

TRENTHAM RUNNING CLUB

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Navigation

[Home Page](#)
[About Trentham](#)
[Membership Details](#)
[Training Groups](#)
[Trentham 10](#)
[Dave Clarke 5 K](#)
[Werrington 10K](#)
[Cross Country](#)
[Junior Section](#)
[Older News & Reports](#)
[Club Championships](#)
[Club Records](#)
[Useful Links](#)
[Contact Details](#)
[News & Events](#)

May 2015 Races

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

The parkruns continue on the first weekend and we had members running at even more locations over the country. Performance of the day was Carl Platt, 2nd at Telford in 16:43. Performance of the weekend was the ladies team who were 3rd at Uttoxeter Half. On the second weekend we had first lady and 2nd male with Chris Holmes at Carlisle in 20:33 and Bryn Holmes at Hanley in 18:16. The 10th was a great day, obviously the training is paying off with 15 PBs at Market Drayton 10k from the faster runners right through the field to the not-so-quick runners. There was also a great win for Debbie Thomas at the Hereford Half marathon. On the 13th was the next NSRRA event at Clayton with Simon Myatt 1st overall as well as 9 PBs for other runners and the team prize for the mens team!! For a change there was the Christleton 5k on the 15th, which is proving a popular distance, and Richard Longley got a PB.

Lots of runners at the Parkruns on 16th but nothing exciting except Lucy Corbett coming home 1st lady at Hanley. The Trentham men competed in the Masters relays on the same day and the V65 team of Dennis Frain, Stan Winterton and John Corbett were 4th overall. On the 17th we had 4 runners at the Chester Half with Mark Mayer achieving a PB. The same day saw Kathryn Ambrose competing at the Dukeries 40 and she completed the course in 9 hrs 39 minutes, she has provided [race report](#) which is well worth a read.

There was a new race on 19th, the Silverdale Dash, which was well supported by our runners. Tasmin Burley was 1st girl, Stephan Walley was 2nd overall, Simon Dunn 1st M50, Dave Myatt 1st M60, and Tonia Vernon 1st F40!

Another parkrun at Barry Island for Jo Donnelly on 23rd resulted in her being 2nd lady. The Summer Series race at Tittesworth saw Simon Myatt and Stephan Walley heading the field in 1st and 2nd places respectively and the ladies did well with Deb Thomas finishing 2nd lady. Stephan continued his week with a 2nd place at the Wincle Trout run on 30th, Tonia Vernon was 1st lady at the Keswick parkrun on the same day and Phil Fortun raced the Excalibur Marathon in Wales which had 5000 ft of ascents! His race report is [here](#).

Finally, the last day also saw more success with the ladies continuing their winning ways with Deb Thomas 1st lady at the Buxton Half and Mandy Vernon 1st lady at the Sinfin Classic 10k.

Overall, in May we raced at distances from 5k to 40 miles and there were about 19 1st to 3rd places and 27 PBs. A great month for the club and a massive well done to everyone who raced.

Parkruns

Hanley 2nd	Hanley 9th	Hanley 16th	Hanley 23rd	Hanley 30th
Telford 2nd	Carlisle 9th		Telford 23rd	
Lyme Park 2nd	Congleton 9th	Congleton 16th	Congleton 23rd	
		Marple 16th	Lyme Park 23rd	Lyme Park 30th
Barry Island 2nd			Barry Island 23rd	Keswick 30th

Other races

Uttoxeter Half	Liverpool Spring 10k	Market Drayton 10k	Hereford Half
Donna Louise 10k	Clayton 10k	Christleton 5k	Dukeries 40
Masters Relay	Chester Half	Silverdale Dash	Silverdale Fun Run
Excalibur Marathon	Sinfin Classic 10k	Wincle Trout	
Summer Series Tittesworth	Buxton Half		

