

TRENTHAM RUNNING CLUB

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December 2016 Races

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

Congratulations this month go to;

Week 1

The first weekend of the month and only 2 parkruns with fewer runners than normal because of the x-country. Lee Watson was 1st at Hanley in 17:32 and Tony White was our first home at Cannock.

At the saturday X- country in Stratford the Ladies team were 5th and both mens teams were 4th. Simon Myatt had a great race and was 3rd finisher with Kristina Defries our first lady finisher.

Sunday was the very popular Dales Dash and we had 17 finishers. Simon Myatt continued a successful weekend by finishing 1st and Deb Thomas was 2nd lady.

Week 2

TRC runners seem to be scattered across the UK for the parkruns this weekend, with runners in Edinburgh, Cambridge, York, Cannock as well as Hanley. Scott Zikmanis went even further and ran the Lanzarote 10k, finishing an excellent 20th.

On the Sunday was the Christmas Cracker with a vast array of fancy dress (see facebook page for pictures) and many of the 27 TRC runners were just enjoying the run rather than racing. Vinnie Martin was first TRC runner home in 4th place with 56:24 with Richard Washington in 6th with 59:34.

The Telford 10k had 10 runners with Simon Myatt first TRC runner home in 32:33. James Fowler got a PB of 48:08 and so did Carl Platt with his 6th different distance PB of the year in 34:28.

Week 3

A few at the parkruns because of the x country but we had a great run from Simon Myatt at Parkville in Australia with a 1st place in 16:46.

An important x country event took place at Stafford as it was the final race in the NSCC league. Highlights were a 2nd place for Olivia Ball in the U 13 Girls, Kristina Defries 6th place in the Womens event and the fact we had 56 runners taking part in all events!

The final League results saw the Women taking 1st place in both the Womens Team and the Womens Masters events, Olivia Ball 1st overall U13 Girls, and the U13 Girls Team finishing 3rd. In the Mens events the Mens Team were 3rd overall and 1st in the Mens Masters. We had age group winners in W35 Debbie Thomas, W45 Wendy Swift, W55 Rose Wilson with Jill Phillips 2nd.

All the individual results can be found [HERE](#).

Week 4

The final week saw a few parkruns only. The best performances were by Lee Watson who was 3rd on the 24th and 2nd on 31st, both at Hanley. Well done Lee. Some runners even turned up for a parkrun on Christmas day!

Parkruns

Cannock Chase parkrun 3rd	Edinburgh parkrun 10th	Hanley parkrun 17th	Hanley parkrun 24th	Hanley parkrun 31st
Hanley parkrun 3rd	Cannock Chase parkrun 10th	Parkville parkrun (Australia) 17th	Marple parkrun 24th	Torbay Velopark parkrun 31st
	York parkrun 10th	Tewkesbury parkrun 17th	Hanley parkrun 25th	
	Cambridge parkrun 10th			
	Hanley parkrun 10th			

Other races

Newcastle Dales Dash	Christmas Cracker		
	Tatton Yule Romp	Wolverhampton Turkey trot	
	Telford 10k		
	Lanzarote 10k		

X-Country

NSCC League	Stafford		
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NSCCL 2016 Final Positions			
U11 Boys	U13 Boys		
U11 Girls	U13 Girls		
Senior Women			
Senior Men			
National XC Relays	Birmingham League XC - Stratford		
	Ladies		
	Mens		

Saturday 3rd December

Cannock Chase parkrun 3rd

Tony White 25:04
Ellis Nevitt 26:27

Hanley parkrun 3rd

Lee Watson 17:32 1st
Andrew Clinton 21:58
Graham Sheridan 22:51
Lee Jones 23:15
Gary Payne 23:18
Rebekah Yendole 26:43
Nicola Jennings 27:19
Steven Farmer 28:41
Ellie Bloomer 29:37
Bobbie Hickman 29:48
Paul Cotterill 29:59
Jen Riley 43:27

Midlands Womens XC

Stratford
Kristina Defries 28:10
Deb Thomas 28:18
Kerry Dixon 31:32
Julia Rigby 33:12
Rose Wilson 33:36
Jodie Clarke 39:15

Team

5 Trentham 167

BDICCL

Stratford
Simon Myatt 34:23 3rd
Jason Burgess 36:30
Carl Platt 36:41
Martin Hull 38:01
Luke Boulton 38:17
Dave Pickstock 39:16
Ed Wilson 39:32
Richard Washington 39:53
Chris Morgan 40:08
Scott Zikmanis 40:10
Roger Grand 40:16
Craig Taylor 41:44
Terry Wall 42:09
Paul Burslem 43:26
Paul Clinton 45:56
Adrian Frost 46:07
Lee Jones 46:59
Matt Plant 48:48

