

TRR presentation awards 2022-23 season

I would like to start by making a presentation to our outgoing M5K race director, Simon Thompson.

And next is our T10 race director Rob Hankey.

Club league 2022-23 season

3rd Lee Kerrison on 610 points.

2nd Sue Long on 685 points

Running over 93 events last season. **In 1st place with 950 points, we had a clear winner, Julia Bawden!**

John Skinner shield for the most improved league position after 2 back-to-back full seasons.

There can only be 1 winner, 510-point increase from last season..... **Lee Kerrison!**

Male trail runner

The quiet man of the club, submits his results, but ticks the not to be read out box. He can always be found running around the Essex country side with a big smile on his face.

Simon Scott

Female trail runner

What an amazing lady she is! I remember standing on Seaton sea front asking if she had come in yet, I was told no she decide to do the full Grizzly instead of the cub. Like you do!!

I remember seating in the pub in the summer after a long hilly trail run around Little Baddow, and she said to me, "Mark I will be glad when this challenge is over so I don't have to run so many hilly trails"

Sue Long

Cross country runner,

Rain or Shine, at runner v riders or a freezing cold wet afternoon at apex corner. Bad back, sore calf muscle he turns up at every cross country event he can. And always has a very good run.

Bob Bardell

Competing at 6 cross country events and picking up a bronze county medal as part of the vets team. She commented "I didn't realise it would be so hard" She also picked up 7 pb's and 5 club std for the year.

Rachel Newenham

Male road race

Trains hard on Tuesday, sometimes maybe a little too hard! With 7 pb's and 5 silver standards at road races last season. Supporting his kids at different events throughout the year. And has now taken on the M5K series.

Phil Nicholls

Female road race

Going from a tread mill in her garage to joining TRR, she run 9 pb's last season, and getting her first bronze standard. She also supports other members of her running group which I see in the lovely comments every week.

Clare Howard

Marathon runner,

Female,

Having done 4 marathons and an ultra last season. She had her heart set on the marathon age group club record. She got it a little wrong at London. And maybe had a little cry.

But 3 weeks later at a tough Halstead coarse it all came together with the help of the cheers from the TRR water station. She managed a **Club record, individual silver medal, team gold medal**. She also picked up county medals at 10 and 20 mile silver, and 5 mile Bronze. And in the last month or so run 5 gold stds in her new age group.

Morven.

Male

I think this gentleman might have got roped in with Lee and Chris! With little or no long distance training he completed the East Hanningfield trail marathon, followed by the Boggle trail marathon.

And then got himself signed up for a 10 hour challenge where he covered 30 miles.

He continues to manage the results data base on a weekly basis, and feeds be all the information I need for parish notices, AGM and this evening. He also run, 5, 10 and 15 mile pb during the year. And 2 silver std for 5 mile and 15 mile.

Stuart Peace

Overall

Male,

What can I say about this gentleman..... What a year he has had after coming back to his running roots.

7 club records, 2 diamond standards, 5 gold std, County Bronze medal at Friday 5 and 1 world record, got his Lirf qualification, continues to coach the track sessions, and support all the training groups. And he also did something else very special, that I will leave him tell you about.

Pete Banks

Female,

Finished 1st in our club league,

2nd V60 Essex champ 2023 taking 2 bronze medals at 5k and 10k and a silver at half marathon distance. 20 mile club record and bronze standard. And at the Colchester Friday night 5K event bagged another **pb**.

She continues to inspire everyone at this club with her amazing achievements. And it was great for all our members to cheer her on around the T10 this year.

She has recently taken over the club standard officer position. And continues doing her charity work for jog on by sending them our old running shoes.

Julia Bawden.

Overall achievement award,

Struggling to put into words what this gentleman has achieved running wise and the money he has raised for his charity. Here is a list of the long distance events he has conquered.....

Answer Challenge, 32.8 miles, Chocathon 6hr, 35 miles, Moonlight Challenge 44 miles, Kent challenge 50 miles, Saxon 100 miles, Salt marsh 75 solo single day 77 miles. Run believable summer party 35 miles. Hootiful hundred 200km. Lucky dip 53 km. Plus NESS cross country events. Always supportive in group 3 and other groups if he drops down, always leaves a nice comment on Strava after Tuesdays training.

Andy Goodson

Life time membership award,

For our longest serving member **Roger Duffield.**

Coaches' choice Group 1, 2, 2.5 and 3 award, 1 from each group.

Group 1, Kim Hall

Group 2, Kerry Marsh

Group 2.5, Lee Kerrison

Group 3, Rob Hankey

Club records, we had a total of 19 club records being broken last season.

Danielle Mallows	Club Records F40+ 10mile, 20 mile, Half Marathon
Morven Hurding	Club Records F45+ 5K, 20 mile, Marathon. F50+ 10K
Julia Bawden	Club Records F60+ 20 mile
Pete Banks	Club Records M45+ 5K, 10K, 5mile, 10 mile, 15 mile, 20 mile
Brian Reed	Club Records M65+ Parkrun, 5K, 10K, Marathon
Aaron Graves	Club Records M Senior - Parkrun

Club Standards

I would like to thank Malcolm again for doing the club standards.

This award tonight is for achieving 5 club standards in a running season.

Bronze

Anna Taylor

Rachel Newenham

Emma Hodson

Daniel Wilkinson

Chris Newenham

Al Hurding

Simon Thompson

Ryan Naidoo

Silver

Brain Reed

Katy Denny

Phil Nicholls

Lee Kerrison

Gold

Pete Banks

Club person of the year (Voted by members)

Time for the Big reveal..... **Simon Thompson**

Run leader presentation.

All these achievements wouldn't be possible without our excellent run leader team. Guided by Angela who is stepping down, and Morven taking over this role.

London Marathon club place draw.

Drawn on the night

The winner is.....**Simon Gill**

Chairmans challenge 2022-23.

Well done to the 9 lucky runners that got chosen for this challenge

Vicky came in as a late replacement after Michelle injured her foot.

Call them all up to collect gift and crowns.

Row Labels	Sum of Elevation Given
Lee Kerrison	48520
Chris Harding	38441
Mark Lawes	35746
Julia Bawden	29221
Sue Long	26150
Morven Hurding	22053
Len Marten	9372
Michelle Edwards	8858
Vicky Knight	3558

Grand Total	221919
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King of the mountain for the boys **Lee Kerrison**.

And for the girls **Sue long**

Chairmans challenge 2023-24.

Whole club, boys v girls. Most league points in a month wins the month. Best of 11 months.