

TRENTHAM RUNNING CLUB

Page last updated 21 September 2015

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](#)

August 2015 Races

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

Parkruns

Hanley 1st	Hanley 8th	Hanley 15th	Hanley 22nd	Hanley 29th
Dunedin 1st	Cambridge 1st	Perth 1st	Belfast 1st	Wilmslow 1st
Goole 8th	Hagley 8th	Exeter 8th	Congleton 15th	Clermont Waterfront 15th
Southampton 22nd	Lyme Park 22nd	Barry Island 22nd	Fulham Palace 29th	
Cambridge 29th	Congleton 29th	Clermont USA	Yeovil 29th	Lanhydrock parkrun 29th
Barry Island 29th				

Other races

Sale Sizzler	Cheadle Vets X country	Race the Train	Rugby Rover 30
Birchwood 10k	Fleetwood Half	Pil Lari	Sencelles 5k
Time Trial 28th	Sineu 7k	Ellesmere 5k	
South Cheshire 5k Race 3	Hilton Illuminations 10k	Ellesmere 10k	

NSRRA

Meerbrook 15k	Dave Clarke 5	Dave Clarke Juniors	

Summer Series

Leek	Overall results		
----------------------	---------------------------------	--	--

Saturday 1st August

Meerbrook – 15k

[Video](#)

[Video](#)

Mandy Vernon	1:01:09	1 st Lady
Paul Swan	1:04:42	
Scott Zikmanis	1:01:57	
Wendy Mullineux	1:04:53	3 rd Lady
Lee Ellis	1:05:18	
Rob Tabbenor	1:07:51	
Terry Wall	1:08:20	
Leigh Matthews	1:09:09	
Chris Mosiuk	1:11:04	
Phil Fortun	1:12:06	
Sarah Taylor	1:13:10	1 st FV45
Stan Winterton	1:15:10	1 st V70
Dan Ison	1:15:44	
Kerry Widdowson	1:16:28	
Lee Jones	1:23:26	
Alan Lewis	1:23:39	
Malcolm Rushton	1:33:11	
Ali Lymer	1:38:09	

Cambridge parkrun 1st

Emily Braverman 24:41

Perth parkrun 1st

Bryn Holmes 21:54

Belfast Victoria parkrun 1st

Richard Longley 17:57

Hanley parkrun 1st

Carl Platt	17:28	1 st
Philip Mainwaring	21:41	
Kerry Dixon	22:13	
Shaun Weston	22:43	
Millie Holmes	25:16	
Dan Jordan	25:29	
Guy Forrest-Hay	25:35	
Kirsten Owen	25:47	
Lauren Gallagher	26:09	
Jen Riley	27:05	
Paul Orry	28:21	
Kathryn Ambrose	29:43	
Phil Thomas	32:24	
Susan Gallagher	34:21	
Tricia Cotterill	39:30	
Kaye Morrissey	55:13	

Dunedin parkrun 1st

Megan Battison 28:23

Wilmslow parkrun 1st

Sam Mulhall	22:46
Pil Lari	
David Myatt	38:58

Thursday 6th August

Sale Sizzler – 5k

Terry Wall 18:42

Summer Series – Leek Cricket Club

Stephan Walley 31:01 1st

Simon Myatt	34:22	6 th
Deb Thomas	36:08	1 st Lady
Kevin Finney	37:53	2 nd M50
Kerry Widdowson	41:18	1 st F40
Lucy Corbett	43:18	
John Guest	47:25	

Overall Summer Series Results**Ladies Open**

Deb Thomas	1 st
------------	-----------------

Mens Open

Simon Myatt	1 st
Stephan Walley	3 rd

Vets Prizes

Kerry Widdowson	1 st F40
Kevin Finney	1 st M50

Friday 7th August

Sencelles 5k	
David Myatt	22:31

Saturday 8th August

Sineu 7k	
David Myatt	32:09

Hanley parkrun 8th

Lee Ellis	18:40
Ian Heath	19:53
Mark Gorton	20:47
Kerry Dixon	22:46
Jodie Rock	23:53
Andrew Vickerman	24:22
Dan Ison	25:21
Jill Phillips	25:23
Chris Tipper	26:39
Jen Riley	27:35
Paul Cotterill	27:36
Glynn Probert	27:59
Phil Thomas	28:26
Kathryn Ambrose	28:42
Warren Thomas	31:19
Paul Orry	31:32
Tricia Cotterill	37:04
Marie Elborn	48:36
Nicola Jennings	50:32

Goole parkrun 8th

Bryn Holmes	22:24
Millie Holmes	26:57

Hagley parkrun 8th

Megan Battison	24:58
----------------	-------

Exeter Riverside parkrun 8th

Carl Platt	17:18	4 th
Lauren Gallagher	24:33	

Wednesday 12th August**Cheadle Invitational Vets XC**

Tonia Vernon	33:35	8 th
Tracy Hollins	34:10	
Jill Phillips	35:14	
Nicola Jennings	37:38	
Helen Nicholls	39:14	
Catie Raynor	39:50	
Lee Lymer	40:23	
Kathryn Ambrose	40:57	

