

TRENTHAM RUNNING CLUB

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May 2014 Race Reports

Uttoxeter Half Marathon

Always a popular race where everyone talks about the dreaded hill after 7 miles. A good number of Trentham Runners out for this one as you will see by the results round-up later on, and one of them was Craig Taylor who has kindly sent us this report:

One week removed from the glamour of a half marathon in Madrid came the first of four NSRRA half marathons in the hilly form of the Uttoxeter half. This is a race I hadn't done for three years due to a mix of illness and injury, after the London marathon last year I was in no fit state to run a bath so all memories of how hard this course was had thankfully eroded from my brain. Boy those suppressed memories were about to receive a rude awakening!

Feeling Madrid in my legs I wanted around the 83 minute mark in the build up to the race, not a number plucked out of thin air but one which I felt I could achieve taking into account my previous times this year on what have been flat courses and the undulation of Madrid. I had a look at the previous year's times and 83 minutes would have me come in 12th position which I then began to think I may have underestimated the course with my goal time. Anyway, that was what I was going to go for and if I crashed and burned it didn't really matter (or so I kept telling myself.)

Race day conditions went from cloudy and mild to sunny and very warm around 15 minutes before the start. I had brought Kerry and the kids along with me for support and also two plates full of cake for the brave souls in green tackling the course and also the Trentham support crew of Sammy, Sarah, Ben, Carla, Greggles wife Lorna, Paul's wife Ann and of course Pickles who was out in fine voice around the course and at the end.

A quick glance at the runners on the start line indicated that this was a very strong field and some fairly nippy times were going to come rolling in. I started five or six rows back as I didn't want to get dragged into a race in the first 100m as it is very slightly downhill. I dropped in behind Paul Swan and immediately thought I was going too quick but felt fine so went with it. James Simpson caught up with half a mile gone and a natter up the bank to the one mile mark saw me pull away from him and Paul; me going past Paul Swan in a race will not be a regular occurrence, I knew he would be back past me at some point so thought I would take the opportunity whilst I could!

I kept a decent pace, past Dave at the top of the climb and just sat behind runners in front of me and picked them off as we hit mile two. Some lads had gone out too hard in the early going and were already blowing up. I felt good up to this point but was already feeling the heat and the wind blowing across the open countryside. A drop in elevation around mile three gave some good running but I was really mindful of not opening up hard as running downhill really isn't a strength of mine.

I wanted a water station at mile three but none was forthcoming; mile four saw the first drop of water and both the colour and taste indicated that maybe a dog had unknowingly cocked a leg up the bucket. The bloke in front of me nearly gagged much to my amusement! Needless to say I went past him pretty sharpish after that. Paul Swan came alongside me around 4.5 in, a quick natter and exchange of best wishes later he pushed on looking strong.

I went through 5 miles in a long 31 minutes which wasn't too bad and then as we hit mile six the Group B bandit Nick Hackett came flying past. Quite how he has managed to wangle being in Group B this year is beyond me but anyway, as he steamed on ahead I didn't hold out much hope of clawing him back. Stick to 83 minutes, stick to my plan.

As we hit Marchington Woods and the small climbs before the big one I started to feel my legs a little which I expected following an 81 minute half marathon the week before. Staring four yards in front, on my merry way I went up the hill. It hurt. A lot. Much to my surprise I got to the top on the heels of four runners in front of me, Hackett being one and Gaz Dodds from Whichchurch and a strong Group B rival being the other. Yep, pretty good going uphill so that is a positive. Two lots of water one over my head and one around my face dried up pretty quickly in the heat. More encouragement from Dave at this point really helped me to maintain focus. The sharp downhill section took its time in coming and when it did, three runners including Gaz who I had overtaken just before the drop had but a good 40 yards in front of me by the time it had evened out. Sigh, bring back the hills all is forgiven!

