

# TRENTHAM RUNNING CLUB

Page last updated 21 January 2015

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## July Races

July is another busy month with four NSRRA events as well as the Shifnal Half, Summer series, JCB Mud Run, Thunder Run, not to mention the various Parkruns and Kirstens Independence day half marathon

Thanks to Graham for compiling and supplying the weekly list of finishers.

If you have any results you would like added please send them through.

<b>Summer Series</b>	<a href="#">Shutlingsloe</a>	<a href="#">Ipstones</a>	<a href="#">Rudyard</a>
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### Other Races

<a href="#">Buxton Carnival</a>	<a href="#">Ashmei Ullswater 20</a>	<a href="#">Shifnal Half Marathon</a>	<a href="#">Bridges of The Tyne</a>
<a href="#">Wizard 5 miles</a>	<a href="#">Dearnford Lake relay</a>	<a href="#">Windmill Half</a>	<a href="#">Sexarathon Vic Musgrove Fast 5</a>
<a href="#">JCB 5</a>	<a href="#">South Cheshire 5k</a>	<a href="#">Thunder Run</a>	<a href="#">Conkers Parkrun 26 July</a>
<a href="#">Great Warford 10mile</a>	<a href="#">Sale Sizzler</a>		

Just Click on the links above to go to the race results or scroll down the page.

### Tuesday 1<sup>st</sup> July

#### Berryhill 2k Fun Run

Ellen Kenny	10:52
Meg Hickman	12:21
Tasmin Burley	13:05
Katherine Lemmon	13:13
Caitlin Taylor	13:57
Samuel Abbots	16:58
Kerry Taylor	16:59
Ethan Abbots	17:00

#### Berryhill 10k

Simon Myatt	36:18	3 <sup>rd</sup>
Dave Pickstock	37:35	4 <sup>th</sup>
Scott Minshall	37:47	6 <sup>th</sup>
Paul Swan	38:22	1 <sup>st</sup> V50
Scott Zikmanis	38:43	
Craig Taylor	39:23	
Bryn Holmes	39:26	
Paul Clinton	40:19	
Dan Cawley	41:40	
Sam Rosillo	42:09	
Rich Longley	42:36	
John Corbett	42:44	1 <sup>st</sup> V65
Lee Jones	43:36	
Ken Bloor	44:42	
Barry Smith	44:54	
John Guest	45:12	
Stan Winterton	45:13	
Glynn Probert	49:07	
Paul Orry	50:28	
Matt Burley	50:28	

Lucy Corbett	50:34	
Terry Parton	52:26	1 <sup>st</sup> V70
Alan Lewis	53:51	
Graham Sheridan	54:12	
Catie Lantsbery	57:49	
Malcolm Rushton	60:05	
Jacquie MacPhail	6:06	

#### Thursday 3<sup>rd</sup> July

##### Summer Series – Shutlingsloe

Simon Myatt	25:36	1 <sup>st</sup>
Leigh Matthews	29:21	
Dan Jordan	30:17	
Ed Wilson	30:20	
Dale Colclough	30:31	1 <sup>st</sup> V50
Deb Thomas	32:33	
John Guest	33:33	
Lisa Heath	36:35	
Ken Bloor	42:05	

##### Junior – Shutlingsloe

Isabella Jordan 22:57

#### Saturday 5<sup>th</sup> July

##### Hanley parkrun 5 July

Dennis Frain	20:48
Shaun Weston	23:23
Paul Cotterill	26:38
Lucy Corbett	26:51
Phil Thomas	26:57
Bryn Holmes	29:58

##### Kingsbury Water parkrun 5 July

Rachel Hallett 26:44

##### Ashmei Ullswater 20

Matt Plant 3:38:27

### Ullswater 20

Another one of our runners has developed a hunger for long races. Here is Matt Plants race report from the Ullswater 20. Not sure I would like to do the race but the scenery there is fantastic. Well done to Matt.

