

TRENTHAM RUNNING CLUB

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Navigation

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

November Races

The highlights of October have to be the number of PBs by our runners at the Congleton Half marathon, the x-country results at Stafford where both mens and ladies teams were 2nd and the Juniors filling nearly all the top 10 places at Werrington 10k. There were also notable PBs at Chester and Leicester marathons as well as wins elsewhere for Deb Thomas and Simon Myatt. October results and race reports are [here](#).

November started with the last NSRRR race, the Flying Fox 10, with 26 of our runners taking part. Lee Jones became a Complete Runner for the 4th time and the Trentham men won the overall team prize. Phil Fortun competed in two Lakeland Trails runs and 3 of our ladies helped the county team win at the Abergelge 5. An excellent start to the month.

The second weekend was a bit more varied and extreme. We had 2 teams at the x-country event at Leamington Spa which was a bit of a mud bath, proper x-country some would say!! See photos and video on facebook. We also had Dave Wheatley running the Nashville marathon, Dale Colclough competed in the Roaches Fell race and Graham Sheridan ran the 16 mile Seagrave Wolds Challenge.

On the 15th we had the 3rd NSCCL race at Parkhall. These events can only take place if there are sufficient marshalls and the most notable performance of the day was all those who gave up their time and helped to organise and marshall the event. A very big thank you to all concerned. Trentham had a fantastic 70 runners taking part in the event!! The ladies were the stars of the day winning Division 1 as well as Olivia Ball finishing 1st in the girls U11 race and Mandy Vernon 3rd in the Senior Womens race. The men were there in numbers with over 30 running in the Senior Mens race and Simon Myatt coming home 8th overall.

The weekend of 22 had the usual Parkruns as well as the Conwy half marathon with four of our runners taking part.

On the last weekend we had the excellent Cheddleton Christmas Pud 10k race and fun run. As well as being a great race its a very friendly event with the proceeds all going to Cancer Research UK. Well done to Stan Winterton for another great event. We had 33 runners with Mandy Vernon 1st lady, Debbie Thomas 3rd lady and Carl Platt 6th overall. Everyone was a winner though with a christmas pud as a finishing memento.

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

NSRRR Races

[Flying Fox 10](#)

X Country

[BDICCL – Race 1 Leamington Spa](#)
[NSCCL – Race 3 Parkhall](#)

Parkruns

[Hanley 1st Nov](#)
[Hanley 8th Nov](#)
[Hanley 15th Nov](#)
[Hanley 22nd Nov](#)
[Hanley 29th Nov](#)
[Congleton 1 Nov](#)
[Hampstead Heath](#)
[Barnstable 15 Nov](#)
[Congleton 15 Nov](#)
[Lyme 15 Nov](#)
[Little Stoke 22 Nov](#)
[Oakwell Hall 29 Nov](#)

Other races

[Lakeland trails Helvellyn 15k](#)
[Lakeland Trails Ullswater 14k](#)
[Abergelge 5](#)
[Seagrave Wolds Challenge](#)
[The Roaches Fell Race 15 Miles](#)
[Nashville Marathon](#)
[Brighton 10k](#)
[Cheddleton Xmas Pud race](#)

Saturday 1st November
Lakeland Trails Helvellyn 15k
Phil Fortun 1:17:30

Congleton parkrun 1 Nov
Dennis Frain 21:11

Hanley parkrun 1 Nov
Kerry Dixon 22:59
Andy Vickerman 23:57
Leigh Matthews 24:01
Lucy Corbett 24:14
Paul Cotterill 26:27
Graham Sheridan 26:33
Lee Jones 27:08
Isabella Jordan 30:07
Dan Jordan 30:18
Paul Orry 30:22
Tonia Vernon 30:45
Phil Thomas 32:09
Millie Holmes 32:21
Bryn Holmes 32:22
Marie Elborn 35:30
Tasmin Burley 37:14
Matt Burley 37:17

Sunday 2nd November
Lakeland Trails Ullswater 14k
Phil Fortun 1:20:00

Flying Fox 10
Carl Platt 62:32
Lee Ellis 63:00
Ed Wilson 64:13
Craig Taylor 65:30
Ian Wilson 65:30
Paul Burslem 66:21
Terry Wall 67:02
Dale Colclough 68:41
Robert Tabbanor 70:06
Lee Jones 70:24
Stan Winterton 73:18
Stephen Burrowes 74:55

Greg Julian 76:36
 Glynn Probert 77:04
 Graham Sheridan 77:04
 Jodie Rock 78:16
 Jill Phillips 78:53
 Paul Orry 79:51
 Rose Wilson 81:41
 Ken Pearson 81:56
 Alan Lewis 83:15
 David Piper 85:56
 Kirsten Owen 86:31
 Catherine Lantsbury 94:37
 Malcolm Rushton 96:50
 Lee Lymer 103:46

