

TRR Results – 1 November 2016 – 29 January 2017

Chingford League 5K - Hainault - 1 November

Edward Skinner posted the first result of the new season, running 24:33 at the Chingford League 5K race in Hainault.

It's a Hoot Night Trail - Silver End - 2 November

The first trail from Top Day Events saw 32 runners getting lost in the dark in Silver End. Craig Dawson was first home for the club, finishing 3rd overall in 1:01:20. Andy Conway came home in 1:10:54, Simon Baker (1:15:20) just pipped wife Lorraine (1:15:23) who nevertheless was the first lady finisher. Anthony Knight (presumably this time without Meghan) ran 1:21:22, Wendy Smalley 1:43:26, Anita Leaver 1:43:28 with Pete Bouldstridge eventually getting his bearings in 1:50:41.

Bedgebury Parkrun - 5 November

The previous day Tim warmed up for his 10K by running the Bedgebury Parkrun in 27:23.

Maldon Parkrun - 5 November

There were also 2 PBs at a chilly Promenade Park on Saturday. Rachel Jackson, who was also first home for the club, ran 24:07 to improve her PB by 10 seconds whilst Fiona Burrows came home in 27:02, lowering her own mark by 13 seconds. Lorraine Baker ran 25:23, with Pete Bouldstridge (26:15) just edging out Frances Gridley (26:16), who nevertheless took first place in her age group category. Vicky Knight ran 27:02, Jo Roblin 28:05 with Tina Clarke close behind in 28:31. Anita Leaver crossed the line in 31:43, just ahead of Pete Banks who finished in 31:47 after chasing down his dog, who was making a serious challenge for the lead after the first lap of the lake. Anthony and Meghan Knight finished in 32:57.

53-12 Cross Country - Abbey Fields, Colchester - 6 November

A large Tiptree contingent, cheered on by some enthusiastic supporters, formed part of the biggest 53-12 Cross-Country field in modern times as 418 runners lined up at a cold and blowy Abbey Fields for a race which marked the 30th anniversary of the start of the league.

Tiptree's ladies led the way, with 17 finishers combining to finish top of Pool B. Vicky Knight was first home, continuing her great form of late to finish in a superb 19th place out of a field of 160 runners, with Tracy Harrington the team's other scorer, also finishing well up the field in 28th. Danielle Harrington ran strongly on her debut, finishing in a highly creditable 41st place with Rachel Jackson also enjoying her first taste of cross-country in 69th, just ahead of Lindsay Rolerkite, who continued her return from injury in 70th. Tracey Russell, in her first run since Saltmarsh, picked up disc no. 106 with Zoe Gould hot on her heels in 108th. Tina Clarke and Jo Roblin, in their second runs in 2 days, were 117th and 124th respectively with Ann-Marie Bearne and Chris King keeping close company in 129th and 130th. Rose Haskey-Jones in 149th was closely followed by a quintet of ladies in red all enjoying their cross-country debuts - Zoe Jackson (151st), Sally Wood (152nd), Natalie Bourne (153rd), Alia Hamden (154th) and Karen Pearse (156th).

The men finished 4th in a tight start to the league with only 27 aggregate positions separating 3rd from 5th place. Paul Dellar, first home for the boys, finished 69th out of a field of 258 and was closely followed by Craig Dawson (78th) who overhauled Andy Conway (80th) in the final few metres, with Jono Finch completing the men's scorers in 94th. Gavin Thomas placed 120th followed by Lee Kerrison, making an encouraging debut in 159th. Edward Skinner, on his return to the league, came home 195th, with Richard Garrett, an ever-present last year, coming back from a foot injury in 209th. Malcolm Bailey was 211th, Rob Hadgraft 219th with Pete Bouldstridge running his 3rd race in 5 days finishing 229th. Phill Clarke suffered from some calf problems on his way to 252nd, John McVelia finished in 255th and Roger Duffield came home 257th.

Overall Tiptree sit in 3rd position in Pool B and with all to play for the next race is in Harwich on 4 December.

Billericay 10K - 6 November

Some good performances at the Billericay 10K too, including 2 PBs. Simon Baker started the new season as he finished the last one, taking a minute off his PB to finish in 47:25 whilst Stacy Hember improved her mark by 11 seconds to finish in 52:18. Graeme Moon ducked under 50 minutes in 49:58, Lorraine Baker ran 52:08, Kim Broughton 54:21 and Julia Bawden, in her debut for the club at the distance, crossed the line in 55:55.

Beckley 10K - 6 November

Tim Ford rounded off a weekend away in East Sussex with a PB, completing the Beckley 10K in 49:22.

Nuclear Fallout 12K - Kelvedon Hatch - 12 November

James Haskey-Jones dodged, climbed and slithered his way to a time of 1:49:31 in this obstacle race in Kelvedon Hatch, finishing 95th in a field of 985, and 8th in the VM 45-49 age group.

Surrey League Cross Country - Epsom Downs - 12 November

Edward Skinner came home in 268th place in a large field in this Surrey League Cross-Country race.

Hampshire League Cross-Country - Bournemouth - 12 November

Meanwhile Tim Ford was finishing 232nd in King's Park, Bournemouth.

Maldon Parkrun - 12 November

6 TRRs took part in Parkrun No. 170 at Promenade Park, Maldon. Finlay Newman was first home in 26:38, Frances Gridley clocked 27:45 just in front of Alison Peace who recorded 27:56. Tina Clarke (28:10), Rachel Jackson (28:15) and Anthony Knight (29:03) all took the opportunity to stretch their legs before their trip to Uxbridge the following day.

Grand Union Canal Half Marathon - 13 November

A sea of Tiptree red engulfed leafy North-West London as no fewer than 34 TRRs finished the Grand Union Canal Half Marathon - a multi-terrain event run along the banks of the canal from Uxbridge to Watford.

