

TRENTHAM RUNNING CLUB

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March 2014 Race Reports

Bath Half Marathon

Many Thanks to Ed Wilson for sending us this great report from The recent Bath Half Marathon. I'm sure not many Trentham Runners have done this one before so well worthy of a read:

Apologies to those who've already had to listen to me talking this race up for the last six months, hopefully a few more words will do no harm and then I'll shut up. It all started last September when I went off patch do take part in the Chippenham Half Marathon. During said trip I paid my first visit to the beautiful city of Bath and immediately thought that it would be a great place to do a race. A couple of local runners at Chippenham mentioned the Bath Half and within a week I was duly signed up. Fast forward six months, and after a good winter with lots of long runs around Leek and a first taste of cross country I was certainly up for this one.

Running aside it was a good break which included watching the Bath v Saracens rugby game on Friday night. Saturday's lovely spring weather was spent visiting Glastonbury Tor and the tiny cathedral city of Wells amongst other things. Anyway, enough of the holiday babble and onto the bit you might be vaguely interested in. Half the battle with these big city races is the logistics of getting to the start line ready to race. With 12,000 runners this is one of the biggest Halves in the UK (and possibly the most expensive), the city centre is a total no-go area for drivers on race day with runners urged to use one of the Park and Ride services. I left the B&B in Radstock at 7.30am and was at Odd Down P&R in time to get on the first bus at 8.00am.

There was some good banter between excited runners as the bus made its way down the steep slopes into town; my stated objective to get into the top 200 drew a few interested looks! Even two and half hours before the race, there were loads of runners milling around and steadily making their way to the Runners Village which is erected on the park area directly behind the rugby ground. There were portaloos galore and the baggage tent must have been the length of a football pitch. Non-spectators were well catered for with various food and drink stalls but for runners there early and not yet ready to warm up, it was a case of killing time before the 11.00am race start. A few people were sitting in the rugby ground quietly contemplating the meaning of life and I chatted to a bloke from Exeter in there for a while before getting changed. After ditching the bag, I headed onto the course for a warm up which involved going to the one mile marker and back.

By 10.40am everybody had been herded into the start pens just in time for the drizzle to begin. It actually rained all the way through the race and gradually got heavier. The start and finish is in Great Pultney street; a grand avenue flanked by big Georgian town houses which makes a great setting. I could see the elite runners jumping up and down about ten metres in front but the view behind was more impressive with thousands of faces lined up as far as the eye could see. There was a mass disposal of old jumpers by the roadside and then some former Bath player fired the gun.

The plan was to run at 6.15 pace all the way round. Thanks to my rather basic Garmin watch I only get the time for each completed mile so it was a little while before I realised that my start was way too quick (first mile 5.44). Its all downhill towards the train station and easy to get carried away, but having done that bit in the warm up I should have known better!!

At this point I had a mental image of Dale Colclough with his head in his hands. I also reminded myself about sitting out the National XC for this - really couldn't afford to mess this one up. Luckily after hitting the brakes, the pace did settle down at around 6.15 for the

bulk of the race. After about 1.5 miles you go into the first of the two loops that give this race its unique feature. A short climb up to Queen Square is rewarded with large crowds and some live music being played.

The loop section heads out West on the Upper Bristol Road before returning on Lower Bristol Road on the other side of the River Avon. More live bands were passed as we headed towards Newbridge which is the furthest point and also where the river is crossed after a little climb. At this point the crowds thinned out a bit, but were still decent (perhaps not quite the 30,000 that the organisers had been talking of pre-race). Shortly before the end of the first loop runners pass through an officially timed 10k point. I registered 38.31 which is actually faster than my PB for that distance. As we came into Queen Square for the second time, Mick Hall the photographer spotted me and gave a shout which was a nice touch, especially as he rather busy with the job in hand. At around the 8 mile mark, I began to pass the tail end runners still on their first lap. What was initially a dribble became a torrent as the road was divided down the middle to separate first lap and second lap runners. By about mile 9, second lap runners were massively outnumbered and this situation continued through to the end of the loop at around 11.5 miles. It was a bit weird and difficult to tell if you were running fast or not as the effect of overtaking loads of people makes it seem like you're going well when in actual fact you could be slowing down. Somewhere near to the Bath City FC ground, a tall youth in a Stoke AC hat shouted 'come on Trentham' (possibly a student down there??) which gave me a boost just as I was beginning to tire.

