

# TRENTHAM RUNNING CLUB

Page last updated 08 September 2016

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## August 2016 Races

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

**Congratulations this month go to;**

**Week 1**

This week saw the last of the Summer Series races with Deb Thomas 1st F23, Kristina Defries 2nd F23, Georgina Stanfield 1st F16, John Guest 1st M55, Joanne Stanfield 1st F45. The overall series winners were, Deb Thomas 1st Female, Kristina Defries 2nd F23, Joanne Stanfield 3rd F45, Richard Longley 3rd M40, Dan Jordan 3rd M45 and John Guest 1st M55.

We also had a few runners enjoying the sights and bars of Dublin as well as running the Half Marathon, 10k and 5k races.

**Week 2**

TRC went to the Cheadle Vets relays and the Mens team won with the Ladies Teams 2nd and 5th.



At the Sale Sizzler Mandy Vernon was 1st FV45 and at the weekend Parkruns we had 1st and 2nd at Hanley with Lee Watson and Bryn Holmes.

**Week 3**

The Dave Clark 5 on the Thursday saw a wealth of awards with Bryn Holmes 1st MV45, Ian Cawley 2nd MV40, Mandy Vernon 1st Lady, Doug Alcock 1st MV65 in a new Club Record of 20:25, Stan Winterton 1st MV70, Rose Wilson 1st FV55 with TRC winning both the Mens and Ladies Team titles. In the Juniors race we had 2nd and 3rd Boys with George Hughes and Edmund Shore and 1st, 2nd and 3rd girls with Rebekah Yendole, Millie Holmes and Tasmin Burley.

At the weekend we had six runners Racing the Train and at the Fleetwood Half, Simon Dunn was 2nd MV50. Deb Thomas was 1st Lady home at the Belper Rugby Rover 30k

**Week 4**

Carl Platt continued his improvement with a PB of 4:26:15 for the 1500m event at the Trafford AC Grand Prix. On the Thursday Mandy Vernon broke the Club Record for FV45 5k with a 17:45 at the Mid Cheshire 5k. The weekend Parkruns saw Martin Hull 3rd at Congleton and Bryn Holmes 2nd at Doncaster. The final race of the month was the South Cheshire 5k where Simon Myatt was 3rd, Mandy Vernon was 1st Lady and Rose Wilson was 1st FV55.

### Parkruns

<a href="#">Hanley 6th</a>	<a href="#">Hanley parkrun 13th</a>	<a href="#">Hanley parkrun 20th</a>	<a href="#">Hanley parkrun 27th</a>
<a href="#">Congleton 6th</a>			<a href="#">Congleton parkrun 27th</a>
<a href="#">Waterstown parkrun 6th</a>	<a href="#">Delamere parkrun 13th</a>	<a href="#">Cambridge parkrun 20th</a>	<a href="#">Princes parkrun 27th</a>
	<a href="#">Exeter Riverside parkrun 13th</a>	<a href="#">Conkers parkrun 20th</a>	<a href="#">Forest Rec parkrun 27th</a>
	<a href="#">Fell Foot parkrun 13th</a>	<a href="#">Telford parkrun 20th</a>	<a href="#">Doncaster parkrun 27th</a>
		<a href="#">Skipton parkrun 20th</a>	
		<a href="#">Salisbury parkrun 20th</a>	

### Other races

<a href="#">Pie and Peas 5</a>	<a href="#">Fleetwood Half Marathon</a>	<a href="#">Sale Sizzler 5k</a>	
<a href="#">Leek Half Marathon</a>	<a href="#">Trafford AC Grand Prix 1500m 9 Aug</a>	<a href="#">Burton 10k</a>	
<a href="#">Rock 'n' Roll Dublin Half Marathon</a>	<a href="#">Trafford AC Grand Prix 1500m 23 Aug</a>	<a href="#">Mid Cheshire 5k</a>	
<a href="#">Rock 'n' Roll Dublin 5k</a>	<a href="#">Dave Clarke 5</a>	<a href="#">Ellesmere 10k</a>	
<a href="#">Rock 'n' Roll Dublin 10k</a>	<a href="#">Dave Clarke 5 Juniors</a>	<a href="#">South Cheshire 5k - Race 3</a>	
<a href="#">Cheadle Vets Relays</a>	<a href="#">Race the Train</a>		
<a href="#">Belper Rugby Rover 30k</a>			<a href="#">Time Trial 30 Aug</a>

### Summer Series

<a href="#">Cricket Club</a>	<a href="#">Series Overall</a>		
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**Wednesday 3rd August****Pie and Peas 5**

