

TRENTHAM RUNNING CLUB

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April 2016 Races

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

Congratulations to;

Week 1

The relays were this weekend with the Mens A team 29th and the Ladies Team 17th. At the Newcastle 10k we had 31 runners with Simon Myatt 3rd, Rob Tabbanor 3rd VM55, Kristina Dulson 2nd Lady, Stan Winterton 1st VM70, Sarah Taylor 2nd VW45 and Alan Lewis 3rd VM70.

Week 2

Another cracking run by Alan Lewis at the Manchester marathon, 1st V75 which must also be a club record and Carl Platt finished 90th.

Week 3

The races seem to be increasing in number and our runners are going further afield. Notable results for this weekend include Simon Dunn 1stMV50 and Deb Thomas 1st Female, Kristina Dulson 3rd, Vicky Norton 5th and Kerry Dixon 9th at the first Spring Treble race at Kibblestone, Phil Mainwaring 1st at the Newcastle Trail Marathon, Kirsten Owen 1st Lady at the Dougie Mac 5k and Bryn Holmes completing the Boston Marathon in 3:25:50.

Week 4

The second Spring Treble race at Milford saw Deb Thomas winning with Kristina Dulson 3rd and Vicky Norton 5th, same placing as Race 1! Debbie now leads the series in the ladies category and Kristina is 3rd. In the men's race Jason Burgess was 8th in the race and is 6th overall. At Hanley parkrun Lee Watson was 2nd in 17:43. Sunday was marathon day with 14 of our runners in either London or Blackpool. Simon Myatt had an impressive run in 2:39:50 with many of our runners sub 4:00:00.

Week 5

Despite the snow and cold weather 35 brave souls turned out to run in the Time Trial as well as a few others who just came for a run. Everyone was a winner with the fastest time of 9:44 to Darren Perry and many thanks to the timekeepers Jill Phillips and Tell Wall.

Mid-week saw another Club record with Mandy Vernon 1st FV45 in 18:02 at the Mid Cheshire 5k. The following day saw many winners at the Barlaston Ups and Downs, Luke Boulton 1st, Jason Burgess 3rd, Deb Thomas 1st, Kristina Dulson 3rd, Vicky Norton 5th, (same placing for these ladies 3 at all 3 races!!).

Overall the mens team of Jason Burgess, Simon Dunn, Richard Chadwick and Mark Mayer were 1st. Not to be outdone the ladies team of Deb Thomas, Kristina Dulson and Vicky Norton were also 1st. Overall female winners were Deb Thomas 1st with Kristina Dulson 3rd with Vicky Norton winning the F40 category. Overall male winners were M50 Simon Dunn and M55 Rob Tabbanor.

Best parkruns of the final weekend were Richard Longley 4th at Hanley in 18:57, and Sam Newton 4th at Congleton in 18:13.

Parkruns

Lincoln parkrun 2nd			Cambridge parkrun 23rd	Shrewsbury parkrun 30th	
Hanley parkrun 2nd	Hanley parkrun 9th	Hanley parkrun 16th	Hanley parkrun 23rd	Hanley parkrun 30th	
Conwy parkrun 2nd				Salisbury parkrun 30th	
Wilmslow parkrun 2nd					
	Congleton parkrun 9th	Congleton parkrun 16th	Congleton parkrun 23rd	Congleton parkrun 30th	
	Lyme Park parkrun 9th	Lyme Park parkrun 16th	Lyme Park parkrun 23rd	Lyme Park parkrun 30th	

Other races

Mens 12 Stage Relays	Womens 6 Stage Relays	Chester Spring 5	Newcastle Way Trail Marathon
Wilmslow Half Marathon	Paris Marathon	Derby 10k	Dougie Mac 5k
Manchester Marathon	Newcastle 10k	Boston Marathon	
Kibblestone Clamber (Spring Treble Race 1)	Milford Murder (Spring Treble Race 2)	Spring Treble – Barlaston Ups & Downs Male	Spring Treble – Barlaston Ups & Downs Female
London Marathon	Blackpool Marathon	Spring Treble - Overall Series Winners	3k Time Trial 26th

X - Country

Saturday 2nd April

Lincoln parkrun 2nd

Sam Newton 18:46

Hanley parkrun 2nd

Gary Payne 25:15
 Shaun Weston 26:07
 Glynn Probert 26:07
 Kirsten Owen 28:05
 Kerry Dixon 28:06
 Megan Battison 30:13
 Millie Holmes 30:19
 Dave Elborn 31:51
 Tonia Vernon 31:52
 Isabelle Bloomer 33:12
 Beverley Parry 35:38
 Jo Garside 38:03

