

# TRENTHAM RUNNING CLUB

Page last updated 05 November 2015

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## October 2015 Races

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

### Parkruns

<a href="#">Hanley 3rd</a>	<a href="#">Hanley 10th</a>	<a href="#">Hanley 17th</a>	<a href="#">Hanley 24th</a>	<a href="#">Hanley 31st</a>
<a href="#">Cardiff 3rd</a>				
<a href="#">Congleton 3rd</a>	<a href="#">Congleton 10th</a>			<a href="#">Congleton 31st</a>
<a href="#">Lyme Park 3rd</a>	<a href="#">Lyme Park 10th</a>	<a href="#">Lyme Park 17th</a>	<a href="#">Lyme Park 24th</a>	<a href="#">Lyme Park 31st</a>
	<a href="#">I of Wight 10th</a>			
	<a href="#">Salisbury 10th</a>	<a href="#">Cambridge 17th</a>	<a href="#">Luton Wardown</a>	

### Other races

<a href="#">Shelton 10k</a>	<a href="#">MNBA Chester marathon</a>	<a href="#">Cardiff Half</a>	<a href="#">Milford Mash Up 10k</a>
<a href="#">RoundRotherham50miles</a>	<a href="#">Birmingham Half</a>	<a href="#">Lisbon Half</a>	<a href="#">Snowdonia Marathon</a>
<a href="#">Halloween Hellraiser</a>			

### NSRRA

<a href="#">Congleton Half</a>	<a href="#">Werrington 10k</a>	<a href="#">Werrington Juniors</a>	

### 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</a>			
<a href="#">Uttoxeter</a>			
<b>Midlands Counties Relays 17th</b>			
<a href="#">Mens</a>	<a href="#">Ladies</a>	<a href="#">Ladies Masters</a>	<a href="#">Juniors</a>

Saturday 3<sup>rd</sup> October

**Cardiff parkrun 3rd**  
Kirsten Owen 26:02

**Congleton parkrun 3rd**  
**Ed Wilson 18:08 4<sup>th</sup>**

**Hanley parkrun 3rd**  
**Bryn Holmes 19:14 4<sup>th</sup>**  
Christopher Smith 23:41  
Rebekah Yendole 23:42  
Shaun Weston 23:45  
Tony White 24:18  
Millie Holmes 25:20  
Graham Sheridan 25:26  
Guy Forrest-Hay 26:00  
Ken Bloom 26:13  
Megan Battison 26:24  
Ellis Nevitt 29:04  
Mark Mayer 31:18

**Lyme Park parkrun 3rd**  
Mark Day 23:11

Sunday 4<sup>th</sup> October

**Shelton 10k**  
**Roger Grand 35:36 7<sup>th</sup> PB 1st V40**  
**Mandy Vernon 37:47 3rd Lady**

**MNBA Chester Marathon**  
Ian Cawley 3:00:43  
Barry Smith 3:23:14  
Dan Maddock 4:35:06  
Nicola Jennings 4:39:18

**Cardiff Half**  
Kirsten Owen 1:53:15

**Congleton Half**  
**Simon Myatt 1:17:09 3<sup>rd</sup>**  
Scott Minshall 1:21:40  
Scott Zikmanis 1:22:44  
**Wendy Mullineux 1:23:02 1<sup>st</sup> Lady**  
Leigh Matthews 1:25:36  
Craig Taylor 1:26:21  
Dan Jordan 1:26:58  
Jon Bowman 1:28:00  
Rob Tabbanor 1:29:01  
Deb Thomas 1:30:19  
Terry Wall 1:30:19  
Mark Mayer 1:31:07

