

TRENTHAM RUNNING CLUB

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April 2014 Race Reports

Manchester Marathon

Thanks to Matt Plant for sending in this race report after clocking a fantastic time at Manchester over the weekend.

If you've got something to do, you might want to leave this for a bit. Like a marathon, it has a tendency to go on a bit :-)) I ran my first marathon last year and loved the whole experience. It kept me running and motivated over the winter, and built a great foundation for last spring and summer. After the flying fox in November, I decided to concentrate on a spring marathon to again keep me going over winter and to get a better time than last year. Having failed to get into London... again, I opted for Manchester, which I really enjoyed last year and gave me the taste for the distance.

I decided to knock road racing on the head for a bit, a complete turnaround for me, as I normally race anything that will give me a number! I took to the hills and completed my first few fell races (which I absolutely loved), ran all the XC events with the club, and banged out a few stupidly long distance runs. The furthest being 28 miles as I tried to build on my endurance. Dale had kindly offered to construct a plan for anyone wishing to compete in a marathon, and I was one of many who kindly took him up on his offer. Dale asked me what my goals and aims were, and advised me to not race as much as I was used to, and by committing to the plan it would bring me the time I wanted. I received the first 6 weeks of the plan and tbh it looked quite daunting. 5 minute reps followed by 2 minutes sustained recovery at marathon pace. Long runs with marathon pace built in.

Having previously followed the excellent schedules devised by Dave/Carl/Dale before, I had become used to having to push myself beyond my comfort zone, but this new plan seemed a lot harder than anything I'd done before. As all marathon plans tend to begin, day 1 was a rest day :-)) but after that it kicked in, I'd be running 6 days a week for 11 weeks before the 12th week taper. At first I absolutely loved it, the mix of sessions were refreshing, and my energy levels and motivation were sky high. 4 weeks in and I smashed my 5 mile pb at Alsager clocking 30:21. Knocking 4 minutes off last years time. The miles kept increasing and the sessions got tougher and my energy levels were dropping. Although I never missed a run, there were times when I didn't want to go out, and I questioned why the hell I was doing this.

At the end of week 8 was my next race, the Retford half. The weeks training had been punishing, with some really tough quality sessions, and I lined up feeling heavy legged and tired. The race itself wasn't my best, but looking back I'd set another big pb, knocking 2 and a half minutes off it and finishing in 1:23:54. This filled me with fresh confidence entering the final 4 weeks and after nailing my final 2 long runs I felt ready and able to achieve what I wanted.

My initial aim was sub 3:15, which then got changed to sub 3:10. But after the 2 races I'd already done, I was running well and I had my heart set on a sub 3:05, which would get me a GFA entry into London next year, saving me the suspense of a no in the ballot. The last week was horrible, a familiar twinge in my left knee appeared from no where, I became restless, and my confidence began to be eroded by doubt, as the marathon was all I could think about. Come race day itself though, all the negativity had disappeared and I couldn't wait to get started.

Lee and Sammy Jones had very kindly offered me a lift, so I jumped in with them, and along

With 2 of Trentham's ever present supporters Chloe and Lara, off we set. After a bit of looking, we found a free car park space and made our way to the start. We met up with everyone close to the race village and everyone was in high spirits. Nervous, but excited at what lay ahead. Everyone wished each other luck as we separated and went into the relevant start areas. I had a quick word with Dan Jordan who had been caught up in traffic and we wished each other well.

I was in start area B, and no sooner had the gun gone off for the start I was over the line and away. My legs felt heavy to start with, and my quads were achy, but they'd been like this last year, and I just put it down to being bone idol in the week while tapering. The start at Manchester is great, as there are a few switchbacks which allow you to see and cheer everyone on coming from the opposite direction. My target pace was 7 minute miles, which all being well would get me just under 3:05, and I settled into that quite well, reigning myself back at times, as I resisted the urge to make the most of my early freshness. The miles started to tick by steadily as my legs rather nicely went into auto pilot. Cheers from Sammy, Chloe, Lara and Craig and his girls were brilliant, and Carl ran a few hundred yards along side me offering encouragement and support, before seeing Catie a bit further on.

After the switchbacks at 4 miles or so, you leave old Trafford and it's the long road to Altrincham. The miles were coming easily and I hit 10k in 43 minutes. Bang on time and feeling good. Cheers from Hayley, then Jill and Debbie and Izzy gave me a boost, as the miles continued to pass. 10 miles went and I was on target and still feeling good. As I reached Altrincham I knew I was nearly half way and I still felt comfortable. After a quick lap of the town centre, I passed the half way mat and the time was showing 1:30 something. Having had the sub 3 hour pacer in my sights for quite a while, albeit far in the distance, I began to dream of a sub 3 hour finish and question if it was possible. Sod it I thought, let's try and catch him and see how it goes.

