

TRENTHAM RUNNING CLUB

Page last updated 18 May 2015

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April 2015 Races

April Races (click on the links to go to specific race results)

The first weekend seems quiet compared to other months. A few undertook the usual parkruns across the country and there was the fourth NSRRA race, the South Cheshire 10k. A great result for Paul Swan and Mandy Vernon being 1st M50 and 3rd female (1st F40) respectively. The foreign contingent raced in Ibiza with Simon Myatt 4th.

The second weekend saw the relays with Trentham Ladies 21st overall and Chris Holmes 1st lady at Carlisle parkrun and Terry Wall running the Brighton Marathon.

The Spring Treble started on 16th at Hanchurch with a large TRC contingent doing well in both ladies and mens teams. Special mention of Deb Thomas and Simon Myatt who were 1st counters in ladies and mens races. We also had 5th place in both mens and ladies categories.

On the weekend of 18/19 we had 1st place in mens and ladies at the Hanley parkrun provided by Carl Platt and Lucy Corbett and PBs for Mark Mayer, Dan Ison, Tonia Vernon, Lauren Gallagher and Megan Battison. The marathon continued at Manchester with 6 runners and Jon Bowman running a PB.

The Spring Treble continued at the Milford Murder with Deb Thomas and Simon Myatt repeating their 1st places.

The last weekend was London Marathon with 13 runners, PBs for Lisa Heath and Bryn Holmes and 3 runners all sub 3 hours. We also had 2 ladies in 1st place at the Carlisle and Fulham Palace park runs thanks to Chris Holmes and Sarah Johnson.

The final Spring Treble race was at the Barlaston Ups and Downs. Deb Thomas and Ruth Barry were 1st and 2nd ladies on the day with Deb the overall Ladies winner. Simon Myatt was 1st man home on the day as well as mens series winner. Congratulations to both of them.

X Country

Parkruns

[Hanley 4th](#)

[Hanley 11th](#)

[Hanley 18th](#)

[Hanley 25th](#)

[Congleton 4th](#)

[Congleton 18th](#)

[Marple 4th](#)

[Marple 11th](#)

[Carlisle 11th](#)

[Carlisle 25th](#)

[Lyme 18th](#)

[Lyme 25th](#)

[Exeter Riverside 4th](#)

[Bushy 25th](#)

[Fulham Palace 25th](#)

Other races

[Salford 10k](#)

[Airproducts 10k](#)

[Sa Riba Ibiza 7.5k](#)

[Cursa des Coca 10k](#)

[S Treble Hanchurch](#)

[S Treble Milford](#)

[S Treble Up and Downs](#)

[Relays](#)

[Brighton Marathon](#)

[Manchester Marathon](#)

[London Marathon](#)