Saturday 2nd May
Hanley parkrun 2nd

Richard Longley	18:24	4th
Bryn Holmes	19:03	8th
Martin Hull	19:59	
Dave Weldon	20:29	
Dennis Frain	21:21	
Lucy Corbett	21:58	
Kerry Dixon	25:37	
Tonia Vernon	25:46	
Paul Cotterill	26:11	
Phil Thomas	26:12	
Graham Sheridan	26:17	
James Fowler	26:18	
Kirsten Owen	27:02	
Megan Battison	28:29	
Millie Holmes	28:32	
Dan Ison	28:43	
Jen Riley	35:04	

Telford parkrun 2nd

Carl Platt	16:43	2nd
Lauren Gallagher	23:40	

Lyme Park parkrun 2nd

Mark Day	25:00
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Barry Island parkrun 2nd

Joane Donnelly	20:37
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Sunday 3 rd May		
Uttoxeter Half		
Simon Myatt	1:19:03	4th
Paul Swan	1:23:28	
Mark Mayers	1:37:06	
Dan Ison	1:38:54	
Chris Mosiuk	1:41:17	
John Guest	1:41:38	
Bob Hardy	1:42:04	
Stan Winterton	1:42:27	
Gary Payne	1:44:34	
Sarah Taylor	1:46:39	
Kenneth Bloor	1:47:00	
Kerry Dixon	1:48:14	
Jodie Rock	1:49:40	
Alan Lewis	1:56:25	
Jen Riley	2:13:25	
Malcolm Rushton	2:20:14	
Team Results		
Mens	6th	
Ladies	3rd	
Liverpool Spring 10K		
Sharon Willis	50:41	
Saturday 9 th May		
Carlisle parkrun 9th		
Christine Holmes	20:33	1st Lady
Congleton parkrun 9th		
Sam Newton	20:14	8th
Hanley parkrun 9th		
Bryn Holmes	18:16	2nd
Dennis Frain	20:54	
Gary Payne	21:54	
Kerry Dixon	23:37	
Phil Thomas	24:43	
Dan Ison	24:56	
May Mayer	24:56	
Mille Holmes	27:47	
Paul Cotterill	30:54	
Sunday 10 th May		
Market Drayton 10k		
Carl Platt	35:05	
Lee Ellis	35:49	
Scott Zikmanis	36:37	PB
Richard Longley	37:10	PB
Craig Taylor	37:20	
Mark Gorton	41:30	PB
Warren Thomas	41:35	
Richard Chadwick	43:35	PB
Bob Hardy	44:25	PB
Lucy Corbett	44:44	PB
Tom Davis	49:44	PB
Kirsten Owen	51:20	
Kerry Taylor	51:53	PB
Terry Wall	51:54	
Nicola Jennings	54:12	PB
Naomi Dudley-Hulme	54:31	PB
Helen Nicholls	55:13	PB
Jen Riley	56:45	
Daniel Maddock	57:15	
Paul Cotterill	57:17	
Lee Lymer	57:18	
Liz Rowley	58:23	PB
Rebecca Davis	58:25	PB
Paul Hinton	59:08	PB
Simon Davis	1:02:05	
Kerry Ann Maddock	1:03:45	PB
Alli Lymer	1:17:04	
Hereford Half Marathon		
Dan Jordan	1:24:25	8th
Deb Thomas	1:27:31	1st Lady
Donna Louise 10k		
Frank Hamlett	43:47	
Phil Fortun	47:23	
Ken Bloor	49:23	
James Fowler	49:28	
Phil Thomas	55:05	
Wednesday 13 th May		
Clayton 10k		
Simon Myatt	35:33	1st
Bryn Holmes	36:51	PB
Paul Swan	37:11	
Scott Zikmanis	38:02	
Leigh Matthews	38:11	PB

Dan Jordan	38:22 PB
Craig Taylor	38:38
Simon Dunn	38:59
Scott Minshull	40:30
Chris Mosiuk	40:38
Terry Wall	40:53
Mark Mayer	41:31
Dave Pickstock	41:38
Kevin Finney	42:02 PB
Rob Tabbenor	42:07
Dave Weldon	43:13
Phil Fortun	43:41
Gary Payne	44:11
Lucy Corbett	44:12 PB
Sarah Taylor	44:54
Kerry Dixon	45:01 PB
Bob Hardy	45:29
Stan Winterton	45:42
Kerry Widdowson	45:54
Glynn Probert	46:37
Phil Pinson	46:59 PB
Ken Bloor	48:17
Tonia Vernon	49:17 PB
Dan Cawley	49:29
Lauren Gallagher	50:28 PB
Steven Farmer	51:05
Alan Lewis	52:37
Jen Riley	53:47
Catie Lantsbery	54:48
Malcolm Rushton	55:00

