

TRR Club Records

Updated 30-Sep-2026 - any results submitted after this date will appear in the next monthly update. Missing data? Please email records@tiptreeroadrunners.com

parkrun	Time	Runner	Event	Date
M Senior	00:16:40	Aaron Graves	Bushy Park parkrun	Oct'24
M40 +	00:18:15	Simon Gill	Chalkwell Beach parkrun	Aug '24
M45 +	00:17:44	Pete Banks	Maldon Prom parkrun	Jun'25
M50 +	00:18:31	Andy Conway	Maldon Prom parkrun	Jul '18
M55 +	00:19:09	Sean Ketteridge	Tooting Common parkrun	Aug'25
M60 +	00:18:05	Paul Mingay	Chelmsford Central parkrun	Sep '17
M65 +	00:22:30	Rob King	Maldon Prom parkrun	Apr'24
M70 +	00:23:17	Rob King	Maldon Prom parkrun	May'25
M75 +	00:26:05	Jonathan King	Maldon Prom parkrun	Sep'26
M80 +	00:35:22	Roger Duffield	Clacton parkrun	Jan '20
F Senior	00:21:22	Kristy Wiggins	Oak Hill parkrun	Nov'24
F35 +	00:21:00	Danielle Mallows	Maldon Prom parkrun	Aug '17
F40 +	00:20:28	Danielle Mallows	Maldon Prom parkrun	Nov '19
F45 +	00:21:15	Simone Hilliard	Sittingbourne parkrun	May '26
F50 +	00:21:37	Tracy Harrington	Maldon Prom parkrun	May '17
F55 +	00:23:00	Sally Banyard	Walton Prom parkrun	Mar '26
F60 +	00:26:51	Frances Gridley	Victoria Dock parkrun	Jan '20
F65 +	00:26:50	Frances Gridley	Victoria Dock parkrun	Mar'25
F70 +	00:34:04	Anita Leaver	Maldon Prom parkrun	Sep '22

5 K	Time	Runner	Event	Date
M Senior	00:16:18	Tim Bartrum	Harwich	Jun '07
M40 +	00:16:34	Alan Fisher	Harwich	Jul '96
M45 +	00:17:43	Pete Banks	Maldon	Jul'23
M50 +	00:16:46	Alan Fisher	Colchester	Jun '98
M55 +	00:17:21	Paul Mingay	Harwich	Jul '16
M60 +	00:17:38	Paul Mingay	Harwich	Aug '17
M65 +	00:23:19	Brian Reed	Maldon	Jul '24
M70 +	00:23:58	Roger Duffield	Welling, Kent	Oct '09
M75 +	00:27:06	Roger Duffield	Maldon (P)	Oct '14
M80 +	00:40:04	Roger Duffield	Gt Notley	Dec '19
F Senior	00:19:11	Laura Shrewbridge	Harwich	May '10
F35 +	00:19:28	Brigid Wallen	Harwich	Jun '01
F40 +	00:19:36	Danielle Mallows	Colchester	Apr '22
F45 +	00:21:06	Simone Hilliard	Colchester	Aug '26
F50 +	00:21:20	Tracy Harrington	Maldon	Apr '17
F55 +	00:23:13	Angela Dellar	Maldon	Apr '24
F60 +	00:26:21	Frances Gridley	Serpentine	Nov '19
F65 +	00:26:54	Frances Gridley	Serpentine	Oct '25
F70 +				

5 Mile	Time	Runner	Event	Date
M Senior	00:27:26	Aaron Graves	Wissey	Sep'24
M40 +	00:26:39	Alan Fisher	Kirton	Jun '96
M45 +	00:28:24	Pete Banks	Pleshey	Jun '23
M50 +	00:26:52	Alan Fisher	Great Bentley	Jul '98
M55 +	00:27:51	Paul Mingay	Wix	Oct '15
M60 +	00:28:44	Paul Mingay	Wix	Oct '18
M65 +	00:37:21	Brian Reed	Southend	Dec '23
M70 +	00:39:20	Rob King	Witham	Dec '24
M75 +	00:51:03	Roger Duffield	Wix	Oct '15
M80 +	01:02:03	Roger Duffield	Southend	Dec '19
F Senior	00:30:57	Sue Baker	Ingatstone	Oct '92
F35 +	00:32:08	Brigid Wallen	Great Bentley	Jul '00
F40 +	00:32:29	Danielle Mallows	Wix	Oct '22
F45 +	00:34:08	Katy Denny	Witham	Dec '23
F50 +	00:35:01	Tracy Harrington	Witham	Dec '18
F55 +	00:38:07	Angela Dellar	Witham	Dec '23
F60 +	00:42:53	Julia Bawden	Witham	Dec '21
F65 +	00:44:34	Julia Bawden	Witham	Dec '25
F70 +				