Conwy parkrun 2nd

Guy Forrest-Hay 27:26

Wilmslow parkrun 2nd

Richard O'Keeffe 23:10

Midlands Multi Stage Relays

Mens 12 Stage relays

29th Trentham RC A

Scott Zikmanis 33:12
 Bryn Holmes 31:39
 Adam Grew 33:03
 Glynn Probert 36:01
 Luke Boulton 17:30
 Carl Platt 17:31
 Martin Hull 18:43
 Jon Bowman 19:33
 Mark Mayer 20:44
 Dave Pickstock 20:12
 Richard Chadwick 19:40
 Terry Wall 19:36

Trentham RC B

Peter Clarke 47:09
 Matt Plant 35:36
 Lee Jones 38:54
 Phil Pinson 35:30
 Craig Taylor 20:19
 Paul Cotterill 22:09
 Andy Vickerman 24:30
 Greg Julian 23:26

Womens 6 Stage Relays

17th Trentham RC

Mandy Vernon 32:48
 Kerry Dixon 22:20
 Deb Thomas 34:24
 Rose Wilson 23:52
 Lauren Gallagher 24:38
 Emily Smith 31:46

Sunday 3rd April

Wilmslow Half Marathon

Scott Zikmanis 1:33:48
 Terry Wall 1:34:58
 Warren Thomas 1:54:11

Paris Marathon

Chris Hardman 4:52:03

Newcastle 10k

Simon Myatt 33:54 3rd
 Ian Cawley 38:31
 Simon Dunn 39:22
 Rob Tabbanor 40:32 2nd VM55
 Leigh Matthews 40:54
 Kristina Dulson 40:58 2nd Lady
 Craig Taylor 41:11
 Shaun Weston 41:46
 Barry Smith 42:02
 Christopher Morgan 42:06
 Matt Burley 42:16
 Chris Mosiuk 42:58
 Stan Winterton 44:07 1st VM70
 Dave Pickstock 44:08
 Sarah Taylor 44:16 2nd VW45
 Lee Jones 45:01
 Joanne Stanfield 45:20
 Andrew Defries 46:16
 Simon Bryan 46:34
 Anthony White 47:06
 Ken Bloor 47:52
 Kerry Dixon 48:14
 Alan Lewis 49:52 3rd VM70
 Phil Thomas 51:46
 James Fowler 53:21
 Malcolm Rushton 54:11

John Guest	55:21
Helen Nicholls	56:41
Jodie Clarke	59:14
Kerryann Maddock	1:00:53
Francis Hamlett	1:18:44

Saturday 9th April

Congleton parkrun 9th

Richard Longley	18:07	5 th
Martin Hull	18:25	6 th
Sam Newton	18:26	7 th
Jon Bowman	18:37	8 th

Hanley parkrun 9th

Dave Pickstock	19:33	7 th
Shaun Weston	20:13	
Bryn Holmes	20:29	
Paul Cotterill	22:33	
Gary Payne	22:58	
Kerry Dixon	24:41	
Phil Thomas	25:29	
Kirsten Owen	25:51	
Lauren Gallagher	25:52	
Graham Sheridan	26:02	
Glynn Probert	26:14	
James Fowler	27:14	
Dan Jordan	27:37	
Rebekah Yendole	28:23	
Megan Battison	28:30	
Millie Holmes	28:34	
Dave Elborn	28:55	
Ellie Bloomer	29:38	
Isabelle Bloomer	29:38	
Guy Forrest-Hay	34:40	
Abi Yendole	36:56	

Lyme Park parkrun 9th

Mark Day	25:03
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Sunday 10th April

Manchester Marathon

Carl Platt	2:48:40	90 th
Matt Plant	3:25:54	
Mark Gorton	3:44:06	
Lee Jones	3:44:06	
Joanne Stanfield	3:45:24	
Dave Wheatley	3:58:17	
Warren Thomas	4:06:25	
Nicola Jennings	4:23:30	
Dan Ison	4:23:50	
Alan Lewis	4:24:06	1 st V75
Hannah Parrott	4:30:43	

Carl had a cracking run at manchester and here is his race report and his splits for each mile.

