

TRENTHAM RUNNING CLUB

Page last updated 30 September 2015

September 2015 Races

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

Parkruns

Hanley 5th	Hanley 12th	Hanley 19th	Hanley 26th	
Carlisle 5th	Newcastle 12th	Carlisle 19th		
Telford 5th	Fulham Palace 12th	Lyme Park 19th	Lyme Park 26th	
		Conwy 19th		

Other races

Joust 24hr	Wolverhampton Half	Wilne 10k	Lichfield 10k
Great North Run	Gritstone Grind	Bude Pirate Run	
MCAA Road Relays Ladies	MCAA Road Relays Men	Stoke 10k	Moddershall 5
Nottingham Marathon			

NSRRA

South Cheshire 20	Ipstones 5ish	St Thomas 7	

North Staffs X - Country

Winsford Juniors	Winsford Men	Winsford Ladies	Full results Photos
Stafford			
Park Hall			
Uttoxeter			

Time Trial

29th			
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Saturday 5th September

[Carlisle parkrun 5th](#)

Christine Holmes 20:09 1st Lady

[Hanley parkrun 5th](#)

Richard Longley 20:00
 Bryn Holmes 20:43
 Phillip Mainwaring 20:54
 Dave Pickstock 23:06
 Andrew DeFries 23:19
 Lauren Gallagher 25:01
 Jill Phillips 25:08
 Kirsten Owen 25:43
 Rebekah Yendole 25:51
 Glynn Probert 26:06
 Guy Forrest-Hay 26:38
 Megan Battison 27:17
 Tonia Vernon 28:01
 Kathryn Ambrose 28:01
 Kerry Dixon 28:09
 Paul Cotterill 28:10
 Emily Smith 32:31
 Susan Gallagher 35:22

[Telford parkrun 5th](#)

James Fowler 23:57

[Joust 24hr \(reduced to 17.5hrs\)](#)

Dave Wheatley/Graham Sheridan 104 miles

Sunday 6th September

[Wolverhampton Half Marathon](#)

Dave Piper 2:02:06

[Wilne 10k](#)

Stephan Walley 34:29

[South Cheshire 20](#)

Craig Taylor 2:15:28
 Matt Plant 2:19:15
 Paul Burslem 2:20:38
 Dan Jordan 2:26:01
 Dave Weldon 2:28:33
 Dan Ison 2:40:34
 Mark Mayer 2:42:21
 Kerry Widdowson 2:46:37
 John Guest 2:50:42
 Kerry Dixon 3:01:28

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Alan Lewis	3:01:37	
Lee Lymer	4:07:47	
Saturday 12th September		
Newcastle parkrun 12th		
Kirsten Owen	25:18	
Carlisle parkrun 12th		
Christine Holmes	20:10	1 st Lady
Hanley parkrun 12th		
Bryn Holmes	19:51	
Jon Bowman	20:17	
Kristina Defries	20:50	
Richard Longley	21:11	
Christopher Smith	24:22	
Dan Ison	25:33	
Rebekah Yendole	26:46	
Gu Forrest-Hay	27:34	
Millie Holmes	28:01	
Graham Sheridan	29:26	
Paul Cotterill	29:26	
Fulham Palace parkrun 12th		
Sarah Johnson	18:35	
Ipstones 5-ish		
Simon Myatt	28:55	3 rd
Scott Minshall	29:36	5 th
Scott Zikmanis	30:13	6 th
Leigh Matthews	31:36	
Craig Taylor	31:59	
Rob Tabbanor	32:57	1 st M55
John Guest	36:27	
Stan Winterton	38:51	1 st M70
Ken Bloor	41:22	
Kerry Taylor	44:44	
Malcolm Rushton	46:31	
Sunday 13th September		
Lichfield 10k		
Lynne Callaghan	43:04	
Chris Tipper	55:07	
Helen Nicholls	56:35	
Great North Run		
Mark Gorton	1:38:07	
James Fowler	1:52:26	
Sharon Willis	1:59:25	
Alistair Hulse	2:10:18	
Gritstone Grind		
Richard Chadwick	7:58:13	
Andrew Vickerman	7:58:21	
Matt Burley	8:32:41	
Jill Phillips	8:32:42	
Kathryn Ambrose	11:03:59	
Bude Pirate Run		
Kerry Dixon	1:15:41	
Saturday 19th September		
MCAA Road Relays - Ladies		
18 Trentham A		
Mandy Vernon	15:31	
Kristina Dulson	17:36	
Lucy Corbett	20:23	
Deb Thomas	17:02	
63 Trentham B		
Jill Phillips	21:58	
Rosemary Wilson	21:31	
Camille Smyth	22:16	
Nicola Jennings	21:51	
MCAA Road Relays - Men		
42 Trentham		
Roger Grand	20:53	
Vinnie Martin	21:08	
Richard Longley	21:57	
Lee Ellis	21:54	
Ian Cawley	21:49	
Leigh Matthews	23:24	
Carlisle parkrun 19th		
Christine Holmes	19:49	1 st Lady
Hanley parkrun 19th		
Bryn Holmes	19:10	4 th
Phil Mainwaring	20:48	
Glynn Probert	22:44	
Brian Tonks	23:44	
Tasmin Burley	24:29	
Matt Burley	24:30	
Millie Holmes	24:36	
Tony White	24:57	
Megan Battison	26:27	
Paul Cotterill	27:32	
Kathryn Ambrose	39:08	
Lyme Park parkrun 19th		
Mark Day	25:27	
Conwy parkrun 19th		
James Williams	25:00	
Sunday 20th September		
St Thomas' 7		
Simon Myatt	40:49	2 nd
Scott Minshall	42:58	5 th
Scott Zikmanis	43:44	6 th
Paul Swan	43:54	7 th
Leigh Matthews	44:46	
Craig Taylor	45:22	
Rob Tabbanor	46:05	