I pushed on knowing that the climb through Marchington was quite literally just around the corner. Just before we started going up I caught Phil Stebbings from Stafford Harriers and told him to keep going and run with me. I love competing but I also hate to see it when other fellow runners are struggling so always try to give a bit of support.

On this long, hard two and a bit miles of relentless uphill drag I worked so hard to overtake half a dozen people by the time the downhill section had come four of these lads including Gaz again came flying past me. No excuses I had left everything out on that course and my legs just couldn't go under 5:40 pace on the downhill. I latched back onto one lad who had overtaken me and pushed past him on the final corner before the finishing straight. I tried to kick in with my sprint finish but my calves just tightened immediately and with a half sprint / limp I followed a few seconds behind him. Trying to stay upright was quite funny in the finishing tunnel I was pretty much out on my legs. I got my time comfortably, 83:23 which I was really happy with especially as my legs were (and still am as I am typing this two days later) in bits.

I cheered every last Trentham runner in and many more from other clubs who clocked some great times. Paul Swan with 81 minutes, Scotty BT and Scotty M with great runs and a new PB for Bang Tidy at 86 minutes, Paul Burslem and Dan Cawley with great efforts in the mid 80's and Paul Downing joining the sub 90 club too with a great run. Terry, Jodie, Matt and so many others - too many to mention - had strong runs. The support from the wives, girlfriends and children also made the day a really special one. A family club with a big heart.

So all in all a really good day, got the time I wanted, 48 points in Group B which really is anyone's this year as a different runner has picked up 50 points over each five races so far this season and loved supporting my teammates across the line. Happy days indeed.

Next... Clayton 10k. Now this is one race that is going to hurt! Lots of new PB's and some great running ahead for Trentham in this one.

Thanks Craig for the report and well done on such a good race after the Madrid Effort.

Weekly Round Up 03rd/04th May

Saturday 3rd May

Hanley parkrun

Bryn Holmes 18:46 2nd

Leigh Matthews 21:35

Brian Tonks 21:58 (PB)

Graham Sheridan 22:53

Ken Bloor 24:19

Kirsten Owen 24:49

James Maddock 33:47 (PB)

Kerryann Maddock 33:51 (PB)

Kaye Morrissey 41:32

Racton parkrun

Shaun weston 21:40

BUCS Outdoor Champs**Men 5000m**

Tom Halloway 16:50.14

Women 10000m

Sarah Johnson 38:13.09

Sunday 4th May**Lightning Run 12hr**

Jill Phillips 11 laps 12:07:35 1st Lady

Phil Fortun 8 laps 10:44:05

Uttoxeter Half

Paul Swan 1:21:49 1st V50

Craig Taylor 1:23:23

Paul Burslem 1:25:55 2nd V45

Scott Zikmanis 1:26:46

Scott Minshull 1:26:46

Dan Cawley 1:27:27

Paul Clinton 1:29:36

John Corbett 1:32:57 1st V65

Terry Wall 1:35:05

Steven Locker 1:35:29

Stan Winterton 1:37:46 3rd V65

Matt Plant 1:37:55

Barry Smith 1:39:19

Lee Jones 1:43:45

Dave Piper 1:46:02 (PB)

Greg Julian 1:46:41

Kerry Widdowson 1:46:50 3rd L40

Jodie Rock 1:47:28

Matt Burley 1:47:32

Glynn Probert 1:47:55

Paul Orry 1:48:21

Terry Parton 1:49:51 2nd V70

Alan Lewis 1:57:06 3rd V70

Catie Lantsbery 2:11:14

Emily Smith 2:13:56

Lee Lymer 2:15:45

Malcolm Rushton 2:22:38

*Trentham Men came 3rd in Team Competition***Lichfield Half**

Rachel Hallett 1:59:29

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Lightning Run 12 Hour Race

Jill Phillips, our Ultra Distance Queen, took on the 12hour Lightning run last weekend and has managed to put together this report for us to read:

The Conti Lightning Run is a 12 hour, off-road relay race consisting of 10k laps which can be ran in teams of 2, 5 or solo and took place on 4th May at Catton Park, home of the Thunder Run. Having done the Thunder Run in 2013 as a mixed pair, completing 10 laps in 24 hours, I decided I wanted to try and do the 10 laps in 12 hours, so I entered the Lightning Run solo! Looking at last year's results 10 laps could give me 3rd or 4th solo female.

