

TRENTHAM RUNNING CLUB

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We had nearly 250 runners shown in the September race/parkrun results list with 11 1st, 2nd or 3rd place in events or age groups, as well as 1 PB and two Team prizes! Well done to you all especially the Juniors at the X-country and many thanks Graham Sheridan who compiled the results.

As usual its an awesome start to a month of running. Already we have had nearly 20 PBs the first weekend and they cover not only the faster runners but also the improvers. Great running and it shows what a bit of training can do, as well as "encouragement" from fellow runners and the efforts of the group leaders.

We also have had a winner with Deb Thomas at the Katherine House 10k with Mandy Vernon 2nd lady at Congleton. The men have also been active with Carl Platt 2nd at Congleton Parkrun and Richard Longley 3rd at Hanley Parkrun. As usual we have runner across the globe with Sharon Willis and Alex Garcia running the Lisbon Half marathon.

Our world domination continued with the Amsterdam half and the Guardia Civil Ciutat de Palma 7k as well as the Birmingham half and the Werrington 10k where the juniors dominated the top 10 places as well as Simon Myatt 2nd, Dale Colclough 1st M55, Stan Winterton 1st M65, Alan Lewis 1st M70, Lucy Corbett 1st F35 and the men's team of Simon Stephan, Carl, Dale and Paul were 1st. Lots of great comments about the Werrington organisation, marshalling and Scouts, well done to you all.

On the weekend of the 25 we saw a variety of parkruns locally as well as down south with Phil Thomas in Bushy and Sarah Johnson 1st lady at Fulham Palace.

Stafford X Country was another great day for the Green Army with no less than 65 Trentham runners competing. Both Mens and Ladies teams were 2nd overall. Great runs from the juniors with 9th place for boys U11, 4th for the U11 girls and 7th for the U13 girl Dan Jordan had a great run at the Leicester marathon with a PB of 3:03:54 and Simon Myatt 1st at the Halloween Hellraiser!

NSRRA Races

[Congleton Half](#)

[Werrington 10k](#)

Parkruns

[Congleton 4th](#)

[Hanley 4th](#)

[Telford 11th](#)

[Congleton 11th](#)

[Hanley 11th](#)

[Fulham Palace 25th](#)

[Congleton 25th](#)

[Hanley 18th](#)

[Bushy 25th](#)

[Hanley 25th](#)

Other races

[Lake District 3X3000](#)

[Chester marathon](#)

[Katherine House 10k](#)

[Lisbon Half](#)

[Guardia Civil Ciutat de Palma 7k](#)

[Langdale Horeshoe](#)

[Birmingham Half](#)

[Arley Hall Half](#)

[Amsterdam Half](#)

[Leicester marathon](#)

[Halloween Howler](#)

[Mountain Marathon](#)

[Stafford X Country](#)

Saturday 4th October

Lake District 3 x 3000

Janson Heath 10:11:36

Congleton parkrun 4th October

Carl Platt 18:10 2nd

Hanley parkrun 4th October

Richard Longley 19:30 3rd

Andy Vickerman	21:27	
Mark Mayer	21:57	
Graham Sheridan	29:11	October Races
Millie Holmes	30:52	
Kaye Morrissey	41:03	
Paul Cotterill	41:04	

Sunday 5th October Congleton Half Marathon

Simon Myatt	74:00 PB	5 th
Stephan Walley	74:06 PB	7 th
Dan Jordan	81:23 PB	
Scott Zikmanis	81:33 PB	
Craig Taylor	81:45	
Mandy Vernon	82:22	2 nd Lady
Ian Wilson	82:46 PB	
Darren Hill	85:17	
Andrew Northwood	86:22	
Terry Wall	91:54 PB	
Francis Hamlett	94:23	
John Guest	94:52	
Rob Tabbanor	95:40	
Stan Winterton	96:46	
Stephen Burrowes	98:36	
Lee Jones	99:14	
Kerry Widdowson	99:22	
Mark Gorton	99:53 PB	
Jill Phillips	1:40:19	
Greg Julian	1:40:31	
Joel Edwards	1:42:03 PB	
Glynn Probert	1:42:07 PB	
Graham Sheridan	1:42:22 PB	
Paul Cooper	1:42:52	
Richard Longley	1:43:19	
Jodie Rock	1:43:19	
Simon Lovatt	1:43:39	
Walter Mosiuk	1:43:48	
Kerry Dixon	1:43:58 PB	
Rose Wilson	1:45:18	
Alan Lewis	1:48:45	
Mark Birchall	1:50:50 PB	
Gillian Lovatt	1:52:40 PB	
Paul Cotterill	1:53:01 PB	
Simon Davis	1:55:45 PB	
Kerry Taylor	2:00:35 PB	
Dave Piper	2:02:12	
Catie Lantsbery	2:07:17	