The race saw a number of outstanding performances led by the indefatigable Jim Slater, whose time of 1:52:42 smashed the VM70 Course record by 10 minutes and, unsurprisingly, earned him first place in his category. Vicky Knight also starred, continuing her great run of form to come home in 1:40:48, taking 2nd place out of 100 runners in the VW 40 category whilst Lorraine Baker also placed 2nd in the V50 category with her time of 1:56:07. Last but not least, despite the tricky underfoot conditions, there was also a PB, with Sam Cheung's time of 2:22:36 taking 10 minutes off her previous mark.

Craig Dawson was first home for the club, running 1:35:32 to place 53rd out of 580 finishers and edging out James Haskey-Jones who managed to shrug off his nuclear exertions of the previous day to finish one place behind him in 1:35:45. After Vicky Knight were 4 runners within a minute of each other - Graeme Moon running 1:51:41, Simon Baker 1:51:50, Danielle Harrington, on her debut at the distance, in 1:52:20 and the aforementioned Mr Jim Slater Esq. Paul Gregory came in next in 1:54:15, ahead of another cluster of 4 runners - Rachel Jackson, another debutant, in 1:55:40, Richard Garrett, returning from injury, in 1:55:59, Lorraine Baker and ex-chairman Malcolm Bailey (1:56:11). Our new chairman also had a good run, finishing just outside 2 hours in 2:00:12 with Stacy Hember only just behind him in 2:00:17. Phill Clarke came home in 2:03:18, Tina Clarke clocked 2:07:05, 3 seconds

ahead of Jo Dickman in 2:07:08 with Pete Bouldstridge also not far away in 2:07:23. Chris King ran 2:08:36, Julia Bawden 2:09:56 and then came 4 ladies who crossed the line together in 2:28:52 - Gemma Schelvis, Jo Roblin, Zoe Gould and Kim Broughton. After Sam Cheung came Seonaid Shepherd who finished in 2:22:37 then John McVelia and Sally Wood who came home together in 2:35:39. Pat Rhodes ran 2:35:42, Alia Hamden 2:37:29, Zoe Jackson 2:38:08 and Natalie Bourne 2:42:28. Rebecca McVelia, in her first run since her Saltmarsh epic, ran 2:45:54 and Anita Leaver, on her debut at the distance, came home in 2:49:07.

Hylands Hobble Trail Race - Galleywood - 13.4 miles - 13 November

Meanwhile the sun was also shining back in Essex for the 13.4 mile Hylands Hobble, the longest running trail race in the county, run on a different course every year. This year's route took the runners west on an attractive rural loop out of Galleywood, towards Margaretting, Ingatestone and Fryerning. Tracy Harrington, Lee Kerrison and Paul Dellar ran together to finish in 2:10:09 with Andy Conway, taking a slightly less direct route, coming home in 2:25:40.

Stebbing Remembrance Day 10 - 13 November

Lindsay Rolerkite and Wendy Smalley were in North East Essex for the Stebbing Remembrance Day 10. Lindsay completed the course, which includes a mile long uphill off-road section towards the end, in a new PB of 1:24:17 with Wendy coming home in 1:56:49.

Club La Santa 5k - Lanzarote - 19 November

In rather more glamorous (not to mention warm and sunny) surroundings, Rob Hadgraft ran strongly to record 24:50 and finish 1st VM60 at the Club La Santa 5K in Lanzarote.

Essex League Cross Country - Horseheath - 19 November

Edward Skinner came in 140th, unfortunately injuring his achilles in the run-in.

Maldon Parkrun - 19 November

11 TRRs toed the line for the 171st Maldon Parkrun at Promenade Park. Graeme Moon led us home, running 22:28, his best time for 2 seasons, to finish 1st VM 60-64. Rachel Jackson was first VW 30-34 in 24:51 and Frances Gridley took the VW 55-59 crown in 26:16. Stacy Hember ran 26:55, Tina Clarke 29:02, just ahead of Jo Roblin (29:04) and Chris King (29:07). Pete Banks (this week with runaway dog firmly in tow) came home in 30:07, Sally Wood recorded 30:57, Alia Hamden 33:02 and Anita Leaver 33:37.

Hockley Parkrun - 19 November

Andy Conway went down to the woods to run 20:47 in the Hockley Parkrun and finish in 6th place.

Hadleigh Castle Parkrun - 19 November

Meanwhile Anthony and Vicky Knight went south to run in only the 5th event at Hadleigh Castle. Vicky finished in 29:49 and Anthony 33:14 in what was a picturesque, but tough run.

Netley Abbey Parkrun - 19 November

Tim Ford ran his home Parkrun at Netley Abbey in 24:32.

Brentwood Parkrun - 19 November

Jeff Fairfull ran 30:07 at Weald Park, to finish 1st VM 65-69.

Rocket's Revenge Trail Run (7 miles) - 20 November 2016

Vicky Knight ran strongly to post 1:19 and claim a share of the spoils in 1st = position. Simon Baker and Lorraine Baker ran 1:25, Anthony Knight 1:39 and Wendy Smalley 1:54.

Hadleigh 5/10 - 20 November

These races, established events in the local calendar, are run over undulating courses in Hadleigh, Suffolk and this year Storm Angus had made things more tricky by leaving surface water over parts of both routes. However this wasn't enough to stop Tracy Harrington posting a time of 1:15:08 in the 10 mile event to finish 1st F50, and in the process lower her F50 Club Record by 14 seconds. Roger Duffield also emerged from the water to finish the 5 mile event in 55:07.

St Neots Half Marathon - 20 November

It was also wet and windy in Cambridgeshire for the St Neots Half Marathon. Although the course is not particularly flat, a fast 3 mile downhill finish makes this a popular race which sold all 1500 places within a few hours of opening. Paul Dellar sheltered in the 1:30 pacing group to record a PB of 1:29:24 and finish in the top 100.

Inter Financial Services Cross-Country - Richmond Park - 23 November

Tim Ford completed the 9.4K course in 46:25.

Essex Vets Cross-Country Championships - Writtle - 26 November

TRR had a healthy turnout for the annual Essex Vets Cross-Country Championships - this year held in the grounds of the Agricultural College in Writtle.