I gently started to increase the pace, and by 15 miles I had caught up the pacer and a group of around 20-30 runners sticking tightly to him. No need to look at my watch anymore I thought, stick with these guys and it's job done. I sat at the back of the group dreaming of a finish time of 2 hours something. The miles were still ticking off nicely and I still felt strong. The group was acting as a great wind breaker, and this was the first time I'd ever ran in a big group in a race. I can see why the elites do it, because pacing wise it's perfect, you don't need to do anything, just follow! 17,18,19, the miles were flying by and I still felt great. I went through 20 comfortably and as the group started to slowly diminish, I found myself towards the front.

I was expecting to tire at this point, but Dale had suggested a glycogen depletion diet (that's another story) to beat this, and it worked a treat. I felt strong, and at this point made a sub conscious effort to kick again. At 21 miles I left the pacer and upped the pace again. Would I regret it later? I wasn't sure, but it was now rooted in my head that he wasn't coming back past me! 22, 23 and 24 went past easily enough, and as I got into mile 25 and 26 it was just about keeping my head and digging in. Having done Manchester last year I knew exactly where the finish was, and swinging a sharp left there it was. The crowds were brilliant, and I drove for the line, crossing in 2:58:26 (chip time later said 2:58:04) Among the masses I could hear Lisa shouting like a woman possessed :-)) and Carl congratulated me after crossing the line. The whole experience was awesome, but after 5 months of training, surpassing my time was something I won't forget in a hurry. I've still got a grin that would put a Cheshire Cat to shame.

I picked up my medal, goody bag and stuff and made my way to the finish line to cheer in everyone else. I passed Debbie and Jill and Izzy on the way, who told me that Dan had ran an amazing 3:07 which was a massive way under his target time too. I was able to find Lisa, Carl and the others on the finishing line and was able to cheer most of team Trentham home. Kirsten, Lee, Dave, Paul, Lauren, Emily, Kerry and Lee all ran amazingly, clocking up some really impressive times!

It was great to be part of another great day for the club. Thanks to everyone at the club for there support on and before raceday. I really hope I haven't missed anyone out, and I apologise if I have. The shoutouts while running are a massive boost, and seeing so many



familiar faces and voices really does spur you on.

One last special thanks though to Dale Colclough, who put so much of his own time, effort and energy into helping me and many others achieve our marathon goals. The plan was perfect and couldn't of gone any better, and like so many people at the club his advise is invaluable. Our running club is ace!!! Roll on London next year :-)

Many thanks for the report Matt and congratulations on such a great effort. To get sub 3hr marathon is a benchmark in running and surely puts you in the status of elite athlete :-) Well done also on getting an automatic London spot next year, that will definately be an experience for you.....

You can see other Manchester Results below.

Weekly Round-up 05/06th April

As mentioned above there are all the TRC results from Manchester as well as Blackpool Half and Full Marathons.

PSUK National Cross Country Championships

Phil Fortun 48:29

Hanley parkrun

Shaun Weston 22:35

Leigh Matthews 23:47

Graham Sheridan 24:27

Andy Vickerman 25:15

Catie Lantsbery 28:10

Bryn Holmes 28:37

Fulham Palace parkrun

Sarah Johnson 18:53 (1st Lady)

Pendle Fell Race

Janson Heath 44:43

ERRA National 12 Stage Road Relay

Simon Myatt 28:22

Pete Nicholson 15:48

Craig Taylor 30:35

Ed Wilson 15:49

Carl Platt 29:07

Steven Locker 18:00

Ian Wilson 31:18

Peter Clarke 22:03

Chris Mosiuk 33:11

Terry Wall 16:49

Dave Pickstock 31:04

Sam Rosillo 16:12

Manchester Marathon

Matt Plant 2:58:04 (PB)

Dan Jordan 3:07:30 (PB)

Kirsten Owen 3:47:06 (PB)

Dave Wheatley 3:50:03 (PB)

Lee Jones 3:50:57

Paul Orry 4:07:48 (PB)

Lauren Gallagher 4:26:30 (PB)

Emily Smith 4:45:58 (PB)

Lee Lymer 4:57:19 (PB)

Kerry Taylor 4:57:42 (PB)

