

# TRENTHAM RUNNING CLUB

Page last updated 14 January 2015

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## January Races

It looks like some of our runners couldn't wait for the new year races to start with runners in the first parkruns of the year at Hanley and Congleton, not to mention the Vernons limp wrist race in Stafford. This is a race where you guess a finish time for the event and run without a watch, the runner finishing closest to their time wins. The proceeds all go to Katherine Hospice so put it in your running diary for next year. Stephen Burrows was one of the prize winners this year.

The Staffordshire X country championships in Wolverhampton were held on 3 Jan and we had both mens and ladies teams running. Some 21 Trentham runners took part with the ladies senior team 4th overall and the vets team 5th, the mens team were also 5th. Mandy Vernon was 2nd vet and won the silver AAA medal. Full results at <http://www.staffs-athletics.org.uk/> Well done to Mandy and all who took part or helped organise.

Another awesome feat of running from Janson Heath on 10th and 11th Jan. He was 2nd in the Montane Spine Challenger race with a time of 31 hours 44 minutes. This race is over 108 miles, can last 60 hours and runs between Edale and Hawes and takes in challenging and technical parts of the Pennine way. The rugged and technical race is made all the more difficult because of the conditions, limited daylight and the need to run in the dark. His blog can be found [here](#).

The team x country's also took place this weekend with the mens team racing at Burbage Common and the ladies at Droitwich. Superb result from the ladies with over 322 runners on a very squidgy surface! Special mention for Pete Clarke who was one of the race day officials. Although the runners enjoy themselves, the races wouldn't be possible without help to organise and marshal. The mens course was a "mudfest" but the team had their best performance of the season.

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

#### X Country

[Staffordshire Championships](#)

[Birmingham and District](#)

[Midland Womens](#)

#### Parkruns

[Hanley 1 Jan](#)

[Hanley 3 Jan](#)

[Hanley 10 Jan](#)

[Congleton 1 Jan](#)

[Oakwell Hall](#)

#### Other races

[Vernons Limp wrist 5 mile](#)

[Spine Challenger](#)

[WCH Trig Point Race](#)

#### Thursday 1<sup>st</sup> January

##### Vernon's Limp Wrist 5 mile

John Guest 35:19  
Stephen Burrows 36:44

##### Hanley parkrun 1 Jan

Bryn Holmes 20:08  
Leigh Matthews 20:12  
Richard Longley 20:36  
Kerry Dixon 22:08  
Lucy Corbett 23:01  
Andy Vickerman 26:28  
Graham Sheridan 26:29  
Kirsten Owen 27:01  
Nicola Jennings 28:14  
Tonia Vernon 31:45  
Phil Thomas 32:45  
Jen Riley 46:15

##### Congleton parkrun 1 Jan

Andy Vickerman 24:58

#### Saturday 3<sup>rd</sup> January

##### Staffordshire XC Championships

###### Men

Simon Myatt 34:14 9<sup>th</sup>  
Scott Zikmanis 38:42  
Ed Wilson 38:53

Craig Taylor 40:51  
 Matt Plant 41:20  
 Richard Longley 43:16  
 Dale Colclough 43:39  
 Phil Fortun 44:51  
 Andy Vickerman 46:36  
 David Myatt 49:20

**Mens Team**

5<sup>th</sup> Trentham

**Ladies**

Mandy Vernon 23:53 6<sup>th</sup> (Silver Vet Medal)  
 Deb Thomas 24:18 8<sup>th</sup>  
 Kerry Dixon 27:53  
 Lucy Corbett 28:57  
 Jodie Rock 29:02  
 Tonia Vernon 31:51  
 Kirsten Owen 34:11  
 Lee Lymer 35:42  
 Jen Riley 35:45  
 Emily Smith 36:39  
 Jacquie MacPhail 44:55

**Ladies Team**

4<sup>th</sup> Trentham

**Hanley parkrun 3 Jan**

Lee Jones 20:32  
 Dan Jordan 20:33  
 Gary Payne 23:42  
 Glynn Probert 23:57  
 Shaun Weston 24:46  
 Graham Sheridan 24:52  
 Leigh Matthews 24:59  
 Helen Nicholls 26:56  
 Kirsten Owen 27:29  
 Paul Orry 28:23  
 Meg Hickman 28:23  
 Matt Burley 28:37  
 James Fowler 28:39  
 Megan Battison 29:08  
 Phil Thomas 29:22  
 Mark Birchall 29:44  
 Paul Cotterill 29:46  
 Emily Smith 29:59  
 Joel Harrison 30:55  
 Bryn Holmes 32:48  
 Kaye Morrissey 41:47

**Saturday 10<sup>th</sup> January  
 Spine Challenger 112 Miles**

Janson Heath 31 hr 44 mins 2<sup>nd</sup>

**Hanley parkrun 10 Jan**

Richard Longley 21:37  
 Jon Bowman 21:41  
 Mark Mayer 22:13  
 Lucy Corbett 22:49  
 Glynn Probert 23:07  
 Tonia Vernon 24:34  
 James Williams 25:02  
 Graham Sheridan 26:49  
 Andrew Vickerman 27:50  
 Mark Birchall 27:58  
 Paul Cotterill 27:58  
 Megan Battison 31:03  
 Millie Holmes 33:09  
 Marie Elborn 35:50  
 Kaye Morrissey 43:55

**Oakwell Hall parkrun**

Joel Edwards 23:41

**Birmingham & District Cross Country****Race 3 – Burbage Common**Simon Myatt 36:29 7<sup>th</sup>

Scott Zikmanis 40:54

Ed Wilson 41:21

Lee Ellis 42:07

Craig Taylor 43:02

Matt Plant 44:00

Dave Pickstock 46:33

Lee Jones 48:25

Greg Julian 50:42

David Myatt 54:39

**Team**

12 Trentham

**Midland Women's Cross Country****Race 3 – Droitwich**

Mandy Vernon 27:19 18th

Deb Thomas 27:54 27th

Jodie Rock 32:53 133rd

Jill Phillips 35:34 186th

Kirsten Owen 40:11 255th

**Team**

14 Trentham

**Sunday 11<sup>th</sup> January****WCH Trig Point Race**

Andy Northwood 2:09:53

Deb Thomas 2:19:12

Phil Fortun 2:21:48

John Guest 2:46:54

Jill Phillips 2:47:07

Stephen Burrowes 2:47:07