.

High Easter 10K – 22/5/16

Lee Kerrison made an encouraging debut for the club, lining up for the first ever running of the High Easter 10K and finishing in 48:58.

Harwich 5k Summer Series - Race 2 – 24/5/2016

The second race in the summer series saw windy conditions on the promenade at Harwich. James Haskey-Jones ran 19:22 to record the fastest TRR time of the evening with Paul Dellar finishing strongly to claim a Season's Best in 19:56. Matt Davey ran an encouraging 20:39 with Gary Perryman continuing his return from injury to record 21:01. Zoe Gould ran 26:26 with Roger Duffield finishing in 32:04. After 2 races Zoe Gould is the best placed TRR in the points tables, lying in 12th place with 366 points.

Ashdown Forest Eight Hour Challenge – 27/5/2016

This event, run on a tough, hilly, uneven 1.91 mile figure of eight course in Ashdown Forest in East Sussex involved covering the greatest possible distance in 8 hours. Malcolm Bailey, describing it as the hardest event he had ever done, completed 14 laps to cover 26.7 miles including over 3,600 feet of total incline.

ING Night Races – Luxembourg – 28/5/2016

A happy band of 6 TRRs flew across the Continent to tackle these races run on a humid Saturday evening in the grand duchy. In the marathon Gary Perryman shook off injury concerns to come home in 4:09:26, with Martin Pratley running 5:25:03. In the half-marathon, Stacy Hember

(2:00:57) and Graeme Moon (2:00:58) crossed the line together, Zoe Gould wasn't far behind in 2:11:45 with John McVelia, making his debut for "Tiptoe Road Runners", finishing in 2:40:18.

Maldon Park Run – 28/5/2016

Closer to home good conditions for the 146th running of the Maldon Parkrun saw some fast times for the TRR contingent. Mark Shillaker (20.48) and Iain Rhodes (22:12) both recorded PBs, with Iain also 1st in the VM 55-59 category, whilst in a close finish James Haskey-Jones came home 3rd overall in 19:01, only 5 seconds behind the winner. Mark Lawes ran 20:49, Simon Baker 23:20 with Frances Gridley 1st VW 55-59 in 25:34. Paula Rothero put in a strong showing to record a Season's Best of 26:00 with Anthony and Vicky Knight warming up for their 10K the following day in 26:45 and 27:18 respectively. Kim Broughton ran 27:35, Pete Bouldstridge a Season's Best 29:11 and Rose Haskey-Jones 32:25.

Burnham-on-Crouch 10K – 29/5/2016

Seven TRRs lined up for the inaugural running of the Burnham-on-Crouch 10K on a tricky course which included a long, uneven, off-road section. This didn't deter Vicky Knight however, who continued her excellent form of late to finish 21st overall in 45:03, taking the prize for 3rd Female in the process. Jim Slater also ran strongly to finish 1st V70, just outside the club record in 51:15 with Rob Hadgraft recording 54:40 and Anthony Knight 55:30. Chris King (58:28), Sally Wood (1:05:29) and Zoe Jackson (1:09:39) were all running their first 10K of the season

Hatfield Broad Oak 10K – 30/5/2016

Lindsay Rolerkite was the club's sole representative in this popular North West Essex 10K, completing the course in 49:50.

Maldon Parkrun - 4/6/16

Less scenic perhaps down at the Prom, but Saturday once again saw good, fast conditions and there was a healthy contingent of TRRs all too ready to take advantage. Anita Leaver topped the bill, running 33:05 to claim a PB and improve her club record at the distance for the fourth time this season. Paul Dellar (19:47) and Jonathan Finch (19:53) were neck and neck all the way round, eventually finishing 6th and 7th respectively, and both posting Season's Bests. Danielle Harrington, on debut, ran an encouraging 23:03 with Simon Baker not far behind in 23:34. Stacy Hember continued her run of form to record a Season's Best 25:12, only 10 seconds outside her PB and just pipping Frances Gridley who claimed her now customary 1st VW 55-59 in 25:14. Michael Hawkins, also on debut, crossed the line in 26:24 just in front of new Grandma Kim Broughton in 26:46. Finlay Newman (27:06) ran alongside Mum Vicky (27:07) with Pete Bouldstridge, continuing to get stronger with every run, a minute or so behind in 28:05 for another Season's Best. Louise Hawkins ran 29:07, Larina Marsh 30:07, with Euan Knight escorted by Dad Anthony in 38:35 and 38:36 respectively. Lorraine Baker, designated Tail Runner, was last of the 284 runners to finish, recording a time of 50:33.