Team

4 Trentham A 197
4 Trentham B 511

Sunday 4th December

Newcastle Dales Dash

Simon Myatt 35:41 1st
Leigh Matthews 41:01
Richard Longley 44:00
Deb Thomas 44:12 2nd Lady
Rob Tabbanor 44:56
Paul Burslem 44:59
John Guest 46:15
Sam Newton 46:47
Andrew Vickerman 48:12
David Myatt 49:03
Tim Nicklin 51:11
Kerry Dixon 51:23
Ken Bloor 58:11
Bobbie Hickman 1:01:22
Jodie Clarke 1:02:00

Paul Gardiner	27:19	
Cannock Chase parkrun 10th		
Tony White	24:37	
York parkrun 10th		
James Williams	26:48	
Cambridge parkrun 10th		
Emily Braverman	28:21	
Hanley parkrun 10th		
Bryn Holmes	20:29	
Andrew Clinton	21:13	
Rebekah Yendole	26:07	
Millie Holmes	26:41	
Phil Thomas	28:37	
Jill Phillips	28:37	
Kirsten Owen	28:43	
Glynn Probert	28:44	
Guy Forrest-Hay	29:03	
Graham Sheridan	29:53	
Paul Cotterill	35:29	
Matt Plant	35:53	
Richard Chadwick	36:40	
Lanzarote 10k		
Scott Zikmanis	39:58	20th
Sunday 11th December		
Christmas Cracker		
Vinnie Martin	56:24	4 th
Richard Washington	59:34	6 th
John Guest	1:06:23	
Paul Burslem	1:08:07	
Andrew Vickerman	1:09:37	
Phil Fortun	1:11:33	
Kerry Dixon	1:12:33	
Ian Cawley	1:13:26	
Gillian Tinsley	1:15:08	
Timothy Nicklin	1:16:47	
Fiona Ratic	1:21:42	
Ragnhild Marstad	1:21:43	
Simon Bryan	1:21:45	
Chris Mosiuk	1:22:15	
Walter Mosiuk	1:22:16	
Brian Tonks	1:24:13	
Ken Bloor	1:31:48	
Tim Charles	1:33:40	
Bobbie Hickman	1:33:41	
Jodie Clarke	1:41:47	
Lee Jones	1:41:47	
Matt Plant	1:41:49	
Greg Julian	1:41:50	
Alison Jackson-Hedges	1:49:27	
Sarah Jackson-Hedges	1:49:27	
Lisa Foxhall	1:58:33	
Jacquie MacPhail	2:00:49	
Tatton Yule Romp		
Chris Hardman	57:29	
Telford 10k		
Simon Myatt	32:33	
Carl Platt	34:28	PB
Scott Minshull	35:17	
Dave Pickstok	36:50	
Adam Grew	37:26	
Craig Taylor	37:49	
Christopher Morgan	37:57	
David Myatt	44:20	
James Fowler	48:08	PB
Kayleigh Rowding	1:02:06	
Saturday 17th December		
Hanley parkrun 17th		
Dave Wheatley	21:43	
Tony White	24:22	
Jill Phillips	25:57	
Bobbie Hickman	27:58	
Kirsten Owen	28:06	
Graham Sheridan	28:07	
Kerry Dixon	29:26	
Glynn Probert	29:27	
Fulham Palace parkrun 17th		
Sarah Johnson	17:39	1 st Lady
Parkville parkrun (Australia) 17th		
Simon Myatt	16:36	1 st

Ed Shore	6:52	
Cameron O'Neill	7:14	
Jack Allen	7:18	
Matthew Hughes	7:49	
U11 Boys Team		
6	Trentham RC	69
U13 Boys		
Oliver Hagemaijer	13:15	
Ellis Nevitt	13:56	
James Maddock	13:58	
U13 Boys Team		
7	Trentham	109
U15 Boys		
George Hughes	20:01	
U11 Girls		
Beth Nevitt	8:00	
Annabelle Mycock	8:01	
U13 Girls		
Olivia Ball	6:18	2 nd
Jenny Bates	7:08	
Bekah Yendole	7:19	
Millie Holmes	7:36	
Tasmin Burley	7:48	
Ellie Bloomer	8:30	
U13 Girls Team		
5	Trentham	45
Women		
Kristina Defries	21:59	6 th
Debbie Thomas	22:14	9 th
Jayne Dickens	23:11	
Georgia Stanfield	24:03	
Wendy Swift	24:05	
Joanne Stanfield	24:43	
Kerry Dixon	25:01	
Ragnhild Marstad	26:11	
Rose Wilson	26:12	
Gillian Tinsley	27:14	
Jill Phillips	27:27	
Jodie Clarke	29:10	
Tonia Vernon	30:38	
Lauren Gallagher	31:23	
Kirsten Owen	31:23	
Kerryann Maddock	32:30	
Amy Dale	33:15	
Julie Holmes	34:22	
Kerry Taylor	35:39	
Lisa Foxhall	37:51	
Jacque MacPhail	39:42	
Sarah Latham	40:02	
Womens Team Div 1		
1	Trentham RC	64
Men		
Ed Wilson	31:02	
Leigh Matthews	31:06	
Bryn Holmes	31:26	
Scott Zikmanis	31:30	
Ian Cawley	31:33	
Richard Washington	31:36	
Simon dunn	32:15	
Craig Taylor	32:17	
Adam Grew	32:23	
Terry Wall	33:11	
Paul Burslem	33:32	
Paul Clinton	35:20	
Adrian Frost	36:08	
Mark Mayer	37:21	
Warren Thomas	38:01	
Graham Sheridan	40:01	
Greg Julian	41:38	
Malcolm Rushton	59:07	
Mens Team Div 1		
6	Trentham	344
Sunday 18th December		
Wolverhampton Turkey trot		
Andrew Clinton	33:36	
NSCCL 2016 Final Positions		