Martin Hull	1:31:07
Paul Burslem	1:31:38
Dave Weldon	1:33:26
Frank Hamlett	1:36:57
John Guest	1:36:55
Sarah Taylor	1:38:35
Dan Ison	1:39:07
Stephen Burrowes	1:40:20
Glynn Probert	1:40:41
Lee Jones	1:40:51
Joel Harrison	1:40:51
Stan Winterton	1:40:59
Kerry Dixon	1:41:32
Kerry Widdowson	1:43:15
Joanne Stansfield	1:43:31
Paul Cotterill	1:44:52
Phil Pinson	1:47:47
Greg Julian	1:47:57
Alan Lewis	1:49:49
James Fowler	1:54:11
Kerry Taylor	2:00:50
Malcolm Rushton	2:03:19
Lauren Gallagher	2:07:59
Kathryn Ambrose	2:11:17
Lee Lymer	2:20:56
Jacque MacPhail	2:35:07
<b>Saturday 10<sup>th</sup> October</b>	
<b>Congleton parkrun 10th</b>	
Richard O'Keeffe	22:29
<b>Medina IOW parkrun 10th</b>	
Lauren Gallagher	28:06
<b>Hanley parkrun 10th</b>	
Leigh Matthews	18:32 1 <sup>st</sup>
Bryn Holmes	18:37 3 <sup>rd</sup>
Phil Mainwaring	20:10
Chris Smith	23:36
Tony White	24:18
Millie Holmes	24:46
Lee Jones	24:58
Jon Bowman	24:58
Jill Phillips	25:05
Kerry Dixon	26:14
Graham Sheridan	26:18
Glynn Probert	26:19
Paul Cotterill	31:03
James Fowler	33:48
Nicola Jennings	49:28
Jen Riley	52:48
<b>Lyme Park parkrun 10th</b>	
Mark Day	24:16
<b>Salisbury parkrun 10th</b>	
Alan Lewis	24:20
<b>Milford Mash Up 10k</b>	
Helen Nicholls	1:03:17
Kerry-Ann Maddock	1:08:23
<b>Saturday 17<sup>th</sup> October</b>	
<b>Round Rotherham 50miles</b>	
Roger Taylor	7:28:54 6 <sup>th</sup>
<b>Midlands Counties XC Relays</b>	
<b>Mens</b>	
Trentham A 13th	
Leigh Matthews	17:22
Simon Myatt	16:58
Roger Grand	18:48
Lee Ellis	18:09
Trentham B 26th	
Craig Taylor	20:29
Scott Zikmanis	19:18
Terry Wall	20:02
Ed Wilson	18:57
<b>Ladies</b>	
Trentham A 6 <sup>th</sup>	
Mandy Vernon	19:02
Lynne Callaghan	21:56
Deb Thomas	20:06
Trentham B 24 <sup>th</sup>	
Kerry Dixon	22:12
Lauren Gallagher	28:05
Catie Raynor	28:11
<b>Ladies Masters</b>	
Trentham 10th	
Julia Rigby	23:23
Rose Wilson	25:36
Jill Phillips	25:47
<b>Juniors</b>	
Jennifer Bates	11:23
Tasmin Burley	11:31
<b>Cambridge parkrun 17th</b>	
Emily Braverman	25:56
<b>Hanley parkrun 17th</b>	
Phil Mainwaring	19:59
Sam Mulhall	21:51
Warren Thomas	22:24
Dan Ison	23:22
Chris Smith	24:04
Tony White	24:05
Millie Holmes	26:28
Camille Smythe	27:05
Ellis Nevitt	27:58
Kerry Dixon	27:59
Graham Sheridan	28:01
Mark Birchall	28:01
Glynn Probert	28:02
Paul Orry	28:48
Sam Tidy	31:01
Emily Smith	31:09

Kathryn Ambrose	31:13	
Jen Riley	43:43	
<b>Lyme Park parkrun 17th</b>		
Mark Day	24:33	
<b>Sunday 18<sup>th</sup> October</b>		
<b>Birmingham Half</b>		
Greg Julian	1:40:34	
Hannah Parrott	1:48:22	
Dan Maddock	2:35:58	
<b>Werrington Junior Race</b>		
George Hughes	4:02	
Arthur Hughes	4:30	
Oliver Amos	4:31	
Millie Holmes	4:31	
Meg Battison	4:44	
Ellis Nevitt	4:57	
Eric Hughes	5:01	
Ellie Bloomer	5:04	
Ella Vaughan	5:15	
Molly Barlow	5:18	
Beth Nevitt	5:38	
Izzy Bloomer	5:57	
<b>Werrington 10k</b>		
Simon Myatt	35:09	2 <sup>nd</sup>
Scott Minshall	36:34	3 <sup>rd</sup>
Paul Swan	37:28	6 <sup>th</sup>
Ian Cawley	37:39	9 <sup>th</sup>
Scott Zikmanis	37:48	
Bryn Holmes	37:54	
Leigh Matthews	38:26	
Dan Jordan	38:46	
Wendy Mullineux	39:08	2 <sup>nd</sup> Lady
Rob Tabbanor	39:42	
Terry Wall	40:06	
Craig Taylor	40:38	
Paul Burslem	41:32	
John Guest	42:41	
Mark Mayer	43:27	
Sarah Taylor	44:44	
Stephen Burrowes	44:58	
Matt Burley	45:09	
Stan Winterton	45:19	
Joanne Stansfield	46:20	
Lee Jones	46:23	
Ken Bloor	49:05	
Alan Lewis	49:50	
Jen Riley	52:47	
Malcolm Rushton	52:49	
Kerry Taylor	53:13	
Lauren Gallagher	53:31	
Camille Smyth	54:46	
Megan Hickman	58:24	
Michelle Pownner	62:06	
Sarah Latham	63:50	
Jennifer Cotton	64:54	
<b>Lisbon Half Marathon</b>		
Richard Longley	1:34:41	
James Fowler	1:57:38	
Joel Harrison	2:00:26	
Claire Stubbs	2:02:52	
Paul Cotterill	2:04:22	
Walter Mosiuk	2:04:23	
Kirsten Owen	2:04:49	
Pete Clarke	2:04:49	
Jacque MacPhail	2:32:16	
<b>Saturday 24<sup>th</sup> October</b>		
<b>Luton Wardown parkrun</b>		
Sam Tidy	31:27	
<b>Hanley parkrun 24th</b>		
Phil Mainwaring	19:28	4th
Bryn Holmes	23:48	
Christopher Smith	24:22	
Shaun Weston	24:38	
Vikki Ridgway	25:18	
Kerry Dixon	26:32	
Millie Holmes	28:28	
<b>Lyme Park parkrun 24th</b>		
Mark Day	24:08	
<b>North Staffs Cross Country – Stafford Juniors</b>		
<b>U11 Boys</b>		
P Edmond	6:58	
Lewis Dowd	7:42	
James Maddock	8:47	
<b>U11 Boys Team</b>		
9	Trentham RC	120
<b>U13 Boys</b>		
Daniel Collins	11:41	
Ellis Nevitt	14:33	
<b>U11 Girls</b>		
Bekah Yendole	6:36	
Ella Vaughan	7:46	
Beth Nevitt	7:47	
<b>U11 Girls Team</b>		
8	Trentham RC	109
<b>U13 Girls</b>		
Olivia Ball	6:00	
Tasmin Burley	6:44	
Millie Holmes	6:47	
Kiera Finney	7:10	
Freya Bettany	7:25	
Ellie Bloomer	8:03	
Abi Yendole	9:14	
<b>U13 Girls Team</b>		
6	Trentham RC	61

