

TRENTHAM RUNNING CLUB

Page last updated 13 September 2015

July 2015 Races

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

Parkruns

Hanley 4th	Hanley 11th	Hanley 18th	Hanley 25th	
Lyme Park 4th	Lyme Park 11th	Lyme Park 18th	Lyme Park 25th	
Congleton 4th		Cambridge 18th	Barry Island 25th	
			Conkers	

Other races

Colin Potter 10k	Buxton Carnival 4	Race to the Stones 100k	Tara Kinder Memorial 10k
Forest 5	JCB 5		South Cheshire 5k
Time Trial 28th	Birmingham triathlon	Ironman UK Bolton	Thunder Run

NSRRA

Potteries Marathon	Cheadle 4	Trentham 10	Staffs Knot 5

Summer Series

Rudyard	Ipstones	Biddulph Grange	Oakamoor

Thursday 2nd July

Summer Series – Rudyard

Stephan Walley	28:33	2 nd
Dan Jordan	31:42	
Deb Thomas	32:30	1 st Lady
Kevin Finney	33:40	
John Guest	35:39	
Kerry Widdowson	37:25	
Lucy Corbett	37:58	
Brian Tonks	40:10	

Friday 3rd July

Colin Potter 10k

Roger Grand	38:10
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Saturday 4th July

Congleton parkrun 4th

Martin Hull	18:05
Bob Hardy	21:46

Hanley parkrun 4th

Richard Longley	22:02
Dan Jordan	23:19
Paul Cotterill	23:49
Tonia Vernon	26:08
Kirsten Owen	27:05
Shaun Weston	27:31
Graham Sheridan	27:57
Mark Mayer	32:33
Kaye Morrissey	47:50

Lyme Park parkrun 4th

Mark Day	26:53
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Sunday 5th July

Potteries Marathon

Simon Myatt	2:46:49	4 th
Craig Taylor	3:00:27	
Ian Cawley	3:00:33	
Dan Jordan	3:06:36	
Deb Thomas	3:09:32	3 rd F
Roger Taylor	3:11:05	
Terry Wall	3:18:04	
Paul Burslem	3:19:23	
Jon Bowman	3:26:34	
Dave Weldon	3:28:00	
Richard Washington	3:29:06	
Simon Dunn	3:29:30	
Matt Plant	3:35:19	
Andrew Northwood	3:37:48	
Mark Gorton	3:38:33	
Scott Zikmanis	3:45:11	
Francis Hamlett	3:51:00	
Kerry Dixon	3:52:00	
Ken Bloor	3:53:39	
Warren Thomas	4:02:56	
Gary Payne	4:03:20	
Phil Pinson	4:06:43	
Mark Mayer	4:10:34	
Jill Phillips	4:11:21	
Andrew Greensmith	4:15:01	
Alastair Wilkins	4:15:02	
Shaun Weston	4:17:55	

Alan Lewis	4:20:50
Dan Bowman	4:23:36
Sharon Willis	4:23:53
Andrew Vickerman	4:25:34
James Fowler	4:29:45
Guy Priest	4:29:52
Paul Orry	4:33:36
Matt Burley	4:33:37
Joel Harrison	4:40:34
Graham Sheridan	4:51:11
Emma Burkitt	5:07:14
Dan Maddock	5:07:15
Julia Rigby	5:07:15
Kathryn Ambrose	5:17:28
Jag Chahal	5:25:48
Jacquie MacPhail	5:28:34
Phil Thomas	5:31:03
Jen Riley	5:34:53
Lisa Foxhall	5:35:13
Simon Davis	5:36:01

Race report from Dan Jordan

The return of the Potteries Marathon.

There was lots of excitement leading up to this race as it hadn't been ran for 11 years. Apparently numbers dwindled to 400 and it was no longer viable. It was replaced by the Potters 'Art' which has been successful ever since. I only started running 6 years ago so I never got to do the original races, so I really wanted to have a go at it. It is renowned for being tough – it is quite hilly and usually warm as it is ran in July. I hadn't really trained specifically for this race, it wasn't an "A" race, but I had done long runs with Debs and in addition there had been a few hilly races in the build-up – the Hereford Half, Buxton Half and then the Summer Series races as well.