My training went pretty much as planned, with my peak training including 2 weekends where I ran 63 miles back to back, 26 on the Saturday and 37 on the Sunday. Three weeks before the big day I ran the London Marathon and despite intending to do it as a training run, I did a PB of 3:28:09. One week before, I also ran Madrid Marathon. Not really ideal tapering but

my defence I had entered Madrid before I knew the date for the Lightning run and when I tried to down size to the half marathon it was full! But I did take this one easier, not quite as easy as intended, doing it in 3:50:07.

The weekend arrived and as the run was on the Sunday, 6am to 6pm, I was camping over on the Saturday. Rob Tabbanor had once more agreed to be my support crew. We got there at 7:30pm, I picked up my number, chip and goody bag then set to putting the tent up in the solo area close to the start and got ready for the very early start, setting my alarm for 4:30am!

At 5:30am the next morning we listened to the race brief and were ready for the off. I was talking to Sarah Gardener-Hall, my inspiration for running Ultras. Sarah usually finishes in the top 3 solo females and I was looking forward to running against her to see how I'd fair. She then turned to me and said "No pressure, but I expect you to win"! ME? I didn't think I'd beat Sarah but then noticed she had a baton. She'd changed from running solo to doing it as a pair, due to illness. I thought maybe I could be promoted to 2nd or 3rd, doubted 1st!

And we're off, nice and steady. The course was similar to the Thunder Run: ups and downs; through the woods sprouting bluebells, making me want to sing a rhyme from my childhood "In and out the bluebell windows"; across fields with views of yellow rapeseed, inspiring me to sing "Fields of gold"; some long steady climbs and a couple of nice down hills. The weather was perfect, cool to start then warming up as the day went on. Most of the course was very dry and hard with tree roots and in places churned up and uneven. There was one muddy ditch but some kind person put a pallet down after a few hours so we didn't keep getting our trainers muddy!

I ran the 1st lap with Phil Fortun, who was also running solo, chatting all the way. After 3 laps I nipped off to change from my off road to road shoes, remove a layer of clothes, put my cap on ready for the sunshine and replenish the stores in my bumbag. At the end of my 4th lap Sarah told me I was 2nd, 20 minutes behind the 1st solo female, encouraging me to keep chipping at it and I'd catch her. Half way round my 6th lap I started to feel a bit sick, this is a sign that I need to dump the isotonic drink and sweet stuff and switch to coke and savouries. Then at 8k I took a tumble, tripping over nothing in particular but landing on my left knee and slightly grazing my other knee and wrists. I dusted myself down and continued to the end of the lap then took a few minutes to have something to eat and take a couple of pain killers before continuing.

At the end of lap 7 Rob told me he'd seen the 1st lady come off the course for a break, I noticed her going to the porta loo so I quickly ate a banana, took some mini cheddars, a bottle of coke and legged it so as to get ahead of her. I was thoroughly enjoying myself and felt fine, walking the ups and making the most of the downs, singing to myself as I often do on my long solitary runs. Towards the end of the 9th lap I spotted the friendly face of Lee Jones and daughter Chloe, who'd come along to cheer me on after he'd ran Uttoxeter Half. It was great to see them and they said I was leading by 7 minutes. A quick hug off Sammi and Gary Jones from Michelin and I was on my 10th lap. With over 2 hours left it meant I'd probably do more than my intended 10. Lee ran part of this lap with me, taking short cuts on the switchbacks. It was fun to have him along as he had a bit of banter with the other runners and helpers.