In the ladies race, Vicky Knight claimed some very good scalps to finish in an excellent 19th place, with Tracy Harrington not far behind in 30th position. Stacy Hember was next home for the club in 78th, with Zoe Gould in 82nd completing the scoring for Tiptree Road Runners A as they finished 12th overall. Tina Clarke (90th), Pat Rhodes (95th), Larina Marsh (102nd) and Julia Bawden (103rd) made up the "B" team which finished in 21st position.

In the Men's V40 race, after a tough week of training and racing Andy Conway summoned the energy to finish in 58th place with Anthony Knight coming home in 90th. Finally Graeme Moon ran in the Men's V50 race, crossing the line in 99th position.

Great Cornard Parkrun - 26 November

Gary Perryman made a welcome, and successful, return from injury to run 22:51 in the Great Cornard Parkrun in Sudbury.

Maldon Parkrun - 26 November

It was a sunny, if slightly chilly morning down at The Prom for the 172nd Maldon Parkrun. Andy Conway warmed up for this cross-country later in the day by running an even-paced 22:54, with Frances Gridley running a Season's Best 25:35 to win her age group. Finley Newman completed his 50th Parkrun in 27:03, Vicky Knight ran 27:06, Anthony Knight 28:16 and Anita Leaver 31:47.

Great Notley Parkrun - 26 November

Jonathan Finch ran 20:47 at Great Notley.

Brentwood Parkrun - 26 November

Jeff Fairfull ran 30:07, the same time as the previous week, to finish 1st VW 65-69 at Weald park.

Evesham Parkrun 26 November

Meanwhile Tim Ford was in The Cotswolds and ran 24:27 at the Evesham Parkrun.

Barnsley 10K - 27 November

Lee Kerrison was up in Yorkshire for the Barnsley 10K, running 46:17 to equal his PB.

Hatfield 5 - 27 November

Roger Duffield went up to Hertfordshire and ran a Season's Best 53:40 in this flat, fast 5 miler.

Dirty Rotten Scramble - Obstacle Race - 6Km - 27 November

Anthony and Vicky Knight capped off a busy weekend by completing the Dirty Rotten Scramble obstacle race in Kent in 1:15:00.

Viking Coastal Winter Marathon - Birchington, Kent - 28 November

Malcolm Bailey and Jim Slater made one of their periodic forays into Kent for the Viking Coastal Winter Marathon. The race is run along an out and back 6.6 mile course on the sea wall along the Viking Coastal Trail and is described as near as flat can be, with a total elevation across the full distance of as little as 16 feet. Jim Slater took full advantage of the course and good conditions to post a new V70 Club Record of 4:25:04, a record that is likely to stand for some time (unless, of course, he breaks it himself!). Malcolm Bailey overcame a bad cold to finish his first marathon of the new season in 5:04:02.

Nightmare at the Hall - Benton Hall - 30 November

There were 4 Tiptree finishers in this night trail from Benton Hall Golf Club, Lorraine and Simon Baker finding their way home in 1:00:18, Julian Holder in 1:14:13 and Wendy Smalley in 1:19:31.

Fritton Lake Parkrun - 3 December

Anthony and Vicky Knight were up in Norfolk and competed in this scenic woodland Parkrun on the shores of Fritton Lake. Vicky clocked 22:02 to finish first lady and 7th overall, with Anthony (and Meghan) finishing in a slightly more sedate 29:34.

Maldon Parkrun - 3 December

The 173rd Maldon Parkrun saw a Tiptree takeover as volunteers from the club filled all the volunteer positions, including Run Director. Craig Dawson's time of 20:09 as a 20 minute pacer was good enough for 8th position overall and other pacers registered times as follows - Jonathan Finch (20:52), Pete Fuller (21:51), Graeme Moon (24:20), Frances Gridley (26:55), Larina Marsh (31:19) and Sue Long (33:00). Peter Banks (plus dog) ran 30:13 and James Haskey-Jones completed his tail-running duties in 50:35.

Ipswich Inflatable 5K Santa Run - 3 December

Tina Clarke bounced, climbed and slid her way round this 5K inflatable obstacle course in Ipswich.

3-12 XC - Harwich - 4 December

The second race of the 53-12 league season in Harwich saw another good Tiptree turnout enjoying unusually firm underfoot conditions on a beautiful winter's Sunday morning.

Craig Dawson led the men home in 52nd place with James Haskey-Jones (63rd), Andy Conway (73rd) and Jono Finch (83rd) completing the scoring team. Pete Fuller was next home, finishing in an encouraging 120th place with Lee Kerrison 148th finishing just ahead of 53-12 stalwart Richard Garrett in 150th and Simon Baker in 154th. John Yorston came home 165th, Julian Holder 190th and Roger Duffield in 199th completed the men's team.

In the ladies event Danielle Harrington secured an excellent 23rd place with Valerie Rees (51st) returning after injury to just pip Rachel Jackson (52nd) and Lorraine Baker (54th) to the second scoring position. Zoe Gould came in 70th just ahead of Tina Clarke (72nd), Ann-Marie Bearne (74th), Jo Roblin (75th) and Chris King (78th). Alia Hamden was 92nd, ahead of another clutch of Tiptree ladies - Sally Wood in 93rd, Zoe Jackson 95th and Natalie Penfold 96th.

The men's team finished 3rd in their Pool (just behind Halstead), and with ladies in 5th the combined team finished 4th = on the day and lie in 4th position in Pool B after 2 races.

Angkor Wat Charity 10K - 4 December

Having cycled 500 kilometres in 6 days, Angela Dellar decided to cap off her trip to Vietnam and Cambodia by running a 10K race around Angkor Wat Temple, surviving temperatures of 30C to finish in 59:14

Needham Lake Great Local - 5K - 4 December

Gary Perryman continued his comeback from injury with an impressive run of 21:33 and third place overall at the Needham Lake Great Run Local (similar to Parkrun) in Suffolk.

Netley Abbey Park Run - 10 December

Tiptree exile Tim Ford completed his home parkrun in 24:32.

