

# TRENTHAM RUNNING CLUB

Page last updated 11 January 2016

## November 2015 Races

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

#### Parkruns

<a href="#">Hanley 7th</a>	<a href="#">Hanley 14th</a>	<a href="#">Hanley 21st</a>	<a href="#">Hanley 28th</a>	
<a href="#">Whitley Bay 7th</a>	<a href="#">Congleton 14th</a>		<a href="#">Cambridge 28th</a>	
<a href="#">Lyme Park 7th</a>	<a href="#">Lyme Park 14th</a>	<a href="#">Lyme Park 21st</a>		
<a href="#">Conwy 7th</a>	<a href="#">Wythenshawe 14th</a>	<a href="#">Salisbury 21st</a>	<a href="#">Marple 28th</a>	

#### Other races

<a href="#">Dovedale Dash</a>	<a href="#">Abergele 5</a>	<a href="#">Cheshire 10k</a>	<a href="#">Mo Running 10k</a>
<a href="#">Conwy Half</a>	<a href="#">Matthew Walker 10k</a>	<a href="#">Cheddleton Xmas Pudding 10k</a>	<a href="#">Cheddleton Xmas Pudding fun Run</a>
<a href="#">Burntwood Aquathlon</a>			

#### NSRRA

<a href="#">Flying Fox 10</a>			
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#### X - Country

<b>North Staffs</b>			
<a href="#">Winsford Juniors</a>	<a href="#">Winsford Men</a>	<a href="#">Winsford Ladies</a>	<a href="#">Full results Photos</a>
<a href="#">Stafford Juniors</a>	<a href="#">Stafford Ladies</a>	<a href="#">Stafford Men</a>	<a href="#">Full results Photos</a>
<a href="#">Park Hall Juniors</a>	<a href="#">Park Hall Ladies</a>	<a href="#">Park Hall Men</a>	<a href="#">Full Results Photos</a>
<b>Uttoxeter</b>			
<b>Others</b>			
<a href="#">National Police championships</a>	<a href="#">BDICCL – Race 1 Leamington</a>	<a href="#">Women's MWCCL – Race 1 Leamington</a>	

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

##### Flying Fox 10

Simon Myatt	57:02	2 <sup>nd</sup>
Paul Swan	1:02:21	
Scott Zikmanis	1:04:39	
Scott Minshall	1:05:10	
Dan Jordan	1:07:43	
Rob Tabbanor	1:07:51	
Paul Burslem	1:09:13	
John Guest	1:11:47	
Mark Mayer	1:13:16	
Stan Winterton	1:14:47	
Stephen Burrowes	1:15:08	
Sarah Taylor	1:15:14	
Phil Fortun	1:15:46	
Kerry Dixon	1:16:15	
Dan Ison	1:18:12	
Joanne Stanfield	1:18:19	
Lee Jones	1:18:30	
Alan Lewis	1:22:16	
Jill Phillips	1:22:57	
Ken Bloor	1:23:51	
Malcolm Rushton	1:31:25	
Kathryn Ambrose	1:34:34	
Kerry Taylor	1:36:45	
Sarah Jackson-Hedges	1:41:29	
Lee Lymer	1:48:46	
Jacquie MacPhail	1:53:16	
Ali Lymer	2:19:08	

##### Dovedale Dash

Andy Vickerman	40:07
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##### Abergele 5

Mandy Vernon	30:04	1 <sup>st</sup> FV40
Stephan Whalley	31:16	3 <sup>rd</sup> MV35
Deb Thomas	32:42	

#### Wednesday 4th November

##### National Police X Country Championships 6 miles

Paul Swan	37.55	1st V50
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#### Saturday 7<sup>th</sup> November

