

TRENTHAM RUNNING CLUB

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Navigation

[Home Page](#)[About Trentham](#)[Membership Details](#)[Training Groups](#)[Trentham 10](#)[Dave Clarke 5 K](#)[Werrington 10K](#)[Cross Country](#)[Junior Section](#)[Older News & Reports](#)[Club Championships](#)[Club Records](#)[Useful Links](#)[Contact Details](#)[News & Events](#)

December Races

December has started in the usual Trentham way, a scattering of X countries, a very long race, a race abroad and a few parkruns. This small number of races have given us a great start with race wins and team prizes. At the midlands x country events on 6 December the ladies senior team were 17th out of 37 teams and vets team 10th out of 22 teams! Congratulations to; Dan Jordan for his sub-3 hour marathon in Malaga; Jo and Debbie for their 1st and 2nd places at the Dales Dash and Simon Myatt for his 2nd place at the same race.

The second weekend saw the final NSCCL event at Leek with a lot at stake for the ladies and mens teams. A great team event with more than 50 Trentham vests running round. A great result with the ladies winning the overall team title and the mens team in overall second place in their group. Fantastic runs by all especially Olivia Ball who won the girls U11 race and Simon Myatt who was 2nd in the mens race. A few went to Telford for the 10k event on the Sunday and Mandy Vernon came home as 2nd FV40.

The final weekend had the Hanley parkrun and the Christmas Cracker with Simon Myatt in 2nd place.

December Races (use links to go to specific race results)

X Country

[BDICCL Race 2 – Gloucester](#)[Midlands Womens League – Race 2 Northampton](#)[North Staffs CCL Leek](#)

Parkruns

[Hanley parkrun 6 Dec](#)[Lyme parkrun 6 Dec](#)[Hanley parkrun 13 Dec](#)[Fulham Place](#)[Oakwell Hall](#)[Hanley parkrun 20 Dec](#)[Hanley parkrun 25 Dec](#)

Other races

[Dales Dash](#)[Malaga Marathon](#)[Brecons 40](#)[Sneyd Striders 10k](#)[Telford 10k](#)[Christmas cracker](#)

Saturday 6th December

BDICCL Race 2 – Gloucester

Carl Platt	33:08
Scott Zikmanis	34:07
Ed Wilson	34:43
Roger Taylor	35:49
Paul Burslem	35:52
Terry Wall	36:25
Craig Taylor	36:58
Lee Jones	38:44
Greg Julian	40:34

Midlands Womens League – Race 2 Northampton

Mandy Vernon	19:53
Deb Thomas	20:57
Jill Phillips	25:10
Kirsten Owen	27:30
Lee Lymer	30:57

Brecons 40

Matt Plant	9:04:27
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Hanley parkrun 6 Dec

Bryn Holmes	18:39	7 th
Richard Longley	19:14	9 th
Ryan Proctor	20:06	
Andy Vickerman	21:56	
Glynn Probert	22:58	
Kerry Dixon	23:34	
Catie Lantsbery	28:05	
Megan Battison	30:23	
Paul Cotterill	30:47	
Millie Holmes	30:48	

Lyme parkrun 6 Dec

Mark Day	24:53
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Sunday 7th December

Dales Dash

Simon Myatt	36:26	2 nd
Ed Wilson	42:00	9 th
Leigh Matthews	43:06	
Joanne Donnelly	43:10	1 st Lady
Deb Thomas	43:25	2 nd Lady
Rob Tabbanor	43:29	
Paul Burslem	44:24	

Francis Hamlett 45:48
 John Guest 46:41
 Lee Jones 47:15
 Andy Vickerman 47:45
 Phil Fortun 48:04
 Kerry Dixon 50:06
 Jill Phillips 51:22
 Charlie Hamlett 51:56
 Lisa Heath 53:46
 Phillip Pinson 54:22
 Ken Bloom 56:11

Malaga Marathon

Dan Jordan 2:59:12

Race report

So, the story for Malaga marathon started in Leicester in October with my first attempt at sub3. I'd spent 10 weeks in a training plan that I'd used for Manchester earlier in the year where I got a pb and a time of 3:07:30. The training had gone really well for Leicester but on the day the very strong wind from halfway had destroyed me and sub3, although I did get a new pb of 3:03:58, which I was very pleased with.