I finished my 10th lap dead on 11 hours. The announcer said I was 1st solo lady and that they expected the 2nd lady any minute as she'd been on the course for 1 hour 7 mins and that it would probably be a battle to the finish!! Sh*t, this could be close! Panic? I instructed Rob to watch out for her and send Lee out to tell me how far behind she was as I started my final lap, quickly eating a banana and shot bloks as I went.

My heart was beating faster and adrenalin flowing. I ran towards the woods, reminding myself to keep calm and continue the same strategy of walking the ups and running the flats and downs so as to preserve energy for what may be a sprint finish. Running/walking through the trees made me think of a line out of a Kate Bush song: "She's in the trees! She's coming!", making me think of a fox being chased by dogs. I kept looking over my shoulder expecting her to overtake me at any time. She had the advantage on me as I didn't know how

far behind she was and they would probably have announced how far ahead I was when she finished her 10th lap.

At 8k still no sign of her or Lee for that matter. On the good downhill sections I thought "Make it count! Make it count!" and ran as fast as I could. The last incline before the finish straight I walked and took a good look behind me, still no sign of her. With the finish line in sight I threw away my coke bottle and legged it. I'd won!!!! I crossed the finish line in 12 hours 07 minutes, which meant I'd ran the last lap 4 mins faster than the previous 2, completing 11 laps, a total of 68 miles. I was ecstatic, absolutely over the moon, really, really pleased with myself.

Rob, Lee, Sammi, Chloe, Lara and Gary were all there at the finish line to greet me. I ran straight into Lee and asked how far behind me was the 2nd lady. He pointed across to the tents and there she was!!! She hadn't actually gone out on an 11th lap, completing 10 laps in 11.5 hours. If I was a bloke I'd say: "I ran my b****cks off and she wasn't even there"!!!! lol. But hey ho, it was fun and it saved me slacking on the last lap.

A great moment for me was the presentation. I felt so proud and triumphant when I had to climb up onto the podium for 1st place to receive my trophy and gift from Buff, and I was still smaller than the lady in 2nd place, despite being stood on the top platform. The whole day was such a euphoric experience! And finally I'd like to say a big thank you to Rob, Lee, Sammi, Chloe, Lara and Gary for being there to support me and well done to Phil for completing 8 laps.

Bring on the Thunder Run!!!!

Thanks for the report Jill, it was well worth the wait, and here is a picture of Jill on the top step of the podium receiving her award.



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Results Round-up 10/11th May

Thanks again to Graham for sending in the results round-up. Apologies this week to anyone missed off as the results available for the Killer Mile and the Donna Louise 10k particularly are a bit ropery and don't show all club runners.

Thursday 8th May

Killer Mile

Mandy Vernon 8:48

Ian Heath 8:55

Phil Thomas 10:42

Meg Hickman 11:52

Ken Pearson 12:15

Joel Harrison 12:16

Saturday 10th May

Bollington Fell Race

Roger Tayler 46:03

Saturday 10th May**Strawberry 5**

John Corbett 33:43 1st MV60
Brian Tonks 36:47
Lee Lymer 47:55
Alli Lymer 65:06

Buxton Pavillion Gardens

Ed Wilson 18:25 (PB) 4th

Hanley parkrun

Ian Heath 19:41 (PB)
Bryn Holmes 20:27
Dennis Frain 21:07
Steven Locker 21:09
Graham Sheridan 24:42
Phil Thomas 26:42
Helen Nicholls 28:10
Shaun Weston 32:52
Susan Gallagher 34:18 (PB)
Lisa Grosvenor 36:45

Nike We Own The Night

Emily Smith 51:46
Kaye Morrissey 1:25:21

Sunday 11th May**Donna Louise 10K**

Dave Pickstock 39:08 3rd
Paul Burslem 40:32
Matt Plant 42:45
Aaron Whiston 47:03
Paul Downing 47:33*
Phil Thomas 49:22
Harm Johal 49:25
Terry Parton 49:49
Shane Griffin 50:23
Joel Edwards 51:39
Joel Harrison 52:33
James Fowler 57:58
Phil Fortun 59:48
George Hickman 1:03:41