Shaun Weston 34:21

**Thursday 4th August****Summer Series – Cricket Club**

Richard Longley 35:36  
 Dan Jordan 36:02  
 Rich Washington 36:05  
 Deb Thomas 36:21 1st F23  
 Kristina Defries 37:17 2nd F23  
 Georgia Stanfield 38:34 1st F16  
 Paul Clinton 39:09  
 Darren Hill 39:20  
 John Guest 39:34 1st M55  
 Joanne Stanfield 40:20 1st F45  
 Andy Vickerman 41:12  
 Andrew Clinton 42:18  
 Kerry Widdowson 42:49  
 Andrew Defries 44:02  
 Sarah Adams 52:48

**Series Overall**

Deb Thomas 1st Female  
 Kristina Defries 2nd F23  
 Sarah Adams 5th F23  
 Catherine Lantsbery 6th F23  
 Joanne Stanfield 3rd F45  
 Darren Hill 7th M23  
 Andrew Vickerman 14th  
 Richard Longley 3rd M40  
 Dan Jordan 3rd M45  
 Richard Washington 5th M45  
 Paul Clinton 7th M45  
 John Guest 1st M55

**Saturday 6th August****Congleton parkrun 6th**

Martin Hull 18:01 4th  
 Alan Lewis 24:10

**Hanley parkrun 6th**

Chris Mosiuk 18:55  
 Shaun Weston 20:37  
 Andrew Clinton 21:44  
 Phillip Pinson 22:18  
 Paul Gardiner 24:02  
 Julia Rigby 24:27  
 Tonia Vernon 24:50  
 James Williams 26:11  
 Dave Elborn 26:18  
 Millie Holmes 26:34  
 Steven Farmer 26:41  
 Mark Birchall 27:12  
 Glynn Probert 27:27  
 Graham Sheridan 27:28  
 Jen Riley 28:10  
 Paul Cotterill 28:12  
 Bobbie Hickman 29:16  
 Paul Orry 30:17  
 Kerry Dixon 31:14  
 Sarah Latham 32:33  
 Mark Mayer 39:32

**Waterstown parkrun 6th**

James Fowler 29:47  
 Phil Thomas 29:49

**Rock 'n' Roll Dublin 5k**

Kirsten Owen 24:30

**Sunday 7th August****Leek Half Marathon**

Scott Minshall 1:25:03 7th  
 Ian Cawley 1:29:29  
 Simon Dunn 1:30:38  
 Adam Grew 1:31:38  
 Shaun Weston 1:44:02  
 Ken Bloor 2:07:43

**Rock 'n' Roll Dublin Half Marathon**

Joel Harrison 1:52:22  
 Kirsten Owen 1:55:38  
 James Fowler 1:57:34  
 Walter Mosiuk 2:03:33  
 Phil Thomas 2:05:34  
 Jacquie Macphail 2:32:52

**Rock 'n' Roll Dublin 10k**

Kayleigh Rowding 1:02:47

**Tuesday 8th August**

<b>Mens</b>		
Jason Burgess	35:18	2nd
Roger Grand	38:42	
Bryn Holmes	38:51	
Richard Longley	39:23	
Ian Cawley	39:44	
Adam Grew	39:48	
Terry Wall	42:18	
Dale Colclough	47:00	
<b>Ladies</b>		
Deb Thomas	23:17	2nd
Mandy Vernon	27:33	4th
Rose Wilson	33:12	
Jill Phillips	35:07	
Nicola Jennings	35:20	
Julie Holmes	39:18	
Jodie Clarke	40:37	
Trentham Men	1st	
Trentham Ladies	2nd and 5th	
<b>Thursday 11<sup>th</sup> August</b>		
<b>Sale Sizzler 5k</b>		
Ed Wilson	18:16	
Mandy Vernon	18:33	1 <sup>st</sup> FV45
<b>Saturday 13<sup>th</sup> August</b>		
<b>Hanley parkrun 13th</b>		
Lee Watson	18:29	1 <sup>st</sup>
Bryn Holmes	19:01	2 <sup>nd</sup>
Shaun Weston	20:44	
Chris Mosiuk	21:07	
Joel Harrison	22:23	
Kerry Dixon	22:55	
Paul Gardiner	23:40	
Isabella Jordan	24:51	
Tonia Vernon	25:57	
Jill Phillips	26:13	
Millie Holmes	26:58	
Bobbie Hickman	29:58	
Paul Cotterill	31:12	
<b>Delamere parkrun 13th</b>		
Andrew Clinton	21:35	
<b>Exeter Riverside parkrun 13th</b>		
James Williams	24:54	
<b>Fell Foot parkrun 13th</b>		
Jen Riley	27:58	
<b>Thursday 18<sup>th</sup> August</b>		
<b>Dave Clarke 5</b>		
Simon Myatt	16:31	4th
Scott Minshall	16:35	
Lee-J Watson	16:47	
Bryn Holmes	17:35	1st V45
Ian Cawley	17:36	1st V40
Ed Wilson	18:10	
Ian Wilson	18:16	
Mandy Vernon	18:20	1st Lady
Malcolm Atkins	18:22	
Richard Washington	18:57	
Ian Heath	18:58	
Chris Morgan	19:10	
Kristina Jeffries	19:30	
Rob Tabbenor	19:52	
Georgia Stanfield	19:54	
Kevin Finney	20:09	
Barry Smith	20:10	
Doug Alcock	20:25	1st V65 <b>New Club Record</b>
John Guest	20:28	
Matt Burley	20:28	
Joanne Stanfield	20:48	
Andrew Clinton	21:09	
Kerry Dixon	21:39	
Andrew Defries	21:41	
Sarah Taylor	21:47	
Stan Winterton	21:48	1st V70
Lee Jones	22:25	
Dave Rushton	22:26	
Rose Wilson	22:39	1st V55
Tony White	23:01	
Dan Bowman	23:23	
Kevin Breward	23:38	
Gillian Tinsley	24:28	
Malcolm Rushton	26:36	
Adam Yates	26:39	