Maldon Parkrun - 10 December

Rachel Jackson took the honours at Maldon on Saturday running 23:42 to improve her 5K PB for the second time this season. James Haskey-Jones was first home for the club, finishing in 19:52 to take 5th place with Graeme Moon running 25:02 and Frances Gridley 25:38 to finish first VW 55-59. Stacy Hember also won her age category in 26:12, with Lorraine Baker clocking 26:21, and Jo Roblin (28:04) and Tina Clarke (28:05) both posting a Season's Best. Anthony Knight ran 28:36, Larina Marsh 29:39 and Rose Haskey-Jones 31:07.

53-12 Cross Country League - Gosfield - 11 December

Another excellent turnout for the club as 27 TRRs toed the line for the start of the third race of the 53-12 season at Gosfield School, and with overnight rain providing some muddy underfoot conditions in the woods, the large field faced the first proper test of this year's campaign.

Vicky Knight led the ladies home with another excellent run for 16th position though she was chased hard by Tracy Harrington who finished close behind in 21st to fill the second scoring position. Danielle Harrington, in her third outing of the season, was 39th with Rachel Jackson, another ever-present, in 52nd. Zoe Gould, revelling in the mud, finished 63rd, Stacy Hember was 68th with Tracy Russell finishing 72nd and Ann-Marie Bearne 81st. Alia Hamden, in 97th led home a group of Tiptree ladies - Chris King (99th), Karen Pearse (100th), Zoe Jackson (101st) and Sally Wood (102nd).

Paul Dellar was first home for the men, posting his highest ever 53-12 finish in 40th position. Craig Dawson, continuing his comeback from injury, ran strongly for 47th, with James Haskey-Jones (67th) and Andy Conway (72nd) completing the scoring team. Jono Finch finished just outside the scorers in 89th place, Mark Shillaker pocketed disc no. 136, and Gary Perryman made a welcome return to the team in 142nd, just ahead of Jon Yorston (147th) and Richard Garrett (148th). Rob Hadgraft was 173rd, just ahead of fellow cross-country veteran Anthony Knight in 175th, with Julian Holder 182nd, Jeff Fairfull on his season's debut 185th, and John McVelia 198th.

The Ladies finished 2nd in Pool B, the Men were 3rd with Tiptree's 3rd position overall on the day lifting them to 3rd position in the standings halfway through the season.

Beccles Turkey Trot 10 - Beccles - 11 December

Lee Kerrison made the journey up to North Suffolk to run in this undulating, festive 10 miler which promised "festive fayre" for all finishers. Despite being overtaken by a roast turkey and a Christmas Pudding and not quite being able to overhaul the Christmas Fairy, Lee ran a well paced race to cross the line in 1:20:01.

Search for Santa Trail - Little Green - 14 December

A trail race come pub crawl that included time bonuses for finding Santa saw Craig Dawson first home for the club, his time of 26:15 good enough for 8th place overall. Wendy Smalley and Julian Holder came home together in 46:28 and Simon and Lorraine Baker also joined forces to finish in 48:40.

Xmas Fantasy at The Museum - Langford - 17 December

14 TRRs joined the festive fun and enjoyed eating chocolate and spotting Santa and Rudolf in this race starting at the Museum of Power in Langford. James Haskey-Jones was first home for the club in the 5.7 mile event in 52:14 with Malcolm Bailey, Jim Slater and Simon Baker finishing together in 56:00. John Yorston, in a rare trail outing, recorded 57:51 just ahead of Tracy Russell who came home in 58:46. Next Stacy Hember, Kim Broughton and Anthony Knight finished in 1:02:29 with Danielle Harrington, fresh from her success in the Parkrun, posting 1:03:26. Zoe Gould and Rachel Jackson ran 1:04:42 and Wendy Smalley finished in 1:07:29.

Roger Duffield ran the 3.1 mile event in 45:40.

Maldon Parkrun - 17 December

A cold, but still, morning dawn at the Prom saw Danielle Harrington, feeling the benefit of recent cross-country outings, ran 21:54 to take 30 seconds off her previous Personal Best and finish 1st Lady. Paul Dellar ran 19:33, one of 16 runners to break 20 minutes in what was one of the fastest races in the event's history, with Rachel Jackson finishing in 24:05. Graeme Moon (24:12) and Frances Gridley (25:51) both won their respective age group categories, Anita Leaver returned from injury to post 32:09 and Roger Duffield finished 1st VM 75-79 in 32:46.

Mersea Island Parkrun - 17 December

Saturday saw the first ever Mersea Island Parkrun, run on an off-road course in Cudmore Grove. Jonathan Finch was among the competitors, marking the occasion with a Season's Best 20:06.

Brentwood Parkrun - 17 December

Jeff Fairfull ran 30:06 at Weald Park to finish 1st VM 65-69

Eastleigh Parkrun - 17 December

Tim Ford ran 24:26 in Eastleigh.

Mid Essex League Cross Country - Stebbing - 18 December

Craig Dawson made a successful debut in the Mid Essex League, finishing 23rd in what has become something of a legendary event in the local cross-country calendar.

Making Santa Pant - Hazeleigh - 18 December

Andy Conway's time of 1:18:09 saw him take second place in this Top Day Events 8 mile trail race, from the Royal Oak in Hazeleigh. Vicky Knight negotiated the route in 1:28:00, Anthony clocked 1:33:22 and Julian Holder finished in 1:36:24.

In the shorter event, Wendy Smalley and Anita Leaver, both running their second event of the weekend, came home in 50:59 whilst Roger Duffield, running his third, recorded 53:56.

Great Cornard Parkrun - 24 December

Gary Perryman ran an impressive 21:09 at this Parkrun in Sudbury.

Great Notley Parkrun - 24 December

Roger Duffield celebrated Christmas Eve by running 33:37 at Great Notley Parkrun.

Mersea Parkrun - 24 December

Rob Hadgraft participated in the second ever parkrun at Mersea, clocking 26:18.