Trentham Male Team WinnersFriday 15th May

Christleton 5k	
Simon Myatt	16:07
Stephan Walley	16:14
Carl Platt	16:15
Roger Grand	17:02
Richard Longley	17:24 PB
Dave Pickstock	20:30

Saturday 16th

Congleton parkrun 16th	
Brian Tonks	23:18
Simon Lovatt	24:23
Gillian Lovatt	25:21
Tasmin Burley	26:22
Matt Burley	26:24

Hanley parkrun 16th

Martin Hull	18:39	5th
Richard Longley	20:00	8th
Dave Weldon	20:59	
Lucy Corbett	21:25 PB	1st Lady
Graham Sheridan	22:24	
Lauren Gallagher	24:24	
Guy Forrest-Hay	26:30	
Kerry Dixon	27:57	
Tonia Vernon	28:18	
Reuben Hamlett	29:05	
Frank Hamlett	29:06	
Mark Mayer	29:06	
Paul Cotterill	31:09	
Warren Thomas	31:10	
Emily Smith	31:23	
Victoria Riley	33:07	
Susan Gallagher	38:37	
Kaye Morrissey	39:41	

Marple parkrun 16th

Mark Day	23:07
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Master Relays

M65

4th Trentham RC

Dennis Frain	20:08
Stan Winterton	21:10
John Corbett	20:46

Sunday 17th May

Chester Half

Jon Bowman	1:27:39
Mark Mayer	1:31:15 PB
Scott Minshull	1:37:32
Paul Hinton	2:17:07

Dukeries 40

Kathryn Ambrose	9 hrs 39 minutes
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Here is Kathryn's Race Report

On Sunday I completed the longest race I've done to date - the 40 mile option of the Dukeries. Coming only nine weeks after my debut ultra at Millennium Way (a very tough, muddy and cold 38 miler), I was optimistic that I'd have a good run, given that the 38 miles was pretty relevant preparation. In the interim I did relatively little - three runs of 14 miles plus, including a 20 miler. Time and circumstances (children with tummy bugs anyone?) meant that I didn't do any back-to-back long runs, but what I lacked in physical exercise, I certainly gained in sleep deprivation.

I had been told beforehand by the fabulous ultra runner (and my inspiration!) Jill Phillips that the course was MUCH easier than Millennium Way. Yes, it was hillier, but at least I would have the mental and physical break of a few undulations as opposed to the relentless flat stretches along the canal. There was also little navigation involved as the course was fully marked out. This was a great relief to me as my skills in this area are somewhat lacking.

Alarm went off at 5:45 on race morning, after a distinctly disturbed night. Staying over in a hotel near the start was a good idea, but my little girl was spooked by the unfamiliar surroundings and woke throughout the night. I had, however, had the foresight to bank sleep on the previous two nights so didn't feel too bad. Had my usual pre-race breakfast of Weetabix with soya milk and banana, then headed off to meet my fellow Trentham buddy, John Guest, who had kindly offered to give me a lift to the start line. Race HQ was at an aptly-named social club - they certainly were friendly! Enjoyed the pre-race banter and ensured I'd had several toilet visits before we set off on our way at 7:30. Delighted to discover I had been assigned No. 1 - only by virtue of my name beginning with A, I can assure you - not, as one lovely lady assumed, that I was last year's winner! I can but dream... Settled into my planned pace pretty quickly after a too fast first mile. I was already the back marker in the field and decided I was more than happy to keep it that way. My first ultra taught me that if you are finding the pace anything but dead easy in the first 20 miles, you are going too fast! The strategy clearly worked as there was very little difference between my splits early in the race and late on.