Unfortunately a few runners started to sneak past and it was getting mentally difficult now.

I kept trying to stay positive and remind myself of tougher obstacles that had been overcome (like the Midlands XC at Leamington when we were running through heavy mud in the midst of a thunderstorm). After the slower runners peeled left onto their second loop it felt slightly lonely heading past the canal marina and around the back of the train station. I was really paying the price for that fast start and the last mile climbing up Pultney Road was very tough. My pace had been steadily fading since mile 10 and the last full mile took 6.29. As I turned left into Great Pultney Street, the finish line appeared to be further away than I anticipated, but one last effort took me past a couple of runners with a sprint finish. The course was actually slightly long by my watch at 13.23 miles (nothing compared to the infamous 13.7 mile Wrexham Half the other weeks). No time to loiter as runners were quickly herded back into the Runners Village in an efficient manner.

I knew that I'd finished just outside 1.22 but by the time I'd driven home the official results confirmed it as 1.22.09 and 168th place (PB down from 1.26.36). It felt good after months of hard winter training and maybe the dream of sub 1.20 can become a reality one day.

Having collected my medal, the cheap cotton T Shirt was a disappointment to say the least. For £40 you'd think a technical shirt wouldn't be too much to ask. I know the policing cost of an event this size must be horrendous and also they give a lot to charity but the entry fee is a bit steep. That said, it always sells out months in advance and I would strongly recommend it you fancy a fast-ish course with big crowds in an attractive city.

Once again, thanks Ed and well done on smashing your PB by 4 minutes, no mean feat :-)

Silverstone Half Marathon

There were a few Trentham Runners doing the Silverstone Half this year and one of them was Daniel Jordan who has kindly taken the time to send us this report:

I am currently training for the Manchester Marathon, and following Dale's excellent plan. Because of this I couldn't enter the Stafford Half (too close to the marathon) and so, some time ago I entered the Silverstone Half. This is ran on the race track and surrounding service roads and is organised by the London Marathon people. My marathon training plan had been going well and I was hopeful of a good PB (mine set at Stevenage last year was

1:28:59), but the race prep needed to be good. Deb and I had planned a night out on the Friday which was a free bar at the Joule's brewery in Market Drayton, a recipe for disaster with me ;-) But I managed to not drink too much of the lovely beer and we had a mini-bus bringing us back at 11. I'm not quite sure what happened with the minibus but we didn't get away until 2am! And in the morning I had volunteered for Parkrun, so was up just after 7! Not ideal prep. So on the Saturday afternoon a short nap was had and a better night's sleep before a 7:30 alarm call and we were on the road by 8:30

The journey down the M6 and M1 was uneventful, but the road was solid traffic from the M1 to the course, but we still had enough time to park up, a quick toilet stop, dropped our bags and met up with my brother who was also running and PB hunting. We had a few minutes before the start as we lined up and we had a quick catch up with Sarah Johnson. Deb didn't really have a time in mind as she had an upset stomach and was just hoping to get round. I, however, had a definite time and plan in mind! From the marathon training plan I had been reducing my tempo time down and on holiday had inadvertently got it to 6:26 pace. This was because I had run on the treadmill at the hotel in kph instead of mins/miles, and had to work it out roughly in my head. When I worked out the speed (15kph) back to mins/mile on my phone it was quicker than I had planned for, but I'd held it for 40 mins, so why couldn't I do it for twice that (plus a bit more!)?

So on the start line I'm planning to run 6:26s if possible with a goal to go sub-85, and a backup goal of beating Deb's PB of 85:45 ;-) And then we were off. I set off with the pack and was pulled along a little, but still managed to control it to hit 6:19 for the first mile according to the garmin. However, I could see the mile marker (they all had timing clocks!) and went through that 4 secs later so I knew that to hit my target I needed to run 6:22s on my garmin, not 6:26s. So with this in mind I kept pushing at the same sort of pace for the next few miles. Now, Silverstone is built on an old airfield on top of a hill, and so it was very windy, not ideal for racing, and my splits really showed when there was a headwind, a tailwind or a crosswind. When heading into the wind I just dipped my head as much as I could, and if I was near a pack, which I was in the first few miles, I tried to tuck in. Then when we turned a corner I would put in some effort and use the wind behind me to get my average pace back down again. I caught up with Sarah Johnson after a couple of miles and had a brief chat but we were both trying hard not to get run down by the wheelchair athletes. Really, whoever decided that setting them off 1 minute before us was a good idea needs their head examining. The course is far from flat and they really struggled on the uphill and then, of course, pelted it downhill, but we were all in the way. Several people were very close to getting clipped, I was shouting to the runners ahead to keep to the right as the wheelchairs came screaming past us.