Because of the wind I really felt I could have got a sub3 in better conditions so I considered doing another marathon shortly afterwards. I felt that I'd done my training, was really fit and didn't want to waste it. I got advice from some not to do it as I risked injury and from others to go for it. There were only 3 possibilities for me and Malaga looked perfect; flat, fast and sunny. Unfortunately Deb had no holiday left so I asked my mum if she wanted to come along and she did. She has had a tough year and I knew it would be a nice break for her

With only 6 weeks between the two marathons I wasn't quite sure what to do training wise. I'd learnt earlier in the year how important it is for me to recover; I took a whole week off running after Manchester and felt good but didn't really take any time off after Madrid (non-pb attempt 3:18) and felt lousy for a while. Fortunately I was reminded of a section in Pfitzinger + Douglas marathon book for back-to-back races so I dug out my book and went through it. So the basic plan in there is 2 weeks recovery, 2 weeks training, 2 weeks taper. I did 12 days recovery, about 3 weeks training and 9 days taper

What I didn't decide until a few days before the race was how to pace it. My plan for Leicester had been very aggressive, to run at 6:40 until I ran out of steam. So this time I decided there was plan A, sub3 and plan B, just enjoy the sunshine (if sub3 went out of the window).

With this in mind I chatted to Brian Cole on the Friday morning and mentioned the sub3 pacer who would be there. He suggested letting the pacer do all the thinking for 20 miles and then either hanging on with him if wrecked or pushing on. He said others would leave him there and to tag along. I liked the plan! My only concern was that I had only ever positively split on a marathon and so to go to 20 and then increase the speed seemed very unlikely! However I was mindful of plan B because this wasn't an A race I had trained for, it was an additional attempt and if it went wrong then it wasn't that important and I could learn from it for London and beyond.

So we headed off to Malaga on Friday afternoon, arrived late evening and I did all the pre-race prep I could. Sunday morning and at 8:30 we were off under blue skies, lovely cool conditions and almost no wind

1 6:53
 2 6:40
 3 7:09 (pee stop)
 4 6:47
 5 6:40
 6 6:42
 7 6:56
 8 6:46
 9 6:43
 10 6:39
 11 6:31
 12 6:36
 13 6:44

It was very congested to start although I was in the small sub3 pen, the road just wasn't wide enough. After a few K in the runners had spread out though and we went along at a very relaxed pace. I stopped at 3k for a pee and slowly caught the group back up again over the next 5k without pushing too hard. Up to 13k and all very calm. Then another pacer showed up (we had done an out and back and we were near the start /finish), headed to the back of our group and shouted at us all to get going. He then went to the front of the group, the original pacer dropped out and then the new one changed the pace (according to my garmin from 6:45 to 6:39)! Fortunately for me this was a pace I was used to running but it was still a shock to the system. We held this pace until halfway which was all along the coast and a lovely run. As we headed inland at 20k we got the first feel of the wind which was heading out to sea which surprised me. It was not too strong and being in a group made a lot of difference (at Leicester I ran the last 20 miles by myself!).

Around 21k something happened in the little twists around the roads there, with a large group slightly ahead of me, the pacer behind me with a group and me in no-mans-land! I either had to slow and get with the pacer or increase slightly to catch the group ahead. I knew the plan was to stick to the pacer, but it felt a backward step. The group in front weren't going mad so I thought I would head for them. It took me a long distance to catch them, but fortunately a pair of runners came past me and I latched onto them for assistance and as a windbreak! I expect it took me about 5-7K to join the group.

14 6:49
 15 6:48
 16 6:46
 17 6:43
 18 6:50
 19 6:52
 20 7:07

The pace was steady from the halfway point for the next 4 miles, but then as the route was passing into the town whenever I looked at the garmin it showed 6:50+ pace - too slow.

My initial plan after checking out the route and particularly the elevation had been to push up a slight incline alongside the river from 32K for the last 10K. However, on the day I modified this to wait until 34.5K at the top of the incline and push downhill as I was going through a bit of a bad patch. As it turned out it was a bit of a mixture! As we reached 31K and the town proper we turned onto the road alongside the river and my legs seemed to go. I thought it was all over but within about 30 seconds I was fine again, not sure what that was all about!