The first seven miles before Checkpoint 1 were characterised by the most stunning woodland, which was awash with bluebells. It felt relatively flat, although the Garmin said otherwise. That's the thing when you come from Staffs - you know hills! Took what was to become my standard loot from the aid station of two jam sandwiches, an Oreo and a handful of Hula Hoops and headed off as quickly as I could. I didn't intend to lose any time nattering!

There was a good distance until the next stop at Mile 18, so I knew I would need to use my own food too. Tried to space it out so I didn't go more than three miles without something - my usual Trek bars and Trek protein flapjacks. The terrain continued to undulate as I went through Sherwood Forest. Got a bit spooked by a few dogs off leads here, and made the first of several navigation errors that were to cost me a sub 9 hour finish. I only went a few minutes out of the way before I realised I had lost the red and white tape that I swear I am going to have nightmares about (!), but the retracing of steps also took time and energy. Felt a bit woozy and spaced out at about Mile 15 but food sorted that.

Checkpoint Two was only small, and it was here that I discovered that I was not the last person to be accounted for. I suspect a few people may have got lost, although the excellent marking made that seem unlikely. Felt very positive and strong as I approached the halfway point in 4:20, and started to believe I could shatter my goal of a sub 10 hour finish. This took another blow, however, at Mile 23 - in stopping to admire Cresswell Crags, I took another wrong turn, costing me yet more precious minutes. Not after here it was time for another checkpoint and then it was back on the road again - quite literally, as this part saw the course take in some minor roads. Didn't enjoy this bit as it seemed to impede my rhythm and my legs felt like they were taking a pounding. Adding this road section to the compacted trails was starting to hurt, especially as I had opted for trail shoes over road shoes. Went through the marathon mark in 5:50 feeling fine, however, and used this to spur me on - only 13.8 miles to go (plus the extra where I had gone wrong, but I was trying not to think about that). Mile 28 was time for a long overdue toilet stop and I felt much better after that, grinding out a couple of fast miles (relatively speaking!).

Mile 31 was probably the toughest point - not because of the distance, but because I thought I had gone wrong again. Phoned the 'helpline' to check I was on the right track because that damned tape had disappeared! Having been reassured I was right, I carried on and the next few miles were relatively uneventful coming into the last checkpoint, woo hoo! Was tired but feeling absolutely awesome as I knew that I'd smash sub 10 barring a complete disaster, and this confidence meant that I kept running even up some pretty mean hills. Was quite used to my own company by this stage and actually enjoyed talking to myself... Good job the trails were deserted!

The last few miles became a mental game as I knew the end was near, but I wasn't quite sure how near as I knew I had gone further than the 40. One last minor problem with missing tape and another call to the HQ at Mile 38 was quickly overcome and the Garmin soon ticked over to 40 miles done in 9:12 moving time. As the time got to nearer 5pm and the 9.5 hour mark, I hoped I could do it, but as signs of civilisation got closer, it became apparent that I'd fall just short. But I'd still smash my sub 10 aim! Back into Walesby and the tape just kept coming... But finally there it was - the finish line, and even better, my fabulous support crew were waiting there for me. Completely choked up as I ran the last 100m of the 9:39 with my little man, who'd had a brilliant day in Sherwood Forest.

Come to think of it, so had I.

Tuesday 19th

Silverdale Dash

Stephan Walley	28:59	2 nd
Simon Dunn	32:58	1 st M50
Paul Burslem	34:31	
Warren Thomas	36:22	
Frank Hamlett	36:57	
Phil Fortun	37:00	
David Myatt	37:32	1 st M60
Mark Gorton	37:36	
Brian Tonks	40:37	
Kerry Dixon	40:55	
Tonia Vernon	41:24	1 st F40
Steve Farmer	42:16	
Phil Thomas	42:23	
Graham Sheridan	43:00	
Mark Birchall	43:01	
Dave Wheatley	43:04	
Paul Orry	43:05	
James Williams	44:01	
Chris Tipper	48:28	
Helen Nicholls	50:22	
Kerryann Maddock	56:19	
Dan Maddock	56:20	
Lisa Foxhall	58:10	
Jacque MacPhail	61:02	