On the day and meeting up with clubmates, my brother who was running, and other family who had come to watch. The facilities at the Britannia Stadium were excellent: it was the first time I've ever been to a race where they were no queues for any of the toilets! And the weather was pretty perfect too for the time of year, not too warm and a bit cloudy. And soon enough we were off, and my plan was to take it very steady as I didn't know the route, but did know there were some hills involved. Much of the pre-race talk was of hills such as Porthill Bank, but on the day there was a significant climb from the Brit all the way to the top of Meir at approx 5/6 miles. I had started behind the local girls, Debbie, Michelle and Rebecca, and had to catch them up after a loo stop! I went ahead of 2 of them at the top of Meir but Rebecca went zooming off ahead of me. I started speeding up a little here as I knew this was downhill for a while as we were now on the Potter's Art course. I had a chat with a guy from Reading which was rather amusing, because as soon as I started chatting he looked across at me and said "You talked to me at London Marathon" Haha, out of 36,000 people he was one of those I talked to!! Had a little chat with someone else as we ran down Beverly Drive talking about how strange it was to have done this route 3 weeks ago at a very different pace. Hit Leek Road and Carmountside and unfortunately, just as in the half I was alone. However, Harry Porter was ahead of me (as I'd stopped for the loo again) and so I caught him up, but was pleased to turn off at Milton and sped up a bit here. John Guest came alongside on his bike for a quick chat and then down to Holden Bridge and up towards Hanley. Saw Dale Colclough here who said "You've got company"; I knew Debbie wouldn't be far behind me!

Felt good climbing up to the halfway mark under the bridge and the handover for the relay runners. I hadn't seen any relay runners come past me (or anyone actually) and didn't find out till the end that only one team (TRC of course) was ahead of me. Then we shortly turned off towards Burslem which felt like a bit of a climb and was tough running through the town. Soon enough though we were heading down to Middleport (past a supporting Lee Ellis) and there were a large group of runners ahead of me. Looking through Bryan Dale's photos later I worked out I was in around 55th position at this point. Went past a group of about 10 runners and past a speedy (but going in the wrong direction!) Lucy Corbett, and then up Porthill Bank which was easy-peasy, don't know what the fuss was about. Was good to see Tonia Vernon marshalling at the top of the bank. Then across Wolstanton which was about the only flat part of the course and a nice little break, reeling runners in and feeling good. Dropping down into Newcastle I came past Terry Wall who was running well and looking good, and then a tougher part climbing up by the Thistleberry to the Westlands. I had a little play with the crowd here as I couldn't see anyone ahead of me so I asked them if I was in the lead. They found it hard to tell me that I wasn't! Had another drink at the water station by the roundabout at Westlands, and as with the others I walked as I drank plenty and put the rest over my head and back. The water stations were brilliant – well teamed and plenty of them. From here on in I knew it was largely downhill and we were on the Clayton 10K course which was nice. I flew down the hill and suddenly saw people ahead of me, including a Trentham vest. I caught up with him at the top of Seabridge Lane, and it was Simon Dunn, so I tried to get him going but he was really struggling. I was still feeling great here, even though it was probably 21-22 miles in, and felt like I was powering on, certainly runners were coming and going and all in the right direction ☺ Dropped down into Lyme Valley and the Park Run water station and stopped for another drink, then cracked on and was disappointed to see Roger Taylor coming back to me, felt gutted for him as his training had been brilliant but on the day he was struggling. Out of the park and up the Avenue feeling good and went past Rebecca who had really slowed, then turning to the right and a welcome drink from Sammy Jones and then the last little climb up to Penkhull and great support there which was rewarded with a round of applause from me! It really was all downhill from here, and I loved James St and caught a few more on here and then pushing hard around the streets to Sideway and got to see Lee Jones, who made it all happen, of course, on his bike. Last push over the D road and across the bridges toward the Brit and a tough little climb. And then there were the crowds and a tiny, but steep little rise up to the finish, where I gave it my all and properly powered up the hill and a sprint finish. Delighted with a 3:06, 22nd place and felt good. Watched Rebecca and then Deb come in 3rd, and then went for a cooldown run. The race went like clockwork from an organisational viewpoint. There were loads of marshals and signs, lots of water and sports drinks, and the guys doing the traffic management were great too. We were also offered water from marshals on bikes coming along as we ran. The support from the marshals and the public was fantastic; particular highlights for me were the Victoria pub in Wolstanton, the Thistleberry where there was even a band playing, and Penkhull. We were offered jelly babies and ice pops, chocolate and cakes, water and squash, and hosepipe spraying as well. Delighted at the prizegiving to find out that TRC had won the men's team prize and that I was a counter. When I looked at my online results I had a pretty good negative split too (1:34:47:1:31:49). We decamped to the pub for a few, which lead to more and a bit of a night out with Deb, Rich Longley, Warren Thomas and Kaye Morrissey. I seem to remember a late night curry too – refuelling time :-)