For the previous 5k or so I had kept telling myself that I hadn't come all this way not to do it. I'd monitored my body, hydration and fuelling throughout and all was good. I'd been annoyed to not find any isotonic drinks at the water stations although that had been advertised beforehand and the signs were there; I was surviving on just water. And the final, huge positive was that I couldn't see the sub3 pacer behind me so I was obviously on for 2:57-58ish, so could afford to slow slightly and still get my goal

21 6:52
 22 7:05
 23 6:38
 24 6:37

I wasn't sure what happened on the uphill but at about 33k I just felt like the group I was with, the group who had dropped the pacer were going far too slow. A few of them had broken away and I rounded the remainder and pushed up the hill. I chatted briefly to an English guy and then pushed on again. I rounded the corner and really turned it on down the hill. I could sense something was wrong and that I needed to start running.

As I shot down the hill overtaking runner after runner I realised that the pacer had totally messed up. It was hard to do the maths in my head but I was in trouble and sub3 was not looking likely. Because I had relied on the pacer I hadn't been paying much attention to my pace, and at this point it was showing about 6:47 average on my garmin, which would be fine if it were real, but with all the twists and turns around the town I didn't know what my actual pace was.

As I tried to work out the distance and pace required as I hit each K point I got more and more concerned. I continued to push on the flat and every time I looked at the watch it was showing 6:36 lap average, I was flying. And then I hit 37K, the one I had been waiting for, the 5K to go point, the how-fast-can-you-run-a-parkrun point. And the answer was under 23 minutes if you want sub3. Not great; sure I can destroy 23 mins for 5k, but I've never done a 5k after running 23 miles first at a decent pace, or any pace for that matter. (What I didn't know at this point and probably just as well is that a marathon is not 42K, it's a little bit longer!)

25 7:15
 26 7:12

Counting down the Ks now and trying to keep the legs going. They are complaining like hell but nothing is going to stop me now. 3K and that's our club time trial and I know it's 1.8 miles ish, and then I work out that if 10k = 6.1 miles (which it doesn't, it's 6.2 but I've lost the plot now!) then each K is 0.61 miles which must be approx 4 minutes at approx 7 min miling which I assume/hope I'm doing, so at 40k I've got just enough time so I should do it, but I'm winding through the pedestrianised streets now, slippery marble floors, lots of turns, where's the 41k marker, there it is, last turn onto the paseo del parque and I can see the finish gantry, but as I approach it at 2:58:40ish it's not the finish gantry it's an advertising one and there's the 42k marker and where is the finish then, and there it is and it's ticked over to 2:59, and I'm going to do it, and I pick those huge feet up and keep it going across the line.

Done it! 2:59:23 on the watch, 2:59:27 I think on theirs. I congratulate a few others around me, get some water and turn around and watch the pacer come in at 3:00:30. I resist the urge to slap him; I expect those running in with him may do that for me!

I don't think any of the breakaway group I was with made sub3 as all of the people who came in after me but before the hour rolled over were ones I had overtaken in the last 2-3k

And relax! Did some stretching in the park, had an isotonic and a banana and a few orange segments and felt a lot better. Staggered back to the hotel, showered and had lunch and a beer, then out for a walk around the town, then 40 winks, then some beers by the pool on the roof, with my feet dangling in, lovely.

Was great having my mum support me too. She managed to see me at 6 different points along the course and it really gave me a lift each time.

For anyone considering a foreign marathon, this was great. Good weather, flat and fast. Malaga is a beautiful city, really enjoyed it. And my official time was 2:59:12

Saturday 13th December

Hanley parkrun 13 Dec

Bryn Holmes	20:43	5 th
Paul Cotterill	26:52	
Graham Sheridan	26:52	
Phil Thomas	27:40	

Fulham Palace parkrun

Sarah Johnson	18:35	1 st
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Oakwell Hall parkrun

Joel Edwards	22:49	
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NSCCL – Race 4 Leek

U11 Boys

Daniel Collins	9:04	
Arthur Hughes	9:41	
James Maddock	12:28	

U11 Boys Teams

11	Trentham RC	154
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U13 Boys

George Hughes	14:06	
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U11 Girls