Maldon Parkrun - 24 December

Another big turnout here on Christmas Eve as 20 TRRs toed the line at the start. It was a close battle amongst three club mates at the head of the field with Craig Dawson (19:14) eventually taking 5th place to pip Aaron Graves (19:33, PB, 6th) and James Haskey-Jones (19:36, SB, 7th). Andrew Conway ran 22:17, just ahead of Danielle Harrington who clocked 22:20 to finish 1st Lady for the second week running. Vicky Knight ran 23:00, Rachel Jackson 24:22, Valerie Rees 26:30 and Kate Finch, making a welcome return after a second operation on her leg, 26:52. Tina Clark (26:59) and Jo Roblin (27:51) both recorded Season's Bests, with Lorraine Baker running 28:06, Simon Baker 28:07, Alison Peace 28:47, Julia Bawden 28:48 and Anthony Knight 29:09. Next was Alia Hamden, who ran a season's best 31:35, ahead of Anita Leaver in 33:42 and Emma Goodson in 34:04.

Netley Abbey Parkrun - 24 December

Tim "Mr Consistent" Ford ran his home parkrun on Christmas Eve in 24:30 - a time within 6 seconds of all his previous 5 runs on the same course.

Maldon Parkrun - 25 December

The Christmas Day Maldon Parkrun saw 23 TRRs complete the course. Aaron Graves was first home in 20:24, finishing in 6th place, with Andy Conway 10th in 21:06. John Yorston, in a rare Parkrun outing, clocked 24:03, ahead of Malcolm Bailey in 24:33 (1st V55-60) and Rachel Jackson in 25:03. Lorraine and Simon Baker were next, finishing together in 27:00, just ahead of Tina Clarke who crossed the line in 27:07. Alison Peace finished in 29:28, at the head of a large group comprising Frances Gridley (29:28), Graeme Moon (29:31), Julia Bawden (29:34), Stacy Hember (29:37), Iain Rhodes (making a welcome return from injury in 29:37) and Kim Broughton (29:40). Fiona Burrows ran 29:53, Michael Broughton, on his debut for the club, 30:08, Larina Marsh 30:51, Alia Hamden 32:23, Anita Leaver 32:31, Rose Haskey-Jones 33:13 and James Haskey-Jones 33:13.

Great Notley Parkrun - 25 December

There was also a Christmas Day event at Great Notley, where Lee Kerrison ran 23:28.

Huntingdon Parkrun - 25 December

The Knights stopped off in Hertfordshire on their way up north and ran in the Huntingdon Parkrun - Vicky running 28:13 and Anthony a Season's Best 28:14.

Witham Boxing Day 5 - 26 December

Club records tumbled and PBs were smashed as 20 TRRs decided to take the opportunity to run off the Christmas Turkey in this long established boxing day favourite. Tracy Harrington was up to her usual tricks, running 36:00 to take nearly 2 minutes off the previous F50 record, shaving 7 seconds off her PB and finishing 1st V50 in the process whilst, not to be outdone, Frances Gridley ran 42:16 to improve the F55 mark by more than 6 minutes. There was also a clutch of PBs - Simon Baker (39:00), Rachel Jackson (41:11), Zoe Gould (41:24 - taking a whopping 3 minutes off her previous

mark), Lorraine Baker (42:52) and Jo Roblin, who continued her strong run of form to record 44:41 - an improvement of almost 4 minutes.

There were a host of other good performances too. New boy Aaron Graves was first home for the club, running an impressive 32:32 on his 5 mile debut, whilst Jono Finch just missed his PB with 33:08. Mark Shillaker ran 35:43 just heading a resurgent Gary Perryman who continued his recovery from injury with 36:04. Lindsay Rolerkite ran 40:52, Jim Slater was first V70 in 41:12, followed by Phill Clarke (43:05) just ahead of wife Tina who recorded 44:40 whilst Julia Bawden ran 45:08, a time that would have taken the V55 record but for Frances's performance a few minutes earlier. Roger Duffield was just outside his V75 club record in a Season's best 51:27, Sally Wood ran 52:25, Alia Hamden 52:34 and Sue Long 52:54.

Chevin Chase 7 Mile - West Yorkshire - 26 December

A popular 7 mile off-roader run on the West Yorkshire Moors which was won this year by Olympic medallist Jonny Brownlee. Vicky Knight came home 4th FV 40 in 56:34, with Anthony recording 1:09:31.

Ribble Valley 10K - 27 December

This large Lancashire based race attracted more than 1000 entrants and saw Ant and Vicky complete their fourth race in as many days. This however didn't stop Vicky crossing the line in 43:04 to finish 5th VF40, set a new PB and take a second off the V40 Club record (previously held by Kate Finch). Anthony came home in 53:38.

Twixmas 10K Trail Race - Fareham - 27 December

Tim Ford ran 49:05 in this flat, fast out and back race on the Fareham Creek Trail.

Jack's Annual Apple Trail - 29 December

It was a lovely sunny, if somewhat cold and icy, morning for the seventeenth running of this annual favourite from Ardleigh. In the 10 mile event Paul Dellar and Jono Finch, on his trail debut, ran/skated together to come home 1:19, with Tracy Harrington 10 minutes behind in 1:29. Craig Dawson, particularly enjoying the countryside, did some extra mileage to record 1:37 with Mark Shillaker running 1:41. Julian Holder, now firmly back in the saddle following injury, ran 1:53 with Stacy Hember, Kim Broughton and Pat Rhodes coming home together in 2:00 followed closely by Alia Hamden, Zoe Gould, Jo Roblin and Tina Clarke in 2:03. John Yorston also completed the course (not in results).

In the shorter, 5 mile event Tracy Russell was first home for the club in 1:08, Wendy Smalley ran 1:09, Angela Dellar 1:11 and Paula Rothero, still recovering from a hamstring injury, walked the course in 1:43. Anita Leaver also completed the course (not in results).

Fritch Way NYE Marathon - 31 December

An out and back marathon along the disused railway line that is now the Fritch Way saw two of TRRs' three entrants erroneously taking the branch line to end up running "bonus" miles. Tina Clarke, who got her bearings right, was first home for the club in 4:49:44, whilst Graeme Moon (4:54:58) and Malcolm Bailey (5:02:51) eventually did find the finishing line.