Blackpool Half

Dan Bowman 1:54:05

Jon Bowman 1:54:06

Blackpool Marathon

Paul Burslem 3:05:08 2nd V45 (18th Overall)

Ken Bloor 3:43:03

Ironbridge Half

Terry Wall 1:37:22

Dougie Mac 5k

Scott Zikmanis 18:06 2nd Male

Dave Pickstock 18:40 3rd Male

Dan Moseley 19:44

John Corbett 19:57

Hayley Cook 22:18 3rd Lady

Terry Parton 23:35

Jim Fowler 27:02

Becky Sherwin 35:03

Derby 10k

Ed Wilson 37:16 (PB)

Snowdonia Half

Alex Garcia 2:23:16

As you can see a very busy weekend of races with the Dougie Mac also taking place on Sunday and the boys at the Nationals on the Saturday.

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Derby 10K

Many Thanks to Ed Wilson for sending this report from the Derby 10K mentioned in the round-up above. Ed had also run in the Team 12 stage the day before so would this slow him down at all on the Sunday.....

I first became aware of this race when our own Adam Grew wrote a review for this very website a year ago. Adam was due to run it again this year but unfortunately was unable to compete due to an injury (get well soon if you are reading). Having signed up just after Christmas, I decided to make this my target for a 10k PB in the Spring due to the flat course and exciting finish inside the Derby County ground. With the possible exception of Burton last August I'd never ran a 10k that I felt satisfied with, being more experienced over Half Marathon distance. This feeling became even stronger after the recent Half in Bath, which made by 10k PB of over 40 minutes look even more out of kilter than it had before.

I'd found it hard to get the pacing right over the distance in previous attempts, but after a couple of good park runs in the lead up to this, I was fairly confident of doing something. The problem was that Trentham qualified for the National 12 Stage Road Relays at Sutton Park which were taking place the day before. Although my brain said save yourself for Derby, having been a part of the team that got us there and hearing that Trentham had only reached the National once before, my heart said do it. Luckily I was only required to run a 'short leg' of 2.7 miles on the Saturday but that said, its not exactly text book preparation for a 10k on the Sunday. After getting round the park 12 seconds faster than in the Midlands event three weeks earlier, a gentle warm down followed by a massage from Tracy Dean helped to prepare my legs for the next assault.

It was a 9.00am start at Derby and having been advised that parking would be a challenge with 5,000 runners in attendance (plus a fun run and an elite wheelchair race), I rose early and was parked in a prime spot just outside the turnstiles by 7.30am. No need to use baggage storage lorry as it was parked only about 20 metres away from the car! It had been raining all the way there but luckily it had stopped by the time I ventured into the stadium to check out the race set up. Runners enter through a corner of the stadium before heading straight for the finish in front of the dugouts on the Toyota Stand side of the pitch. There were runners milling around in all of the stands but nobody seemed bothered. For a warm up I ran a couple of miles down a tarmac footpath which runs alongside the River Derwent, then it was time to shed some layers at the car and wander over to the start.

The start line is on the main road just outside the main entrance to Pride Park and I clambered into the allocated pen B. There was only a handful of runners in pen A so I was

Well placed for a swift start. Around 20 elite wheelchair athletes began their race a few minutes before we started. The plan was to run the whole thing at 6 minute pace. Having gone off miles too fast at Bath, it was vital that the first mile was paced correctly. Without getting too giddy I overtook a chunk of B runners on the long straight towards the rail station. The first mile quickly passed with a beep of 5.55 from the watch. Slightly quicker than planned, but 5 seconds in the bank thank you very much. The race then proceeded around the Westfield Centre and through the very heart of the city.

The early start is probably necessitated by the fact that you run past M&S and the like and we can't have things like sport getting in the way of Sunday shopping can we? I'd never actually been into Derby centre before, but at this pace one was not in a position to admire the architecture. As we skirted past Pentagon Island a straggler from the wheelchair race was overtaken. I can only guess that he was struggling with a technical problem as wheels normally go faster than legs. The splits were hovering quite nicely around the 6.00 mark as we headed East for the return towards Pride Park. Runners who had gone off too hard were steadily being picked off and as we hit Chequers Road I grabbed a dextrose tablet from my pocket for a quick energy boost. The stadium quickly came into view as we did a little climb at the bridge which crosses the Derwent (this was about as hard as it got as I only clocked 79 feet of ascent for the whole course).