Olivia Ball	5:18	1 st
Bekah Yendole	6:12	
Tasmin Burley	6:24	
Millie Holmes	6:38	
Ellie Bloomer	7:17	
Chloe Dickens	8:19	

U11 Girls Teams

4	Trentham RC	47
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U13 Girls

Ellen Kenny	8:33	
Megan Battison	9:23	

U15 Girls

Ellie Mace	12:09	
Meg Hickman	15:32	
Yasmin Dickens	16:25	

U15 Girls Teams

5	Trentham RC	70
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Senior Women

Jo Donnelly	22:48	5 th
Deb Thomas	22:57	6 th
Mandy Vernon	22:57	7 th
Ruth Barry	23:59	
Kerry Dixon	25:40	
Rose Wilson	28:14	
Jill Phillips	28:50	
Tonia Vernon	29:06	
Kirsten Owen	32:00	
Lee Lymer	38:33	

Womens Div One

1	Trentham RC	32
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Senior Men

Simon Myatt	31:43	2 nd
Carl Platt	34:26	
Martin Hull	35:24	
Lee Ellis	35:36	
Stephan Walley	35:40	
James Burrows	35:59	
Scott Zikmanis	36:25	
Ed Wilson	36:28	
Bryn Holmes	36:37	
Scott Minshull	37:06	
Paul Downing	37:31	
Roger Taylor	37:42	
Leigh Matthews	38:01	
Matt Plant	38:50	
Paul Burslem	39:05	
Craig Taylor	39:16	
Dave Pickstock	39:25	
Richard Longley	39:40	
Dale Colclough	39:49	
Ian Heath	40:23	
Sam Rosillo	41:03	
Lee Jones	41:24	
Stephen Burrows	44:35	
Andy Vickerman	44:40	
Matt Burley	44:44	
David Myatt	44:56	
Greg Julian	45:10	
Mark Mayer	45:42	
Glynn Probert	46:43	
Graham Sheridan	47:53	

Malcolm Rushton 60:31

Mens Div One
2 Trentham 136

Sunday 14th December
Sneyd Striders Christmas Pudding 10
Kirsten Owen 82:34

Telford 10k
Mandy Vernon 36:31 2nd FV40
Dave Pickstock 40:19
Paul Orry 43:23
Kerry Taylor 53:41
Craig Taylor 53:42

Saturday 20th December

Hanley parkrun 20 Dec
Bryn Holmes 19:56 9th
Dan Jordan 20:09
Leigh Matthews 21:52
Kerry Dixon 25:53
Helen Nicholls 27:10
Kirsten Owen 28:28
Tonia Vernon 29:05
Paul Cotterill 29:05
Phil Thomas 29:26
Graham Sheridan 29:26
Lee Lymer 30:28

Sunday 21st December

Christmas Cracker
Simon Myatt 51:05 2nd
Ed Wilson 58:55
Scott Zikmanis 59:05
Rob Tabbanor 1:01:31
Dan Jordan 1:02:09
Dale Colclough 1:04:36
Deb Thomas 1:06:09
John Guest 1:07:40
Phil Fortun 1:07:44
Paul Burslem 1:08:32
Barry Smith 1:08:35
Stephen Burrowes 1:12:24
Brian Tonks 1:19:58
Jill Phillips 1:22:51
Mark Mayer 1:26:23
Jon Bowman 1:26:23
Greg Julian 1:26:23
Lee Jones 1:26:23
Kerry Dixon 1:26:23
Ken Bloor 1:27:41
Julia Race 1:29:11
Lucy Corbett 1:30:28
Walter Mosiuk 1:31:18
Kirsten Owen 1:36:22
Phil Thomas 1:36:38
Claire Stubbs 1:49:48
Elizabeth Dodd 1:49:48
Jacquie MacPhail 1:55:41
Lisa Foxhall 1:55:44

Thursday 25th December

Hanley parkrun 25 Dec
Matt Plant 19:25
Richard Longley 21:29
Paul Orry 21:59
Jill Phillips 23:54
Kerry Dixon 24:03
Graham Sheridan 25:34
Phil Thomas 27:03
Emily Smith 28:33
Lee Lymer 31:16
Alli Lymer 35:03