Market Drayton 10K

Scott Zikmanis 37:26
Scott Minshall 37:54
Terry Wall 39:21 (PB)
Chris Mosiuk 39:51
John Corbett 40:51
Barry Smith 42:33
Ken Pearson 45:05
Steve Clarke 46:28
Walter Mosiuk 46:34
Ken Bloor 46:48
Kirsten Owen 50:37
Neville Kelter 51:06
Peter Clarke 51:36
Rebecca Moon 52:51
Rachel Hallet 54:41
Simon Davis 55:06
Elizabeth Rowley 58:00
Sam Tidy 58:44
Lionel Jones 1:02:14
Jacquie MacPhail 1:02:41
Dave Piper 1:05:17
Linda Clarke 1:07:13

Cheers Graham and well done all of you that raced this weekend :-)

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Results Round-Up 17th/18th May

The results round up for this weekend and including the clayton 10k on Wednesday evening.....

Wednesday 14th May

Clayton 10k

Simon Myatt 35:08 4th
 Carl Platt 35:35 6th
 Dave Pickstock 36:55
 Paul Swan 37:03
 Mandy Vernon 37:16 1st Lady
 Ian Wilson 37:17
 Ed Wilson 37:20
 Craig Taylor 37:24
 Scott Zikmanis 37:40
 Scott Minshall 37:43
 Dan Jordan 37:51 (PB)
 Paul Clinton 38:58
 Sam Rosillo 39:02
 Paul Downing 39:03 (PB)
 Matt Plant 39:40
 Terry Wall 40:11
 Dale Colclough 40:32
 John Corbett 41:01 1st V65
 Barry Smith 43:03
 Lee Jones 43:11
 Paul Orry 44:07
 Shaun Weston 44:27
 Andy Vickerman 44:35
 Ken Bloor 44:48
 Glynn Probert 44:49
 Greg Julian 44:51
 Jodie Rock 45:04
 Graham Sheridan 45:22
 Dave Piper 45:33 (PB)
 Richard Longley 45:53
 Ken Pearson 47:14
 Rose Wilson 47:18
 Dave Wheatley 48:44 (PB)
 Mark Birchall 49:06
 Joel Edwards 49:08
 Kirsten Owen 50:24
 Lucy Corbett 50:26
 Lauren Gallagher 51:01 (PB)
 Catie Lantsberry 54:18
 Jenny Gallagher 58:00
 Malcolm Rushton 58:26
 Lee Lymer 62:39
 Susan Gallagher 1:10:46
 Alli Lymer 71:01

Saturday 17th May

Hanley parkrun

Chris Mosiuk 20:00
 Richard Longley 20:14
 Paul Orry 21:33
 Matt Burley 22:29
 Simon Lovatt 23:33
 Gillian Lovatt 24:57 (PB)
 Phil Thomas 25:18
 Rachel Hallett 26:35 (PB)
 James Williams 26:40
 Shaun Weston 26:42
 Andy Vickerman 27:08
 Helen Nicholls 27:56 (PB)
 Lee Lymer 28:24
 Lucy Corbett 28:35
 Emily Smith 28:36
 Bryn Holmes 28:55
 Graham Sheridan 35:42

National Masters Open Road Relays

V65

Bronze Medal Winners

3 Trentham RC 1:01:06

John Corbett 19:43

Stan Winterton 20:44

Dennis Frain 20:39

V45

33 Trentham RC 1:19:02

Dale Colclough 19:02

Steven Locker 20:07

Greg Julian 21:22

Terry Wall 18:31

V35

34 Trentham RC 2:02:07

Scott Zikmanis 17:41

Graham Sheridan 21:37

David Wheatley 21:51

Shaun Weston 19:54

Phil Fortun 20:53

Lee Jones 20:11

Keswick 10k Trail

Alex Garcia 1:06:38

Sunday 18th May**BUPA Great Manchester 10K**

Joel Edwards 50:30

Sharon Willis 50:54

Nicola Till 1:09:33

Burton 10 mile

Ian Wilson 1:05:15

Ed Wilson 1:05:56

Richard Longley 1:17:21

Rose Wilson 1:24:19

FRA Inter-Counties Champs

Laura Thompson 51:59

Thanks again to Graham for taking the time to compile the results, and well done to all those that raced.

