

TRENTHAM RUNNING CLUB

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December 2015 Races

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

Congratulations to;

Our Road Race winners, Paul Swan in Division 1 and Kerry Dixon in Division 2.

Our Off Road winners Male: 1st Simon Myatt, 2nd John Guest and 3rd Kevin Finney and Female: 1st Debbie Thomas, 2nd Kerry Widdowson and 3rd Kerry Dixon.

Our X Country winners, Mandy Vernon and Vinnie Martin and to all the counters.

All the results in our Club Championship categories can be found [HERE](#).

Week 1

Ian Wilson and Bryn Holmes, 1st and 2nd in Hanley Park run on December 5th,

Simon Myatt for his win at the Dales Dash,

Deb Thomas 2nd Lady at the Dales Dash,

Dan Jordan for another sub 3hr marathon,

Roger Grand for winning the M 40-49 category at the RunDerby race series,

and Mandy Vernon 1st F Vet at Midlands X Country.

Week 2

Mandy Vernon 2nd Lady at Uttoxeter X Country

Alan Lewis for his outstanding run at Telford 10k in a time of 47:53, setting a new Club record for V75 category.

In the overall NSCCL congratulations go to; Olivia Ball 4th, U13 girls, U 13 girls Team 5th, Mandy Vernon, 1st Senior Woman and 1st W40, Deb Thomas 2nd Senior Woman and to the Womens team 1st Div 1, Senior Mens Team 2nd Div 1, and Mens Team Masters 40+ 1st.

Week 3

Congratulations to Bryn Holmes 2nd at the Osterley parkrun and to Vinnie Martin 3rd at the SM Xmas cracker.

Week 4

Congratulation to tall those who ran on Xmas day, and particularly to Bryn Holmes, 2nd Hanley Parkrun 26th, Sarah Johnson 2nd lady at Hanley Parkrun 26th and to Lynne Callaghan 1st LV40 at Wheaton Aston 10k.

Parkruns

Hanley 5th	Hanley 12th	Hanley 19th	Hanley 25th	Hanley 26th
Congleton 5th				
Lyme Park 5th	Lyme Park 12th	Lyme Park 19th	Marple 25th	Lyme Park 26th
	Southampton 12th	Wimpole Estate 19th		Salisbury 26th
	Mile End 12th	Osterley 19th		

Other races

RunDerby Race Series	Malaga Marathon	Dales Dash	Telford 10k
	Xmas Cracker	Wheaton Aston 10k	Sunrise to Sunset Ultra

X - Country

North Staffs CCL			
Uttoxeter 12 Dec			
Juniors	Senior Men	Senior Women	
2015 Overall results			
Others			
	BDICCL – Race 2 Cofton Park	Women's MWCCL – Race 2	

Saturday 5th December
 Congleton parkrun 5th
 Glynn Probert 21:39

Hanley parkrun 5th

Ian Wilson	17:51	1 st
Bryn Holmes	18:44	2 nd
Sam Mulhall	21:26	
Tony White	23:43	
Jon Bowman	23:57	
Mark Mayer	23:57	
Paul Cotterill	24:25	
Megan Battison	26:23	
Millie Holmes	26:28	
Lauren Gallagher	26:34	
Ken Bloor	27:05	
Kirsten Owen	27:08	
Reuben Hamlett	29:28	
Jen Riley	35:02	

Lyme Park parkrun 5th

Mark Day	25:54
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BDICCL – Race 2 Cofton Park

Vinnie Martin	36:34
Luke Boulton	37:51
Carl Platt	38:32
Leigh Matthews	40:20
Ed Wilson	40:38
Adam Grew	41:05
Scott Zikmanis	41:16
Paul Burslem	43:14
Matt Plant	45:51
Lee Jones	46:20
Greg Julian	49:12

Team

7	Trentham RC	324
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Women's MWCCCL Race 2

Mandy Vernon	24.06	12th 1st Vet
Deborah Thomas	26.20	
Kerry dixon	28.52	
Rose Wilson	31.13	
Jill Phillips	33.23	
Vets Team	18 out of 32	
Senior Team	21 out of 35	