Brentwood Parkrun - 4/6/16

Jeff Fairfull ran at Weald Park, posting a Season's Best in 29:47 to finish 1st VM 65-69.

Stour Valley Marathon - 5/6/16

There were 7 Road Runners taking their places on the start line for this wonderful trail race run on a challenging but beautiful course through the heart of Constable Country on the Essex/Suffolk border. In sunny conditions Craig Dawson was first home for the club in 4:18 with Mark Shillaker not far behind in 4:33. Mark Lawes and Tracy Harrington were both carrying injuries but nevertheless managed to finish in 5:00 with Julian Holder, appearing in his 3rd consecutive

SVM, running 5:34. Paula Rothero and Zoe Gould, performing their usual double act, completed the Tiptree finishers in 6:23:59.

Dedham Vale Vines 10K - 5/6/16

This race, beginning and ending at the Dedham Vale vineyard, is run on a picturesque multi-terrain route and allows runners to take part in a series of wine tastings on their way round. No doubt availing themselves fully of this opportunity, John McVelia, Natalie Bourne, Zoe Jackson and Sally Wood staggered across the line in 1:21.

Lakeland Trail half-marathon - Coniston - 5/6/16

A little further from home Tina Clarke was running another scenic, if challenging, course in the Lakeland Trail half-marathon around Coniston Water in the Lake District, crossing the finishing line in 2:47:50.

TRR 5K Summer Series - Maldon - 9/6/2016

There were also 13 TRRs on the start line for the second in the series of TRR Summer 5K races held at Maldon's Promenade Park. A cool, still evening saw some fast times including PBs for 3 Tiptree runners - Sally Wood (28:41), the fast improving Michael Hawkins (25:49) and Simon Baker, who out-did even Mark Lawes by taking just 1 second off his previous mark to record a time of 22:53. Matt Davey was first home for the club, running 20:52, just outside of his Season's Best recorded the previous week, with Peter Banks running 23:13 and Frances Gridley 24.53. There were Season's Bests for Chris King and Jo Roblin, who both recorded 27:22, with Fiona Burrows, on her debut for the club, running 27:52. Tina Clarke ran 28:40, Larina Marsh 28:52, Roger Duffield 31:48 and Anita Leaver 34:01.

Colchester Parkrun - 11/6/2016

At the Colchester parkrun, Rob Hadgraft ran 24:22 for a Season's Best as well as first place in his age category (VM 60-64), despite the race being held on a different (not to mention slightly longer) course to usual.

Netley Abbey Parkrun - 11/6/2016

The Netley Abbey Parkrun saw a welcome return from injury for Tim Ford, who ran an encouraging 24:01.

Maldon Parkrun - 11/6/2016

13 TRRs competed in a field of 270 in the 148th running of the Maldon parkrun. Good conditions for an unheard of third consecutive week again saw some fast times, with PBs for Stacy Hember (24:53 and 1st VW 45-49) and Nicky Crane (28:12). Andrew Conway was the first of the Tiptree finishers though, overcoming a groin strain to record 20:52 with Mark Shillaker hot on his heels in 20:54, claiming 1st place in his age category (VM 50-54). Simon Baker ran 23:52 just in front of Malcolm Bailey who on his return to Parkrun action clocked 24:01. Frances Gridley was 1st VW 55-59 in 26:01 followed by Paula Rothero, continuing her run of good form with 26:14. Kim Broughton (27:50) and Julia Bawden (27:51) crossed the line (more or less) together as did Louise Hawkins (29:00, SB) and Graeme Moon (29:00), with Anita Leaver completing the Tiptree finishers in 33:22.