Thursday 9th July

Summer Series – Ippstones

Simon Myatt	34:17	1 st
Deb Thomas	43:13	1 st Lady
Kevin Finney	43:35	1 st MV55
John Guest	45:54	
Kerry Widdowson	49:34	
Lucy Corbett	49:35	
David Myatt	49:46	

Saturday 11th July

Buxton Carnival 4

Mandy Vernon	24:24	2 nd Lady
Ken Bloor	29:19	
Brian Tonks	30:21	

Race to the Stones 100k

Matt Plant	10:19
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Hanley parkrun 11th

Dave Pickstock	20:16
Leigh Matthews	21:08
Millie Holmes	23:55
Gary Payne	23:56
Shaun Weston	25:01
Phil Thomas	25:45
Guy Forrest-Hay	25:59
Megan Battison	26:05
Glynn Probert	27:31
Emily Smith	31:50
Lee Lymer	32:05
Susan Gallagher	36:46
Lauren Gallagher	36:46
Kaye Morrissey	46:30

Lyme Park parkrun 11th

Mark Day	26:02
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Sunday 12th July

Cheadle 4

Simon Myatt	22:14	2 nd
Carl Platt	23:09	3 rd
Scott Zikmanis	24:00	7 th
Roger Grand	24:17	9 th
Paul Swan	24:21	
Vinnie Martin	24:44	
Leigh Matthews	25:17	
Chris Mosiuk	25:30	
Wendy Mullineux	25:38	1 st Lady
Rob Tabbanor	26:24	
Dave Pickstock	27:25	
John Guest	27:46	
Martin Hull	28:29	
Bob Hardy	29:23	
Lucy Corbett	29:32	
Stan Winterton	29:34	

Terry Wall	29:34
Kerry Dixon	29:43
Kerry Widdowson	29:44
Lee Jones	29:46
Ken Bloor	30:15
Paul Cotterill	31:00
Lauren Gallagher	34:01
Kerry Taylor	35:25
Malcolm Rushton	35:29
Emily Smith	39:49
Lee Lymer	42:02
Ali Lymer	45:41

Race Report from Carl Platt.

Cheadle 4 is one of my favourite races. As anyone who knows me knows I love 5k's. There is a method in my madness, is to get as fast as I can for the short stuff, before stepping up to the marathon next April. Where I'm hoping the bigger mileage for the marathon next winter, will give me a good base and good marathon, then a month to recover and then back down to the 5k-10k races. I've really enjoyed racing this year, and found that it's not all about times, your times will come, I never wear a watch in a race anymore and run on feel and concentrate on the race, not the watch to try to get the best position I can, instead of putting pressure on myself that I need to run a certain time, now I'm really enjoying racing again. Cheadle 4 is a fast start, a Vale Royal runner went off and Simon was just behind, I knew I was not going to catch Simon, so my tactics were to try and get 3rd place. I let the group just behind catch me, I then sat in behind them, all the way up the climb to the top, my plan was when you hit the top, put a burst in and run as hard as I can for the last 2 miles. So we hit the top, I opened my stride and tried to speed up my cadence, relaxed down the down hill bit, I give it everything, I felt good but as I hit 3 miles, I was thinking I put the burst in too soon. The last mile was a battle but as I come round I got my 1st top 3 in 3 years, plus running the fastest times this year, for 3 years. I'm hoping with consistent training I can really kick on and start running PB's again:).

Well done everyone at Trentham, the club just keeps getting stronger and stronger :).

Wednesday 15th July

Macclesfield Forest 5

Roger Grand	38:19
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Thursday 16th July

Summer Series – Biddulph Grange

Stephan Walley	26:02	6 th
Vinnie Martin	27:13	9 th
Dan Jordan	28:15	1 st MV45
Richard Longley	28:18	1 st MV40
Deb Thomas	28:53	1 st Lady
Richard Washington	29:53	
Kevin Finney	29:58	1 st MV55
John Guest	32:48	
Kerry Widdowson	33:52	
Lucy Corbett	34:34	
Brian Tonks	35:42	

JCB 5

Scott Zikmanis	30:14	8 th
Wendy Mulineux	31:59	1 st F
Jon Bowman	33:00	
Kerry Dixon	36:43	
Lee Jones	38:42	
James Fowler	39:23	
David Pullin	39:41	
Chris Tipper	47:27	
Lisa Foxhall	53:15	
Jaquie Macphail	54:59	
Sarah Latham	57:49	
Linda Clarke	58:21	