Sunday 6th December**Dales Dash**

Simon Myatt	36:30	1 st
Ed Wilson	43:16	
Rob Tabbanor	43:55	
Roger Taylor	45:09	
Deb Thomas	45:19	2 nd Lady
John Guest	46:21	
Paul Burslem	47:01	
Phil Fortun	49:38	
David Myatt	49:46	
Kerry Dixon	50:25	
Stephen Burrowes	50:33	
Phillip Pinson	51:15	
Kerry Widdowson	51:59	
Andy Vickerman	52:36	
Jon Bowman	53:11	
Lee Jones	53:14	
Tony White	54:00	
Ken Bloor	57:50	
Malcolm Rushton	59:00	
Kathryn Ambrose	1:04:00	
Jacquie MacPhail	1:19:17	
Lisa Foxhall	1:19:17	

Malaga Marathon

Dan Jordan	2:58:56
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RunDerby Race Series

Roger Grand	1st MV 40-49
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Saturday 12th December**Southampton parkrun 12th**

Mark Mayer	23:55
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Hanley parkrun 12th

Jon Bowman	22:23
Tony White	23:51
Brian Tonks	24:15
Ken Bloor	26:43
Lauren Gallagher	27:17
Kerry Dixon	28:01
Millie Holmes	28:59
Bryn Holmes	29:08
Graham Sheridan	32:05
Paul Cotterill	50:53

Mile End parkrun 12th

Kirsten Owen	26:04
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Lyme Park parkrun 12th

Mark Day	25:03
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North Staffs XC League – Race 4 – Uttoxeter**U11 Boys**

James Maddock	11:14
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U13 Boys

Daniel Collins	17:12
Ellis Nevitt	19:35

U11 Girls

Bekah Yendole	6:55
Beth Nevitt	8:06

U13 Girls

Olivia Ball	8:09	5 th
Millie Holmes	9:08	

Tasmin Burley	9:36
Megan Battison	9:39
Kiera Finney	9:43
Freya Bettany	10:08
Ellie Bloomer	10:46

U13 Girls Team

4	Trentham RC	50
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Senior Women

Mandy Vernon	20:13	2 nd
Debbie Thomas	21:06	5 th
Jayne Dickens	23:06	
Kerry Dixon	23:07	
Kerry Widdowson	24:22	
Rose Wilson	25:33	
Julia Rigby	25:52	
Tonia Vernon	26:48	
Jill Phillips	27:11	
Nicola Jennings	27:42	
Jen Riley	28:23	
Kathryn Ambrose	28:42	
Kerry-Ann Maddock	31:00	
Catie Raynor	31:55	

Womens Team – Division One

2	Trentham RC	56
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Senior Men

Vinnie Martin	33:49
Ian Wilson	34:28
Carl Platt	35:08
Lee Ellis	35:26
Bryn Holmes	35:46
Scott Zikmanis	36:34
Ian Cawley	36:50
Leigh Matthews	37:04
Roger Taylor	37:17
Adam Grew	37:43
Ed Wilson	38:36
Terry Wall	38:49
Ian Heath	38:55
Paul Burslem	39:38
Matt Plant	40:26
Scott Minshall	40:38
Matt Burley	42:34
Lee Jones	42:42
Dave Myatt	43:03
Paul Cotterill	44:07
Malcolm Rushton	54:20

Mens Team – Division One

2	Trentham RC	167
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Sunday 13th December

Telford 10k

Ian Cawley	36:53
Rob Tabbanor	39:08
Alan Lewis	47:53
Camille Smyth	53:17
Phil Thomas	56:56
James Fowler	57:28

NSCCL 2015 Overall Standings**U11 Boys**

33	James Maddock
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U13 Boys

36	Daniel Collins
43	Ellis Nevitt

U11 Girls

19	Bekah Yendole
41	Ella Vaughan
43	Beth Nevitt

U13 Girls

4	Olivia Ball
17	Millie Holmes
24	Tasmin Burley
28	Kiera Finney
29	Megan Battison
30	Freya Bettany
35	Ellie Bloomer
36	Abi Yendole