Anyway the rest of the race went like clockwork. When Dale talked to me at the beginning of his training plan he talked about lining up for the marathon confident I could achieve it, and that's exactly how I felt for the half, I was never in any doubt throughout the race I would achieve it (this was the first time I had ever felt like this!!) The only slight concern I had was miles 11-12, which was all uphill with a constant 20 mph headwind (it felt stronger!) and I knew my time was slipping for that mile. At 12 miles my watch beeped 6:40 so not too much time lost, and then I was at the top of the hill and we changed direction and the wind was behind us. I couldn't do the mental arithmetic at this point though so felt I should just run hard, 12-13 was 6:14, and when I saw the clock at the 13 mile marker I knew I had done it as it started with 1hr 23 mins something! I picked up the pace and sprinted the last 200m and crossed the line in 1:24:16, a 4.5 minute PB and a huge sub-85 for me. I was delighted (and still am!!)

I was 73rd overall (out of 6,900), and 4th in my age group. Well done to Sarah who was 3rd in 1:26 and Debs who was 6th in 1:27

Thanks Dan, and well done on your excellent PB, another 4 minute+ reduction in time. Well done also to Deb, Sarah, Matt B and anyone else who was there running.

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☒ Latest Results Roundup 8/9th March

8th March - Inter Counties XC Championships

Mandy Vernon 32:00
 Deb Thomas 32:46
 Laura Thompson 32:57

8th March - Hanley parkrun

Bryn Holmes 20:15
 Dennis Frain 20:57
 Shaun Weston 23:45
 Louis Hughes 25:22
 Matt Plant 25:58
 Melissa White 34:16 (PB)

9th March - Ashby 20

Paul Orry 2:52:46 (PB)

9th March - Retford Half

Roger Taylor 1:23:29 (PB)
 Matt Plant 1:23:54 (PB)

9th March - Stafford 20

Paul Swan 2:07:39 (PB) 1st VM50
 Paul Burslem 2:11:58 (PB) 3rd VM45
 Dan Cawley 2:14:44 (PB)
 Paul Clinton 2:16:29 (PB)
 Craig Taylor 2:19:11
 Bryn Holmes 2:21:33
 Rob Tabbanor 2:21:33 (PB)
 Deb Thomas 2:24:02 (PB) 2nd Lady
 Dan Jordan 2:24:05 (PB)
 Steven Locker 2:33:41
 Shaun Weston 2:34:34 (PB)
 Scott Zikmanis 2:34:50 (PB)
 Stan Winterton 2:35:39 (PB) 1st VM65
 Jon Bowman 2:39:39
 Greg Julian 2:43:02
 Jill Phillips 2:47:06 1st VW50
 Kirsten Owen 2:50:25 (PB)
 Lee Jones 3:00:40
 Matt Burley 3:07:30
 Lauren Gallagher 3:20:05 (PB)
 Dan Maddock 3:34:14
 Emily Smith 3:45:42 (PB)
 Kerry Taylor 3:50:02 (PB)
 Lee Lymer 3:56:36 (PB)
 Jacquie McPhail 3:59:58
 Lisa Foxhall 3:59:58

Well done to all those achieving PB's this weekend of which there were quite a few, and especially prize winners Paul Swan, Paul Burslem, Deb Thomas, Stan Winterton & Jill Phillips :-)

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Latest Results Round-Up 15/16th March

Here are the latest TRC results from around the weekend :-)

15th March – Hanley parkrun

Mandy Vernon 18:18**
 Andy Vickerman 23:11
 Jon Bowman 24:07
 Dan Bowman 24:07
 Graham Sheridan 24:11
 Kirsten Owen 24:12
 Terry Jukes 24:30 PB
 Rachel Hallett 27:06
 Kaye Morrissey 43:32