After struggling for any sort of road racing form since the Manchester marathon, and doing a lot more off road stuff, I decided to stick to what I know best and enjoy the most, and started to look at longer off road distance races. As my navigation is pretty poor (running hard enough, never mind having to navigate a course yourself) I trawled the t'internet for a race that would be both a decent distance, but wouldn't trouble my map reading skills too much. After a bit of searching and finding one that didn't clash with anything else I'd signed up to, I settled on the Ullswater 20 mile trail race in the Lake District. Having read last years reviews it's a relatively new race and last year it suffered from a few teething issues. The organisers though were trying to make it more of a festival type thing and camping was available from the Friday night to the Sunday afternoon. Due to work commitments, 2 days camping wasn't an option so had to settle for just the one night on the Saturday. Emily said that she fancied the idea too (although she didn't want to run!) so early Saturday morning, we packed up the car, chucked in the dog, and off we went. The weather was brilliant and after spending the day exploring the lake I was really looking forward to the race in the morning as the views from the mountains overlooking the lake were spectacular.

After a surprisingly decent nights sleep and breakfast, we made our way to the race village for the safety briefing and start of the race. It became apparent that there really weren't many people doing the event. (last year was around 150, this year less than 50) I was given a map, but as the route was signposted I was hoping I wouldn't need it, and if all else failed all I had to do was keep the lake on my left. What could possibly go wrong! The race started and I waved Em goodbye as we dropped down onto the lakeside

path towards Pooley Bridge. I settled into a steady pace as the leaders started to pull away going much quicker. Leave them to it I thought, blowing up in a 10k is horrible and I had no intention of doing it in a 20 mile trail race!

The route itself was around the whole of the lake but cut into the surrounding mountains at certain points and I couldn't wait to see the views from up top. After a short road section the route went onto a trail around Dunmallard hill. I dropped in behind a group of 3 runners as we started a steady climb, skipping over exposed tree roots, random bits of rock and trying my best not to trip up as I normally manage at least one fall! As we approached the top there was the first sign telling us to carry straight on as the trail split. Like a sheep, I followed the guys in front only to find out in 10 minutes time that a group of about 15 of us had gone the wrong way. We ended up doing an unnecessary loop of the hill and attempted to get back on route. We eventually dropped back onto the road, but after consulting the map we were quite a bit off track, and had to take a short cut through a farm and a field full of cows to get back on the actual course. Another lesson learnt. Just because you don't know where you're going, don't assume that other people do I told myself!! The detour added roughly 2 miles on and I was only a few miles into the race, I began to wonder just how far I might end up doing if I continued to go the wrong way!

The initial group of 15 started to break up as we ran few some fields and a further section of road. We were soon back together though, when a passing motorist told us that we should have gone through a kissing gate half a mile back even though the sign said straight on! Luckily getting back on track was a simple left turn a few hundred yards away. I was pleasantly surprised that I had managed to work out a way back onto the route, albeit as part of a group consensus :-). Maybe there is hope for me yet! Back through a field then a steepish climb up through Gowborrow Park. I overtook quite a few people here, as several runners had stopped to catch their breath and take in the view. Once at the top I had a quick glance towards my left and the view was simply stunning. Ullswater lake lay hundreds of yards below, shimmering in the sun encased by the surrounding mountains. Picture postcard stuff. The next section is one of the reasons I love off road running so much. The descent down the hill was awesome. With the backdrop of the lake, the rocky trail dropped gradually through hillside bracken, and I went past a few more runners there as we entered a forested area. I was feeling good and after the ropey start I was starting to get into a rhythm as the route undulated nicely. If I thought the last section was impressive the next part was on another level. Despite nearly going the wrong way again due to another dodgy sign, the route dropped into a place called Aira Force, which is a massive waterfall in the hillside and words can't describe how spectacular it was. The route followed a path across the top of the waterfall before dropping back down into a car park and the first checkpoint. One of the event organisers was there and he was explaining to another runner who had complained about the signs being wrong, informing him that they had been tampered with and that they had had the same problem the previous year. I took on some water, scoffed a couple of pieces of flapjack and grabbed a cliffe bar. Another reason I like the longer off road stuff, is that you get fed and can eat on the way around. What's not to like about that!