Endure 24 - 11/6/2016

Endure 24, held near Reading in Berkshire, is billed as "Glastonbury for Runners". Involving individuals and teams competing around a scenic 5 mile course through Waseby Woods, the

idea is to cover as much distance as possible over a period of 24 hours. Tiptree's team of happy campers - Vicky Knight, Tina Clarke, Ann-Marie Bearne, Rebecca McVelia, John McVelia, Phill Clarke, Mark Lawes and Anthony Knight competed round the clock to finish 29 laps, covering a total of 145 miles.

Southend Half-marathon - 12/6/2016

Lindsay Rolerkite bagged a PB in this popular event run along Southend sea-front, finishing in 1:50:59, with Lynne Baines, on her first outing for the club this season, crossing the line in 2:26:38.

St Albans Half-marathon - 12/6/2016

Martin Pratley made the trip to rainy Hertfordshire to compete alongside 6000 others in the St Albans Half-marathon, finishing in 2:11:50.

East Cambridgeshire Half-marathon - 12/6/2016

Zoe Gould and Paul Dellar, cheered on by Garry Perryman, travelled north for the much smaller scale East Cambridgeshire Half-marathon, starting and finishing in the village of Soham. The rain however held off for Paul to finish in 1:36:10 with Zoe recording 2:10:24.

Poppyline Trail Marathon - 12/6/2016

Meanwhile James Haskey-Jones was in Sheringham, Norfolk for this LDWA event, running 4:37 to (probably!) finish in 5th place (official results not yet available).

Clacton 5 Mile Charity Road Race - 12/6/2016

Roger Duffield competed in this race organised by Great Bentley Running Club, finishing 1st V70 in 58:03.

Cricket Trail (High Roding) - 12/6/2016

Craig Dawson was Tiptree's sole representative in the Cricket trail race hosted by Grange Farm Runners in and around High Roding, finishing 5th in 1:10:55.

Harwich 5K Series - Race 3 - 14/6/2016

Paul Mingay ran the fourth fastest time at the third event in the series of Harwich 5K races, running 17:47. James Haskey-Jones clocked 19:11, Matt Davey 21:05 and Gary Perryman 21:17.

T&C Twister Trail Races - Coggeshall - 15/6/2016

Craig Dawson took 5th place in the 5.7 mile T&C Twister trail race, run on a tricky, technical course in Coggeshall, coming home in 52:25. Wendy Smalley and Julian Holder, competing on home territory, found their way home in 1:14:33 and 1:15:01 respectively. Roger Duffield ran in the 2.5 mile race, finishing in 1:22:39.

Maldon parkrun - 18/6/2016

15 TRRs were among a field of 295 competing in the 149th Maldon Parkrun on a slightly blowy morning down on the Prom. The conditions however didn't stop Danielle Harrington (22:47) and Anita Leaver (32:44) taking nearly 20 seconds off their respective PBs, Anita also lowering her Club record for the distance in the process, or Fiona Burrows (27:15) taking a whopping 1 minute

9 seconds off her's. James Haskey-Jones also had a competitive run, clocking 19:27 to take 3rd place overall with Paul Dellar a minute or so behind in 20:36. Graeme Moon ran a well paced 22:50, with Stacy Hember again showing strongly in 25:14. Tracy Russell, putting in a rare appearance at the event, ran a Season's Best 25:34, followed by Angela Dellar (27:03) and Iain Rhodes who, perhaps hampered by not taking his "training" seriously enough the previous evening, was a bit slower than usual in 27:16. Alison Peace came home in 27:49, Julia Bawden scooped 1st VW 55-59 in 28:03, Anthony and Vicky Knight crossed the line together (along with baby Meghan) in 27:20 with Rose Haskey-Jones continuing her return to fitness to claim a Season's Best in 32:18.