Dan Jordan	47:08
Paul Burslem	47:21
Roger Taylor	47:51
John Guest	49:12
Terry Wall	49:18
Dave Weldon	49:49
Mark Mayer	50:06
Kerry Widdowson	51:53
Dan Ison	52:08
Sarah Taylor	52:16
Phil Fortun	52:52
Stan Winterton	53:00
Joanne Stanfield	54:32
Kerry Dixon	55:46
Ken Bloor	58:28
Alan Lewis	59:01
Malcolm Rushton	1:02:47
Kerry Taylor	1:02:48
Lee Lymer	1:13:33
Ali Lymer	1:26:47

Stoke 10K

Ian Cawley	37:06	3 rd
Jon Bowman	40:01	
Paul Thomas	43:52	
Joel Harrison	44:32	
Warren Thomas	45:40	
Julia Rigby	47:04	
Dennis Hughes	48:28	
Sarah Latham	51:42	
Dave Piper	52:15	
James Fowler	52:23	
Guy Forrest-Hay	52:27	
Chris Tipper	53:33	
Camille Smyth	55:54	

Saturday 26th September**North Staffs XC – Winsford****U11 Boys**

Ed Shaw	9:46
James Maddock	12:12

U13 Boys

Daniel Collins	15:27
Tom Lemmon	15:56
Arthur Hughes	17:51
Team	
10 Trentham RC 133	

U15 Boys

George Hughes	19:07
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U11 Girls

Bekah Yendole	6:58
Ella Vaughan	8:05

U13 Girls

Olivia Ball	8:26	5 th
Tasmin Burley	9:40	
Kiera Finney	10:08	
Millie Holmes	10:10	
Megan Battison	10:20	
Freya Bettany	10:58	
Ellie Bloomer	11:30	
Chloe Dickens	12:05	
Abi Yendole	13:09	
Team		
9 Trentham RC 86		

U15 Girls

Chloe Armstrong Simcock	20:15
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Senior Women

Mandy Vernon	20:43	3 rd
Wendy Mullineux	20:45	
Debbie Thomas	21:33	
Kristina Dulson	22:53	
Kerry Dixon	24:19	
Julia Rigby	25:35	
Lucy Corbett	26:15	
Tonia Vernon	26:34	
Jill Phillips	27:53	
Rose Wilson	28:04	
Jen Riley	29:39	
Lee Lymer	30:18	
Nicola Jennings	30:39	
Helen Nicholls	30:53	
Kerry-Ann Maddock	31:49	
Kathryn Ambrose	32:17	
Ali Lymer	39:45	
Team		
1st Trentham RC 38		

Senior Men

Vinnie Martin	38:31
Martin Hull	39:20
Scott Minshall	39:41
Lee Ellis	40:40
Ian Wilson	40:49
Ian Cawley	40:54
Lee Matthews	41:53
Richard Longley	42:37
Craig Taylor	43:21
Bryn Holmes	43:32
Terry Wall	43:51
Dan Jordan	44:10
Mark Mayer	49:12
Francis Hamlett	49:42
Matt Burley	50:37
Paul Cotterill	52:01
Graham Sheridan	54:00
Matt Plant	57:14
Team	
2nd Trentham RC 220	

Hanley parkrun 26th

Carl Platt	18:28	1 st
Jon Bowman	19:07	5 th
Shaun Weston	23:12	
Tony White	24:46	
Guy Forrest-Hay	26:44	

Lucy Corbett	28:43	
Graham Sheridan	31:20	
Millie Holmes	35:36	
Megan Battison	35:36	
Kathryn Ambrose	36:31	
Susan Gallagher	40:15	
Lyme Park parkrun 26th		
Mark Day	23:55	
Moddershall 5		
Paul Swan	31:13	3 rd
Roger Taylor	31:30	4 th
Bryn Holmes	32:35	5 th
Richard Washington	33:57	7 th
Matt Burley	37:59	
Lee Lymer	46:40	
Sharon Edwards	51:37	
Ali Lymer	65:44	
Nottingham Marathon		
Phil Fortun	3:36:09	
Time Trial 29th		
Richard Longley	9.59	
Jon Bowman	10.15	
Jason Thomas	10.21	
Daniel Jordan	10.26	
Roger Taylor	10.30	
Richard Washington	10.34	
Rob Tabbanor	10.35	
Ian Heath	10.40	
Richard Chadwick	10.44	
Martin Hull	11.08	
Deborah Thomas	11.14	
Kristina Defries	11.29	
Richard Cotton	11.55	
Joel Harrison	11.55	
Andrew Greensmith	12.25	
Rosemary Wilson	13.42	