

TRENTHAM RUNNING CLUB

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March 2015 Races

March started in the normal way for our runners, with entries at various events all over the place at various distances.

On 1 March these included 6 of our runners completing the Millenium Way Ultra marathon, 38 miles between Gnosall and Burton on Trent. A pleasant start to the run but wind, cold and rain at the end. All finished and Jill was 1st LV50, great result for them all. On the same day Mandy Vernon was 2nd lady at the Cheadle 5 and Emily Smith ran a PB at the Tatton Park 10k.

The weekend of 7/8th saw many great performances. It started well with Carl Platt 3rd at Hanley Parkrun and Mandy Vernon and Debbie Thomas competed at the Intercounties X Country. On the Sunday the weather started drizzly for the Stafford 20 and got worse as the day continued. Despite the awful weather we had 14 runners, and 10 PBs!!! Very well done to all those who raced and those who supported the runners. A couple of PBs also for Paul Hinton and Tom Halloway at the Oulton Park and Trafford 10ks.

On 14/15th Chris Holmes was 1st lady at Carlisle, Meg Hickman had a PB at Hanley, Carl Platt was 2nd at Telford and Mark Gorton achieved a PB at the Silverstone half.

The weekend of 21/22 was very busy!! Chris Holmes was 1st lady at Carlisle, Tonia Vernon had a PB at Hanley parkrun and then there was Stafford Half!! Another excellent turnout with 41 Trentham runners, amazingly there were 26 PBs with Paul Swan 1st MV50 and Deb Thomas 6th lady. Hopefully we got all the runners correct as some were changed entries and some ran in place of someone else.

The final weekend only had few park runners but Chris Holmes continued her winning way with 1st lady again at Carlisle. Saturday was Midlands road relays and we had 3 teams participating. The Mens team were 35th, the Womens A team 15th and the Womens B team 50th. We also had the Juniors participating in the Network Relays, results to follow. Sunday was very wet and windy but despite that we had 31 runners and 8 PBs at the Newcastle 10k with Simon Myatt 4th in a PB!

The final event of the month was the first 3k time trial of the year with 12 runners braving the dark and wet conditions.

The total for the month was nearly 200 runners competing and obviously the training is paying off as there were 50 PBs this month! Well done to all competing and helping, hope the weather improves in April!!

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

X Country

[Inter Counties](#)

Parkruns

[Hanley 7](#)
[Hanley 14](#)
[Hanley 21](#)
[Hanley 28](#)
[Carlisle 14](#)
[Telford 14](#)
[Lyme 14](#)
[Carlisle 21](#)
[Congleton 21](#)
[Exeter Riverside 21](#)
[Carlisle 28](#)
[Congleton 28](#)
[Lyme 28](#)

Other races

[Cloud 9](#)
[Millenium Way Ultra](#)
[Cheadle 5](#)
[Tatton Park 10k](#)
[Stanley Park 10k](#)
[Stafford 20](#)
[Oulton Park 10k](#)
[Trafford 10k](#)
[Milton Keynes 20m](#)
[Silverstone Half](#)
[Ashby 20](#)
[Wilmslow Half](#)
[Stafford Half](#)
[Midlands Road relays Men](#)
[Midlands Road relays Women](#)
[Liverpool Half](#)
[Newcastle 10k](#)
[Time Trial 31 March](#)

Sunday 1st March

Cloud 9

John Guest 1:15:18

Cheadle Spring 5

Mandy Vernon	30:02	2 nd Lady
Ian Wilson	31:11	
Dennis Frain	35:29	
Gary Payne	36:39	
Phil Thomas	39:33	
Ken Bloor	43:51	
Alan Lewis	44:12	

Millennium Way Ultra

Jill Phillips	6:44:16	1st FV50
Andy Vickerman	6:59:20	
Matt Burley	7:25:12	
Mark Birchall	7:53:18	
Graham Sheridan	7:53:18	
Katherine Ambrose	10:50:04	