Wetherby Parkrun - 18/6/2016

Simon and Lorraine Baker ran the Wetherby Parkrun whilst in Yorkshire, Simon finishing in 23:02 and Lorraine in 27:00.

Chelmsford Parkrun – 18/6/2016

Paul Mingay finished 5th overall and 1st VM 55-59 in Central Park in a time of 18:13.

Brentwood Parkrun - 18/6/2016

Jeff Fairfull continued his fine run of form at the Brentwood Parkrun to clock another Season's Best in 29:22, taking 1st place in the VM 65-69 category in the process.

Netley Abbey Parkrun - 18/6/2016

Tim Ford, competing in his home Parkrun at Netley Abbey, clocked 30:03.

Capel 5 Mile - 19/6/2016

Gary Perryman made the journey up the A12 to compete in this undulating Suffolk 5 miler, surviving the hills to cross the line in 37:29.

Phoenix Striders Summer 5K Trail Series - Race 2 - 22/6/16

Vicky Knight ran 23:20 to finish 5th overall and 1st Female in this 5K off-road race held at Plotlands Reserve, Langdon. To complete a successful evening for the family, Finley Newman was first junior home in 29:51.

Manchester Mile - 23/6/16

The Manchester Mile, a recently revived historic annual event was first run in 1943 by Sydney Wooderson (for more on him look out for Rob Hadgraft's forthcoming book!). Rob ran in this year's event in Manchester's Sport City Stadium, finishing 2nd MV60 in a sprightly 7:11.

Maldon Parkrun - 25/6/16

The 150th Maldon Parkrun saw a record 320 finishers, including 6 Tiptree runners. James Haskey-Jones, warming up for his marathon the following day, was first home for the club in 19:13, claiming 6th position. Andrew Conway ran an even-paced 20:46 with Graeme Moon the 1st V60-64 finisher in 22:14. Alison Peace clocked 27:25, Julia Bawden 27:57 (1st VW 55-59) with Lorraine Baker, warming up for Mersea the following day, finishing in 28:14.

Harwich Parkrun - 25/6/16

Meanwhile it was Parkrun no. 50 in glorious sunshine at Harwich, with Rob Hadgraft, the sole Tiptree representative, running 25:19.

Netley Abbey Parkrun - 25/6/16

Tim Ford continued his return from injury, running 26:13 at the Netley Abbey Parkrun.

Gorleston Parkrun - 25/6/16

Finley Newman ran 25:38 to claim a new PB in this coastal Parkrun near Great Yarmouth. Vicky Knight, with the help of Meghan, ran 24:19 with husband Anthony, arriving late for the start, some way off his PB in 51:21.

Round Mersea Island Race - 26/6/16

The Round Mersea Island Race, run on a 13.4 mile multi-terrain course around the perimeter of the Island, was first held just after the First World War and remains an iconic event in the local running calendar. This year there were 20 TRRs among the 250 strong field lining up on the beach for the start of the race. First home for the club was Paul Dellar, whose time of 1:42:41 was good enough for 26th place. He was pushed all the way by Jonathan Finch, who eventually finished just over a minute behind in 1:43:55, claiming 29th place. Andy Conway, returning from injury, dropped away a little over the last few miles to finish in 1:53:25 with Mark Lawes not far behind in 1:55:23. Iain Rhodes, making an encouraging debut in the race, finished just outside the 2 hour mark in 2:00:55 whilst Jim Slater, who has run it a few times before, put in another strong showing for 2:05:53. Jim finished just behind Jamie Fairfull who, in only his second outing for the club this season, ran a competitive 2:03:43, whilst Lindsay Rolerkite was the first female home for the club in 2:10:08. Stacy Hember (2:22:00), Kim Broughton (2:22:10) and Lorraine Baker (2:22:25) all finished within a few seconds of each other, Paul Gregory clocked 2:23:19 with the Paula/Zoe Show coming home in 2:28:31. Simon Baker ran 2:36:32, Tina Clarke 2:41:33 and Jeff Fairfull 2:57:03 with Natalie Bourne (3:09:58), Sally Wood (3:09:58) and John McVelia (3:10:00) crossing the line (more or less) together to complete the Tiptree finishers.