Beverley Parry	31:49
Sarah Latham	32:13
Jaquie MacPhail	33:31
Peter Hewitt	33:31

**Team Prizes****Men: 1st**

Simon Myatt  
Lee-J Watson  
Scott Minshall  
Bryn Holmes

**Women: 1st**

Mandy Vernon  
Kristina Defries  
Georgia Stanfield

**Dave Clarke 5 Juniors**

George Hughes	4:18	2nd
Edmund Shore	4:23	3rd
Rebekah Yendole	4:39	1st Girl
Millie Holmes	4:45	2nd Girl
Tasmin Burley	4:49	3rd Girl
Arthur Hughes	5:03	
Ella Jones	5:10	
Eric Hughes	5:14	
Chloe Armstrong	5:19	
James Maddock	5:35	

**Saturday 20th August****Race the Train**

Scott Minshall	1:40:29
Adam Grew	1:41:03
Scott Zikmanis	1:46:52
Dave Pickstock	1:49:36
Matt Plant	2:01:08
Terry Wall	2:01:09

**Cambridge parkrun 20th**

Emily Braverman	25:51
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**Conkers parkrun 20th**

Andrew Clinton	21:24
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**Hanley parkrun 20th**

Tony White	23:16
Jill Phillips	25:46
Kirsten Owen	26:22
Millie Holmes	26:45
Rebekah Yendole	27:50
Paul Cotterill	31:05
Bobbie Hickman	31:53
Tricia Cotterill	41:24

**Telford parkrun 20th**

James Fowler	28:40
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**Skipton parkrun 20th**

Phil Pinson	22:30
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**Salisbury parkrun 20th**

Alan Lewis	24:38
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**Sunday 21st August****Fleetwood Half Marathon**

Simon Dunn	1:26:34	2nd MV50
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**Belper Rugby Rover 30k**

Deb Thomas	2:28:23	1st Lady
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**Burton 10k**

Brian Tonks	48:51
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**Tuesday 23rd August****Trafford AC Grand Prix 23rd 1500m**

Carl Platt	4:26.15	PB
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**Thursday 25th August****Mid Cheshire 5k**

Roger Grand	17:14	
Mandy Vernon	17:45	1 <sup>st</sup> FV45 New Club Record
Ed Wilson	17:55	

**Saturday 27th August****Congleton parkrun 27th**

Martin Hull	17:55	3 <sup>rd</sup>
Stan Winterton	21:48	
Alan Lewis	24:13	

Phil Pinson	23:08
Tony White	23:19
Dave Pickstock	23:35
Julia Rigby	23:38
Kerry Dixon	23:39
Jill Phillips	24:17
James Williams	24:27
Shaun Weston	26:24
Glynn Probert	26:28
Dave Elborn	29:03
Bobbie Hickman	29:15
Phil Thomas	29:15
Graham Sheridan	30:20
Tricia Cotterill	50:23
Kaye Morrissey	50:27

**Forest Rec parkrun 27th**

James Fowler	24:55
Kayleigh Rowding	31:18

**Doncaster parkrun 27th**

Bryn Holmes	18:16	2 <sup>nd</sup>
Millie Holmes	26:42	

**Sunday 28<sup>th</sup> August**

<b>Ellesmere 10k</b>	
Scott Minshall	35:56

**Tuesday 30th August****Time Trial**

Results for all 2016 Time trials are [HERE](#).

**South Cheshire 5k – Race 3**

Simon Myatt	17:13	3 <sup>rd</sup>
Ian Wilson	18:03	
Mandy Vernon	18:13	1 <sup>st</sup> Lady
Rose Wilson	22:38	1 <sup>st</sup> FV55