Saturday 15th August**Race The Train - 14miles**

Scott Zikmanis	1:37:33
Lee Ellis	1:46:46
Matt Plant	1:43:26
Terry Wall	1:43:30
Phil Fortun	1:53:45
Wendy Mullineux	2:07:03
Jen Riley	2:34:39

Congleton parkrun 15th

Carl Platt	17:27	6 th
Lauren Gallagher	25:27	

Hanley parkrun 15th

Martin Hull	17:52	1 st
Kristina Defries	21:52	
Kerry Dixon	22:33	
Lucy Corbett	23:33	
Andrew Defries	24:40	
Andrew Vickerman	25:19	
Paul Cotterill	25:40	
Kirsten Owen	25:40	
Millie Holmes	26:12	
Catie Lantsbery	27:11	
Camille Smyth	28:13	
Mark Mayer	31:40	
Tricia Cotterill	35:51	
John-Paul Ambrose	45:34	
Kathryn Ambrose	45:36	

Clermont Waterfront parkrun 15th

Dan Jordan	18:55	3 rd
------------	-------	-----------------

Sunday 16th August**Rugby Rover 30k**

Roger Taylor	2:25:11	
Deb Thomas	2:25:31	1 st Lady
Jill Phillips	3:22:49	

Wednesday 19th**Ellesmere 5k**

Roger Grand	17:13
-------------	-------

Thursday 20th August**Dave Clarke Junior Race**

Henry Brereton	4:23
Tom Lemmon	4:30
Katherine Lemmon	4:43
Rebekah Yendole	4:44
Samuel Cuthbertson	4:46
Tasmin Burley	5:00
James Maddock	6:31
Abi Yendole	6:49

Dave Clarke 5k

Stephan Walley	16:16	3 rd
----------------	-------	-----------------

Carl Platt	17:15	6 th
Scott Minshull	17:53	
Richard Longley	17:56	
Ian Cawley	18:07	
Terry Wall	18:31	
Dan Jordan	18:35	
Wendy Mullineux	18:38	2 nd Lady
Chris Mosiuk	18:53	
Rob Tabbinor	19:03	
Jon Bowman	19:10	
Kevin Finney	19:37	
Mark Mayer	20:03	
Paul Burslem	20:24	
Christina Duva	20:43	
Phil Fortun	21:07	
Joel Harrison	21:07	
Mark Day	21:13	
Kerry Dixon	21:16	
Matt Burley	21:22	
Dan Ison	21:23	
David Pullin	21:24	
Paul Cotterill	21:42	
Stan Winterton	21:49	
John Guest	21:51	
Julia Rigby	22:33	
Tonia Vernon	22:38	
Ken Pearson	23:26	1st V60
Lauren Gallagher	25:00	
Kerry Taylor	26:18	
Malcolm Rushton	27:04	
Lee Lymer	27:22	
Sarah Taylor	27:46	
Jacquie MacPhail	33:38	
Alli Lymer	35:06	

Saturday 22nd August

Southampton parkrun 22nd
Mark Mayer 20:31

Hanley parkrun 22nd

Lee Ellis	18:33	4th
Dan Ison	24:03	
Emily Braverman	26:31	
Camille Smyth	26:46	
Glynn Probert	27:07	
Graham Sheridan	27:08	
Shaun Weston	27:08	
Paul Cotterill	29:56	
Kathryn Ambrose	32:04	
Susan Gallagher	35:46	
Jen Riley	46:47	

Lyme Park parkrun 22nd

Mark Day 23:12

Barry Island parkrun 22nd

Joanne Donnelly 21:58

Sunday 23rd August

Birchwood 10k

Carl Moulton	34:07	4 th
Mandy Vernon	38:42	1 st FV40

Fleetwood Half

Paul Hinton 2:30:50

Sunday 23rd August

Burton 10k

Helen Nicholls 58:20

Tuesday 25th August

South Cheshire 5k Race 3

Mandy Vernon	18:06	1 st Lady
Ian Wilson	18:17	
Brian Tonks	22:19	
Rose Wilson	25:05	

Saturday 29th August

Hilton Illuminations 10k

Patricia Cotterill	1:14:16
Kaye Morrissey	1:23:18

Cambridge parkrun 29th

Emily Braverman 25:09

Congleton parkrun 29th

Ed Wilson 18:48

Hanley parkrun 29th

Tonia Vernon	23:52
Graham Sheridan	25:13
Glynn Probert	25:14
Lauren Gallagher	25:52
Kerry Dixon	26:05
Camille Smyth	26:54
Warren Thomas	28:52
Lee Lymer	30:10
Kathryn Ambrose	32:24
Phil Thomas	32:26
Mark Mayer	38:39
Nicola Jennings	52:15

Clermont Waterfront (USA) parkrun

Bryn Holmes	19:18
Millie Holmes	30:32

Yeovil Montacute parkrun

Kirsten Owen 26:31

Fulham Palace parkrun

Sarah Johnson 17:54 1st Lady

Lanhydrock parkrun

Jen Riley 30:28

Barry Island parkrun

Joanne Donnelly 20:41 2nd Lady

Sunday 30th August

Ellesmere 10k

Chris Tipper	55:14
Helen Nicholls	55:23