You actually run right past the stadium just before the 5 mile mark which is psychologically a bit difficult as it seemed more natural to go straight into it. Instead runners are sent on a rather tedious little loop around an office park to eek out the extra mile. The 5 mile mark was passed in 29. something and given that I only managed 30.48 at Alsager for that distance, this was shaping up quite nicely. During the last full mile, I got into a game of cat and mouse with an unattached runner wearing a Triathlon suit. We must have overtaken each other about four times before I eventually shook him off coming into the car park. I sneakily crept up behind a runner in a pink T shirt just as we entered the stadium. Although he just edged the mother of all sprint finishes in front of the cheering crowd, I had the last laugh thanks to a better chip time.

We were efficiently ushered around the pitch and into the undercroft of the opposite stand for our complimentary water, T shirts and massage. As we walked past the pitch it was apparent that most runners were still out there and I thought I might get in the top 100. Happily the results later confirmed a position of 49th in 37.16 which was a PB of over 3 minutes. When I studied the results, I noticed that the winner (Richard Weir from Derby AC) had also been running for his club at Sutton Park the day before. So maybe there was method in the madness after all. There seemed to be a few moans about the T-Shirt not having the date on it (??), the water being in cups not bottles and the distance markers not being very clear. However, these all seemed rather petty and I thought that it was an excellent event which manages to combine the buzz of a big city race with a fast PB course.

Thanks Ed and well done on getting your 10K PB, so I guess the answer is NO, it didn't slow him down :)

Excellent report which gave a real flavour of the atmosphere and the race itself, and hopefully Ed's report will inspire others to have a go at it next year. If you feel inspired, why not send us your own race report and help to inspire someone else too :-)

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Race Round-up 12/13th April 2014

Quite a busy weekend again with Park run and London Marathon taking place. Also the Spring Treble got underway and a couple of other races

Thursday 10th April

Hanchurch Hilly

Simon Myatt	25:55 (Winner)
Ed Wilson	29:02
Rob Tabbanor	30:00
Dale Colclough	30:04
Terry Wall	31:20
Kevin Finney	32:34
John Guest	34:16

Terry Smith 34:19
 Glynn Probert 35:14
 Ken Bloor 36:07
 Kerry Widdowson 37:07
 Mark Birchall 37:10
 Ken Pearson 37:32

Saturday 12th April

Bushy parkrun

Bryn Holmes 30:08

Hanley parkrun

Dan Cawley 19:49 (PB)
 Leigh Matthews 20:48
 Steve Locker 20:54 (PB)
 Shaun Weston 22:13
 Andy Vickerman 24:06
 Graham Sheridan 24:10
 Terry Jukes 24:36
 Catie Lantsbery 26:39 (PB)
 Emily Smith 28:31
 Sue Gallagher 35:30 (PB)
 Lauren Gallagher 35:31

Sunday 13th April

London Marathon

Sarah Johnson 3:04:33 (PB)
 Roger Taylor 3:07:12
 Janson Heath 3:18:17 (PB)
 Jill Phillips 3:28:09 (PB)
 Sam Rosillo 3:30:15
 Bryn Holmes 3:35:52
 Ryan Proctor 3:40:53
 Lisa Heath 3:41:11 (PB)
 Sharon Willis 3:59:44 (PB)
 Greg Julian 4:00:27
 Dan Maddock 4:18:19 (PB)
 Matt Burley 4:33:19 (PB)

Fleetwood 10K

Ken Bloor 44:18 (2nd V50)

Whitley 10K

Paul Burslem 38:36

Well done to Simon Myatt who won the first of the Spring Treble Races and also well done to everyone who got a new PB this weekend, especially Jill Philips who also set a new club record in the London Marathon.

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Weekly Round-up 19/20th April

Thanks to Graham for looking round for the round-up of latest Results which can be seen below. Special mention to Ken Bloor who raced on Wednesday, Thursday, TWICE on Saturday and then Sunday.....

Wednesday 16th April

Chester Spring 5

Ken Bloor 35:03

Thursday 17th April

Milford Murder

Ed Wilson 36:52
 Rob Tabbanor 38:32 1st V50
 Terry Wall 39:41
 Barry Smith 43:52
 Glynn Probert 45:33
 John Guest 46:15
 Mark Birchall 46:46
 Ken Pearson 48:29
 Kerry Widdowson 48:41

Ken Bloor 48:45

Saturday 18th April

Congleton parkrun

Ruth Barry 20:29 3rd Lady

Hanley parkrun

Dan Jordan 18:49 (PB) 2nd

Andy Vickerman 21:09 (PB)

Ken Bloor 24:46

Kirsten Owen 25:33

Shaun Weston 26:15

Rachel Hallett 26:45 (PB)