Chester Marathon

Paul Orry	3:49:56 PB
Andrew Greensmith	3:56:38 PB
Rachel Hallett	4:44:54
Lee Lymer	4:51:12 PB

Katherine House 10K

Deb Thomas	42:06	1 st Lady
Phil Fortun	46:21	
Dan Maddock	56:26	
Hayley Clarke	1:02:31	

Rock n Roll Lisbon Half

Sharon Willis 1:53:35

Alex Garcia 1:58:08

Saturday 11th October**Guardia Civil Ciutat de Palma 7k**

David Myatt 36:31

Congleton parkrun 11 OctSimon Myatt 16:48 1st**Hanley parkrun 11 Oct**Bryn Holmes 19:03 4th

Andrew Vickerman 21:17

Daniel Jordan 21:19

Mark Mayer 21:40

Guy Priest 22:45

Jon Bowman 22:51

Lee Jones 22:52

Jodie Rock 22:58

Greg Julian 24:03

Lucy Corbett 24:12

Paul Cotterill 24:14

Kirsten Owen 25:40

Graham Sheridan 25:59

Shaun Weston 26:00

Mark Birchall 26:00

Megan Battison 27:24

Millie Holmes 31:19

Kaye Morrissey 39:34

Telford parkrun 11 OctCarl Platt 17:36 3rd**Sunday 12th October****Langdale Horseshoe**

Janson Heath 2:47:xx

Saturday 18th October**Hanley parkrun 18th**

Chelsey Smith 21:20

Graham Sheridan 23:46

Tonia Vernon 25:00

Paul Cotterill 27:34

Emily Smith 28:29

Phil Thomas 28:44

Paul Orry 28:53

Yasmin Sharif 29:29

Millie Holmes 30:06

Marie Elborn 32:32

Sunday 19th October**Werrington 10k**Simon Myatt 34:55 2ndStephan Walley 36:22 4thCarl Platt 38:07 9th

Dale Colclough 40:46 1st M55

Paul Burslem 40:52

Deb Thomas 41:24

Francis Hamlett 42:14

Paul Orry 43:25

Stephen Burrowes 44:46

Dan Moseley 44:47
 Dan Cawley 44:56
 Stan Winterton 45:18 1st M65
 Glynn Probert 45:33
 Phil Fortun 47:03
 Ken Bloor 49:04
 Dave Piper 49:53
 Lucy Corbett 51:22 1st F35
 Alan Lewis 51:36 1st M70
 James Fowler 52:56
 Simon Davis 53:38
 Lee Lymer 57:40
 Helen Nicholls 58:21

Werrington Juniors

Ellie Mace 4:09 1st
 Katherine Lemmon 4:35 2nd
 Thomas Lemmon 4:38 3rd
 Megan Battison 5:20 4th
 Tasmin Burley 5:22 5th
 Millie Holmes 5:27 6th
 Chelsea Burley 5:37 8th
 James Maddock 6:15 10th

Amsterdam Half

Kirsten Owen 1:54:21

Arley Hall Half

Nicola Jennings 2:11:55

Birmingham Half

Scott Minshall 1:18:24
 Scott Zikmanis 1:22:40
 Terry Wall 1:28:42
 Greg Julian 1:43:34
 Jodie Rock 1:46:46
 Dave Wheatley 1:47:34
 Aaron Whiston 2:00:38
 Vicky Hulme 2:11:35
 Melissa White 2:20:14
 Becky Sherwin 2:58:17