The next section was relatively flat as it followed a trail around the lake before a short road section before picking up the trail again as it entered Glenridding. I put my foot down a bit there as I'd gone past the half way mark, and had managed to pull away from a group of runners who were behind me. Onwards towards Patterdale the route went, before cutting through a farmer's yard to the imposing climb up Place Fell. I could see several runners in front of me, but such was the incline they seemed miles away. Walking up the hill was tough, never mind trying to run it, but there was plenty of encouragement from the many walkers hiking up and down the steep rocky path. After what seemed like an eternity I reached the top and even managed to pass another couple of runners. I got lucky here as there was a fork in the road and I just caught sight of another runner in the distance and decided to follow him. A small group of runners weren't so fortunate and went the wrong way and climbed even higher up to the summit. After a relatively flat section the route descended again into a valley and I could make out another 3 runners in front, as a steep and rocky path disappeared into the distance. Downhill running isn't a particular strong point of mine, especially a technical rocky one. However I started to make ground on the

runners in front as I tried my best to avoid going arse over tit and breaking something! I went past one runner, and told him to hang on to me, but he said he was struggling and I continued to pull away. At the bottom of the valley the route dropped back onto the road for a bit and I managed to overtake another runner there. He too was also struggling and as we arrived at the next checkpoint he wasn't far behind me. The sun and heat was now having an affect on me. Considering the weather forecast had been for rain and possibly storms, glorious sunshine was both unexpected and unwanted. I took on more water and got back to it. After a small climb and descent it was back on to the road for what was a very punishing section. The sun was beating down and there was no shade to be had anywhere. The vast array of sheep were passing me strange glances as I trudged past them trying to keep myself running, The road then climbed before going off road onto a long gradual climb. I was around 17 miles in, and I felt like I had nothing left in the tank. I'd stopped running and was walking now, as I repeatedly attempted to start running again but couldn't muster more than a few yards. Although the incline wasn't steep it was incessant, and around every corner it continued to rise. Every now and then I saw occasional glimpses of the runner in front of me, and was annoyed with myself that I couldn't make any ground on him. This wasn't helped by the fact that I fell over after catching my foot on a rock and ended up on my arse. Luckily my bum bag felt the brunt of it, and it was the only time I'd need my waterproof coat that day! As the trail eventually began to flatten out I began to run again and ran past a group of walkers who informed me that I was the 5th placed man. Surely this was a wind up, there was no way I was that close to the front I thought to myself. This did however trigger something inside the daft head that I possess, and I got a second wind. My legs didn't feel so heavy now and I started to get back into a rhythm.

The trail then took a turn left and I could see the race village a few miles away on the edge of the lake. What goes up must come down, and the next few miles appeared to be a gradual descent to the finish. I started to pick my pace up again now and caught sight of the runner who had appeared so far away in the distance in the previous uphill section. To my surprise I started to catch him at a decent rate, and we wished each other well as I went past him spurred on by the fact that I may now possibly be in 4th place. I continued to push as I knew I was getting close to the finish. I got some further strange looks as I ran through a camp site by the lake. Surely seeing a sweaty, sunburnt, bedraggled man in a green vest isn't that strange! :-). Onto the road for the last time before taking a sharp left into a field and I can see the race village and finish line in front of me. Em and Den are sat basking in the sun and cheer me in, as I try one last push up a small grassy hill before collapsing to my knees. 3 hours and 38 minutes after starting the race I'd finished and had indeed finished 4th, my highest ever race finish by a considerable distance. I was well chuffed considering I'd clocked nearly an extra 2 miles as well.

The rest of the field were quite spread out and we hung around for a bit to cheer in the other runners. Although the race had its problems, it was a great route and I'd certainly consider doing it again. It's a shame more people didn't do it as it has potential to be a brilliant event, and given the fact that you could camp for a few days, you could turn it into a weekend away :-). Running and camping, I could get used to that, roll on Thunder Run!! :-)=

### Sunday 6<sup>th</sup> July

#### Shifnal Half Marathon

Terry Wall	1:34:05
Phil Thomas	1:56:44
Jim Fowler	1:58:31

#### Phil versus the Gym Guy

It was another hot and sunny Sunday morning on the start line at the Shifnal Half marathon, far too hot to contemplate running 13.1 miles around the pleasant villages of Shropshire on an undulating course but that's part of the appeal to running right? To challenge ourselves in all conditions nature can throw at us as we run and race hard.

It was Sunday the 6th of July 2014 and this was a race I'd fancied having a crack at for a while. Every year there's always a few from Trentham RC that make the one hour trip south westwards to

The small market town of Shifnal and each year they return brimming with positivity about the race. I've yet to hear anyone say they didn't enjoy running at Shifnal, so I thought I'd go and see what it's about and have a go.