Tasmin Burley 26:54 (PB)

Ryan Procter 26:55

Megan Hickman 27:41

Graham Sheridan 28:22

Bryn Holmes 30:10

Phil Thomas 32:20

Chelsea Burley 33:42

Matt Burley 33:43

Salford 10K

Ken Bloor 44:08

Teenager With Altitude

Janson Heath 3:32:24

Dale Colclough 4:24:13

Sunday 19th April

Air Products 10K

Tom Halloway 35:10

Scott Zikmanis 36:25 (PB)

Paul Swan 36:26 (PB) 1st V50

Ed Wilson 36:27 (PB)

Ian Wilson 36:32

Craig Taylor 36:37 (PB)

Mandy Vernon 36:38 (PB) 1st Lady

Dave Pickstock 37:00

Roger Taylor 37:48 (PB)

Paul Burslem 38:02 (PB)

Dan Cawley 38:08 (PB)

Rob Tabbanor 38:17

Scott Minshall 38:45

Paul Clinton 38:58

Matt Plant 39:00 (PB)

Steven Locker 41:35 (PB)

Ken Bloor 41:40

Barry Smith 42:14

Paul Orry 42:42 (PB)

Shaun Weston 42:53 (PB)

Lee Jones 42:57

John Guest 43:31

Glynn Probert 43:58 (PB)

Jodie Rock 44:47 (PB)

Graham Sheridan 44:50 (PB)

Hayley Cook 45:48 (PB)

Rose Wilson 46:25

Mark Burchill 47:23 (PB)

Alan Lewis 49:40

Phil Thomas 50:35

Catie Lantsbery 53:14 (PB)

Kerry Taylor 54:41 (PB)

Lee Lymer 56:33 (PB)

Emily Smith 57:46

Monday 21st April

Notts AC 10K

Dave Piper 55:16

Thanks again Graham for finding the results and well done to all of you that got PB's in the last 7 days. I expect there'll be an extensive list from Madrid this time next week.....



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Race Round-up 26/27th April 2014

Here are this weeks results roundup. Well done to all those that raced this weekend especially the ones who jetted off to Spain for one of the races there.....

Thursday 24th April

Barlaston Up & Downs

Rob Tabbanor 34:20
Kevin Finney 36:49
Barry Smith 38:54
Phil Forton 39:22
Terry Wall 40:13
Kerry Widdowson 41:29
Mark Birchall 41:33
Glynn Probert 41:57
Ken Pearson 43:13
Ken Bloor 48:32

Friday 25th April

Fordhouses 5k

Mandy Vernon 18:00 1st Lady
Rose Wilson 21:48 1st F55

Saturday 26th April

Hanley parkrun

Chris Mosiuk 20:34
Ken Bloor 26:20
Rachel Hallett 27:26
Meg Hickman 27:43
Paul Orry 27:43
Catie Lantsbery 27:44
Lee Lymer 28:03
Tasmin Burley 29:36
Matt Burley 29:36
Graham Sheridan 38:18
Chelsea Burley 39:54

Sunday 27th April

Madrid R&R 10k

Carl Platt 36:59 1st Brit!

Madrid R&R Half Marathon

Craig Taylor 1:21:49 2nd Brit
Ed Wilson 1:23:00 3rd Brit
Scott Zikmanis 1:29:16
Dave Pickstock 1:32:25
John Miles 1:32:36
Janson Heath 1:34:10
Jon Bowman 1:47:14
Matt Plant 1:47:15
Scott Minshall 1:47:16
John Guest 1:52:29
Shaun Weston 1:53:24
Walter Mosiuk 1:53:24
Dennis Hughes 1:53:39
Alex Garcia 1:55:10
Peter Clarke 2:02:51
Phil Thomas 2:02:52
Ben Grocott 2:10:16
Lauren Gallagher 2:10:17
Lisa Heath 2:10:17
Jodie Rock 2:10:17
James Fowler 2:11:23
Emily Smith 2:18:01
Kirsten Owen 2:18:02
Jacquie McPhail 2:31:31

Madrid R&R Marathon

Rob Thomas 3:12:09 1st Brit Lady
Dan Jordan 3:18:01
Andy Vickerman 3:35:43 (PB)
Jill Phillips 3:50:07
Aaron Whiston 4:08:10
Lee Jones 4:19:18

Shakespeare Half Marathon

Ken Bloor 1:50:55

Abbots Bromley 10k

Pete Dutton 38:02 5th Place

Thanks again to Graham for compiling the results. More next week.....

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