Tatton Park 10k

Emily Smith 58:29 PB

Stanley Park 10k

Matt Plant 39:29

Saturday 7th March

Hanley 7

Carl Platt	17:36	3 rd
Mark Day	21:41	
Dan Jordan	22:12	
Kerry Dixon	23:35	
James Williams	24:08	
Tonia Vernon	24:28	

Phil Thomas	25:53
Kirsten Owen	26:24
Lauren Gallagher	27:32
Richard Longley	28:10
Graham Sheridan	28:19
Megan Battison	28:58
Millie Holmes	30:52
Dave Weldon	34:38

Inter County XC Champs

Mandy Vernon	29:09
Deb Thomas	30:13

Sunday 8th March**Stafford 20**

Paul Burslem	2:15:11
Dan Jordan	2:19:14 PB
Scott Zikmanis	2:21:47 PB
Jon Bowman	2:23:51 PB
Chris Mosiuk	2:25:51 PB
Lee Jones	2:26:24 PB
Phil Fortun	2:34:43
Mark Gorton	2:35:57 PB
Dan Ison	2:36:28
Mark Mayer	2:37:27 PB
Shaun Weston	2:39:26
Kerry Widdowson	2:42:54 PB
Jodie Rock	2:56:15 PB
James Fowler	3:24:09 PB

Oulton Park 10k

Paul Hinton	1:00:05 PB
Nicola Jennings	1:07:04

Trafford 10k

Stephan Walley	33:57
Tom Halloway	34:43 PB
Dave Pickstock	39:19

Milton Keynes 20m

Kirsten Owen	2:56:51
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Saturday 14th March**Newcastle parkrun 14**

James Williams	23:20
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Carlisle parkrun 14

Christine Holmes	20:13	1 st Lady
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Hanley parkrun 14

Dan Jordan	19:35
Lucy Corbett	22:17
Lee Jones	25:33
Meg Hickman	25:34 PB
Megan Battison	27:30
Tasmin Burley	27:34
Matt Burley	27:36
Bryn Holmes	27:37
Millie Holmes	27:37
Emily Smith	28:39
Lee Lymer	29:47
Mark Mayer	34:39
Dave Weldon	36:38

Telford parkrun 14

Carl Platt	16:58	2 nd
James Fowler	25:01	
Lauren Gallagher	25:13	

Lyme parkrun 14

Mark Day	25:09
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Sunday 15th March**Silverstone Half**

Mark Gorton	1:31:19 PB
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Saturday 21st March**Carlisle parkrun 21**

Christine Holmes	20:31	1 st Lady
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Congleton parkrun 21

Dave Weldon	20:04
Bob Hardy	23:08

Hanley parkrun 21

Dennis Frain	20:51
Lee Jones	21:40
Gary Payne	21:41
Tonia Vernon	23:52 PB
Graham Sheridan	24:28
Kirsten Owen	27:23
Phil Thomas	27:25
Kerryann Maddock	31:16
Richard Longley	31:36

Exeter Riverside parkrun 21

James Williams	23:01
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Sunday 22nd March**Ashby 20**

Kirsten Owen	2:56:14
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Wilmslow Half

Mandy Vernon	1:22:10
Dan Jordan	1:23:40
Richard Longley	1:26:44 PB
Barry Smith	1:27:13

Stafford Half

Carl Platt	1:18:28	
Scott Zikmanis	1:19:04 PB	
Bryn Holmes	1:19:54 PB	
Paul Swan	1:20:10 PB	1 st MV50