U13 Boys

20 Ellis Nevitt

U11 Girls

29 Beth Nevitt

U13 Girls

1 Olivia Ball
 10 Rebekah Yendole
 11 Millie Holmes
 16 Tasmin Burley
 19 Ellie Bloomer

U13 Girls Teams

3 Trentham

Senior Women

8 Kristina Defries
 12 Debbie Thomas
 15 Wendy Swift
 21 Georgia Stanfield
 27 Joanne Stanfield
 39 Rose Wilson
 46 Gillian Tinsley
 50 Jill Phillips
 64 Tonia Vernon
 66 Jodie Clarke
 75 Kerryann Maddock
 78 Julie Holmes
 84 Kerry Taylor
 92 Lisa Foxhall
 94 Sarah Latham
 96 Jacquie MacPhail

Junior Women

6 Georgia Stanfield

W35 Women

1 Debbie Thomas
 8 Jodie Clarke
 10 Kerryann Maddock

W40 Women

15 Tonia Vernon
 17 Julie Holmes

W45 Women

1 Wendy Swift
 6 Joanne Stanfield
 11 Gillian Tinsley
 20 Lisa Foxhall

W50 Women

16 Jacquie MacPhail

W55 Women

1 Rose Wilson
 2 Jill Phillips

Womens Team – Div 1

1 Trentham

Womens Team – Masters

1 Trentham

Senior Men

30 Leigh Matthews
 31 Bryn Holmes
 33 Scott Zikmanis
 39 Ian Cawley
 47 Craig Taylor
 67 Paul Burslem
 96 Mark Mayer
 100 Adrian Frost
 112 Graham Sheridan

M40 Men

6 Leigh Matthews
 8 Ian Cawley

M45 Men

5 Bryn Holmes
 20 Graham Sheridan

M50 Men

9 Paul Burslem

M55 Men

4 Adrian Frost

Saturday 24th December

Hanley parkrun 24th

Lee Watson	17:52	3 rd
Bryn Holmes	19:00	9 th
David Myatt	22:35	
Warren Thomas	23:12	
Steven Brayford	23:19	
Tony White	24:42	
Jill Phillips	24:49	
Graham Sheridan	25:41	
Tonia Vernon	25:57#	
Ken Bloor	27:40	
Jen Riley	27:45	
Dan Jordan	27:47	
Kerry Dixon	28:01	
Kirsten Owen	28:02	
Rebekah Yendole	28:12	
Bobbie Hickman	28:21	
Millie Holmes	28:38	
Mark Birchall	31:25	
Paul Cotterill	37:45	
Helen Nicholls	40:14	
Matt Plant	45:21	

Marple parkrun 24th

Ellis Nevitt	29:39
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Sunday 25th December

Hanley parkrun 25th

Andy Clinton	21:01
Ken Bloor	25:25
Kerry Dixon	27:13
Kirsten Owen	27:14
Graham Sheridan	27:20
Bobbie Hickman	27:32
Millie Holmes	27:41
Jen Riley	28:31
Warren Thomas	28:32
Dan Jordan	28:37
Emily Braverman	31:16
Helen Nicholls	32:12
Phil Thomas	35:19

Saturday 31st December

Torbay Velopark parkrun 31st

James Williams	27:27
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Hanley parkrun 31st

Lee Watson	17:39	2 nd
Bryn Holmes	20:00	
Tony White	24:30	
Gary Payne	24:44	
Rebekah Yendole	26:20	
Ken Bloor	26:21	
James Fowler	26:49	
Davin Thorley	26:52	
Graham Sheridan	29:07	
Glynn Probert	29:10	
Kirsten Owen	29:13	
Dave Elborn	29:49	
Paul Cotterill	30:18	
Millie Holmes	30:51	
Kayleigh Rowding	32:29	