Silverdale Fun Run

Tasmin Burley	3:18	1 st Girl
James Maddock	3:57	
Reuben Hamlett	4:46	

Saturday 23rd May

Congleton parkrun 23rd

Martin Hull	18:21	4 th
Richard O'Keeffe	22:04	
Claire Stubbs	24:02	

Hanley parkrun 23rd

Wendy Mullineux	18:28
Dave Pickstock	19:10
Richard Longley	19:15

Dan Jordan	20:42
Mark Gorton	21:22
Gary Payne	21:49
Kerry Dixon	23:27
Tonia Vernon	24:07
Lauren Gallagher	25:24
Millie Holmes	25:57
Megan Battison	26:02
Paul Cotterill	29:05
Reuben Hamlett	30:58
Kathryn Ambrose	32:08
Susan Gallagher	38:22

Telford parkrun 23rd

James Fowler	23:22
Phil Thomas	23:24

Lyme Park parkrun 23rd

Mark Day	24:47
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Barry Island parkrun 23rd

Joanne Donnelly	20:11	2nd Lady
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Thursday 28th May**Summer Series - Tittesworth**

Simon Myatt	26:22	1st
Stephan Walley	27:00	2nd
Lee Ellis	28:37	
Vinnie Martin	28:43	
Dan Jordan	30:34	
Deb Thomas	31:37	2nd Lady
Kevin Finney	32:39	
Dennis Frain	33:09	
John Guest	34:16	
David Myatt	34:25	
Kerry Widdowson	35:23	
Lucy Corbett	35:48	
Brian Tonks	37:01	

Saturday 30th May**Wincle Trout**

Stephan Walley	40:01	2nd
Matt Plant	49:37	
Terry Wall	50:48	
Dan Ison	58:37	

Hanley parkrun 30th

Dan Jordan	18:56
Bryn Holmes	20:38
Gary Payne	21:15
Lucy Corbett	21:47
Graham Sheridan	24:32
Jon Bowman	24:55
Millie Holmes	25:17
Lauren Gallagher	25:34
Paul Cotterill	30:00
Guy Forrest-Hay	30:05
Warren Thomas	31:34
Susan Gallagher	35:24
Kathryn Ambrose	43:15

Lyme Park parkrun 30th

Mark Day	24:18
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Keswick parkrun 30th

Tonia Vernon	23:53	1st Lady
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Excalibur Marathon

Phil Fortun 5:00:02

Here is Phils race report.

"As some of you will know, I'm one of those who likes the longer, off-road stuff and enjoy getting out and about to various parts of the UK for these events. Yesterday I did something called the Excalibur Marathon, a fell/trail marathon over the Clwydian fells in North Wales with some 5,000ft of ascent.

A tough one this in an area I've never explored before, but I can 100% recommend it. Great event, well organised and marshalled, for Claire House Children's Hospice (their local Donna Louise) so a good cause too.

I was first, and last, in for TRC in 23rd place out of 130 starters. I had planned for 5h30 or thereabouts, but had a good run and felt strong up the last big climb to the main summit on the range, Moel Famau, then got told by the summit marshals it was 1.25 miles to the finish, mostly downhill. My watch said 4h48.55...so I went hell for leather downhill...5hrs was perhaps on. As fast as my legs had left through the finish line, unable to slow down enough to prevent scattering the kind helpers 10 yards further on waiting with medals and goodies!! My time? 5hrs and 2 seconds...grr! But still chuffed as I took over 4 mins out of the two other runners I overtook just before the summit of Moel Famau, so I must have been shifting on that final descent.

All in all, great fun, highly recommended...and the pub I stayed at overnight was ace too!"

Sunday 31st May**Buxton Half Marathon**

Dan Jordan	1:30:02	
Deb Thomas	1:31:36	1st Lady
Terry Wall	1:35:51	

Sinfin Classic 10k

Carl Platt	35:27	6th
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Roger Grand	36:41 PB	13th
Mandy Vernon	37:20	1st Lady