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Flying Fox Marathon

As we all know the flying fox marathon was back as a one off special and was expected to be a popular race. Unfortunately only 146 completed the race, but there was a fair sprinkling of Trentham runners amongst them. One of those was Bryn Holmes and Bryn has kindly sent in this report:

Before I describe my Flying Fox Marathon experience I'd better explain why I decided to run it in the first place. My major goal this year had been to attempt a sub 3-hour run at the London Marathon, but a series of injuries over the winter meant that I hadn't managed to do anywhere near enough training to achieve this. I decided to run London anyway but just aim for a 3:15 GFA time - this plan went out the window at about mile 1 and I ended up running the first half in 1:30 followed by a painful second half of 2:05. I'm sure that there was a lesson to be learnt about pacing there!

After the initial disappointment of my performance I took a week off to recover and then I decided to aim for another marathon to make the most of my improving fitness level. The Flying Fox was 5 weeks away so I jumped back onto the last 5 weeks of Coach Colclough's training schedule with the aim of achieving the required 3:15 GFA standard. The Flying Fox Marathon was organised by Stone Master Marathoners as a one-off event to celebrate 20 years since it had last been run. It was described as a being on "quiet, undulating country

lanes" and a quick look at the elevation profile indicated that PBs were going to be in short supply.

The race started and finished at Knighton Social Club and registration of the 150 or so runners was efficiently handled by the race team. The weather forecast for the morning had predicted heavy showers but as the start time rolled around the rain stopped and it wasn't too far off ideal running conditions. At 9:30 the "crowd" of runners gathered and after a quick briefing we were off along the undulating lanes. My plan for the race was to try stick to 7:10 min/miles which, allowing for a little slowing on the uphill, would bring me comfortably home within my 3:15 target.

The first 3 miles undulated in a general downhill direction but I stayed disciplined with my pace and watched 20 or so runners drift off ahead of me. After the 3 mile point the route began to climb and by the time we'd reached the 8 mile marker we had gone through 3 long gradual climbs that had seen a few of the early front runners drop back behind me. The 12 mile water station was conveniently located for spectators at the Star Inn in Copmere, and I went through here in 13th place encouraged on by my family and team-mates. The cups of tea and bacon butties did look tempting at this point, but there was still some racing to be done. As we approached the mile long climb between miles 13 and 14 I went past a couple more runners and then closed the gap to the two South Cheshire vests that I could see in the distance. I tried to maintain my pace on the uphill and caught up with up another couple of runners including Trentham's Rob Tabbanor who apparently was concerned that I was in his V50 category!

The most surreal part of the course occurred at mile 16 where the course took a small cross-country diversion and then double backed through a back garden before passing through a fully manned tea station complete with a boiling kettle and a fine selection of cakes. Whilst it would have been nice to stop for a break I was still feeling good and pushed on. The section from mile 18 to 21 was probably the toughest, this was a generally straight road with three uphills on it - it just seemed to go on forever. As I got to the top of the first rise I spotted two more runners ahead and started to gradually close the gap to them. By the time I'd reached the next Trentham cheering station, I'd passed one of them and I was a few metres behind a Stafford Harrier who looked like he was beginning to struggle. After breaking away from the Stafford runner things were a bit lonely for the last 5 miles. I passed the "just one parkrun to go point" (23.1 miles) without any incident and didn't see anyone in front or behind me again.

