

# TRENTHAM RUNNING CLUB

Page last updated 17 March 2015

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## February 2015 Races

February has started well!

At the Alsager 5 nearly 50 of our runners (a third of our Members) took part, 23 recorded PBs and 12 had faster times than in 2014!!!!!! Hopefully that bodes well for the NSRRA team and individual prizes. A couple of our runners ventured a bit further, with Deb Thomas running the Stourbridge Stagger 10 and coming home 2nd lady and Joel Edwards running the Dewsbury 10k in another PB. Looks like the training over the past year has paid off, well done to all the runners and coaches.

The weekend of the 7/8 saw the X country events at Wolverhampton. The Mens team were 7th and the Ladies 14th and coincidentally both are now 11th in their respective leagues.

Some successes in the parkruns on the 7th with Christine Holmes 2nd lady at Carlisle and Lucy Corbett 1st lady at Hanley. There were 5 PBs as well from Christine, Lucy, Mark Day, James Williams and Jen Riley.

The weekend of the 14th was relatively quiet with the usual parkruns but Bryn Holmes was 2nd at Hanley. On the Sunday, 4 of our runners went to Wrexham for the Village Bakery Half. Simon Myatt had an excellent run and achieved a PB of 1:12:30 and was 7th overall. Well done Simon.

On the 21st many of our runners had a weekend in London and we had mens and ladies teams at the National X Country Championships. Congratulations to the Ladies Team, a magnificent 16th out of 93 teams and especially to Sarah Johnson who was 37th overall. We also had runners all over the country, Ali and Lee Lymer at Brighton, Kirsten Owen and Terry Wall at Blackpool, James Fowler at Portsmouth and Mark Day at Lyme Park. Locally there was more success, Chelsey Smith was 1st lady at Hanley parkrun, Mark Gorton had a PB and Simon Myatt had another great run and was the winner at the Knypersley 5m. Well done to all our runners, the weather conditions weren't exactly easy!

On the 28th we had Chris Holmes as 2nd lady (again!) at the Carlisle parkrun as well as runners at Parke, Lyme and Hanley.

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

### X Country

[Mens Birmingham League](#)[Womens CC League](#)[National Championships](#)

### Parkruns

[Hanley 7](#)[Hanley 14](#)[Hanley 21](#)[Hanley 28](#)[Marple 7](#)[Carlisle 7](#)[Carlisle 14](#)[Lyme 14](#)[Lyme 21](#)[Carlisle 28](#)[Lyme 28](#)[Parke](#)

### Other races

[Stourbridge Stagger](#)[Dewsbury 10k](#)[Southport Maddog 10k](#)[Alsager 5](#)[Village Bakery Half](#)[Brighton Half](#)[Knypersley 5](#)[Great North West Half](#)[Portsmouth Coastal Half](#)

### Sunday 1<sup>st</sup> February

#### Stourbridge Stagger 10miles

Deb Thomas 73:31 2<sup>nd</sup> Lady

#### Dewsbury 10k

Joel Edwards 44:44 PB

#### Alsager 5

	2015	2014
Simon Myatt	26:36 PB	27:50
Carl Platt	29:02	
Lee Ellis	29:20 PB	
Bryn Holmes	29:22 PB	
Scott Zikmanis	29:35 PB	30:44
Mandy Vernon	29:42	30:37
Paul Swan	30:02	
Dan Jordan	30:09 PB	31:53
Craig Taylor	30:19	
Paul Downing	30:28 PB	
Matt Plant	30:36	
Richard Longley	31:09 PB	40:xx
Ian Wilson	31:11	
Dave Pickstock	31:14	
Scott Minshall	31:23	32:20
Paul Burslem	31:34	
Rob Tabbanor	31:57	
Sam Rosillo	32:07 PB	
Dale Colclough	32:12 PB	
Chris Mosiuk	31:11	
Jon Bowman	32:30 PB	
Francis Hamlett	32:50	
Lee Jones	32:53 PB	37:31
Kevin Finney	33:36	
Mark Mayer	34:05 PB	
John Guest	34:32	
Dan Ison	34:41	
David Myatt	35:31	
Glynn Probert	35:23 PB	37:57
Kerry Widdowson	35:30	
Shaun Weston	35:58	
Graham Sheridan	36:06 PB	38:12
Kerry Dixon	36:17 PB	

Jodie Rock	36:21 PB	36:26
Bob Hardy	37:52 PB	
Paul Cotterill	37:49 PB	56:14
Phillip Pinson	38:34 PB	
Ken Bloor	39:13	
Tonia Vernon	39:17 PB	
Alan Lewis	39:21	
Harry Julian	39:21	
Stan Winterton	40:47	
Phil Thomas	42:30	
Kerry Taylor	43:15 PB	45:04
Catherine Lantsbery	43:16	
Joel Harrison	43:19	
Jen Riley	44:23 PB	
Lauren Gallagher	44:45 PB	
Sam Tidy	52:16	