* Ladies Course Record + Overall Age Grade Record

15th March - Midland Men's 12 Stage Relays

27 Trentham Rc 4:10:38
 Simon Myatt (24) 28:26
 Ed Wilson (29) 16:01
 Carl Platt (28) 30:00
 Craig Taylor (27) 15:52
 Thomas Halloway (27) 30:17
 Adam Grew (25) 16:23
 Philip Mainwaring (27) 31:24
 David Pickstock (25) 15:48
 Pete Nicholson (25) 16:06
 Sam Rosillo (26) 16:22
 Chris Mosiuk (26) 17:01
 Dale Colclough (27) 16:58
 Team Qualified for National Finals - Sutton Park 5th April

16th March - Stafford Half Marathon

Pete Dutton 1:25:28
 Scott Zikmanis 1:26:16 PB
 Leigh Matthews 1:26:48 PB
 Scott Minshall 1:30:40
 John Corbett 1:31:52 1st MV65
 Terry Wall 1:32:05 PB
 Steven Locker 1:35:04 3rd M55
 Stephen Burrows 1:38:06
 Jon Bowman 1:38:30
 Barry Smith 1:38:46
 Greg Julian 1:39:29
 Paul Orry 1:40:04 PB
 Jill Phillips 1:41:36 3rd VW50
 Jodie Rock 1:42:39 PB
 Walter Mosiuk 1:44:14
 Dave Wheatley 1:44:48 PB
 Glynn Probert 1:45:47
 Ken Bloor 1:45:59
 Dan Bowman 1:47:33
 Graham Sheridan 1:47:48 PB
 Matt Burley 1:49:22
 Andrew Vickerman 1:53:23
 Mark Birchall 1:54:05 PB
 Peter Clarke 1:57:02
 Lauren Gallagher 1:57:17 PB
 Emma Burkitt 2:01:00 PB
 Rachel Hallet 2:04:48
 Catie Lantsbery 2:05:01 PB
 Emily Smith 2:07:57
 Kerry Taylor 2:09:24
 Dan Maddock 2:10:00
 Lee Lymer 2:13:08
 Vicky Hulme 2:14:40
 Sam Tidy 2:19:01
 Jeni Gallagher 2:48:28
 Susan Gallagher 2:48:29

So massive well done to all those who raced this weekend, especially those getting new PB's and the prize winners John Corbett, Stephen Locker & Jill Phillips. Also, well worth mentioning that the Men's team in the Midland 12 stage Sutton Park relays managed to finish in 27th place and qualify for the National 12 stage relays at the same venue in April, well done boys!!!

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Midland 12 Stage Relays

After the success at the Midland 12 stage relays, which you can see the results above for, I asked Craig Taylor if he wouldn't mind typing up a brief race report, and he duly obliged, so here it is:

☒ The biggest team event in the Midlands and the Green Army were there! But it was not without a bit of drama along the way...

Usually held on a Saturday in March, the day was changed to a Sunday this year which wiped out a good chunk of the proposed team, who had pre-entered to race the Stafford Half Marathon. Injuries to some key runners also reduced numbers up to the day of the event and the Stafford 20 the week before had taken its toll on me in particular amongst other things. Leading up to the event I was ill and only confirmed I could run two days before, not ideal preparation but I wanted to run for my teammates, my club and myself. Setting off with Dale, Carl, Paul Burslem and Ed with Pickle and Mandy in Pickle's passion wagon (otherwise known as his work van) the first obstacle to clear was the M6 being closed due to an accident. We left a grey and cold Stoke and arrived into the warm sunshine of Sutton Coldfield.

The first thing that struck me was the impressive array of club tents; they were huge! And the athletes looked fast, not your average turn-up for a Sunday race in Stoke-on-Trent. We registered the dream team to compete in green and then tried to put our tent up which was a comedy sketch within itself. In the end we got it up, albeit facing the wrong way, but erected it was! Dave and myself did a lap of the course, 2.7 miles. Easy, right? Erm, nope. The first half of the race was hilly, short climbs, a big climb, then a long dragging climb into a wind which clearly would be doing my long, flowing locks no good whatsoever. Then a fast downhill section with a climb to the end. Not your standard course and a tough one at that. Four of the lads, Simon Myatt, Carl Platt, Tom Halloway and Phil Mainwaring had 5 miles to do and were really going to take a battering in that wind so it was definitely a day that big hearts and strong minds would be needed.

