

TRR presentation awards 2023-24 season.

Welcome, lovely to see so many members here tonight!

Thank Alex for organising this evening, and Sharon for sorting out the trophies.

Chris and Stu for keeping me up to date with results.

What another amazing year we have had at Tiptree Road runners, just when you think it can't get any better, there is another club record broken, a whole bunch of club standards achieved. And more, new members eager to join the club. And that's all down to you, the members of the club.

There is a big desire to achieve new age group std, club records, and pb's from all of you.

You turn up and train in the pouring rain on a Tuesday nights.

As a club you submitted **1931** results, of those there were **211 PB's**. And we had a total of **38 club records** being broken last season.

You came out in your numbers when we needed volunteers at the M5K series and our 10 mile road race.

So I will start with doing a presentation to our race directors for these 2 events.

M5K director Phil.

T10 race director Rob.

On to tonight's awards

As much as I would like to give everyone an award tonight, there can only be a number of winners, but you're all winners in my book!

And you might get a curl whirly later!!!

Club league 2023-24 season.

1. **Julia Bawden (1015) - Won it with a 10 point race on the very last day of the month.**
2. **Andy Goodson (1010)**
3. **Aaron Graves (870)**

John Skinner shield, this is awarded to the most improved league position from 1 year to the next, after being a member for more than a year.

I have really enjoyed reading his results out at club on a Tuesday night, he always adds a little humour into his comments.

Aaron Graves

Male trail runner,

Nice to see this gentleman submitting his results, he doesn't do many road race and can be found most of the time running either xc or trail, completing 24 trail races last season, And usually well placed at the head of the field. Bob Bardell.

Female trail runner,

Having completed over 20 trail races, she didn't finish all of them. Some she run on her own in the dark but that didn't put off doing the next one and the next one. She put everything into trying to complete the lap on a rainy day in the lakes.

Stacy Hember

Cross country runner,

Getting more and more confident running off road now, this really showed last season, with some great performances at Essex league events, getting a Silver County medal at vets xc. Completing the big 3, Ilford 10-mile xc, Benfleet 15 and the Orion 15. A name I never thought I would read out for xc award.

Simone Hilliard.

Male,

This gentleman was competing at xc events when I joined the club 13 years ago, sometimes his son would come along and join in as well. The son started a family but dad kept coming to the NESS xc league races. And he could be seen more often than not doing the cub race down in Devon each year. He would always just appear from nowhere, and say to be as long as I'm not last I will keep coming, and so he did. And then at the end of the race at Hadleigh last year he told me that this was his last race and he was retiring from xc, at the age of 76.

Jeff Fairfull.

Male road race,

This man has been on fire since turning 50, and is looking forward to running in the older race at vets xc this year. Having archived, 9 PB's and 8 club std from 5k to marathon distance. He has been our M5K race director and recently took up being a run leader.

For the 2nd year in a row, Phil N.

Female road race,

Maybe the most difficult to choose, with sure an amazing group of ladies at the club, whether it be running their 1st marathon or competing in the Essex champs. So this group of ladies I looked to choose from between them have run, 16 pb's, 9 club records and 13 clubs std between them. But there can only be 1 winner.

With 3 PB's, 4 club records and 7 club stds. Gold and silver county medals and V55 County champion for 2024.....

Lorraine Mills

Marathon runner, lots of members in contention for this award.

Female,

With 5 marathons, and 5 ultras. Marathon's included, Stansted Stagger/Stour Valley /Flower of Suffolk The Ultra included, Dorset Duddle/South downs way and The lap in the lake district. And she also sorts all the awards out for the T10 and for our Presentation evening tonight.

Sharon Hardwicke

Male,

With just 2 marathons, but 20 x 50k ultras and 2 x 100 mile events, including 805 laps of a 200 mtr indoor track. And who can forget the 10 in 10!

10 x 50k back to back events at the Great Barrow Challenge. It can only be.....