I'm no where near my best form right now but I am enjoying my running and racing again and I've been actively looking for new events I'd not ran before and so this fitted the bill, plus if they keep to the same date in 2015 then it will clash with the return of my home town marathon which is making a come back 11 years after it was sadly withdrawn from the local running calendar. To say I'm excited to see the Potteries Marathon return would be an understatement!

But back to Shifnal and I drove down with a fellow Trentham runner and good mate Jim Fowler who, a little like me is on the way back and making good progress. I guessed we might have a good battle at Shifnal.

I was surprised by the field; this was the smallest half marathon race I'd been a part of as I lined up with 151 other runners on a quiet street in the middle of suburbia and listened to the race director give the usual pre race briefing and then it was off and I settled into an early pace and chatted to Jim for a short period as the procession of runners weaved through a housing estate.

I found this section of the race a bit twisty and tourney but the support from everyone who'd come out to watch was fab. It was a fast first mile and Jim started to edge ahead and I thought he's either going too quick or I'm in for a race. Even though we're good mates and team mates I'm still competitive and motivated to race hard against people from my own club but for now I was content with my own pace as we started to head out into the Shropshire countryside.

And after a short time I spotted Jim running well ahead but I slowly caught and then passed him, I thought he'd stay with me but I wasn't to see him again until the end.

One of the appeals to this race is the picturesque countryside of this classic part of middle England and the elegant villages we'd pass through, I told myself to keep my head up and take it all in, after all this wasn't a North Staffordshire league race so I could, to some degree enjoy myself.

It was also classified as multi terrain and the first off road section soon came upon us and I was little taken aback by the climb though it was great to seek the shade of the wooded trail and the dappled sunshine made the whole scene look almost like I'd landed in some kind of fictional fairytale or become part of a hitherto unknown oil painting by Turner or Constable! It was idyllic, if a tad warm and then I came out of my dream like daze as I hit a downhill section on rough gravel and soon became aware of my speed virus the loose stones and how easy it would be to go flying and do myself an injury so I put all thoughts of enjoying this lovely race to the back of my mind and focused on keeping upright.

I'm a road runner and make no apology for my love of the tarmac, I've enjoyed cross country races in the past but I'm much happier on the road and I was relieved to come off the gravel path and hit some flat tarmac and through the first of four villages.

We ran past lots of lovely looking houses all set against the stunning landscape of what I'd call a forgotten corner of England, a quiet gem close enough to the major conurbations of Wolverhampton, Worcester and next door to the modern 1960's built Telford yet far enough away that it seemed almost like a throw back to a much older and civilised time. Areas within the race had a hint of the 'Darling Buds of May' about them if you ignore the Ranger Rovers and the expensive John Deere tractors!

As I approached the middle miles; maybe around mile 6 I became aware of a couple of guys behind me shouting and hollering to each other and it was starting to irritate me. You know when there's a beeping noise or suchlike in the back ground and then you just all of a sudden become conscious of it and realise that you are very bothered by this sound!

Well that was me in mile 6 and they just didn't shut up. "C'mon" followed by grunting and other nondescript noises.

Though I'm no Steve Way or Mo I was still trying to put in a performance and hoped to dip under two hours and these two heroes of the gym had well and truly ruined my race focus and all I could think about was getting further away from the noise they were creating. So despite my concerns about hitting it too hard way to soon I felt I had no choice but to push on and hit the accelerator, I knew I'd pay for this in the final mile but for now I could hear them less and less as I wound my way through more beautiful scenery.

I then hit another longish hill climb and to my horror these two jokers were back and getting louder again! "We can do this, C'mon man, grunt grunt huhh" and so on.

Worryingly they kept getting louder, I was not happy about this, I pride myself on being good on a hill, well I'm good running up but not so keen running down steep hills but this was a joke, I was being taken by two guys who clearly liked their whey proteins more than energy gels.

Yet here they come! My head was down and I slowed to let them pass; if only to let them get so far in front that I wouldn't have to cope with their incessant noise pollution.

I know it sounds like I'm having a sense of humour failure and I love the support and encouragement I get from a crowd and fellow runners but I feel there is a distinction between that and the ridiculous pumped up bravado that these two "runners" used to keep each other going!

My head was in tatters now and I was totally focused on my seething rage for these two. It was apparent from the shouts that one was a fairly competent road runner while I doubted the other chap even knew how to program a treadmill in the gym he frequents.