There was a final sharp incline before entering the social club grounds followed by the obligatory lab of a grass field before crossing the finish line in a time of 3:09:09 and a 6th place finish. I hung around to cheer the rest of the field in and at the presentation afterwards I was pleasantly surprised to discover that I'd won the M40 prize and a silver medal in the Staffordshire Championships. Well done to all the other Trentham runners who made it round a particularly tough course and a big thank-you to the supporters who seemed to appear as if by magic at multiple points along the course.

Thanks for the report Bryn, and massive well done on your race. 1st MV40, 3rd in the Staffs Championships and 6th overall is a great effort. Results for the FFM can be found [HERE!](#)

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Weekly Round-up 24/25th May

Thanks to Graham Sheridan for the latest round-up of results.

Tuesday 20th May
Trafford Grand Prix – 1500m
 Tom Hallaway 4:16.02

Friday 23rd May
Christleton 5K
 Carl Platt 16:23
 Craig Taylor 17:31 (PB)

Saturday 24th May
Southampton parkrun
 Sarah Johnson 19:05 1st Lady

Bradford parkrun
 Richard Longley 20:17

Hanley parkrun
 Chris Mosiuk 19:26 (PB)
 Dave Pickstock 19:42
 Ian Heath 19:46
 Terry Wall 19:55
 Andy Vickerman 21:45
 Phil Thomas 24:53
 Rachel Hallett 27:23
 Lee Lymer 28:22
 Megan Hickman 30:16
 Graham Sheridan 31:02

Telford parkrun
 Lauren Gallagher 23:02 (PB)

Sunday 25th May
BUPA London 10,000
 Simon Myatt 35:12
 Tom Halloway 36:36
 Ed Wilson 37:36
 Dave Pickstock 37:57
 Scott Zikmanis 38:02

Flying Fox Marathon
 Bryn Holmes 3:09:09 6th
 Rob Tabbanor 3:13:50
 Jill Phillips 3:37:16 3rd Lady
 Ken Bloor 3:41:45
 Phil Mainwaring 3:46:02 (PB)
 Stephen Burrowes 3:52:03
 Lee Jones 3:55:22
 Steven Locker 3:55:54
 Kerry Widdowson 3:56:30 (PB)
 Matt Burley 3:57:44 (PB)

Edinburgh Marathon
 Paul Downing 3:16:12
 Kirsten Owen 3:43:28 (PB)

R&R Liverpool Half Marathon
 Phil Thomas 1:50:34
 Joel Harrison 1:53:55
 James Fowler 2:09:56

R&R Liverpool Marathon
 Aaron Whiston 3:57:35 (PB)

Staffs AAA Championships
U15G 800m Final
 Ellie Mace 2:49.9

Well done all those that raced and also see Andy's report from Shuttlingsloe below
 VVVVVVV

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Shuttlingsloe Fell Race

Andrew Vickerman has very kindly penned (typed) this report from the recent
 Shuttlingsloe Fell Race:

*Emily (my wife) said to me a few weeks ago, do you fancy having a go at the Shuttlingsloe fell
 race. I find out its only 3k and think, how hard can it be, lets have a crack. It was part of*

the rose queen fete, where the Earl of Derby (?) opens up his grounds for the day. I'm still not sure what a rose queen fete is, but it involved kids dressing up in posh clothes. There was also quite a few games like hook a duck, welly wanging, bouncy castle and guess the value of the antique. I left my daughter with a massive ice cream and we headed to the start.

In keeping with the middle class day I was experiencing, I had a catch up with the chancellor of the Exchequer, George Osbourne. He told me the ins and outs of the course as it turns out he lives in a cottage nearby. Anyway, time to send the peasants up the hill. The race is from Crag Hall, Wildboarclough. I am told this is the other side of Shuttlingsloe. The race is 3km, basically, up the hill and back down.

The start is in a field that is slightly downhill for about $\frac{1}{4}$ mile. You then enter a wooded area, go through a knee high stream. You then hit a muddy cliff face, which you have to scramble up using your hands to hang on. On coming out of the woods you start the ascent to the summit.