Horndon-on-the-Hill 10K - 26/6/16

Paul Mingay continued his good form in this race organised by Thurrock Harriers, running 36:43 to finish 5th (and 1st M50-59) in a field of 320 runners.

Herts Hobble - 26/6/16

James Haskey Jones completed his 5th marathon of the season in this LDWA event in Hertfordshire, finishing in 5th place in 4:44, despite a few navigational errors leading to him covering almost 28 miles.

Trace Your Royal Routes 3 - 5M - 26/6/2016

Wendy Smalley ran 1:10:41, taking the prize for 3rd Lady in the series. Roger Duffield completed the course in 1:19:55.

Magnificent Seven Trail - Fyfield - 7.6M - 29/6/2016

Paul Dellar ran 1:05:51 in this picturesque trail race in the North West Essex countryside.

Maldon 5K Summer Series - Race 3 - 30/6/2016

Fast conditions saw 3 new PBs for Tiptree runners in the Summer Series down at the Prom, with Danielle Harrington clocking 22:26, Tracy Russell 24:51 and Lorraine Baker 25:39. Lorraine

finished not far behind husband Simon, who ran 25:19 with Jo Roblin, despite "struggling to find second gear", coming home in 27:48. Sally Wood (28:53) and Tina Clarke (28:54) finished (more or less) together, Roger Duffield ran 32:08 and Anita Leaver 32:49.

Great Bentley Friday 5 – 1/7/2016

Last, but by no means least, Zoe Gould competed in the Great Bentley 5 on Friday night, finishing in 44:20, only a few seconds outside her PB and a Season's Best.

Maldon Parkrun - 2/7/2016

15 TRRs lined up for some Saturday morning fun down at the Prom, with Nicky Crane taking advantage of good conditions to run 27:39 and claim a new Personal Best. James Haskey-Jones also had a good run, clocking 19:37 to take 7th place. Andrew Conway, on the road to recovery from injury, ran 21:40 with Lucy Davies just outside her PB in 22:36. Malcolm Bailey (23:57) and Graeme Moon (23:58, 1st VM 60-64) were neck and neck and Stacy Hember was 1st VW 45-49 in 25:14. Angela Dellar overcame a slow start to record 25:50, Vicky Knight ran with the buggy to clock 26:07 with Frances Gridley, on her return from foreign shores, finishing 1st VW 55-59 in 26:17. Kim Broughton clocked 26:32, Lorraine Baker 26:44 and Pat Rhodes drew the short straw to run with husband Iain, with both finishing in 27:37. Anita Leaver completed the Tiptree line-up in 33:57.

Eastleigh Parkrun - 2/7/2016

Tiptree exile Tim Ford continued his return to fitness with a time of 25:11 at the Eastleigh parkrun.

Summer Trail - Pleshey - 7M - 3/7/2016

The Knight family lead the way home for the club in Pleshey with Vicky first home in 1:06:10, closely followed by Anthony in 1:08:56. Mark Lawes and Tracy Harrington finished in 1:10:15 with Paula Rothero and Zoe Gould inseparable in 1:32:18.

Summer Trail - Pleshey - 4M - 3/7/2016

Andy Conway claimed victory in the shorter 4 mile event, leading the way in 33:00 with Roger Duffield finishing in 49:18.

Stort 10 - 3/7/2016

The Stort 10 is a well established event in the local calendar but this year was run on a new two lap, multi-terrain course through National Trust owned Hatfield Forest. Paul Dellar, dodging cattle for the second time in 4 days, finished in 1:12:39.

Brentwood 10K - 3/7/2016

The Brentwood 10K is a popular event run along country lanes in Blackmore. Anita Leaver, competing in her first ever 10K, capped off a busy week to run 1:14:15.