Midday approached and the first athletes were off. Simon got off to a good start and after 800m was ahead of Callum Dillon from Stoke AC by a yard or two. Dave got a little excited by this and was relaying this back to whoever he was on the phone to at the time. A definite golden moment there from the Captain! Ed Wilson was the next to hit the tarmac once Simon came in, running a shorter leg. Simon didn't disappoint clocking 28 minutes for his leg. Ed has been running brilliantly so his time of 16:01 was not at all a shock, a great run. Carl took the long third leg and I have got to say his enthusiasm and desire to do the best for Trentham and his teammates is inspiring; a real leader of the group. Carl had a belting run and came in at the 29 minute mark.

Before Carl came in, I was the next runner due to hit the fourth leg. I was chatting to John Danahay and Alex Brecker from Stoke AC, feeling slightly overawed at this point as Alex is one hell of an athlete. Even his warm up strides across the grass looked lightning like fast. Ah well... I reckon I could have had him over 12 yards! I was incredibly nervous at this point, I wasn't 100% in myself and when you are running for your team it seems to mean a bit more to me. I would have much rather ran a half marathon than 2.7 miles at this point as it is way out of my comfort zone and I knew it was going to hurt. A lot.

Carl came flying up to the changeover point and off I went. Now, I have run with a garmin for the last four years and I am guilty of constantly glancing at my pace. Not today, the garmin has been permanently relegated to my bedroom drawer and replaced by a £4.99 Casio stopwatch. So I had no idea what pace I was running at and just went for it. The climbs and wind was tough, the downhill sections were hard on the legs. I had been overtaken by a runner from Bristol who I clawed back with about 1k to go and also caught a runner from Kenilworth shortly after so managed to gain a place for the team with a finishing time of 15:52.

I set Tom Halloway off for his leg. Tom had come down from Sheffield where he is at Uni to compete for us as he has done the XC events. Really top lad and committed to the green vest. Tom came home in 30 minutes with another great run and Paul Burslem took over. Paul is another athlete who is running brilliantly at the moment fresh off a storming time at Stafford 20 in which he has taken one of the club records for his time. A real determined effort from Paul in 16 minutes brought Phil into the fray as the final long leg runner.

Phil produced another great run and came home in 31 minutes looking strong until the finish line in which the Captain then took over. Dave has been struggling a little with injury and

☒form over winter but there would be no sign of that today! Pickle had a stormer, coming home in 15:48 which was the quickest short run of the day, beating my time by four seconds. Genuinely over the moon for him as he loves his running and loves the club. Great running David! Pete Nicholson and Sam Rosillio took on legs nine and ten, both clocking 16 minutes and keeping us right in contention to qualify for the finals. Great running from both who again are in great shape at the moment and running well.

Fresh off the back of little training but still looking the most natural athlete at the club, Chris Mosuik hit leg eleven and finished well in 17 minutes. Makes you sick doesn't it, the lad rolls up and runs a blinder! With a bit of training this lad will go far. It was over to the old maestro Dale for the final leg. No pressure at all then as this would be the make or break leg as to whether we qualified or not. And what a performance it was, Dale coming home in another 16 minute leg. The effort and determination on the finishing straight that was shown should be a lesson to all of us younger lads that you only get out what you put in.
Brilliant, Dale.

We found out on the day that we had got through as the organisers were almost as quick as the athletes at getting the results out, what a day it was! Only for our second time as a club had we qualified. A real moment to be proud and to shout about. A big thanks to Matt Plant, Bryn Holmes and Mandy Vernon who came down to support for the day, they made a massive difference and showed what a team effort is all about.

Next stop; the Nationals on 05 April! Bring it on!!!

Thanks very much for that Craig and well done again to the team on making it to the National 12 stage relays. Looking forward to the report from that one already :-)

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Weekly Round-up for 22/23rd March

Thanks once again to Graham Sheridan for providing the latest results from the weekend. There is potentially some great race report material here with Janson doing the Hardmoor 55, yes that's Fifty Five!!!! and a whole host of people racing out of the area. Would be some great reading I feel :-)

22nd March - Hanley parkrun

Scott Zikmanis 18:24
Mandy Vernon 18:29
Dave Pickstock 18:53
Scott Minshall 19:02
Steven Locker 21:04
Dan Jordan 21:58
Jodie Rock 22:21 (PB)
Glynn Probert 22:27 (PB)
Graham Sheridan 23:59
Kirsten Owen 24:07
Phil Thomas 26:18
Emily Smith 27:05
Melissa White 32:29 (PB)
Kaye Morrissey 39:55 (PB)
Trentham 1-2-3 in this week's event!