Well since I knew I was going to be running the greater Manchester marathon. I decided to have a good blow out at Xmas, then get down to business. Before Xmas I had been working with my mate Wade in the gym, building my leg strength, core etc. Then it was over to Dale for a schedule, I looked and thought yes that seems tough. But to be fair I take every day one by one, I have a schedule, but listening to my body come's 1st. I completed 95 percent, just had to swap the odd easy day in stead of hard day when I got a bit of a head cold, swollen ankle e.t.c. Well race day had come, I felt like I had peaked at the right time, a 5k park run PB, plus a solid 12 stage short leg. The day came, I had felt nervous most of the week, but they were good nerves, nerves are good as long as you control them, not the other way round. Race day came and after about 5 hours sleep, Me and my rock Lauren set off to Manchester. I'm very lucky to have a lot of positive people round me, Lauren, family the club, work, kind of aim for the moon, if you miss you will hit the stars attitude. I'm a strong believer that your body can only get you so far, Its your head that does the rest. This may sound sad, but every night before I went bed I said to myself, I am a capable of running a sub 2.50 marathon, failure is not an option, repeat 10 times, ha ha mad, but it worked. So I did about a 5 minute warm up and some dynamic stretches, kept warm as my good friend Simon had told me too. Then it was time for business, bang the gun went and so did hundreds of runners flying past me. The 1st mile felt really easy, Keep cool Carl I told myself. 1st mile 6.28 pace that will do my aim is 6.25 pace. Then I got myself in a nice group and enjoyed the ride sitting on the back of them. Got myself to half way point 1.23.50 just where I wanted to be. With not been experienced at the marathon, I still did not no what to expect, mile 17 and I could here Pickles, top man for shouting me. I was feeling so comfy, Got to 20 mile in about 2.08 if I remember right. This is where I made my break, was it to soon? and was my break to fast?, mile 21 I hit 6.08 pace, I was running on my own now, with a breeze in my face, I was overtaking a lot of people, was top 100 on out of 15,000 runners mile 23, and 24 was a real battle but I was still round 6.25 pace, Mile 25, it came to my head that its not about speeding up its about hurting yourself not to slow down. Mile 25 6.36 pace I had slowed 10 seconds then the last mile was 6.46 pace, Then I could see the finish line I was going do it the plan had come together, My family were shouting I put my hands in the air, very emotional 2.48 COME ON! the last .32 was 6.36. Its safe to say I'm on cloud 9.Thanks to everyone at the club for there kind words. Now to recover and back for summer for 5k racing. Like to wish everyone all the best for London.

Carls splits.

6.28,6.22,6.26,6.20,6.26,6.20,6.25,6.28,6.26,6.22,6.30,6.21,6.22,6.17,6.26,6.27,6.24,6.19,6.13,6.23,6.08,6.21,6.29,6.28,6.36,6.46, last .32 6.38.

Wednesday 13th April

Chester Spring 5

Simon Myatt	26:35
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Thursday 14th April

Kibblestone Clamber (Spring Treble Race 1)

Mens

Jason Burgess	35:11	9 th
Simon Dunn	36:08	1 st M50
Richard Chadwick	36:52	
Rob Tabbanor	37:47	
Mark Mayer	38:42	
Chris Morgan	40:13	
Barry Smith	41:18	
Lee Jones	42:01	
John Guest	42:06	
Phil Fortun	43:06	
Paul Clinton	43:39	
Greg Julian	44:55	
Andrew Defries	46:57	
Stephen Burrowes	47:01	

Ladies

Deb Thomas	37:10	1 st
Kristina Dulson	39:24	3 rd
Vicky Norton	41:33	5 th
Kerry Dixon	43:40	9 th
Rosemary Wilson	49:12	
Helen Nicholls	54:58	
Catherine Lanteharv	60:42	

Catherine Lantsbery 27:22

Saturday 16th April

Congleton parkrun 16th

Sam Newton 19:32 8th
Martin Hull 19:34 9th

Hanley parkrun 16th

Gary Payne 23:09
Rebekah Yendole 25:31
Ken Bloor 26:06
Ellie Bloomer 26:08
Kirsten Owen 26:32
Megan Battison 27:27
Matt Burley 27:28
Tasmin Burley 27:32
Jen Riley 28:27
Paul Cotterill 28:28
Dave Elborn 28:38
Isabella Jordan 30:29

Dan Jordan 30:34
Sam Tidy 31:13
Sarah Latham 34:25
Warren Thomas 37:42

Lyme Park parkrun 16th

Mark Day 23:30

Newcastle Way Trail Marathon

Phil Mainwaring 3:56:31 1st
Lee Jones 4:41:16 8th
Nicola Jennings 5:58:55
Graham Sheridan 6:06:22

Sunday 17th April

Derby 10k

Adam Grew 36:40
Ed Wilson 37:46

Dougie Mac 5k

Ryan Procter 22:14 8th
Kirsten Owen 25:18 1st Lady
Kayleigh Rowding 32:06

Monday 18th April

Boston Marathon

Bryn Holmes 3:25:50

Thursday 21st April

Spring Treble – Milford Murder

Male

Jason Burgess 36:25 8th
Simon Dunn 37:35
Richard Chadwick 38:08
Rob Tabbanor 39:53
Mark Mayer 39:48
Barry Smith 41:33
Phil Fortun 44:23
Greg Julian 45:28
Lee Jones 45:29
Andrew Defries 45:45
Brian Tonks 48:21
Stephen Burrowes 48:34
Ken Pearson 54:54

Female

Deb Thomas 38:16 1st
Kristina Dulson 40:29 3rd
Vicky Norton 42:00 5th
Kerry Dixon 45:03
Rose Wilson 48:57
Catherine Lantsbery 57:49
Helen Nicholls 54:30 approx