Harwich 5K Series - Race 4 - 5 July

A slight cross-wind on the prom at Harwich didn't prevent some fast times being recorded in the 4th race of the series, with Paul Dellar lopping 23 seconds off his PB to finish 11th fastest in 19:14. James Haskey-Jones recorded the 10th fastest time of the night in 19:08, whilst Roger Duffield ran 31:55.

Maldon Views Trail - 7.5M - 6 July

Craig Dawson ran 1:01:50 to claim 3rd place in this TRR organised event on a warm summer's evening in Maldon. Mark Lawes ran 1:13:14, Paul Dellar 1:20:05 with Lorraine and Simon Baker finishing together in 1:28:40. Tina Clarke and Ann-Marie Bearne enjoyed some photo opportunities before coming home in 1:39:11.

Maldon Views Trail - 5.5M - 6 July

In the 5.5 mile event, Vicky and Anthony Knight shared 7th place in 55:00. Julian Holder ran an encouraging 1:00:30 with Malcolm Bailey not far behind in 1:02:25. Larina Marsh helped Pat Rhodes cope with husband Iain as they all finished together in 1:06:53, with Kim Broughton and Stacy Hember running 1:08:29 and Wendy Smalley, Anita Leaver and Sue Long also finishing as one in 1:14:40.

Maldon Parkrun - 9 July

Some fast times at this week's Maldon Park Run saw Lucy Davies continue her fine run of form to record 22:25 and shave 11 seconds off her PB. James Haskey-Jones was also on song, warming up for his marathon the following day by finishing 2nd in 19:17. Andrew Conway, on unofficial pacing duties, ran 22:35 with Graeme Moon and Angela Dellar (1st VW 45-49) both running 24:36. Next came 2 young(ish) buggy-pushing Dads, with Jamie Fairfull weaving in and out of traffic to finish in 24:49 and Anthony Knight crossing the line in 29:05. Rose Haskey-Jones continued her return to fitness with an encouraging Season's Best of 31:59 with Anita Leaver finishing in 34:57.

Great Notley Parkrun - 9 July

Lee Kerrison was the sole TRR at Great Notley, coming home in 13th place in 22:32.

Colchester Parkrun - 9 July

Likewise Lorraine Baker was on her own at Colchester's Castle Park as she finished in 26:44, exactly matching the time she had run at Maldon the week before.

Netley Abbey Parkrun - 9 July

Whilst down on the South Coast Tim Ford completed a trio of solo TRRs, recording 25:26 at Netley Abbey.

Felsted 10K - 10 July

7 TRRs toed the line for the start of this popular local 10K race run on a gently undulating course in the North Essex countryside. Paul Mingay was first home for the club, clocking 35:42, the 8th fastest time in the UK this year in his age group, and finishing 13th overall and 2nd M50-59. Graeme Moon came in in 48:50, narrowly pipping Edward Skinner who, on a rare Essex outing, ran 49:11. Stacy Hember finished in 52:51 not far ahead of Rob Hadgraft in 53:02. Zoe Gould came home in 58:44, Martin Pratley 59:55 and Kim Broughton in 1:01:00.

North Downs Way Marathon - 10 July

The North Downs Way Marathon is a testing off-road marathon race on a scenic out and back course which includes 2 ascents of Box Hill. James Haskey-Jones completed the course in 4:20:37, with Tracy Harrington and Mark Lawes running 4:38:41 and 4:38:42 respectively.

Samphire Challenge - 6 Hour Event - 16 July

Held at Samphire Hoe, a nature reserve created from 4.9 million cubic metres of chalk marl from the Channel Tunnel excavations on the coast of Kent near Dover, the aim of this event is to cover as much distance as possible in the 6 hour time limit. Malcolm Bailey completed 8 loops of the 3.71 mile course to total 29.86 miles.