At this point in the race I should have been graceful in defeat and gave them a 'well done lads' but all I wanted was some peace and quiet again and a chance to retreat back into my head and enjoy the feeling I get from running.

They kept up a good pace as they vanished out of sight allowing me to sink back into a peaceful state of mind, though I did have a begrudging respect for them both as they powered on. It must be tough when you're a body builder and running is such a different discipline.

I was also upset with myself a little to have let these two get to me so much and to actually beat me, the swine's!

Anyhow all I could do now was give it my best to get back on track, kick on and keep my head up and enjoy it again.

The race moved on at a pace, through fields and up dirt roads, along county paths, down narrow roads and through the odd gated stile.

Thankfully the water stations are plentiful on this race and much needed on a hot summer's day in early July but I did have a double take on one near the end of the race when each runner I was following all stopped to take on fluids and I found myself running up front with no one to follow.

It's rare for me to be without someone to see in front of me and it always helps to know where I'm going without needing to look for arrows or marshalls signals.

Of course I'm reliant on the person in front taking the right route! Now suddenly I was going down a road alone and I momentarily spun round half expecting a marshall to be waving and gesturing that I'd gone the wrong way. I hadn't and the guys who stopped at the water station now followed my lead. This had disaster written all over it but the race was in its final mile now so how could I go wrong, just keep my eyes peeled and I'll be right.

I was and I soon turned back into the housing estate in Shifnal and spotted another runner and felt good. I upped my pace as I neared the school where the race was to finish, it was still touch and go if I'd get under two hours and so I started giving it all I had, but I felt I'd left it too late in the race to move like I was now.

And then I started to hear a commotion and yes you guessed it. Gym guy had blown up with less than half a mile to go and the gym runner was urging him on, "C'mon dude you're almost there now, lets go". Others also offered words of encouragement as they ran passed him; I just sprinted past in full stride aiming for a sub two hours and happy to have won my battle with gym guy in the end.

And without sounding like an arrogant pompous twit; the thing that made the difference that day and on many races is mental toughness. I know it's going to hurt running 13+ miles but I also know from experience what my body is capable of and I don't allow my mind to stop my body from moving as fast as I can muster.

When I'm going flat out towards the end I'm thinking about only one thing "the quicker I move the faster its over and I can collapse on the grass".

Gym guy let the pain and suffering get the better of him that day. I believe we all have mental toughness it just takes experience and discipline to develop it more so it can aid you in a race and throughout life.

Self belief combined with solid mental toughness can get you over that line quicker than you realise.

It was a hard lesson to learn for gym guy but I wish him and his mate well and hope he keeps running. Just not in the same races as me!

I believe he nipped in under two hours and was thrilled.

I was the 82nd finisher in a time of 1:56:44. Still a long way from my PB but happy to be in the sub 2 club, Jim was a couple of minuets behind me and was as happy with his sub 2 race time as I was with mine.

A good day and a great race which I would recommend to others.

"You know that little voice in the back of your mind, telling you to stop? Well you can train that little voice. I taught mine to shut up." - Unknown

#### Tuesday 8<sup>th</sup> July

##### Bridges Of The Tyne 5miles

Anji Rippon 37:17  
Phil Thomas 37:47

#### Thursday 10<sup>th</sup> July

##### Wizard 5miles

Sam Newton 32:25

##### Dearnford Lake Relay (3x2mile)

Trentham 31:48 1<sup>st</sup>  
Callum Dillon 10:35  
Carl Platt 10:57  
Stephan Walley 10:16

##### Summer Series Ipstones

Simon Myatt 35:00 2<sup>nd</sup>  
Ed Wilson 40:15  
Dan Jordan 40:52  
Rich Washington 42:58  
Deb Thomas 43:03 1<sup>st</sup> Lady  
Kevin Finney 43:09 1<sup>st</sup> MV55  
John Guest 44:00  
Kerry Widdowson 49:23  
David Myatt 49:54  
Lisa Heath 52:59  
Ken Bloor 53:41

#### Saturday 12<sup>th</sup> July

##### Congleton Parkrun 12 July

Martin Hull 18:49 4<sup>th</sup>

##### Hanley parkrun 12 July

Rich Longley 19:38  
Dan Cawley 19:41  
Matt Plant 19:51  
Dennis Frain 20:36  
Andy Vickerman 24:15  
Bryn Holmes 25:24  
Graham Sheridan 25:31  
Glynn Probert 25:32  
Helen Nicholls 28:01  
Paul Cotterill 28:21  
Emily Smith 31:25  
Lucy Corbett 31:26  
Jazmine Carruthers 33:50