Saturday 23rd April

Cambridge parkrun 23rd

Colin Moody 24:10
Emily Braverman 25:35

Congleton parkrun 23rd

Sam Newton 19:32

Hanley parkrun 23rd

Lee Watson 17:53 2nd
James Burrows 18:59 5th
Dave Pickstock 18:58 7th
Shaun Weston 20:45
Phil Thomas 24:14
Rebekah Yendole 24:41
Ken Bloor 25:31
Megan Battison 25:51
Dave Elborn 27:07
Kerry Dixon 27:58
Graham Sheridan 27:58
Ellis Nevitt 28:09
Sam Tidy 31:14
Kaye Morrissey 40:37

Lyme Park parkrun 23rd

Mark Day 22:41

Sunday 24th April

London Marathon

Simon Myatt 2:39:50

Scott Zikmanis	2:53:39
Richard Longley	3:00:06
Terry Wall	3:03:02
Dan Jordan	3:04:53
Jon Bowman	3:05:58
Ian Cawley	3:11:35
Matt Plant	3:16:41
Matt Burley	3:33:20
Paul Cotterill	3:43:08
Jill Phillips	3:48:45
Joel Harrison	3:51:03
Andy Vickerman	4:14:06

Blackpool Marathon

Ken Bloor	4:13:37
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3k Time Trial 26th

Darren Perry	9.44
Bryn Holmes	10.05
Adam Grew	10.20
Sam Newton	10.45
Mark Mayer	10.47
Deb Thomas	10.50
Craig Taylor	10.52
Phil Mainwaring	10.58
Rob Tabbanor	11.05
Rich Washington	11.14
Kristina Defries	11.17
Barry Smith	11.27
Andrew Defries	11.36
Warren Thomas	11.38
Glyn Probert	11.39
Kerry Dixon	11.42
Vicky Norton	11.43
Simon Bryan	11.52
Dale Colclough	12.04
Jo Stansfield	12.12
Tim Nicklin	12.14
Greg Julian	12.14
Phil Lovatt	12.43
Stephen Burrowes	13.18
Kirsten Owen	13.46
Ken Pearson	13.57
Jodie Clarke	14.18
Matt Plant	14.24
Camille Smyth	14.31
Paul Gardiner	14.48
Paula Elson	15.09
Kerryann Maddock	15.16
Alison Jackson - Hedges	15.26
Sarah Jackson - Hedges	15.58
Kay Rowding	16.53

Thursday 28th April

Mid Cheshire 5k

Roger Grand	17:07
Mandy Vernon	18:02 1 st FV45 – Club Record
Ed Wilson	18:06

Spring Treble – Barlaston Ups & Downs

Male

Luke Boulton	31:24	1 st
Jason Burgess	31:57	3 rd
Simon Dunn	34:18	
Richard Chadwick	35:03	
Mark Mayer	35:23	
Chris Morgan	35:32	
Rob Tabbanor	35:47	
Barry Smith	37:42	
Andrew Defries	40:57	
Lee Jones	41:28	
Greg Julian	41:36	
Stephen Burrowes	43:13	
John Guest	43:40	
Brian Tonks	43:40	

Spring Treble – Barlaston Ups & Downs

Female

Deb Thomas	34:47	1 st
Kristina Dulson	36:16	3 rd
Vicky Norton	37:39	5 th
Kerry Dixon	39:58	
Helen Nicholls	50:38	
Catherine Lantsbery	50:44	

Overall Series Winners

Male Team – TRC 1st Place

Jason Burgess
Simon Dunn
Richard Chadwick
Mark Mayer

M50 Winner – Simon Dunn

M55 Winner – Rob Tabbanor

Female Team – TRC 1st Place:

Deb Thomas
Kristina Dulson
Vicky Norton

Overall Female

Deb Thomas 1st

Kristina Dulson 3rd

M50 Winner – Vicky Norton

R40 winner – vicky norton

Saturday 30th April

Congleton parkrun 30th

Sam Newton 18:13 4th

Hanley parkrun 30th

Richard Longley 18:57 4th

Simon Bryan 21:32

Kerry Dixon 22:32

Gary Payne 22:51

Paul Gardiner 24:45

Kirsten Owen 25:43

Dave Elborn 26:11

Ellie Bloomer 26:34

Ken Bloor 26:56

Megan Battison 27:00

Isabelle Bloomer 27:28

Isabella Jordan 28:29

Jen Riley 29:22

Paul Cotterill 29:22

Dan Jordan 30:17

Kaye Morrissey 42:36

Shrewsbury parkrun 30th

James Fowler 32:30

Lyme Park parkrun 30th

Mark Day 23:22

Salisbury parkrun 30th

Alan Lewis 24:19