Round Ridley Trail - 13.1 miles - 16 July

This annual event in the local trail calendar includes time bonuses for drinking (at least) a pint at 5 pubs along the route. Andrew Conway, enjoying combining his two favourite disciplines, clocked 45:04 to finish in 10th place. Anthony and Vicky Knight, running/drinking as a team, weren't far behind in 46:38. Simon Baker, making sure he picked up all of the time bonuses, wove his way over the line in 1:40:29 with wife Lorraine finishing in a more sober 2:20:31. Wendy Smalley completed the Tiptree finishers, coming home in 2:43:34.

Fell Foot Park Run - Windermere - 16 July

Jeff Fairfull, enjoying the scenic route on the shore of Lake Windermere, clocked 27:44, taking more than 2 minutes off his previous Season's Best.

Moors Valley Parkrun - Ringwood - 16 July

Tim Ford continued his comeback from injury with an encouraging 23:57 at the Moors Valley Parkrun.

Valentines Parkrun - 16 July

Edward Skinner ran 23:47 at Valentine's Park in Ilford, to finish 1st in his age group (VM 60-64).

Maldon Parkrun - 16 July

James Haskey Jones ran 19:07 to finish 2nd at the Prom. Andy Conway, warming up for his trail race later in the day, finished in 21:24 whilst Angela Dellar (1st VW 45-49) overcame a fall to cross the line in 24:56. Vicky and Anthony Knight, also limbering up for a busy weekend of running, ran 27:43 and 28:24 respectively and Rose Haskey Jones came home in 32:14.

Ekiden Relays - Woodbridge, Suffolk - 17 July

4 TRR teams were among the 178 from across East Anglia taking part in the Ipswich Jaffa organised Ekiden Relay, with each team consisting of 5 runners competing round a 2.5K multi-terrain course to cover a marathon distance in total. In hot conditions at Woodbridge School the Men's Team (Jonathan Finch, Craig Dawson, Paul Dellar, Andy Conway, Paul Mingay and Mark Shillaker) finished in 2:54:31 to rank 15th in the Men's Open Section.

In the Mixed Team section, Tiptree 2 (Mark Lawes, Richard Garrett, Jim Slater, Malcolm Bailey, Tracy Harrington and Vicky Knight) clocked 3:19:51 to finish 18th, Tiptree 3 (Patsy Rhodes, Martin Pratley, Ann-Marie Bearne, Anita Leaver, Iain Rhodes and Anthony Knight) crossed the line in 4:01:15 to finish 61st with Tiptree 4 (Paula Rothero, Julian Holder, John McVelia, Zoe Gould, Rob Hadgraft, Natalie Bourne) coming home in 4:13:59 in 71st place.

In the Junior event, the Tiptree Ankle Biters (Isabel Finch, Freddie Finch, Joseph McVelia, Rebecca Conway) finished 14th.

There were some great individual performances despite the heat - with in particular Tracy Harrington completing her 10K leg in 47:12, to claim a new club F50 record for the distance. A full listing of individual times can be found on the results page of the web-site.

Great Newham London Run 10K - 17 July

Lee Kerrison competed in the Great Newham London Run and, inspired by finishing in the Olympic Stadium, took more than 2 minutes off his PB to finish in 46:17.

Double Trouble trail – 20 July

Malcolm Bailey ran the Double Trouble trail, an event with complex rules almost as tiring as the race, finishing in 1:43:47.

Blisco Dash Fell Race – 20/7/16

Mark Lawes ran the Blisco Dash fell run, finishing in 1:09:00.

Maldon 5k handicap - race 4 – 21 July

The fourth event of the Maldon 5K handicap series saw more fast times for Tiptree. Lorraine Baker improved her personal best to 25:29 and Anita Leaver set a personal best and F60 club record of 32:31. Andrew Conway was first home for the club in 19:45 with Simon Baker running 23:10. Rachel Jackson made her club debut in 27:23 while Chris King ran a rare 5K in 28:48. Sally Wood and Tina Clarke finished close together in 29:12 and 29:13.

Colchester Parkrun – 23 July

In his second 5K in three days, Andrew Conway finished the Colchester Parkrun in 20:26. Sean Pope ran his first 5K of the season in 31:16.