**Saturday 7<sup>th</sup> February****Men's Birmingham League Div 2 – Wolverhampton**

Simon Myatt	31:30 7 <sup>th</sup>
Tom Holloway	34:28
Martin Hull	34:42
James Burrowes	35:08
Carl Platt	35:16
Ed Wilson	35:36
Scott Zikmanis	35:59
Paul Downing	36:41
Craig Taylor	37:26
Matt Plant	38:11
Paul Burlsem	38:21
Terry Wall	38:48
Phil Fortun	41:29
Lee Jones	42:10

**Mens Team**

7 Trentham RC

**Season Div 2 Overall**

11 Trentham RC

**Midland Womens CC League – Wolverhampton**

Mandy Vernon	24:28
Deb Thomas	24:52
Jodie Rock	29:12
Jill Phillips	31:49
Kirsten Owen	34:28

**Womens Team**

14 Trentham RC

**Season Div 1 Overall**

11 Trentham RC

**Carlisle parkrun 7**Christine Holmes 20:14 PB 2<sup>nd</sup> Lady**Hanley parkrun 7**

Chris Mosiuk	20:06	
Dennis Frain	21:01	
Lucy Corbett	21:26 PB	1 <sup>st</sup> Lady
Mark Gorton	21:36	
Kerry Dixon	21:59	
Richard Longley	22:06	
Shaun Weston	22:28	
Glynn Probert	22:46	
James Williams	23:26 PB	
Paul Orry	24:08	
Phil Thomas	24:38	
Emily Smith	27:53	
Jen Riley	27:56 PB	
Helen Nicholls	28:23	
Megan Battison	28:36	
Millie Holmes	30:33	
Paul Cotterill	31:29	
Graham Sheridan	31:57	
Mark Mayer	37:20	

**Marple parkrun 7**

Mark Day 22:33 PB

**Southport Maddog 10k**

Kirsten Owen 50:23

**Saturday 14<sup>th</sup> February****Carlisle parkrun 14**

Christine Holmes 20:31

**Hanley parkrun 14**

Bryn Holmes	18:48	2 <sup>nd</sup>
Chris Mosiuk	20:18	
Dennis Frain	21:23	
Lucy Corbett	22:00	
Jodie Rock	22:54	
Shaun Weston	23:16	
Kerry Dixon	24:10	
Tonia Vernon	24:48	
Glynn Probert	25:16	
Dan Ison	25:55	
Paul Orry	26:11	
Paul Cotterill	26:53	
Walter Mosiuk	26:56	
Helen Nicholls	28:21	
Emily Smith	28:30	
Millie Holmes	30:21	
Phil Thomas	30:23	
Lee Lymer	30:57	
Graham Sheridan	34:40	
Rich Chadwick	40:02	

**Lyme parkrun 14**

Mark Day 24:38

**Sunday 15<sup>th</sup> February**

**Village Bakery Half**

Simon Myatt	1:12:30 PB	7 <sup>th</sup>
Craig Taylor	1:22:38	
Alex Garcia	1:49:57	
Paul Orry	1:59:04	

**Saturday 21<sup>st</sup> February****National Cross Country****Ladies**

Sarah Johnson	33:20
Mandy Vernon	35:04
Deb Thomas	35:23
Kerry Dixon	42:10
Rose Wilson	47:30
Jill Phillips	47:58

**Team Ladies**

16	Trentham RC
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**Men**

Carl Platt	50:33
Ed Wilson	50:55
Matt Plant	55:29
Dave Pickstock	57:51
Dale Colclough	1:00:23
Phil Fortun	1:00:25

**Team Men**

106	Trentham RC
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**Hanley parkrun 21**

Richard Longley	20:36	
Ian Heath	20:45	
Mark Gorton	21:25 PB	
Chelsey Smith	21:36	1 <sup>st</sup> Lady
Leigh Matthews	23:18	
Phil Thomas	23:35	
Dan Ison	24:29	
Kirsten Owen	26:13	
Paul Orry	26:27	
Glynn Probert	27:06	
Jen Riley	27:31	
Lauren Gallagher	27:47	
Tonia Vernon	27:48	
Paul Cotterill	27:50	
Megan Battison	30:25	
Millie Holmes	30:57	
Bryn Holmes	31:00	
Graham Sheridan	36:51	

**Lyme Park parkrun 21**

Mark Day	24:14
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**Sunday 22<sup>nd</sup> February****Brighton Half**

Lee Lymer	2:08:39
Alli Lymer	2:43:39

**Knypersley 5**

Simon Myatt	28:44	1 <sup>st</sup> Place
Leigh Matthews	33:33	
John Guest	36:50	

**Great North West Half**

Terry Wall	1:33:19
Kirsten Owen	1:50:53

**Portsmouth Coastal Half Marathon**

James Fowler	2:00:57
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**Saturday 28<sup>th</sup> February****Carlisle parkrun 28**

Christine Holmes	20:08	2 <sup>nd</sup> Lady
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**Hanley parkrun 28**

Shaun Weston	21:46
Bryn Holmes	21:58
Lucy Corbett	24:34
Megan Battison	27:44
Paul Cotterill	27:44
Dave Weldon	32:26
Millie Holmes	32:36
Phil Thomas	32:49
Richard Chadwick	40:50

**Lyme parkrun 28**

Mark Day	24:37
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**Parke parkrun**

James Williams	26:52
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