Congleton parkrun

Ed Wilson 18:21 (PB)

Telford parkrun

Carl Platt 16:59
Lauren Gallagher 25:31

York parkrun

Shaun Weston 36:32

23rd March - Hardmoor 55

Janson Heath 9.11.35

Liverpool Half Marathon

Sharon Willis 1:48:47

 **Blackpool Stanley Park 5**
Christine Holmes 29:45

Well done to all those of you achieving PB's and finishing your respective races. If you would like to send us a report then click on the link on the homepage. More results next week from the Newcastle 10k and maybe even the Forest Farm 5 :-)

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Newcastle 10K

As always there was a good turnout from Trentham with over 30 runners completing the new 10k course which still takes in the infamous 'Black Bank'. There were some tremendous times and PB's on what is definately not a PB course. Simon Myatt had a tremendous run to finish 3rd in a PB time of 34:58. There were plenty of other great runs too and we have two race reports already. First one is from Terry Wall:

It was the Newcastle 10 and it's my first race of the nsrra league ,group c I had been placed in and was told it was a tough group, it was predicted a nice sunny day. I turned up at Newcastle A.C to pick my number up about 9.10 then sorted my vest out ready for a pre-race warm up ,I had time to kill, so went and met some of the Trentham crew for a chat ,and little pickle's ran up as it was flat from home (didn't run the race as it's got a hill in). It was time for the warm up and I, joined Barry Smith and Rob Tabbanor for a short run, the nerves had kicked in and my head was all fuzzy. 9.55, time to run, and after a few fist pumps with Craig "Goldie" Taylor and the two Scott's the final few words said by the organiser it was time for the off.

Bang! Reality hit as we started off up Knutton Road, I felt strangely comfy and headed off up blank bank thinking this aint to bad I had a quick glance d was hitting 7.10 up hill,(doing Stan's run's on a Saturday where beginning to pay off) the plan was to hopeful hit 42 min's as someone said it aint a P.b course, anyway back to the race, I kept in behind the 2 Scott's for a while but felt comfy and overtook them up the bank, knowing they would come and get me on the downhill, and that they did, hitting $\frac{3}{4}$ of the way up ,cheers from Trentham RC's finest Dale, Matt, Lisa and Pickles, on up to the top and felt really strong. I knew a sub 40 was possible as I could feel the pace was strong, I noticed 2 group c runner's in front and I had overtaken 2 all ready turned down Scott Hay Rd and the downhill started, time to relax, hitting a good pace and still felt good getting past 4 miles,(7k)

Pushing hard now wanted that magical sub 40, then a magical sight ,Scott bang tidy glides past me looking strong, no sign of Scott Minshall, was thinking hope he's ok, hit the 8k mark now and the legs are beginning to tire, but only 2k to go, then disaster strikes, the damn shoe lace comes undone. I try to continue but the shoe begins to feel to loose. Pull up time, jump in the side and fasten the lace, pat on the back and Scott M encourages me on. Quick glance and 2 "C" group run past, bummer, all the hard work undone. Up like a flash and it's hard to get going again, round to the flat part and a welcome shout from Kirsten ,"dig in". Time to start the Campbell rd reps. Knew I had lost the sub 40 time, but pb was a deffo even if I jogged in.

9k sign time to start sprint, could see Scott M seemed to be struggling a bit, then 10k, 200 to go and could see a "C" runner 50 yards in front, bang full throttle kicks and I'm closing, 10 yrds to the line and encouragement from the TRC gang at the line is brilliant. Hit the line 1 second from catching the fella in a time of 40.30, a massive 3 mins off, my previous p.b. Loved it and can't wait for Air Products to try again. Most importantly I introduced myself to the Group "C" crowd, that there's another TRC fella to contend with .

Thanks for the report Terry, and well done on the PB. Next report is from Graham Sherridan who has also sent in the results roundup:

I have never done the Newcastle 10K before and as it starts only a mile and a half from my front door it seemed a good idea to make my debut. What I did not realise when I entered was that it was due to take place on Mother's Day. I managed to get approval from the wife

☒ couple of months back, but there was still the slight sense of disbelief when I reminded her earlier in the week. Part of the bargain was that I walked the mutt first thing - not a problem on such a beautiful morning, even if I had been robbed of an hour's sleep.