Maldon Prom Parkrun – 23 July

At the Maldon Prom Parkrun, Tracy Harrington was first home for the club in 22:26, with Jamie Fairfull running 23:54, Stacy Hember 25:41 and Paul Gregory 26:04. Nicky Crane was just outside her best with a time of 27:46, while Peter Bouldstridge continued his comeback with a season's best of 28:01. Rachel Jackson ran her second 5K in 3 days, finishing in 30:38 while Graeme Moon finished his pacemaking duties in 41:32.

Portobello Parkrun – 23 July

Tim Ford ran a Scottish Parkrun at Portobello, just outside Edinburgh. His time of 22:41 on the three-lap 'round the Burn' course was his fastest since January.

Club La Santa 5K – 23 July

Paul Dellar braved 30 degree temperatures in Lanzarote to finish the Club La Santa 5k in 20:24 and take 5th place.

Last Minute trail – 24 July

Andrew Conway thought he would never win a trail race because of his navigational skills. He came close at the Last Minute Trail, taking second place in 44:51, but was denied by Craig Dawson whose winning time of 40:28 was his sixth trail victory of the season. Simon Baker and Lorraine Baker finished in 1:01:26, Wendy Smalley in 1:16:49 and Peter Bouldstridge completed a weekend double in 1:20:59.

Payne Games – 23, 24 July

Vicky and Anthony Knight completed two obstacle races at the Payne Games held near the Sussex coast around the South Downs. Saturday's event was a 7k course with a mix of hard woodland running and obstacles. Sunday's race was an 11k course with a tougher hilly run off road with obstacles.

Outlaw long-distance triathlon – 24 July

Glen Reeve completed the Outlaw long-distance triathlon at Nottingham posting a personal best, despite the heat and a disappointing marathon .The splits were 2.4 mile swim 1:00:41, 112 mile bike 6:36:00, marathon 5:56:00. His time of 13;32:41 was 1 hour 25 minutes faster than his best Ironman, set at Bolton last year.

Harwich 5K Summer Series - Race 5 - 26 July

The final race of the series saw good conditions at the Prom and Paul Mingay in cracking form as he ran 17:21, taking 8 seconds off his PB and Club Record. Paul's time was also the second fastest of all runners on the night and the 8th fastest recorded in his age group in the UK this year. Roger Duffield also competed, crossing the line in 31:35.

Club La Santa Half Marathon - Lanzarote - 26 July

Paul Dellar ran his second race of the week in Lanzarote, finishing 2nd in a field of 27 in 1:31:21.

Maldon Parkrun - 30 July

Andy Conway came home in 5th place at the Prom, with his time of 19:41 only 1 second outside his Seasons' Best. Stacy Hember ran 25:32, Pete Bouldstridge claimed a Season's Best in 27:01, with Anita Leaver crossing the line in 32:53.

Chelmsford Parkrun - 30 July

Vicky Knight ran strongly to finish first VW 40-44 at Central Park, her time of 21:45 a comfortable Season's Best. Anthony Knight came home in 30:01.

Netley Abbey Parkrun - 30 July

Tim Ford returned from his travels to run 23:37 in in his home parkrun at Netley Abbey.

Tour of Terling Day 1 - 8.3M - 31 July

Craig Dawson made a strong start to his campaign to retain his Tour of Terling title, running 59:22 to secure victory in the first event - an 8.3M trail race in and around Terling. There were 15 TRRs altogether in the field of 85, with James Haskey-Jones next home in 1:08:37, closely followed by the triumvirate of Tracy Harrington, Mark Lawes and Mark Shillaker who all finished in 1:08:55, with Tracy finishing first female. Next was Andy Conway in 1:11:07, with Vicky Knight clocking

1:15:01 and then the experienced duo of Malcolm Bailey and Jim Slater in 1:20:50. Anthony Knight ran 1:23:30, a buddy-less Paula Rothero 1:26:56, Pete Bouldstridge 1:31:09, Wendy Smalley 1:44:20, Julian Holder 1:46:07 and Roger Duffield 2:04:44.