Race report from Dale Colclough

10 years since my last FF10. So when our trip to the lakes was cancelled I thought why not. I knew I was in decent shape and was confident of having a good chance of winning the v55 cat. I enjoyed a good warm up run with fellow TRC mates before lining up for the start. I spotted Rob Tabbanor and Melvin Askey who I knew would be my main rivals in the v55 category. I decided that times were not important today and would instead let Rob and Melvin dictate the pace early on. Thankfully neither of them set a blistering pace so we ran together for 5 miles at 6.40 pace which felt pretty relaxed. I kept tucked in behind Rob selfishly letting him shelter me from the breeze. As we climbed the hill between 5 and 6 miles Rob beckoned me through. He is coming back from injury and was lacking his usual strength. This should have been my signal to wind up the pace as I knew Melvin struggles a little on the climbs. I was enjoying the more relaxed pace though and was confident I would get away from Melvin in the later stages. I tried putting in two or three surges (none of them in earnest) to see if Melvin was up for the challenge. Each time he picked up the pace and remained firmly on my shoulder. Then at 8 miles it was Melvin's who started to wind up the pace. It took me by surprise and for the next two miles I found myself hanging on as we ran close to 6min mile pace. With 400yds to go I knew I had to get past him before the turn in to the field. Melvin had different ideas though and put in a tremendous final effort to hold me off. He beat me by a second and I spend 2-3 minutes in a crumpled heap trying to get my breath back. When I did get up I quickly found Melvin and congratulated him on his win and thanked him for what was the best race I had been in for years. Yes I'd come 2nd but I can honestly say the better man won on the day and I had thoroughly enjoyed the competition.

Abergele 5

Mandy Vernon 29:55
 Debbie Thomas 32:17
 Jo Donnelly 32:29

Saturday 8th November

Hampstead Heath parkrun
 Catie Lantsbery 29:39

Hanley parkrun 8 Nov

Dan Jordan 18:29 3rd
 Jon Bowman 20:46
 Richard Longley 21:14
 Leigh Matthews 22:18
 Kerry Dixon 22:31
 Paul Cotterill 23:26
 Tonia Vernon 24:35
 Phil Thomas 27:49
 Megan Battison 28:10
 Millie Holmes 30:35
 Bryn Holmes 30:35
 Marie Elborn 32:55
 Kaye Morrissey 38:59

Seagrave Wolds Challenge

Graham Sheridan 2:17:42

BDICCL – Race 1 Leamington Spa

Tom Halloway 39:15
 Carl Platt 40:58
 Ed Wilson 42:12
 Craig Taylor 42:57
 Dan Jordan 43:52
 Terry Wall 44:27
 Paul Burslem 44:50
 Matt Plant 44:58
 Dave Pickstock 45:46
 Lee Jones 48:33
 Greg Julian 49:59
 Matt Burley 51:07
 A-Team 14th out of 18 teams , and B-Team 10th out of 13 teams

Midlands County League

Mandy Vernon 25:54
 Deborah Thomas 26:59
 Jodie Rock 30:56
 Lucy Corbett 32:30
 Jill Phillips 33:00
 17th out of 40 teams