Friday 17th July

Tara Kinder Memorial 10k

Carl Platt	36:16
Roger Grand	36:23

Saturday 18th July

Cambridge parkrun 18th

Kirsten Owen	25:53
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Hanley parkrun 18th

Leigh Matthews	19:24
Gary Payne	21:19
Millie Holmes	23:22
Shaun Weston	23:24
Rebekah Yendole	23:44
Phil Thomas	25:04
Gillian Lovatt	25:10
Tonia Vernon	25:37
Lauren Gallagher	26:19
Glynn Probert	27:07
Megan Battison	28:31
Paul Cotterill	29:42
Mark Mayer	31:26

Lee Lymer	33:13
Susan Gallagher	35:18
Kaye Morrissey	42:21

Lyme Park parkrun 18th

Mark Day	25:04
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Sunday 19th July

Trentham 10

Scott Zikmanis	38:13	3 rd
Ian Cawley	38:17	4 th
Paul Burslem	41:54	
Lynne Callaghan	45:26	
Sarah Taylor	45:51	
Ken Bloor	46:14	
Warren Thomas	46:18	
Lee Jones	46:30	
David Pullin	51:05	
Guy Forrest-Hay	56:09	
Jen Riley	58:25	
Kathryn Ambrose	61:26	

City of Birmingham Olympic Triathlon

Greg Julian	2:56:47
Swim 1500m	32:46
Bike ride 40k	1:30:10
Run 10k	53:51

Ironman UK Bolton

Andy Vickerman 14:20:18
 Swim 2.4 miles 1:29:42
 Bike Ride 112 miles 7:38:42
 Run 26.2 miles 4:48:07

Thursday 24th July**Summer Series – Oakamoor**

Stephan Walley 28:26 3rd
 Vinnie Martin 30:18 8th
 Deb Thomas 32:14 1st Lady
 Kev Finney 33:20 1st MV55
 Kerry Widdowson 37:46
 Lucy Corbett 39:37
 John Guest 43:14

Saturday 25th July**Conkers parkun**

Andy Vickerman 31:43
 Glynn Probert 31:43
 Kirsten Owen 32:17
 Graham Sheridan 32:18
 Mark Birchall 33:33
 Paul Cotterill 33:33
 Kaye Morrissey 53:37

Hanley parkrun 25th

Carl Platt 17:31 2nd
 Brian Tonks 22:54
 Shaun Weston 22:55
 Dan Ison 23:21
 Millie Holmes 24:33
 Emma Burkitt 39:38

Lyme Park parkrun 25th

Mark Day 23:56

Barry Island parkrun 25th

Jo Donnelly 28:34

Thunder Run**Solo Male**

36 Matt Burley

Solo Female

9 Jill Phillips

Pairs Male

2 Trentham Dog Walkers
 Matt Plant
 Dan Jordan

Mixed Teams

5 Trentham Allstars
 Ian Cawley
 Roger Taylor
 Wendy Mullineux
 Lee Ellis
 Scott Minshall
 Chris Mosiuk
 Deb Thomas
 Scott Zikmanis

38 Trentham Superstars
 Dave Pickstock
 Warren Thomas
 Mark Mayer
 Lee Jones
 Greg Julian
 Jon Bowman
 Phil Thomas
 Lynne Ingram

60 Green Lightning
 Dan Bowman
 James Fowler
 Kerry Dixon
 Joel Harrison
 Peter Clarke
 Beth Dawid
 Ken Pearson
 Walter Mosiuk

84 Fun-der Runners
 Charlie Cox
 Phil Fortun
 Claire Stubbs
 Lee Lymer
 Jen Riley
 Rich Chadwick
 Patricia Cotterill
 Kaye Morrissey

104 Team Green Runner Bean
 Kirsten Owen
 Paul Cotterill
 Emily Smith
 Lucy Corbett
 Glynn Probert
 Mark Birchall
 Graham Sheridan
 Dan Maddock

Tuesday 28th July**South Cheshire 5k Series**

Mandy Vernon 17:52 1st Lady
 Brian Tonks 21:50
 Kirsten Owen 25:01

Wednesday 29th July**Staffs Knot 5m**

Scott Zikmanis	30:14
Paul Swan	30:27
Terry Wall	32:13
Chris Mosiuk	32:20
Rob Tabbanor	32:43
Dave Weldon	33:31
Mark Mayer	33:55
Sarah Taylor	35:57
Dan Ison	36:34
Ken Bloor	37:27
David Pullin	39:39
Lauren Gallagher	41:38
Alli Lymer	1:04:04