Friday 3rd April

Salford 10k Road Race

Stephan Walley 34:20

Saturday 4th April

Congleton parkrun 4

Richard Longley 18:19 4th

Lucy Corbett 22:02

Brian Tonks 22:37

Hanley parkrun 4

Terry Wall 20:07 6th

Gary Payne 21:31

Tonia Vernon 24:21

James Fowler 24:56

Dan Ison 26:02

Kirsten Owen 28:17

Graham Sheridan 30:46

Phil Thomas 32:44

Marple parkrun 4

Mark Day 24:30

Simon Lovatt 25:31

Gillian Lovatt 28:26

Exeter Riverside parkrun 4

James Williams 22:35

Sa Riba, Ibiza 7.5k

Simon Myatt 25:19 4th

David Myatt 34:47

Sunday 5th April

Air Products 10k

Paul Swan 36:34 1st M50

Ian Wilson 36:46

Mandy Vernon 36:54 1st F40

Dave Pickstock 37:48

Chris Mosiuk 38:44

Paul Burslem 38:46

Mark Mayer 41:43

Dan Ison 42:03

Lee Jones 42:24

Phil Fortun 43:13

Glynn Probert 43:59

Shaun Weston 44:44

| | | |
|----------------------------------------|---------|----------------------|
| Jodie Rock | 44:53 | |
| Bob Hardy | 46:37 | |
| Mark Birchall | 47:09 | |
| Phil Thomas | 49:10 | |
| Lauren Gallagher | 51:26 | |
| Alan Lewis | 51:29 | |
| Kerry Taylor | 54:05 | |
| Tuesday 7th April | | |
| Cursa Des Coca 10K | | |
| Simon Myatt | 35:02 | 3 rd |
| David Myatt | 47:27 | 1 st MV60 |
| Saturday 11th April | | |
| Relays | | |
| Sarah Johnson | 32:51 | |
| Deb Thomas | 35:44 | |
| Mandy Vernon | 18:41 | |
| Lucy Corbett | 22:08 | |
| Kerry Dixon | 22:12 | |
| Kirsten Owen | 25:05 | |
| Trentham RC | 21st | |
| Carlisle parkrun 11th | | |
| Christine Holmes | 20:03 | 1 st Lady |
| Hanley parkrun 11th | | |
| Dan Ison | 24:54 | |
| Graham Sheridan | 25:13 | |
| Lauren Gallagher | 25:22 | |
| Richard Longley | 25:24 | |
| Emily Smith | 29:42 | |
| Mark Mayer | 32:35 | |
| Kathryn Ambrose | 33:52 | |
| Susan Gallagher | 38:34 | |
| Marple parkrun 11th | | |
| Mark Day | 25:22 | |
| Phil Thomas | 25:22 | |
| Sunday 12th April | | |
| Brighton Marathon | | |
| Terry Wall | 3:12:08 | |
| Thursday 16th April | | |
| Spring Treble – Hanchurch Hilly | | |
| Ladies | | |
| Deb Thomas | 34:17 | 1 st |
| Ruth Barry | 36:15 | 5 th |
| Kerry Dixon | 39:41 | 10 th |
| Lucy Corbett | 39:52 | |
| Catie Lantsbery | 48:19 | |
| Jen Riley | 48:29 | |
| Men | | |
| Simon Myatt | 28:54 | 1 st |
| Carl Platt | 30:58 | 5 th |
| Dave Pickstock | 34:59 | |
| John Guest | 35:59 | |
| Dale Colclough | 36:02 | |
| Glynn Probert | 38:47 | |
| Mark Birchall | 41:27 | |
| Andy Vickerman | 41:35 | |
| Saturday 18th April | | |
| Congleton parkrun 18th | | |
| Leigh Matthews | 18:47 | 6 th |
| Matt Plant | 19:20 | 9 th |
| Richard O'Keeffe | 22:19 | |
| Hanley parkrun 18th | | |
| Carl Platt | 17:32 | 1 st |
| Mark Mayer | 20:21 | PB 7 th |
| Dan Ison | 21:24 | PB |
| Lucy Corbett | 21:54 | 1 st Lady |
| Dan Jordan | 22:08 | |
| Tonia Vernon | 23:45 | PB |
| Lauren Gallagher | 24:28 | PB |
| Kerry Taylor | 25:43 | |
| Phil Thomas | 25:52 | |
| Ryan Procter | 26:23 | |
| Megan Battison | 26:23 | PB |
| Graham Sheridan | 29:10 | |
| Glynn Probert | 29:16 | |
| Millie Holmes | 30:17 | |
| Bryn Holmes | 30:18 | |
| Kaye Morrissey | 39:28 | |
| Lyme parkrun 18th | | |
| Mark Day | 23:42 | |
| Sunday 19th April | | |
| Manchester Marathon | | |
| Richard Longley | 3:02:24 | |
| Jon Bowman | 3:13:14 | PB |
| Mark Gorton | 3:17:02 | |
| Kerry Widdowson | 3:40:56 | |
| Claire Stubbs | 4:00:55 | |
| Paul Cotterill | 4:21:25 | |
| Thursday 23rd April | | |
| Spring Treble - Milford Murder | | |
| Ladies | | |
| Deb Thomas | 40:22 | 1 st |
| Ruth Barry | 42:14 | 4 th |
| Lucy Corbett | 45:36 | |
| Kerry Dixon | 45:56 | |
| Catie Lantsbery | 54:42 | |
| Jen Riley | 62:00 | |
| Men | | |

| | | |
|----------------|-------|-----------------|
| Simon Myatt | 33:27 | 1 st |
| Simon Dunn | 37:53 | |
| Dale Colclough | 41:11 | |
| John Guest | 41:36 | |
| Glynn Probert | 46:27 | |
| Mark Birchall | 48:07 | |

Saturday 25th April**Bushy parkrun 25th**

| | | |
|---------------|-------|--|
| Millie Holmes | 30:26 | |
| Bryn Holmes | 30:27 | |

Carlisle parkrun 25th

| | | |
|------------------|-------|----------------------|
| Christine Holmes | 20:08 | 1 st Lady |
|------------------|-------|----------------------|

Hanley parkrun 25th

| | | |
|------------------|-------|-----------------|
| Carl Platt | 17:23 | 2 nd |
| Lucy Corbett | 22:02 | |
| Kerry Dixon | 23:21 | |
| Jodie Rock | 23:50 | |
| Dan Ison | 24:12 | |
| Lauren Gallagher | 24:12 | |
| Simon Lovatt | 24:57 | |
| Glynn Probert | 25:32 | |
| Graham Sheridan | 25:32 | |
| Gillian Lovatt | 26:08 | |
| Tonia Vernon | 29:00 | |
| Paul Cotterill | 31:44 | |
| Jen Riley | 45:38 | |
| Southwark | | |
| Meg Hickman | 25:57 | |

Fulham Palace 25th

| | | |
|---------------|-------|----------------------|
| Sarah Johnson | 18:08 | 1 st Lady |
|---------------|-------|----------------------|

Lyme Park 25th

| | | |
|----------|-------|--|
| Mark Day | 24:00 | |
|----------|-------|--|

Sunday 26th April**London Marathon**

| | | |
|----------------|------------|--|
| Steve Farmer | 4:23:33 | |
| James Fowler | 4:24:25 | |
| Joel Harrison | 5:47:13 | |
| Lisa Heath | 3:43:15 PB | |
| Bryn Holmes | 2:54:35 PB | |
| Lee Jones | 3:45:54 | |
| Dan Jordan | 2:59:00 | |
| Chris Mosiuk | 3:24:48 | |
| Kirsten Owen | 3:49:35 | |
| Matt Plant | 3:06:50 | |
| Barry Smith | 3:16:18 | |
| Dave Wheatley | 4:07:31 | |
| Scott Zikmanis | 2:56:16 | |

Thursday 30th May**Spring Treble - Barlaston****Ladies**

| | | |
|-----------------|-------|-----------------|
| Deb Thomas | 34:58 | 2 nd |
| Ruth Barry | 36:38 | 3 rd |
| Lucy Corbett | 39:01 | 8 th |
| Kerry Dixon | 40:22 | 9 th |
| Catie Lantsbery | 47:39 | |
| Jen Riley | 48:59 | |

Overall**Deb Thomas** 1st**Mens**

| | | |
|----------------|-------|-----------------|
| Simon Myatt | 29:41 | 1 st |
| Simon Dunn | 33:11 | 8 th |
| Ian Wilson | 34:10 | |
| Roger Taylor | 34:29 | |
| Dale Colclough | 35:56 | |
| Dave Pickstock | 36:27 | |
| John Guest | 37:51 | |
| Glynn Probert | 42:21 | |

Overall**Simon Myatt** 1st