##### Kingsbury Water parkrun 12 July

Rachel Hallett 26:30

##### Buxton Carnival 4miles

Ed Wilson 25:16  
Ken Bloor 28:29

#### Sunday 13<sup>th</sup> July

##### Cheadle 4

Simon Myatt 22:14 4<sup>th</sup>  
Scott Minshall 23:31  
Paul Swan 23:54  
Scott Zikmanis 24:02  
Dave Pickstock 24:07  
Craig Taylor 24:19  
Paul Clinton 25:05  
Andy Northwood 25:29  
Paul Burslem 25:39  
John Corbett 26:09 1<sup>st</sup> V65

Harry Smith	27:33
Ken Bloor	27:45
Lee Jones	28:51
Bob Hardy	29:43
Matt Burley	30:03
Jodie Rock	30:05
Graham Sheridan	30:11
Harry Julian	31:40
Greg Julian	31:50
Lucy Corbett	32:20
James Taylor	33:53
Alan Lewis	34:00
Catie Lantsbery	35:33
Lee Lymer	37:13
Malcolm Rushton	37:29
Alli Lymer	45:50

**Windmill Half Marathon**

Sharon Willis 1:53:01

**Wednesday 16<sup>th</sup> July****Sexarathon Vic Musgrove Fast 5**

Stephan Walley 16:09

**Thursday 17<sup>th</sup> July****Summer Series - Ipstones 17 July**

Simon Myatt	27:34	2 <sup>nd</sup>
Dan Jordan	31:05	1 <sup>st</sup> M45
Ed Wilson	32:18	
Dale Colclough	32:30	1 <sup>st</sup> M50
Deb Thomas	32:41	1 <sup>st</sup> Lady
Dennis Frain	34:01	1 <sup>st</sup> M65
John Guest	35:21	
Vicky Norton	35:49	1 <sup>st</sup> F40
Andy Vickerman		37:50
Kerry Widdowson		38:10
David Myatt	39:04	
Lisa Heath	40:00	

**JCB 5**

Scott Minshall	29:25
Scott Zikmanis	30:51
Craig Taylor	30:55
Paul Burslem	32:33
Terry Wall	33:32
Harry Julian	34:33
Ken Bloor	34:58
Greg Julian	37:32
James Fowler	42:57
Hayley Locker	45:03

**Saturday 19<sup>th</sup> July****Cambridge parkrun**

Kirsten Owen 26:14

**Hanley parkrun 19 July**

Carl Platt	18:09	2 <sup>nd</sup>
Leigh Matthews	19:33	
Bryn Holmes	19:54	
Steven Locker	21:44	
Lucy Corbett	23:54	
Graham Sheridan		24:41
Phil Thomas	25:33	
Helen Nicholls	26:30	

**Sunday 20<sup>th</sup> July****Trentham 10**

Simon Myatt	35:09	3 <sup>rd</sup>
Paul Swan	37:40	1 <sup>st</sup> M50
Scott Minshall	37:44	
Ian Wilson	38:36	
Craig Taylor	38:36	
Mandy Vernon	38:44	1 <sup>st</sup> Lady
Bryn Holmes	39:10	

Scott Zikmanis 39:24  
 Leigh Matthews 39:24  
 Dave Pickstock 40:00  
 Paul Clinton 40:23  
 Paul Burslem 40:31  
 Sam Rosillo 40:43  
 Sam Newton 41:15  
 John Corbett 41:18 1<sup>st</sup> M65  
 Dan Cawley 41:21  
 Terry Wall 41:43  
 Ken Bloor 43:17  
 Barry Smith 44:10  
 Lee Jones 44:30  
 Stan Winterton 45:11  
 Bob Hardy 46:37  
 Greg Julian 46:40  
 Rose Wilson 49:23  
 Glynn Probert 49:41  
 Dave Piper 49:46  
 Paul Orry 50:06  
 Gillian Lovatt 53:38  
 Paul Cotterill 55:28  
 James Fowler 57:12  
 Phil Thomas 59:43  
 Hayley Clarke 60:47  
 Malcolm Rushton 61:05  
 Liz Rowley 61:34  
 Jacquie MacPhail 67:47  
 Lucy Corbett 68:37