##### Cheshire 10k

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Dave Wheatley	46:08	
<b>Whitley Bay parkrun 7th</b>		
Phil Thomas	25:50	
<b>Hanley parkrun 7th</b>		
Mark Mayer	23:02	
Dan Jordan	25:01	
Rebekah Yendole	25:27	
Emily Braverman	27:02	
Paul Orry	27:09	
Megan Battison	27:37	
Kathryn Ambrose	37:31	
Paul Cotterill	43:22	
Jen Riley	43:23	
Tonia Vernon	56:31	
<b>Lyme Park parkrun 7th</b>		
Mark Day	33:51	
<b>Conwy parkrun 7th</b>		
Bryn Holmes	18:59	3 <sup>rd</sup>
Millie Holmes	24:24	
Ellis Nevitt	27:44	
<b>Men's BDICCL – Race 1 Leamington</b>		
Simon Myatt	37:17	6 <sup>th</sup>
Ed Wilson	43:17	
Roger Grand	43:25	
Terry Wall	44:19	
Craig Taylor	46:37	
Paul Burslem	46:37	
Matt Plant	49:00	
Lee Jones	51:49	
<b>Women's MWCCL – Race 1 Leamington</b>		
Mandy Vernon	25:56	
Deb Thomas	27:52	
Kristina Dulson	29:07	
Kerry Dixon	31:15	
Rose Wilson	34:37	
Jill Phillips	35:34	
<b>Saturday 14<sup>th</sup> November</b>		
<b>Congleton parkrun 14th</b>		
Sam Newton	19:23	3 <sup>rd</sup>
Stan Winterton	21:27	
<b>Wythenshawe parkrun 14th</b>		
Sam Mulhall	21:12	9 <sup>th</sup>
<b>Hanley parkrun 14th</b>		
Tony White	23:53	
Emily Braverman	26:10	
Kirsten Owen	26:22	
Lauren Gallagher	26:37	
Kerry Dixon	26:40	
Graham Sheridan	27:31	
Phil Thomas	27:31	
Millie Holmes	29:38	
Reuben Hamlett	35:58	
<b>Lyme Park parkrun 14th</b>		
Mark Day	25:29	
<b>North Staffs XC – Parkhall Juniors</b>		
<b>U11 Boys</b>		
Ed Shaw	10:22	
Lewis Dowd	11:39	
Myles Hubbard	11:54	
James Maddock	12:58	
<b>U11 Boys Team</b>		
8	Trentham RC	108
<b>U13 Boys</b>		
Arthur Hughes	12:15	
Ellis Nevitt	13:22	
<b>U15 Boys</b>		
George Hughes	12:17	
<b>U11 Girls</b>		
Bekah Yendole	9:15	
Ella Vaughan	10:08	
Beth Nevitt	10:34	
<b>U11 Girls Team</b>		
7	Trentham RC	98
<b>U13 Girls</b>		
Millie Holmes	10:11	
Kiera Finney	11:13	
Megan Battison	11:17	
Freya Bettany	11:31	
Tasmin Burley	11:32	
Abi Yendole	13:31	
<b>U13 Girls Team</b>		
8	Trentham RC	80

U15 Girls  
Chloe Armstrong Simcock 13:30

**North Staffs XC – Parkhall Senior Women**

Mandy Vernon 22:55 1<sup>st</sup>  
Debbie Thomas 24:00 5<sup>th</sup>  
Kristina Dulson 24:49  
Kerry Dixon 26:44  
Tonia Vernon 28:53  
Julia Rigby 28:59  
Rose Wilson 30:11  
Jill Phillips 31:32  
Jen Riley 33:09  
Kathryn Ambrose 33:20  
Helen Nicholls 34:32  
Kerry-Ann Maddock 36:48

Senior Women's Team  
1 Trentham RC 48

**North Staffs XC – Parkhall Senior Men**

Simon Myatt 37:35 7<sup>th</sup>  
Vinnie Martin 39:02 9<sup>th</sup>  
Luke Boulton 39:09  
Ian Wilson 39:14  
Stephan Walley 39:55  
Carl Platt 42:13  
Lee Ellis 42:15  
Roger Grand 42:40  
Leigh Matthews 43:05  
Bryn Holmes 43:45  
Ed Wilson 44:14  
Roger Taylor 44:21  
Scott Zikmanis 44:26  
Ian Cawley 44:44  
Richard Washington 45:42  
Ian Heath 45:50  
Scott Minshall 46:01  
Terry Wall 46:30  
Paul Burslem 47:49  
Mark Mayer 50:43  
Matt Plant 50:46  
Matt Burley 50:50  
Lee Jones 51:59  
Dave Myatt 53:02  
Paul Cotterill 53:57  
Malcolm Rushton 60:24