Maldon Parkrun - 31 December

Aaron Graves was first home for the club at the New Year's Eve Event, recording an impressive 19:11 for a Personal Best and 3rd position overall. After a steady start Andy Conway moved through the gears to run 21:06, Simon Baker recorded 24:04 and Rachel Jackson 24:30. Lorraine Baker ran 25:47, whilst Zoe Gould, joined by dog Freddie, came home in 29:32, along with Anthony and Vicky Knight. Anita Leaver ran 32:33, Sue Long a Season's Best 32:45 and Emma Goodson 33:18.

Mersea Parkrun - 31 December

Kate Finch continued her comeback at Mersea Island, running 26:38, joined by Mark Shillaker (26:39), Richard Garrett (26:40) and Mark Lawes, making his own return from injury in 26:40.

Colchester Parkrun - 31 December

Tim Ford was back on home ground and running a Season's Best 23:14 at Castle Park. Rob Hadgraft ran 26:21 and Sean Pope made his debut for the season in 34:50.

Hockley Woods Parkrun - 31 December

Frances Gridley ran at Hockley Woods, finishing in 27:26.

Maldon Parkrun - 1 January

A cold, damp, dreary start to the New Year but still a big field for the curtain raiser to another year of Parkruns at Promenade Park. Aaron Graves shook off any lingering hangover and continued his good run of form to record 19:33 and take third place, with Craig Dawson taking sixth in 20:08 and James Haskey-Jones one place further back in 7th in 20:20. Andy Conway recorded 21:19, Gary Perryman 21:44, Simon Baker 24:14 and Jon Yorston 25:04. Frances Gridley was first VW 55-59 in 26:08 and had the added bonus of being accompanied across the line by Iain Rhodes, who ran 26:09. Vicky Knight pushed Meghan across the line in 26:37, Tracy Russell ran 27:33, Rose Haskey-Jones 31:35 and Anthony Knight opened his account for the year by accompanying son Euan to record 34:53.

Chelmsford Parkrun - 1 January

Three TRRs then took advantage of the later start at Chelmsford's Central Park to complete a New Year's double - Craig Dawson running 21:01, Gary Perryman 22:16 and Simon Baker 24:08. Sue Long, completing her first event of the day, crossed the line in 33:41.

Colchester Parkrun - 1 January

Aaron Graves also did the double, but in his case at Colchester's Castle park, coming home in 20:37.

Harwich Parkrun - 1 January

Roger Duffield ran a Season's Best 31:22 at the Harwich event.

Pegwell Bay Parkrun - 1 January

Emma Goodson was in Kent to run this Parkrun in Pegwell Bay Country Park in a Personal Best time of 32:52.

New Year 9 Trail - Wissington - 2 January

19 TRRs joined over 100 other competitors on a cold, but sunny winter's morning for 9 miles of glorious mud and hills in beautiful countryside on the Essex/Suffolk border. Paul Dellar was first home for the club, claiming 6th place in 1:11:41 just ahead of Craig Dawson who was 7th in 1:13:57. Mark Shillaker and Andy Conway also made light of the conditions in 1:25:53 with John Yorston not far behind in 1:30:38. Veterans Malcolm Bailey and Jim Slater were next across the line for the club, both clocking 1:50:06 whilst Julian Holder ran 2:07:56. Trail stalwart Wendy Smalley recorded 2:11:12, Phill Clarke, on a rare trail outing, came home in 2:11:12 with Rachel Jackson running 2:14:32, Zoe Gould 2:14:37 and Tina Clarke, just two days after her marathon, 2:14:51. Next came Jo Roblin in 2:15:00, then Alia Hamden and Sally Wood in 2:15:13, John McVelia ran 2:16:18, Zoe Jackson, on her trail debut, 2:17:18 and Natalie Penfold 2:17:25.

Massey Ferguson RC Pace Race - Coventry - 2 January

Anita Leaver ran in this Pace Race, where runners had to predict what time they would take to complete the 3.55 mile course. Anita under-estimated her talents, coming home in 36:08, 3 minutes faster than she had expected.

Essex County XC Championships - Claybury - 7 Jan

A mild, if murky, January morning on the Essex/London borders saw TRR field 2 women's teams in the County Cross-Country Championships for the first time in its history, and the ladies in red certainly didn't let the club down. Rachel Jackson led them home finishing in 76th place in a time of 43:58 with Zoe Gould continuing her recent resurgence to clock 45:52 and take 88th position. Valerie Rees, returning from injury was 95th in 47:02 with Frances Gridley, on her cross-country debut for the club, coming in 100th in 47:57. Fiona Burrows, also on debut, crossed the line in 49:26 in 109th with Tina Clarke, despite a busy Christmas period, still having enough energy in her legs to finish 118th in 50:24. Jo Roblin (51:53) was 126th, Pat Rhodes (52:05) 127th, Julia Bawden (52:05) 128th with Alia Hamden (56:49) in 139th.

Tiptree's "A" team placed 17th overall with the "B" team in 25th place.

In the men's event the outnumbered James Haskey-Jones came home in 112th position in 49:08.

Hampshire County XC Championships - 7 Jan

Meanwhile Tim Ford was running in his own county championships in Southampton, running 59:57 to finish 149th overall.

Maldon Parkrun - 7 Jan

Aaron Graves was first home for the club at Promenade Park, running 19:44 to take 5th place overall. Lee Kerrison posted a Season's Best 23:00, Malcolm Bailey ran 24:40 with Angela Dellar, in her first Parkrun of the season, running 25:45. Vicky Knight did her usual slalom run, weaving through the field to bring Meghan home in 26:51 with Anita Leaver clocking 33:20.

Great Notley Parkrun - 7 Jan

Jono Finch ran at Great Notley, completing the course in 20:45 to claim 6th position.