Saturday 25th October

Bushy parkrun 25th

Phil Thomas 29:23

Congleton parkrun 25th

Dennis Frain 20:57

Hanley parkrun 25th

Richard Longley 19:54 3rd
 Shaun Weston 24:15
 Marie Elborn 33:49
 Millie Holmes 34:52
 Paul Cotterill 36:19
 Lee Lymer 41:05

Fulham Palace parkrun 25th

Sarah Johnson 18:32 1st Lady

NSCCL Race 2 Stafford Common

U11 Boys

Daniel Collins 6:40

Thomas Lemmon	6:46
James Maddock	8:57

U11 Boys Team

9	Trentham RC	98
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U17 Men

Dan Moseley	21:09
Harry Julian	26:02

U11 Girls

Olivia Ball	6:03	1 st
Bekah Yendole	6:46	
Tasmin Burley	7:02	
Freya Bettany	7:18	
Millie Holmes	7:23	
Chloe Dickens	7:35	
Eliie Bloomer	8:25	

U11 Girls Team

4	Trentham RC	42
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U13 Girls

Kathryn Lemmon	6:27
Ellen Kenny	6:50
Kiera Finney	7:01
Abi Yendole	9:38

U13 Girls Team

7	Trentham RC	95
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U15 Girls

Ellie Mace	11:27
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Senior Women

Jo Donnelly	20:33	5 th
Mandy Vernon	20:55	8 th
Debbie Thomas	21:19	10 th
Chelsey Smith	22:16	
Ruth Barry	22:29	
Christine Holmes	22:43	
Kerry Dixon	23:52	
Jodie Rock	24:22	
Rose Wilson	25:03	
Jill Phillips	25:26	
Lucy Corbett	26:25	
Kirsten Owen	27:06	
Tonia Vernon	27:24	
Helen Nicholls	29:43	
Lee Lymer	30:55	
Jen Riley	32:43	

Women's Team – Div One

2	Trentham RC	42
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Senior Men

Simon Myatt	35:42	7 th
Stephan Walley	37:12	
Scott Minshull	38:07	
Lee Ellis	38:39	
Carl Platt	39:10	
Scott Zikmanis	39:12	

Ken Wilson	39:22
Ed Wilson	40:15
Bryn Holmes	40:27
Nasar Refiq	41:19
Paul Downing	41:21
Saul Lovatt	41:40
Sam Rosillo	41:54
Paul Burslem	41:57
Craig Taylor	42:01
Terry Wall	42:24
Phil Mainwaring	43:17
Matt Plant	43:26
Francis Hamlett	43:49
Dave Pickstock	44:55
Lee Jones	45:07
Andy Vickerman	45:14
Matt Burley	47:28
Stan Winterton	48:35
Graham Sheridan	48:47
Glyn Probert	48:47
Greg Julian	49:36
Mark Birchall	52:12
Paul Cotterill	52:14
Ken Pearson	52:22
Alan Lewis	55:37
Malcolm Rushton	61:31

Sunday 26th October

Leicester Marathon

Dan Jordan 3:03:58 PB

Dans race report

I really wanted to race Congleton Half and so I needed a full mara at least three weeks later and so it was to be Leicester, which is flat and fast, but can be windy. I had a good run at Manchester earlier in the year and got my PB down to 3:07:30 so I was hoping to get a sub-3.

My training had gone really well, with a reduced 9 week programme as my base level was good from club running, and it was mainly my endurance I needed to build up. Again I followed Dale's excellent plan as had worked for me at Manchester. Training was basically;

Monday Recovery run 40 mins approx 9mm (approx 4.5 miles)

Tuesday Club reps session plus warm up (approx 12 miles)

Weds Marathon pace run 6:40 pace for 42 mins plus warm up/down (approx 9 miles)

Thurs Club tempo session plus warm up 40 mins 6:13-6:26 pace (approx 13-14 miles)

Fri Rest Day

Sat Rest day or easy park run

Sunday Long run

By the time of the half my best tempo time had been 6:15 so I was confident I could achieve this on the half and I managed 6:13 on the day for a time of 1:21:23, a near 3 minute PB

The following week was my last sizeable long run and then it was the taper. A week before the race I finally succumbed to a cold and sore throat that I'd been trying to avoid from all of those infected around me. The good news though was that it only really stayed for a couple of days and wouldn't affect race day.