**U17 Women**

Meg Hickman 22:13

**Senior Women**

Mandy Vernon	20:27	3 <sup>rd</sup>
Debbie Thomas	21:02	8 <sup>th</sup>
Kristina Dulsón	21:44	
Kerry Dixon	22:54	
Lynne Callaghan	23:06	
Julia Rigby	24:17	
Tonia Vernon	25:46	
Rose Wilson	25:56	
Jill Phillips	26:56	
Nicola Jennings	27:16	
Jen Riley	28:02	
Kathryn Ambrose	29:18	
Kerry-Ann Maddock	30:51	
Lee Lymer	31:45	
Ali Lymer	40:56	

**Senior Women Team**

1 Trentham RC 56

**Senior Men**

Vinnie Martin	37:02
Ian Wilson	38:13
Lee Ellis	39:03
Scott Minshall	39:20
Tom Holloway	39:37
Ed Wilson	39:41
Leigh Matthews	39:49
Ian Cawley	39:49
Bryn Holmes	39:59
Roger Taylor	40:32
Scott Zikmanis	40:34
Richard Longley	41:28
Terry Wall	42:07
Craig Taylor	42:31
Paul Burslem	43:07
Matt Plant	45:01
Mark Mayer	45:37
Lee Jones	46:56
Glynn Probert	47:13
Greg Julian	48:04
Paul Cotterill	50:26
Tony Wright	55:05
Ken Pearson	56:22
Malcolm Rushton	56:32

**Senior Men Team**

2 Trentham RC 254

**Snowdonia Marathon**

Andy Vickerman	4:01:56
Ken Bloor	4:42:23

**Sunday 25<sup>th</sup> October****Halloween Hellraiser**

Simon Myatt	58:33	1 <sup>st</sup>
Sam Newton	1:10:12	
Paul Burslem	1:11:10	
Ken Bloor	1:34:57	

**Saturday 31<sup>st</sup> October****Congleton parkrun 31st**

Sam Newton	19:43
Richard O'Keefe	22:29

**Hanley parkrun 31st**

Carl Platt	18:14	2 <sup>nd</sup>
Bryn Holmes	21:59	
Christopher Smith	23:30	
Tonia Vernon	23:39	
Lucy Corbett	23:46	
Tony White	24:04	
Dan Ison	24:44	
Paul Cotterill	25:39	
Kirsten Owen	25:43	
Lauren Gallgher	26:11	
Warren Thomas	26:25	
Meg Hickman	27:39	
Megan Battison	28:17	
Dave Piper	28:17	
Andy Vickerman	28:21	
Shaun Weston	29:54	
Graham Sheridan	30:13	
Phil Thomas	30:14	
Sarah Latham	31:06	
Emily Smith	31:13	
Jen Riley	31:47	
Kerry Dixon	32:44	
Camille Smyth	33:42	
James Maddock	34:04	
Kerryann Maddock	34:10	
Kathryn Ambrose	34:38	

**Lyme Park parkrun 31st**

Mark Day	23:07
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