Mersea Island Parkrun - 7 Jan

Paul Dellar ran in the 4th event at Mersea Island, finishing in 19:11 to take 3rd place.

Colchester Parkrun - 7 Jan

Emma Goodson competed at Colchester's Castle Park tackling the hilly course in 32:59.

Belton House Parkrun (Grantham) - 7 Jan

Anthony Knight ran with Euan and Finley to complete the Belton House Parkrun in 34:50.

Clacton Parkrun - 7 Jan

Rob Hadgraft ran 26:00 in this Parkrun along the sea-front at Clacton.

East Hanningfield Trail Marathon - 8 Jan

Vicky Knight competed in this trail marathon organised by Top Day Events and run mainly on footpaths and bridleways in the East Hanningfield and Danbury area, completing the course in 5:20:54.

MEC Trail - Nightmare at the Dismals - 11 Jan

Craig Dawson emerged victorious in this 5.2 mile night trail run in and around Terling, running 40:59 to finish over 3 minutes ahead of the second placed runner whilst Simon Baker also had a good run, recording 50:45 to also finish in the top ten. Trail regulars Julian Holder and Wendy Smalley finished in 1:03:02 and 1:04:28 respectively, with Jo Roblin and Tina Clarke running together to finish in 1:11:54. Jayne Steele, on her first outing for the club, posted 1:11:56 and Anita Leaver ran 1:16:42.

Victoria Park Half Marathon - 14 January

Gary Perryman continued his return from injury with an encouraging 1:44:42 at the Victoria Park Half Marathon in East London

Hell Down South - Hell Runner - 14 Jan

Vicky Knight squelched, dodged, climb and finally swam her way to a time of 1:41:50 in the 10.5 mile Hell Down South Hell Runner race - finishing 14th out of more than 300 female finishers.

Essex League XC - Braintree

Edward Skinner returned from injury to place 138th in the Essex League Cross-Country at Braintree.

Maldon Parkrun - 14 January

James Haskey-Jones warmed up for the following day's fun at Benfleet by running 20:08 to take 8th place at Promenade Park. Rachel Jackson and Zoe Gould ran 26:42 and 26:56 respectively and claimed 1st place in their age-groups. Lorraine Baker ran 28:05, Peter Banks 29:07 and Anita Leaver 33:57.

Colchester Parkrun - 14 Jan

Aaron Graves was first home for the club at Colchester, running an impressive 19:17 on the hilly course to take 7th place. Kate Finch continued her comeback with 27:10 and Sean Pope ran a Season's Best 34:00.

Brentwood Parkrun - 14 Jan

Jeff Fairfull clocked 31:07 to finish 1st VM 65-69.

Netley Abbey Parkrun - 14 Jan

Tim Ford's Hampshire League cross-country race was cancelled so instead he braved cold conditions at Netley Abbey to run 25:00.

Benfleet 15 - 15 Jan

The day dawned cold, grey and wet for the 27th running of this classic off-road race in South Essex and a record breaking 34 TRRs joined nearly 600 other runners for 15 miles of mud, with a few hills thrown in for good measure. Paul Dellar was first home for the club, running 1:49:25 to lower his PB by more than 5 minutes and claim 40th position. James Haskey-Jones also ran strongly and despite fading a little in the closing stages held on well to take 55th place in 1:53:10. Jono Finch, on a return to his best form, came over the final hill to cross the line in 1:56:41 and lower his PB in the process. Richard Garrett was fourth home, with another strong showing in 2:15:57, 11 minutes faster than previously, with Simon Baker laying to rest his difficult run at the event last year with 2:23:54, an improvement of 25 minutes. Lee Kerrison enjoyed his debut at the event in 2:24:58, Lindsay Rolerkite ran a big (25 minute) PB in 2:27:29 just ahead of Paul Harrington who came home in 2:27:40 on his first ever run for the club. Danielle Harrington, shrugging off a fall in the car-park before the event had even started, ran 2:28:40 and Julian Holder had his usual competitive showing in the event in 2:30:05. Valerie Rees and Pete Fuller ran 2:34:08 and Rachel Jackson joined Zoe Gould to run 2:37:14, the latter's time another big PB to continue her golden run of form. Stacy Hember was another to run a PB, taking 4 minutes off her previous mark to run 2:39:20, Anthony Knight ran

2:40:38 and Lorraine Baker 2:44:18. Frances Gridley and Tracy Russell also lived to tell the tale, coming home together in 2:46:22, a 13 minute PB for Tracy, with Jo Roblin's 9 second improvement to 2:50:12 earning her this week's Mark Lawes Award. Tina Clarke ran 2:51:09, with Jo Dickman and Ann-Marie Bearne coming home in 2:51:16 just ahead of Julia Bawden in 2:52:06. Fiona Burrows came through in 3:02:04, with Sam Cheung next in 3:11:18, followed by Seonaid Shepherd in 3:11:29. Larina Marsh earned her soak in the hot tub (and glass of wine) by finishing in 3:16:01, Pat Rhodes - cheered on by enthusiastic, not to mention dripping, partner Iain - ran 3:17:18, with Nicky Crane recording 3:17:35. Alia Hamden (3:22:38), Sally Wood (3:23:36), Zoe Jackson (3:33:06) and Karen Pearse (3:35:35) completed the list of Tiptree finishers on another great day for the club.

Mid-Essex Cross Country - Rivenhall - 15 Jan

Craig Dawson ran strongly to finish in 12th place at the Essex league Cross-Country fixture at Rivenhall whilst Malcolm Bailey made his season's debut in the competition, finishing in 56th position.

Maldon Parkrun - 21 Jan

Jono Finch led the club home at Maldon running 20:19 to finish 6th on what was a frosty, slippery morning down at the Prom. Rachel Jackson ran 24:49 with Angela Dellar hot on her heels, running a season's best 25:12 to finish 1st VW 45-49. Graeme Moon came home in 27:07 with Lorraine and Simon Baker clocking 27:31 and Tina Clarke 27:42. Anthony Knight also posted a season's best, in 27:51 finishing just ahead of Jo Roblin (27:52) and Kim Broughton (27:53). Vicky Knight, making sure she left plenty in the tank for cross-country, posted 29:57, Larina Marsh 30:10, Phill Clarke 31:23, Sue Long 33:19 and Anita Leaver 35:53.