Andy Goodson

Overall

Male,

This gentleman can be seen most (Well 49 of them anyway) Saturday morning smashing out a sub 19 park run, before then racing again on Sunday. With 6 club records, 7 pb's on the roads. He is also not so bad off road, with strong races at the Grizzly, Mercury 10 and the Orion 15, as well as placing at the head of the field at NESS xc race, and being 1st home for the club at Essex Leage xc races, yes you might have worked this 1 out by now.....

Aaron Graves.

Female,

This lady has run on all surfaces over the last 12 months, setting 10 pb's and collecting 5 club std on the roads, she has also hit the trails and is a regular at NESS xc. She played a key role in both the M5K and T10 making sure we had marshals in place for both events. She can also be seen volunteering at multiple running events around the county.....

Jayne Vernon,

Overall achievement award,

Coming to club when she could, volunteering at M5K and T10, a regular volunteer at Great Notley park run.

Being told 16 months ago she would never run again.

She has had the support of Rob and all her friends and in September she did her 1st park run, a then another and then another. And in October at Marks hall she run 42.53!

It's great to see her here tonight and I'm sure she will cut some shapes with us on the dance floor later.

Michelle Edwards

Club records

Club Records		
		F45+ Club Record
	Danielle	Parkrun, Half Marathon
		M45+ Club Record
	Pete Banks	Parkrun, Half Marathon
		VF45+ Club Record
	Katy Denny	5mile, 10 mile
		F50+ Club Record
	Morven	Half Marathon
		F55+ Club Records
	Angela	Parkrun, 5k, 5mile, 10K, 10 mile, half marathon,
		M65+ Club Records
	Brian	5K, 5mile,
	Rob King	Parkrun
		M Senior - Club Records
	Aaron	Parkrun, 5 mile, 15 miles, 20 miles, marathon
		F60+ Club Record
	Julia	20 mile
		F55+ Club Record
	Lorraine	15 mile, 20 mile, marathon
		M65+ Club Record
	Paul Graves	15 mile
		M40+ Club Record
	Simon Gill	Parkrun

Club std

I would like to thank Julia for doing an excellent job of the club stds.

This award tonight is for achieving 5 club std in a running season. Julia to come up and hand the badges out.

Gold	Gold	Angela Dellar
	Gold	Chris Gardener
	Gold	Lorraine Mills
	Gold	Morven Hurdling
	Gold	Sally Banyard
Silver	Silver	Anna Taylor
	Silver	Dan Wilkinson
	Silver	Emma Hodson
	Silver	Rachel Newenham
	Silver	Rob Hankey
	Silver	Simon Gill
	Silver	Simon Peters
Bronze	Bronze	Ryan Naido
	Bronze	Jayne Vernon
	Bronze	Louisa Quilter
	Bronze	Marcus Peters
	Bronze	Nicole Rayner
	Bronze	Simon Gallager
	Bronze	Sue Archer

Coaches' choice Group 1, 2, 3 and 4 award, 1 from each group.

G1, Annabel Marriot

G2, Lisa Allum

G3, Glen Head

G4, Katy Denny

Chairmans challenge 2023-24.

So last year's challenge was boys v girl league points for 11 months. Being won each month by either the girls or the boys.

It started off with the boys winning the 1st 2 months and then the girls got there finger out and won the next 5 months. The boys then won 3 on the bounce, so this took it to a tie break in the final month. 5 all and all to play for, who would come out on top..... it came down to just 80 points in the end.

Curly Whirly for all the winners, which was the girls.

Row Labels	Gender		Male	
	Female		To-	
	Total	Rank	tal	Rank
Dec	930	2	1020	1
Jan	555	2	660	1
Feb	695	1	640	2
Mar	1460	1	1285	2
Apr	860	1	815	2
May	1010	1	930	2
Jun	1065	1	860	2
Jul	715	2	995	1
Aug	660	2	715	1
Sep	760	2	885	1
Oct	735	1	720	2
Grand Total	9445	2	9525	1

Club person of the year (Voted by members)

Sharon Hardwicke.

Run leader presentation.

All these achievements wouldn't be possible without our excellent run leader team. Lead by Morven.

London Marathon club place draw.

The winner is.....Glen Head.

Chairmans challenge 2024-25.

It's your club, please come forward with a challenge for this coming season