I trotted down to the start and felt pretty good - a little warm as I had decided to wear my TRC hoodie. There were plenty of Gents and Ladies in green vests and loads of others who, due to marathon commitments had decided not to take part, but were still there to lend their support. We made the short walk to the start and having made the mistake of starting too far back at Stafford I decided to position myself a little nearer the front this time. Ten o'clock soon rolled around and we were off, the pace at the start felt pretty quick and I felt I blowing before we even got out of Knutton and on to Black Bank.

I have run up there a couple of times before, but this time it definitely seemed to take forever - it was great to see the green singlets spread out in front, they did not seem to be gaining too much on me and there was some cracking support about half way up. To my relief we hit the top of the first hill and the terrain leveled out, only to rise again. I was now being passed by a few people and those in green were getting gradually further away. Another turn saw us rise again and I managed to gain some of the lost ground on those around me. The uphill section was over, now time to push on through and make the most of the downhill - unfortunately it was not to be, I did manage to pass a few more runners, but I too was being passed by others, on the sharpish left turn onto the footpath Kirsten and Sean were there supporting, just after I made the turn I heard them shout 'Come On Ken!' - at which point Ken Pearson went storming through. I tried my best to latch on to him, I just was not feeling it :-)

The last mile and a half down that path seemed endless, but a slight turn revealed the finish arch - one last push and I was over the line. I finished just over a minute outside my 10k PB in 47.27, fairly pleased with my performance, but if there is a next time I won't be pushing as hard up that bloody hill. There will be plenty more opportunities over 10k over easier courses this year, so definitely going to be a case of head down in training and keep trying.

Some great results on Sunday throughout the field, well done to those who won prizes, scored new PBs and to everyone who represented the club, either taking part or cheering on.

Thanks Graham, and well done, despite not getting a PB and finishing as strongly as you'd have liked, it is a tough course as anyone who has done it will testify with lots of up and down hill sections and not a great deal of flat. Well done to all of those that ran, and you can see a list of those that did below.

We have also now received a report from Jodie Rock who also ran on Sunday:

This was my last race in March and I was on a PB streak. I felt a slight pressure to get my 10k PB and that was at Telford last December - a much more flat and faster course - however I had been training well since then so felt I could... In saying that I'd never done Newcastle 10k, heard it was hilly and it was a course to be respected. So the day of the race, I woke up so tired thinking I've had two weeks winding down from Stafford Half and hadn't been mentally preparing for it. Also I had pulled my back earlier in the week doing core work with bad form so had been to Coles a couple days before but it still wasn't 100%.

I shuck any negative feelings, thinking well I'm doing it and this isn't helping me, it'll be great, plenty of people running and supporting plus its an NSRRA so basically man up. Before I knew it, BANG, the race had started... fast start with faster people than me in my club running behind me. Had I started too far in front? was I running too fast? I know Vickers is a lot faster but I'm ahead of him... the answer was probably yes, but hey ho...run girl run. I just kept doing what I was doing and sure enough people I recognised soon caught up and went ahead. Up Black Bank we went with supporters from TRC on the right cheering away, I was too tired to smile and wave worrying slightly about my performance and if I'd get this PB target I'd decided to set myself but was thankful they were there to take some of my thoughts off the race pressure.

Black Bank suddenly ended and I was FREE... downhill we went and I kept thinking we have another hill I seem to remember don't celebrate. Soon enough that came and I boxed it off and thought right head down and get going... by this point Hayley Cook also from Trentham and also a 'M' group NSRRA member (which I didn't know about until the day, lol) had gone past me but was in sight. I though I am second here in my group, push harder and catch up.

Then BOOM... a hill, a hill I thought I had done and it was 'only down hill from here on end' either I had imagined a hill or there was a slight raise in the road and I figured that was the second hill I needed to remember. I must admit I felt shattered, heavy, and was trying to gain spirit from deep within... Hayley was now a blur and the goal post moved to second place in my group, keep this pace and you'll be second I kept thinking.