10 K	Time	Runner	Event	Date
M Senior	00:34:13	Aaron Graves	QEOP London	Dec '19
M40 +	00:33:04	Peter Richardson	Stowmarket	Apr '93
M45 +	00:36:28	Pete Banks	Hatfield Broad Oak	May'25
M50 +	00:33:22	Alan Fisher	Stowmarket	Apr '98
M55 +	00:34:31	Paul Mingay	Gt East Anglian	May '14
M60 +	00:35:39	Paul Mingay	Chichester	Feb '19
M65 +	00:49:31	Brian Reed	Southend	Oct '23
M70 +	00:49:17	Rob King	Little Bromley	Apr'25
M75 +	01:03:25	Roger Duffield	Canvey	Sept '15
M80 +				
F Senior	00:37:59	Sue Baker	Southend	Oct '92
F35 +	00:40:54	Brigid Wallen	Hatfield Broad Oak	May '01
F40 +	00:41:21	Danielle Mallows	Little Bromley	Apr '19
F45 +	00:42:54	Simone Hilliard	High Easter 10k	Jun'26
F50 +	00:45:33	Morven Hurding	Southend	Oct '23
F55 +	00:48:27	Lorraine Mills	Little Bromley	Apr'25
F60 +	00:53:34	Ann Gomer	Canvey	Sep '06
F65 +	00:57:14	Julia Bawden	Olympic Park	Aug'25
F70 +				

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10 Mile	Time	Runner	Event	Date
M Senior	00:56:12	Aaron Graves	Stebbing	Nov '24
M40 +	00:54:43	Peter Richardson	Hadleigh	Nov '92
M45 +	00:59:34	Pete Banks	Witham 10	May'25
M50 +	00:55:27	Alan Fisher	Ipswich	May '98
M55 +	00:59:35	Paul Mingay	Stebbing	Nov '15
M60 +	00:59:33	Paul Mingay	Stebbing	Nov' 17
M65 +	01:18:01	Brian Reed	Witham 10	May '22
M70 +	01:23:32	Rob King	Witham 10	May'25
M75 +				
M80 +				
F Senior	01:03:03	Sue Baker	Canterbury	Jan '92
F35 +	01:07:58	Brigid Wallen	Great Baddow	May '21
F40 +	01:07:57	Danielle Mallows	Stebbing	Nov '22
F45 +	01:11:39	Katy Denny	Stebbing	Nov '23
F50 +	01:13:55	Tracy Harrington	Great Baddow	May '17
F55 +	01:20:50	Sally Banyard	Test Track 10, Laindon	May '26
F60 +	01:26:02	Ann Gomer	Great Bentley	Feb '06
F65 +	01:33:08	Julia Bawden	Rochford 10	Nov '25
F70 +				

Half Mara	Time	Runner	Event	Date
M Senior	01:16:10	Aaron Graves	Snetterton	Nov '19
M40 +	01:12:25	Peter Richardson	Roding Valley	Feb '93
M45 +	01:20:06	Pete Banks	Carver Barracks Remembrance	Nov'23
M50 +	01:15:17	Alan Fisher	Southend	Jun '98
M55 +	01:17:04	Paul Mingay	Newburyport	Oct '15
M60 +	01:17:32	Paul Mingay	Fleet Half	Mar '19
M65 +	01:44:30	Jim Slater	Mablethorpe	Oct '14
M70 +	01:49:16	Jim Slater	Mablethorpe	Oct '16
M75 +				
M80 +				
F Senior	01:23:28	Sue Baker	Peterborough	May '92
F35 +	01:31:05	Sue Baker	Paddock Wood	Mar '97
F40 +	01:30:20	Danielle Mallows	Great Bentley	Feb '23
F45 +	01:33:23	Simone Hilliard	Great Bentley	Feb '26
F50 +	01:36:11	Morven Hurding	Victoria Park	Nov'23
F55 +	01:47:59	Lorraine Mills	Colchester	Mar '26
F60 +	01:57:09	Ann Gomer	Bungay	Apr '10
F65 +	02:06:12	Julia Bawden	Cambridge	Mar '26
F70 +	02:53:57	Anita Leaver	Maldon	Sept ' 22