In the final week I decided to try the carb depletion/carb load plan, which meant eating no carbs Mon, Tues and Weds and then loading on Thurs and Fri. I really enjoyed doing without carbs and replaced them with lots of protein. Perhaps a bit too much as I had a bit of a toilet issue on the Friday morning but that soon passed :-). Perhaps 12 eggs in 3 days was too much after all!

The day before the race was Stafford Common XC and so Deb was racing there. As soon as the girls had finished we headed off to Leicester and checked into our hotel. That evening we went to the Bootroom for dinner - Deb has booked it for us to ensure I had the kind of food I like before a race, fish and potatoes, which was fab

I was up just before 6 on the morning of the race and had my breakfast which was a fully loaded fruit flapjack which I'd been using on previous races and training runs. I took in plenty of fluids as I had for the previous couple of days. It wasn't long before we were heading to the start in the nearby park, wh

we bumped into Jenny Day who was also racing the full. The day was very windy and the forecast was for it to increase and be a south-westerly. This meant it was to be behind us going out and against us for the second half.

As is common there was a full and half mara going off simultaneously and so quite a crowded start. Deb and I had gotten into the starting pen early and were just a few rows from the front so only 1 second to cross the line after the gun and we were on our way (Debs was running the half as a training run). Brian Cole had told me to use the first mile downhill and I did so, taking it easy but getting a 6:20 mile, then the course flattened out I stuck at 6:40 ish miles. The miles were ticking away until about 6 where the courses split and basically everyone else turns left for the half! I headed off to the right with no-one else in sight, and we turned briefly back along the route we had come and I felt the full force of the wind. I tried to remain positive in my mind about the race, but the strength of the wind concerned me.

The route changed now from the boring A6 into lovely country lanes and through little paths behind housing estates. Although I was looking for a quick time I made sure I had a good look round and enjoy the scenery. Most of the time the wind was behind me so I made sure to keep on or slightly quicker than the pace, but even during this part of the run there were times when the wind was against me and it took extra effort to maintain the planned pace

Everything changed at 13 miles. Going through a little village and just before halfway is the turnaround point, up a short hill into a country lane and straight into the wind. This is where the race really started and it was a struggle from the beginning. My pace dropped from 6:40 to 6:50 and then towards 7 over the next 5 miles and it just kept sapping my energy. I couldn't maintain my pace no matter what. I struggled on, but I knew by 18 miles that sub-3 was out of the window, but I did have the chance of getting a PB if I could just keep going. And that is easier said than done in a marathon but I did manage to keep the legs ticking over and realised with about 2 miles to go I could get sub 3:05 which would be better than nothing. The last mile is uphill and was a struggle but then onto the flat for the last 0.2 miles and I was looking at my watch thinking I could get under 3:04, and so with all the strength I had left I picked up the pace and sprinted over the line to be congratulated/held up by Deb!

I was exhausted and in pain and the photo of me on the ground showed just how I felt. Although I had desperately wanted sub-3 I knew from quite early on in my heart that it was not going to happen with that wind and so I was very pleased to get a new PB instead. And actually I was quite pleased with myself. At about 10 miles a spectator had told me I was in 21st place, and by the end I was in 24th place so I hadn't blown up completely. And as my photos on the home straight show, I was overtaking plenty of half runners!!

We watched Jenny come in at 3:16, a fantastic result and then back to the hotel for a bath and then on to another lovely restaurant that Deb had booked for us, and I allowed myself a few beers. Sub-3 will have to wait for the moment, but hopefully not too long!

Halloween Hellraiser

Simon Myatt 57:38 1st

Scott Zikmanis 1:08:08

Paul Burslem 1:08:31

Terry Wall 1:12:05

Mountain Marathon

Dale Colclough TBA