U13 Girls Teams

5	Trentham RC
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Senior Women

1	Mandy Vernon
2	Debbie Thomas
15	Kerry Dixon
27	Julia Rigby
38	Tonia Vernon
42	Rose Wilson
47	Jill Phillips
60	Jen Riley
64	Kathryn Ambrose
70	Kerry-Ann Maddock

W35 Women

12	Kathryn Ambrose
13	Kerry-Ann Maddock

W40 Women

1	Mandy Vernon
13	Tonia Vernon

W50 Women

6 Jill Phillips

W55 Women

4 Rose Wilson

Women's Teams – Div One

1 Trentham RC

Women's Teams – Masters

6 Trentham RC

Senior Men

5 Vinnie Martin
10 Ian Wilson
15 Lee Ellis
24 Leigh Matthews
25 Ian Cawley
25 Bryn Holmes
30 Scott Minshall
41 Terry Wall
65 Matt Plant
79 Paul Cotterill

M40 Men

5 Lee Ellis
8 Bryn Holmes
20 Paul Cotterill

M45 Men

6 Terry Wall

Senior Men's Teams – Div One

2 Trentham RC

Men's Teams – Masters 40+

1 Trentham RC

Saturday 19th December

Hanley parkrun 19th

Mark Mayer 21:52
Tony White 24:11
Rebekah Yendole 25:43
Kirsten Owen 28:07
Paul Cotterill 28:09
Tonia Vernon 28:09
Ellis Nevitt 29:47
Megan Battison 30:05
Millie Holmes 30:07
Reuben Hamlett 31:06
Nicola Jennings 31:14
Phil Thomas 34:45
Lee Jones 34:50

Wimpole Estate parkrun 19th

Emily Braverman 29:03

Osterley parkrun 19th

Bryn Holmes 19:19 2nd

Lyme Park parkrun 19th

Mark Day 24:45

Sunday 20th December

Staffs Moorlands Christmas Cracker

No Times

Vinnie Martin 3rd
Lee Ellis 7th
Scott Zikmanis 14th
Rob Tabbanor 28th
John Guest 39th
Kevin Finney 43rd
Barry Smith 44th
Paul Burslem 46th
Mark Mayer 55th
Kerry Dixon 64th
Phil Fortun 65th
David Myatt 90th
Kerry Widdowson 97th
Deb Thomas 108th
Brian Tonks 111th
Ken Bloor 139th
Greg Julian 149th
Matt Plant 150th
Lee Jones 151st
Jon Bowman 152nd
Jill Phillips 204th
Hannah Parrott 205th
Jen Riley 206th
Paul Cotterill 207th
Chris Mosiuk 208th
Walter Mosiuk 209th
Malcolm Rushton 226th

Friday 25th December

Marple parkrun 25th

Mark Day 22:55

Hanley Parkrun 25th

Ken Bloor 25:29
Brian Tonks 25:53
Paul Orry 26:22
Paul Cotterill 27:15
Mille Holmes 27:21
Kerry Dixon 27:26
Graham Sheridan 27:27
Kathryn Ambrose 27:36

Kirsten Owen	27:57
Phil Thomas	27:58
Megan Battison	28:10
Helen Nicholls	30:05
Nicola Jennings	30:06

Saturday 26th December**Hanley parkrun 26th**

Bryn Holmes	18:49	2 nd
Sarah Johnson	19:58	2 nd Lady
Ian Heath	20:55	
Lee Jones	23:13	
Matt Plant	23:14	
Millie Holmes	25:52	
Colin Moody	25:57	
Ken Bloor	26:22	
Graham Sheridan	26:44	
Rebekah Yendole	27:28	
Emily Braverman	28:14	
David Piper	28:22	
Paul Cotterill	29:34	
Jen Riley	29:35	
Phil Thomas	29:37	
Emily Smith	33:18	
Mark Mayer	34:27	

Lyme Park parkrun 26th

Mark Day	24:54
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Salisbury parkrun 26th

Alan Lewis	24:57
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Sunday 27th December**Wheaton Aston Roman 10k**

Carl Platt	35:39	
Adam Grew	38:16	
Lynne Callaghan	43:10	1 st FV40

Sunrise to Sunset Ultra

Roger Taylor and Kathryn Ambrose running this one, results not available yet. (4 Jan)