#### Thursday 24<sup>th</sup> July

##### Summer Series – Rudyard

Simon Myatt 28:46 2<sup>nd</sup>  
 Dave Pickstock 30:09  
 Dan Jordan 32:08  
 Matt Plant 32:49  
 Deb Thomas 33:12 3<sup>rd</sup> Lady  
 Rich Longley 33:46  
 Kevin Finney 34:37  
 Dale Colclough 34:45  
 Dennis Frain 34:46  
 Lee Jones 35:54  
 Vicky Norton 36:24  
 Ken Bloor 36:57  
 Rich Chadwick 37:33  
 Lisa Heath 38:33  
 Kerry Widdowson 38:55  
 Jodie Rock 39:35  
 John Guest 44:04  
 Emily Smith 47:47

##### Overall Series Placings

Debbie Thomas 1<sup>st</sup> Lady  
 Lisa Heath 2<sup>nd</sup> F40  
 Simon Myatt 2<sup>nd</sup> Male  
 Dale Colclough 1<sup>st</sup> M50  
 Ken Bloor 5<sup>th</sup> M50  
 John Guest 2<sup>nd</sup> M55

#### Friday 25<sup>th</sup> July

##### South Cheshire 5K Series

Stephan Walley 16:51 1<sup>st</sup>  
 Mandy Vernon 18:20 1<sup>st</sup> Lady  
 Ian Wilson 18:27 (PB)  
 Rose Wilson 22:59

#### Saturday 26<sup>th</sup> July

##### Conkers parkrun

Emily Smith 29:25  
 Andy Vickerman 31:18

##### Hanley parkrun 26 July

Rich Longley 19:33  
 Graham Sheridan 22:12  
 Leigh Matthews 22:21  
 Jodie Rock 22:47

Jasmine Carruthers 31:04  
 Tasmin Burley 31:36  
 Matt Burley 31:37  
 Paul Orry 31:37  
 Phil Thomas 31:38  
 Paul Cotterill 36:08  
 Kaye Morrissey 45:59

#### Kingsbury Water parkrun 26 July

Rachel Hallett 27:10

#### Thunder Run 27 July

Fantastic team and individual performances by our runners at Thunder Run which is a 24 hour relay race on a 10k course. Janson won the male solo category and Jill was 3rd in the female solo category. Awesome performances that many of us could not even dream of achieving. The runners in the team events produced our best ever performances coming in the top 10 for the first time.

Janson Heath 1st Male Solo. 20 laps - 23:56:06 - 124 miles

Jill Phillips 3rd Female Solo. 16 laps - 23:14:38- 160km (100 miles)

##### Mixed 5

25laps 22:45:45 17<sup>th</sup>

Dave Pickstock  
 Paul Clinton  
 Lucy Corbett  
 Kirsten Owen  
 Steven Locker

##### Mixed 8

32laps 24:36:55 6<sup>th</sup>

Scott Minshall  
 Scott Zikmanis  
 Debbie Thomas  
 Dan Jordan  
 Matt Plant  
 Jon Bowman  
 Lee Jones  
 Andy Vickerman

Pictures here, [Jill](#), [Janson](#), [Team](#)

#### Sunday 27<sup>th</sup> July

##### Great Warford 10mile

Simon Myatt 56:50 (PB) 6<sup>th</sup>  
 Stephan Walley 62:17  
 Ken Bloor 1:12:12

#### Wednesday 30<sup>th</sup> July

##### Staffs Knot 5

Simon Myatt 28:12 5<sup>th</sup>  
 Paul Swan 30:00 1<sup>st</sup> M50  
 Ian Wilson 30:15  
 Mandy Vernon 30:56 1<sup>st</sup> F40  
 Bryn Holmes 31:31  
 Terry Wall 32:36  
 Barry Smith 34:30  
 Paul Clinton 34:42  
 Lee Jones 34:45  
 Ken Bloor 34:46  
 John Guest 36:33  
 Paul Orry 36:40  
 Jodie Rock 37:29  
 Graham Sheridan 37:30  
 Rose Wilson 38:09  
 Phil Thomas 40:02  
 Harry Julian 44:42  
 Greg Julian 44:43  
 Catie Lantsbery 46:16

#### Thursday 31<sup>st</sup> July

##### Sale Sizzler 5k

Mandy Vernon 18:12