Sunday 9th November

The Roaches Fell Race 15 Miles
 Dale Colclough 2:40:52

Nashville Marathon

Dave Wheatley 4:42:33

Saturday 15th November

Barnstaple parkrun 15 Nov
 Chris Mosiuk 20:53 10th

Congleton parkrun 15 Nov

Graham Sheridan 38:55
 Glynn Probert 38:55

Hanley parkrun 15 Nov

Kaye Morrissey 41:28

Lyme parkrun 15 Nov

Phil Thomas 29:48
 Mark Day 29:49

NSCCL – Race 3 Parkhall

U11 Boys
 Daniel Collins 9:49
 Arthur Hughes 10:02

James Maddock	12:59	
U11 Boys Teams		
11 Trentham RC	133	
U13 Boys		
Dan Flaherty	11:08	
George Hughes	11:49	
U17 Men		
Dan Moseley	22:48	
Harry Julian	28:53	
U11 Girls		
Olivia Ball	7:32	1 st
Bekah Yendole	8:32	
Tasmin Burley	9:08	
Chloe Dickens	9:12	
Edie Jelouse	9:22	
Freya Bettany	9:25	
Millie Holmes	9:29	
Ellie Bloomer	9:50	
Millie Barlow	10:37	
U11 Girls Teams		
5 Trentham RC	54	
U13 Girls		
Ellen Kenny	9:38	
Kiera Finney	10:38	
Megan Battison	10:46	
Chloe Armstrong	11:48	
Abi Yendole	13:53	
U13 Girls Teams		
8 Trentham RC	101	
U15 Girls		
Ellie Mace	10:38	
Meg Hickman	12:21	
Yasmin Dickens	13:05	
U15 Girls Teams		
6 Trentham RC	66	
Senior Women		
Mandy Vernon	22:02	3 rd
Jo Donnelly	22:36	7 th
Deb Thomas	22:51	9 th
Ruth Barry	23:32	
Chelsey Smith	24:02	
Kerry Dixon	25:52	
Rose Wilson	27:28	
Jill Phillips	27:49	
Lucy Corbett	28:06	
Tonia Vernon	29:06	
Kirsten Owen	31:42	
Lee Lymer	33:40	
Jen Riley	34:03	
Emily Smith	34:30	
Melissa White	35:07	
Lisa Foxhall	38:50	
Jacque McPhail	39:44	
Senior Women Div 1		
1 Trentham RC	33	
Senior Men		
Simon Myatt	37:24	8 th
Stephan Walley	39:48	39:32
Carl Platt	40:07	
Scott Minshull	40:07	
Lee Ellis	40:16	
Scott Zikmanis	41:32	
Nasar Rafiq	41:35	
Ed Wilson	42:16	
Bryn Holmes	42:27	
Craig Taylor	42:55	
Paul Downing	43:47	
Roger Taylor	44:12	
Ian Heath	44:14	
Paul Burslem	44:15	
Matt Plant	44:34	
Richard Longley	44:50	44:50
Leigh Matthews	45:08	45:08
Terry Wall	45:15	
Francis Hamlett	46:35	
Dave Pickstock	46:52	
Ryan Proctor	47:01	
Lee Jones	47:30	
Dale Colclough	47:52	
Paul Orry	48:33	
Andy Vickerman	50:25	50:25
Greg Julian	50:38	
Stan Winterton	50:58	
Phil Fortun	51:22	
Graham Sheridan	51:59	51:59
Matt Burley	53:47	
Malcolm Rushton	65:00	65:00
Senior Mens Team		
4 Trentham RC	200	
Sunday 16th November		
Brighton 10k		
Sarah Johnson	37:31	6 th
Saturday 22nd November		
Hanley parkrun 22 Nov		
Kerry Dixon	22:29	
Paul Cotterill	22:50	

Chris Mosiuk	23:15
Tonia Vernon	24:17
Graham Sheridan	24:17
Andy Vickerman	24:29
Richard Longley	25:06
Kirsten Owen	26:04
Megan Hickman	26:04
Lee Lymer	27:21
Emily Smith	27:51
Millie Holmes	30:20
Bryn Holmes	30:21

Little Stoke parkrun 22 Nov
Phil Thomas 29:57

Sunday 23rd November

Conwy Half Marathon
Richard Longley 1:29:48
Paul Orry 1:41:23
Ken Bloor 1:48:37
John Fryer 2:00:14

Saturday 29th November

Hanley parkrun 29 Nov
Martin Hull 18:35 1st
Richard Longley 19:28 4th
Leigh Matthews 20:23 7th
Glynn Probert 21:49
Kerry Dixon 22:05 1st Lady
Andy Vickerman 22:11
Shaun Weston 23:15
Kirsten Owen 25:39
Megan Hickman 25:52
Megan Battison 26:55
Ryan Procter 26:58
Paul Cotterill 27:07
Tonia Vernon 27:09
Phil Thomas 27:10

Oakwell Hall parkrun 29 Nov

Joel Edwards 22:08
Cheddleton Xmas Pud
Carl Platt 36:21 6th
Mandy Vernon 37:52 1st Lady
Scott Zikmanis 38:21
Ian Heath 39:58
Paul Downing 40:11
Debbie Thomas 40:23 3rd Lady
Paul Burslem 40:25
Dave Pickstock 40:58
Rob Tabbanor 41:39
Dale Colclough 42:12
Kevin Finney 42:48
Dan Moseley 43:12
Phil Mannering 44:03
Ryan Procter 44:03
John Guest 44:33
Stephen Burrowes 45:40
Kerry Widdowson 45:50
Terry Wall 45:59
Matt Plant 45:59
Richard Longley 46:36
Lee Jones 46:36
Dan Jordan 47:08
Rose Wilson 47:35
Ken Bloor 48:07
Brian Tonks 48:34
Jill Phillips 48:41
Alan Lewis 50:52
Matt Burley 52:26
Greg Julian 54:18
Harry Julian 54:37
Lee Lymer 58:16
Malcolm Rushton 59:33
Jackie MacPhail 1:11:48