All the hills had ACTUALLY been completed now and away we all went, I could see people change as they went over the Scot Hay bank and everyone's weight lifted and people flew. Everyone infact flew! I thought jeez if people have saved some in the tank then I need to up my game now and push push push. So I did. It all seems a blur now from the top of Scott Hay to the end of the downhill's... The only thing I remember was running over painted markers 3km, 4km, 5km, 6km... thinking is that it!... then Glynno running alongside and ahead, I kept on his heels though not letting him go anywhere...I hit the turning to go on the old rail path and there was the gorgeous Kirsten. As Glynno sped up 3 mins before he was just a couple runners in front, Kirsten shouts 'Get Glynno Jodie, Get him' this made me laugh and I thought I wish and will certainly try... as this happened another lady from group M ran past!... I was fuming, no I'm not being third in my group again... first and second only to win.

It was a lady I did not recognise, she was fast, she's upped her game along the straight and I got the feeling she knew this course. She was gone, I was going to be third and I swore on everything I had I was only going to let myself become a third!! And that is what the NSRR is good for, 'being a third' sounds much better in your head as you race than the actual 21st lady position I ended up being in the entire race. The long straight path was relentless, I was tired, I wanted it to end if I was honest and just pushed... I kept getting waves of energy in the race and did get this partly on the straight. I pushed and pushed and it did end up being my fastest mile so I did do something right.

As I saw the finish I had my good friend Walter run past... sorry, no, I can't let you do that Walter, I think you're ace and all but I'm just not letting you beat me... We sprinted it out and ran over the finish line together gaining the exact same time of 46:56... I hugged him and said well done and my next target was WATER.... And to breathe. It was over!! Hooray. I'd pushed came third in my group and as I looked at my watched I realised I had knocked off 2 minutes and 30 seconds from my 10k PB... MISSION ACCOMPLISHED. Everyone else absolutely smashed it, there was a sea of green going up black bank, down black bank and as I watched the finishers come in ... it was green! We have a great club and I can only thank them for giving me my progression which has happen these past 6 months.

So for March 2014 I had ran Stafford Half Marathon getting 15 mins off my PB, ran Hanley Park Run and shaved 1min 5secs off my 5k PB time, I ran for Sport Relief Fun Run on Sunday coming 3rd place overall and 1st Lady and to top it all off I shaved 2mins 30secs off my 10K PB time. I was feeling proud of all the effort I'd put in, listening to people down the club and doing the training had worked. In true runner form though my head as already moved onto the next target, Potters Arf, a race I am very proud to be green at.

Well done Jodie, especially on your month of PB's and as mentioned before Newcastle is definitely not a 10k PB course, and thanks very much for the report which gave us a flavour of your strenuous efforts on the day.

Race Results can be found [HERE!](#)

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Weekly Race Round-up 29/30th March

Here are the latest results from the weekend including the Newcastle 10 as reported above. Well done to all TRC runners who donned the Green and raced this weekend.

29th March

Hanley parkrun

Bryn Holmes 19:31 1st
 Scott Minshall 19:37 2nd
 Dale Colclough 19:51
 Graham Sheridan 25:05
 Shaun Weston 25:06

Kristen Owen 25:36
Phil Thomas 25:40
Emily Smith 28:59
Andy Vickerman 29:21

Congleton parkrun

Mandy Vernon 18:25

30th March**Newcastle 10K**

Simon Myatt 34:58 3rd Place (PB)
Ian Wilson 38:07
Craig Taylor 38:11
Paul Clinton 38:51
Robert Tabbanor 39:03
Paul Burslem 39:14
Scott Zikmanis 39:32
Leigh Matthews 39:49 (PB)
Scott Minshall 40:06
Terry Wall 40:33 (PB)
John Corbett 41:47
Steven Locker 42:59
Barry Smith 43:18
Stan Winterton 43:43
Andrew Vickerman 43:44
Paul Orry 44:36 (PB)
Lee Jones 44:58
Shaun Weston 45:12
Ken Bloor 45:21
Hayley Cook 46:11
Glynn Probert 46:12 (PB)
Simon Lovatt 46:17
Rose Wilson 46:49
Matthew Burley 46:51
Walter Mosiuk 46:56
Jodie Rock 46:56 (PB)
Ken Pearson 46:59
Graham Sheridan 47:40
Dan Bowman 49:24
Mark Birchall 49:49
Gillian Lovatt 51:26
Alan Lewis 53:47
Catherine Lantsbery 56:31
Malcolm Rushton 57:22
James Fowler 58:02
Sam Tidy 1:02:29
Lee Lymer 1:08:54
Jacquie Macphail 1:08:54

That's all the results from this weekend. Next weekend is the National 12 stage relays and also the first of the Spring Treble series so more results and reports from them to come hopefully.

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