Terry Wall	1:24:39 PB
Andrew Northwood	1:25:17
Chris Mosiuk	1:27:25 PB
Sam Rosillo	1:27:39 PB
Deb Thomas	1:27:50 6 th Lady
Lee Jones	1:29:21 PB
Vicky Norton	1:30:39 PB
Dave Weldon	1:31:36
Mark Gorton	1:32:25
Dan Ison	1:35:21 PB
Shaun Weston	1:37:29 PB
Kerry Dixon	1:37:51 PB
Glynn Probert	1:38:04 PB
Joel Edwards	1:38:09 PB
Jodie Rock	1:38:52 PB
Gaz Kinsella	1:40:34 PB
Greg Julian	1:40:57
Phil Pinson	1:44:08 PB
Graham Sheridan	1:45:18
Mark Birchall	1:47:10 PB
Dan Bowman	1:47:38
James Fowler	1:50:15 PB
Paul Cotterill	1:51:02 PB
Claire Stubbs	1:51:11
Dave Piper	1:52:47
Walter Mosiuk	1:54:17
Tom Davis	1:56:23 PB
Simon Davis	1:56:42 PB
Lauren Gallagher	2:00:40
Joel Harrison	2:03:36
Emma Burkitt	2:03:58
Samantha Hall	2:04:51
Jen Riley	2:05:35 PB
Nicola Jennings	2:06:04 PB
Helen Nicholls	2:07:08 PB
Paul Hinton	2:19:22 PB
Patricia Cotterill	2:49:28 PB

Saturday 28th March**Midland Road Relays – Men**

Thomas Halloway	32:54
Stephan Walley	17:21
Craig Taylor	36:20
Leigh Matthews	21:18
Daniel Jordan	34:46
Scott Zikmanis	18:43
David Pickstock	35:46
Bryn Holmes	18:32
Terry Wall	19:40
Matthew Plant	19:35
Chris Mosiuk	19:23
Richard Longley	18:56
35 Trentham RC	4:53:14

Midland Road Relays – Women

Sarah Johnson	18:33
Mandy Vernon	18:38
Kerry Dixon	22:44
Deborah Thomas	20:07
Vicky Norton-Taylor	21:33
Lucy Corbett	22:17
15 Trentham RC [A]	2:03:52

Rosemary Wilson	29:39
Kirsten Owen	25:16
Jen Riley	27:01
Lauren Gallagher	25:37
Tonia Vernon	25:06
Jacquie Macphail	32:57
50 Trentham RC [B]	2:45:36

Carlisle parkrun 28

Christine Holmes	21:08	1 st Lady
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Congleton parkrun 28

Sam Newton	20:56
James Williams	22:54

Hanley parkrun 28

Lee Jones	24:22
Gary Payne	24:23
Millie Holmes	31:26
Mark Mayer	37:20
Susan Gallagher	37:58

Lyme Park parkrun 28

Mark Day	25:18
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Sunday 29th March**Liverpool Half**

Sharon Willis	1:50:52
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Newcastle 10k

Simon Myatt	34:30 PB	4 th
Nasar Rafiq	37:50 PB	
Paul Swan	38:09	
Ian Wilson	38:16	
Dave Pickstock	40:07	
Dan Jordan	40:48	
Chris Mosiuk	40:51	
Dave Weldon	42:06 PB	
Paul Burslem	42:16	
John Guest	42:33	
Lee Jones	42:58	
Dennis Frain	43:04	
Mark Mayer	43:07 PB	
Dan Ison	43:51	
Shaun Weston	44:17	
Gary Payne	44:50	
Lucy Corbett	45:02 PB	
Bob Hardy	47:11	
Phillip Pinson	47:34 PB	

James Fowler	49:11 PB
James Williams	50:17
Claire Stubbs	50:19
Alan Lewis	50:27
Lauren Gallagher	53:00
Kerry Taylor	54:40
Jen Riley	54:47
Malcolm Rushton	55:33
Lee Lymer	59:55
Lisa Foxhall	1:07:12 PB
Alli Lymer	1:09:30
Jacque MacPhail	1:10:34

Time Trial 31 March

Lee Jones	11:15
Francis Hamlett	11:26
Deborah Thomas	11:42
Mark Gorton	11:51
Dale Colclough	11:58
Greg Julian	12:24
Stephen Burrowes	12:28
Andrew Greensmith	12:45
Rich Cotton	12:50
Claire Stubbs	13:18
James Fowler	13:20
Alistair	13:54 (estimate)