15 Mile	Time	Runner	Event	Date
M Senior	01:29:20	Aaron Graves	Dave Wright 15	Mar'24
M40 +	01:27:15	Alan Fisher	Ipswich	May '96
M45 +	01:36:44	Peter Bank	Colchester 15	Mar '23
M50 +	01:28:49	Alan Fisher	Stour Valley	Mar '98
M55 +	01:43:30	Chris Gardiner	Dave Wright 15	Mar '26
M60 +	01:37:13	Paul Mingay	Colchester	Sep '18
M65 +	02:42:43	Paul Graves	Dave Wright 15	Mar'24
M70 +				
M75 +				
M80 +				
F Senior	02:01:17	Brigid Wallen	Ipswich	May '97
F35 +	01:46:45	Sue Baker	Ipswich	May '97
F40 +	01:50:32	Danielle Mallows	Colchester	Mar '19
F45 +	01:51:26	Danielle Mallows	Dave Wright 15	Mar '25
F50 +	01:56:14	Tracy Harrington	Colchester	Sep '18
F55 +	02:04:58	Sally Banyard	Dave Wright 15	Mar '26
F60 +	02:26:16	Julia Bawden	Colchester	Apr '21
F65 +	02:31:28	Julia Bawden	Dave Wright 15	Mar '26
F70 +				

20 Mile	Time	Runner	Event	Date
M Senior	02:00:25	Aaron Graves	Oundle 20	Mar'24
M40 +	01:57:19	Peter Richardson	Chelmsford	Mar '93
M45 +	02:11:38	Peter Banks	Essex 20	Mar '23
M50 +	01:58:13	Alan Fisher	Wymondham	Mar '98
M55 +	02:09:40	Paul Mingay	Langham	Mar '16
M60 +	02:40:13	Roger Duffield	Wymondham	Mar '00
M65 +				
M70 +				
M75 +				
M80 +				
F Senior	02:17:39	Sue Baker	Chelmsford	Mar '93
F35 +	02:22:12	Sue Baker	Chelmsford	Feb '97
F40 +	02:22:47	Danielle Mallows	Essex 20	Mar '23
F45 +	02:29:31	Danielle Mallows	Essex 20	Mar '25
F50 +	02:34:08	Tracy Harrington	Tarpley 20	Feb '18
F55 +	02:49:56	Sally Banyard	Essex 20	Mar '26
F60 +	03:28:06	Sharon Hardwicke	Essex 20	Mar '26
F65 +	03:34:32	Julia Bawden	Essex 20	Mar '26
F70 +				

TRR Club Records

Marathon	Time	Runner	Event	Date
M Senior	02:44:15	Aaron Graves	Abingdon	Oct '24
M40 +	02:39:45	Peter Richardson	Sudbury	Mar '91
M45 +	02:58:22	Pete Banks	London	Oct '22
M50 +	02:39:58	Alan Fisher	London	Apr '98
M55 +	02:53:19	Paul Mingay	London	Apr '15
M60 +	02:47:38	Paul Mingay	Seville	Feb '19
M65 +	04:05:28	Brian Reed	London	Apr'23
M70 +	04:25:04	Jim Slater	Birchington, Kent	Nov '16
M75 +				
M80 +				
F Senior	02:57:29	Sue Baker	London	Apr '89
F35 +	03:13:15	Sue Baker	London	Apr '97
F40 +	03:19:45	Danielle Mallows	London	Oct '21
F45 +	03:26:25	Danielle Mallows	Dorney Lake	Sep'25
F50 +	03:31:07	Tracy Harrington	Chelmsford	Oct '16
F55 +	03:50:17	Sally Banyard	Milton Keynes	May '26
F60 +	04:50:04	Julia Bawden	Manchester	Oct'21
F65 +	04:44:26	Julia Bawden	Seville	Feb '26
F70 +				