Mersea Island Parkrun - 21 Jan

Malcolm Bailey made his debut at Mersea Island running 24:04 on frozen ground to finish in 15th position.

53-12 XC - Ipswich - 22 Jan

The fourth cross-country fixture of the 53-12 season took place in sub-zero temperatures at The Suffolk Food Hall near Ipswich. The sun may have been shining but the ground was frozen hard as 25 TRRs took their place on the start line.

In the Ladies race, Vicky Knight and Rachel Jackson produced impressive performances to fill the scoring positions. Vicky came home 13th, her highest ever finish, with Rachel also running a great race to finish considerably higher than previously in 36th. Zoe Gould continued her recent resurgence in 51st, Stacy Hember was 64th, closely followed by Lorraine Baker (67th), Tracy Russell (69th) and Tina Clarke (71st). Pat Rhodes, no doubt relishing half-an hour's peace and quiet, came home in 80th with Lindsay Visagie also enjoying her season's debut to finish in 90th position.

16 TRR men finished the course, comfortably out-numbering the ladies for the first time this season. Paul Dellar finished 49th, hotly pursued by Craig Dawson who finished 55th. Andy Conway, using his new spikes to good effect, was 74th with Jono Finch also running strongly to complete the scoring team in 90th place. Marcus Wallace finished 121st with Gary Perryman improving to 129th in his second outing of the season. Lee Kerrison was 134th, his highest finish of the season, with ever-present Richard Garret in 140th just heading Jon Yorston in 141st. Mark Lawes made a successful comeback from injury in 156th and Julian Holder followed up his impressive run at Benfleet with another strong showing in 157th. Malcolm Bailey came home 159th, Simon Baker 164th, Clive Mack 173rd, Rob Hadgraft 176th and Anthony Knight 178th.

The Ladies finished 3rd in their group, and with the Men edging out Halstead and Mid-Essex to take second place in their's, Tiptree finished 2nd overall and now lie in 3rd place in Pool B.

Maldon Parkrun - 28 Jan

Rachel Jackson was first home for the club at the 183rd Maldon Parkrun, finishing in 25:01, with Vicky Knight coming home a minute or so later in 25:59. Ann-Marie Bearne clocked 28:52, with Kim Broughton and Graeme Moon finishing together in 29:44. Anthony Knight and Zoe Gould also ran together, finishing in 30:36 and Anita Leaver continued her recovery from injury with an encouraging 32:19.

Chelmsford Parkrun - 28 Jan

Three TRRs joined nearly 600 others for the 216th running of the Chelmsford Parkrun in an almost spring-like Central Park. Paul Dellar was first home for the club, running a Season's Best 19:09, Aaron Graves clocked 19:45 and Andy Conway overcame shoe-lace problems to also post a Season's Best in 20:01.

Mersea Island Parkrun - 28 Jan

Malcolm Bailey put in a good showing at Mersea, running 23:35 to post a Season's Best and also finish 1st VM 55-59.

Aylesbury Parkrun - 28 Jan

Frances Gridley was in Buckinghamshire running the Aylesbury Parkrun in a time of 26:25, finishing 1st VW 55-59.

53-12 XC - Writtle - 29 January

The 5th race of the season saw TRR, helped by another impressive turnout, improve their position in Pool B of the 53-12 league.

Vicky Knight's excellent season continued, leading the women home and claiming 9th position, the highest finish by a Tiptree woman in recent memory. Tracy Harrington returned from injury to claim the second scoring spot in 23rd place, although she was pushed all the way by Danielle Harrington in 24th. Rachel Jackson followed up her scoring performance of the previous week with another strong showing in 36th, and Zoe Gould came home in 55th. Stacy Hember was 61st, Tracy Russell 64th, Tina Clarke 68th and Lorraine Baker 69th. Pat Rhodes was 79th, Jo Dickman, on her first XC outing of the season, was 83rd with Julia Bawden and Ann-Marie Bearne finishing 90th and 91st. Zoe Jackson in 96th was soon followed across the finishing line by Karen Pearse (97th), Alia Hamden (98th) and Sally Wood (99th).

Andy Conway, clearly getting used to running in spikes, bagged his best ever finish to lead the men home in 49th position. Craig Dawson was 53rd, Jono Finch posted a big improvement to take 63rd and James Haskey-Jones completed the scoring team in 64th. Richard Garret (108th) and John Yorston (110th), also posting their best results of the season by some distance, finished just behind Marcus Wallace (105th) and either side of debut boy Peter Banks (109th). Gary Perryman continued his recovery from injury in 116th, Graeme Moon was 142nd just ahead of Mark Lawes (147th) and Simon Baker (156th). Clive Mack was 168th, Jeff Fairfull 175th and Roger Duffield 181st.

The men and women both finished 2nd on the day, lifting TRR to 2= (level with Halstead) in Pool B with one race to go.

Freethorpe 10 Mile - 29 January

Paul Mingay made a successful return from injury, making the trip up to Norfolk to complete the Freethorpe 10 in 61:34, finishing 2nd M55 and 30th overall in a field of over 650 runners.

Tough Guy - 15K Obstacle race - Wolverhampton - 29 Jan

Anthony Knight got a bit wet and muddy (see photo below) completing the 30th, and reportedly last, Tough Guy obstacle race in Wolverhampton, completing the 15K course in around 3 1/2 hours.

Hadleigh Legacy 2012 10K - 29 Jan

Lee Kerrison returned to Hadleigh Country Park for a second time in 2 weeks, doing battle with the hills of the Olympic Mountain Bike Course to finish the Legacy 10K in 53:23, an improvement of 4 minutes on his time at the event last year. The race also saw Alison Vincent and Sharon Hardwicke make their debuts for the club, Alison finishing in 1:10:49 and Sharon in 1:18:29.