I was just behind Frank Murphy at this point and as the gradient turned up a notch I tucked in behind him. I thought I'm having a flyer. As we got closer to the top I saw my chance and overtook Frank. I pushed on hard, walking at the very top as it was thigh high steps that made it impossible to run.

Touching the trig point I was level with a local lady who was getting loads of support. I followed her to the edge to run down. I thought all the hard work was done now. YIKES, how steep. A few experienced runners including Frank bombed past me. I kept them all within 20 yards as it levelled out and fancied my chances of getting them back, but then I hit the muddy woods. I nearly fell over about 4 times and looked like Craig trying to run in the winter (Bambi on ice). I lost a few more places. Just to add insult to injury, I had to run through the knee high stream and up that field that was a nice downhill at the beginning. I was spent by this point, but the crowd support was great.

I finished in 25:16 which was about half way up the field. I'll take that for my first fell race. Absolutely loved it and will be doing Boseley fell race in June. In answer to my original question 'How hard can it be'. Well its 2 days later and I still can't walk properly. I didn't feel this bad after my marathons.

Thanks for the report Andy and well done on completing the race, which I have been told before is extremely tough, and hopefully your financial skills managed to keep the interest rate low for a while longer :-)

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Weekly Round-up 31st May/01st Jun

See below for the latest round-up. Next weeks will be a big one with the Potters Arf included.....

Monday 26th May
Shuttingsloe Fell Race
 Andy Vickerman 25:16

Thursday 29th May
Summer Series – Tittesworth
 Simon Myatt 27:11 4th
 Ed Wilson 29:36
 Dale Colclough 31:12 1st M50
 Leigh Matthews 31:33
 Deb Thomas 32:18 1st Lady
 John Guest 34:06
 Any Vickerman 35:29
 Ken Bloor 36:05
 Lisa Heath 37:50
 Mark Birchall 38:05

Saturday 31st May
Southampton parkrun

 Sarah Johnson 18:56 1st Lady

Congleton parkrun

Martin Hull 20:43

Hanley parkrun

Richard Longley 19:35 4th (PB)

Leigh Matthews 20:24

Dennis Frain 20:48

James Williams 25:04

Kirsten Owen 25:37

Megan Hickman 26:49

Helen Nicholls 27:05 (PB)

Phil Thomas 27:05

Shaun Weston 27:23

Emily Smith 28:13

Andy Vickerman 28:24

Lee Lymer 30:25

Bryn Holmes 31:43

Graham Sheridan 35:41

Lisa Grosvenor 37:22

Kaye Morrissey 41:20

Sunday 1st June

Westbridge 5

Simon Myatt 28:29 4th

Scott Minshall 29:56

Ian Wilson 29:57

Scott Zikmanis 30:10

Paul Swan 30:25

Paul Clinton 31:07

Bryn Holmes 31:15

Dave Pickstock 31:26

Rob Tabbanor 31:44

Terry Wall 32:10 (PB)

Paul Burslem 33:05

John Corbett 33:16

Chris Mosiuk 33:30

Dan Moseley 34:25

Stan Winterton 35:36

Shaun Weston 35:37

Ken Bloor 35:59

Graham Sheridan 37:02 (PB)

John Guest 37:25

Ken Pearson 37:28

Lee Jones 38:19

Rose Wilson 38:22

Terry Parton 38:30

Glynn Probert 39:09

Phil Thomas 39:48

Mark Birchall 40:08

Alan Lewis 42:35

Paul Orry 43:57

Catherine Lantsbery 45:48

Lee Lymer 46:30

Emily Smith 47:37

Alli Lymer 60:02 (PB)

Great Midlands Fun Run 8.5m

Greg Julian 1:02:38 (PB)

Harry Julian 1:31:27 (PB)

Thanks for that Graham and well done all those that raced, especially those getting a new PB :-)

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