Mens Senior Team  
2 Trentham RC 93

Sunday 15th November

**Burntwood Aquathlon**

Greg Julian

**400m swim 7min 57sec**  
**5K run 24min 49sec**  
**total 32.46**

**Position 40 out of a field of 99**

**Super vet Position 5th**

Saturday 21<sup>st</sup> November

**Hanley parkrun 21st**

Carl Platt 19:51 1<sup>st</sup>  
Bryn Holmes 21:32 8<sup>th</sup>  
Kerry Dixon 24:07  
Tony White 24:20  
Brian Tonks 25:49  
Rebekah Yendole 26:52  
Emily Braverman 28:18  
Phil Thomas 28:34  
Ken Bloor 28:49  
Ellis Nevitt 29:05  
Graham Sheridan 29:15  
Glynn Probert 29:16  
Lauren Gallagher 29:38  
Nicola Jennings 30:02  
Reuben Hamlett 31:19  
Andy Vickerman 31:20  
Paul Cotterill 47:32

**Lyme Park parkrun 21st**

Mark Day 23:43

**Salisbury parkrun 21st**

Alan Lewis 24:41

**Mo Running 10K – Birmingham**

Scott Zikmanis 38:55 1<sup>st</sup>

Sunday 22<sup>nd</sup> November

**Conwy Half Marathon**

Terry Wall 1:36:41  
Matt Plant 1:39:19  
Lee Jones 1:39:43  
Dave Wheatley 1:45:23  
Lucy Corbett 1:47:47  
Peter Caulfield 2:03:41  
Chris Tipper 2:06:44  
Michelle Powner 2:17:35  
Paul Hinton 2:27:36  
Jacquie MacPhail 2:31:27  
Jacinta Phillips 2:38:04

Sunday 22<sup>nd</sup> November

<b>Matthew Walker 10k</b>		
Roger Grand	36:19	
<b>Saturday 28<sup>th</sup> November</b>		
<b>Cambridge parkrun 28th</b>		
Colin Moody	24:47	
Emily Braverman	26:53	
<b>Hanley parkrun 28th</b>		
Bryn Holmes	20:00	
Glynn Probert	22:57	
Tony White	23:28	
Graham Sheridan	23:42	
Guy Forrest-Hay	26:04	
Lauren Gallagher	26:34	
Kirsten Owen	27:41	
James Williams	28:15	
Millie Holmes	28:23	
Megan Battison	28:39	
Reuben Hamlett	29:44	
Phil Thomas	33:29	
Paul Cotterill	51:45	
<b>Marple parkrun 28th</b>		
Ellis Nevitt	28:24	
<b>Cheddleton Xmas Pudding 10K</b>		
Simon Myatt	34:25	3 <sup>rd</sup>
Carl Platt	37:36	8 <sup>th</sup>
Scott Zikmanis	38:29	
Mandy Vernon	38:33	1 <sup>st</sup> Lady
Ed Wilson	39:18	
Ian Heath	40:54	
Rob Tabbanor	41:00	1 <sup>st</sup> MV55
Debbie Thomas	41:42	2 <sup>nd</sup> Lady
Paul Burslem	42:13	
John Guest	44:13	
David Myatt	44:37	
Sarah Taylor	45:19	
Kerry Dixon	45:45	
Jon Bowman	46:30	
Terry Wall	46:45	
Richard Chadwick	46:45	
Matt Plant	46:45	
Kerry Widdowson	47:42	
Dan Ison	49:23	
Brian Tonks	49:31	
Alan Lewis	50:14	1 <sup>st</sup> MV75
Ken Bloor	50:36	
Lee Jones	50:52	
Jill Phillips	51:05	
Tonia Vernon	51:38	
<b>Cheddleton Xmas Pudding Fun Run</b>		
Caitlin Taylor	17:41	
Craig Taylor	17:44	
Josh Riley	19:15	
Darcy Riley	22:37	
Jen Riley	22:39	
Jackson Bowman		
Dan Bowman		
Sarah Heath		
Kerry Taylor		
Summer Taylor		