

TRENTHAM RUNNING CLUB

Page last updated 20 April 2016

Navigation

- [Home Page](#)
- [About Trentham](#)
- [Membership Details](#)
- [Training Groups](#)
- [Trentham 10](#)
- [Dave Clarke 5 K](#)
- [Werrington 10K](#)
- [Cross Country](#)
- [Junior Section](#)
- [Older News & Reports](#)
- [Club Championships](#)
- [Club Records](#)
- [Useful Links](#)
- [Contact Details](#)
- [News & Events](#)

February 2016 Races

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

Congratulations to;

Week 1

All 48 TRC runners who raced at Alsager and particularly Alan Lewis who set a new M75 record for 5 miles with a gun time of 39:57. Deb Thomas who was 2nd lady at Stourbridge Stagger

Week 2

Simon Myatt, 2nd at the BDICCL race and was also 3rd overall in the series. The Mens team were 11th on the day and 9th over the season. The Ladies team were 5th overall on the day with Mandy Vernon 6th, and were also 5th overall for the season. Alan Lewis continued his incredible form with a V75 win at the BMAF 10 mile race.

Week 3

A quiet week with only parkruns and Ken Bloor venturing up to the Great North West half.

Week 4

At the National X country championships we had both mens and ladies teams entered. The Ladies were 47th out of 1368 teams with Mandy Vernon our first finisher and the Men, 98th out of 6057 teams with Ed Wilson as first finisher. Simon Dunn was 2nd MV50 at the Stanley Park 10k, Simon Myatt 1st at the Knypersley Pool 5 and Joel Harrison set a PB at the Brighton half.

Parkruns

| | | | | | |
|---------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|--|--|
| Hanley parkrun 6th | Hanley parkrun 13th | Hanley parkrun 20th | Hanley parkrun 27th | | |
| Congleton parkrun 6th | Congleton parkrun 13th | Congleton parkrun 20th | Congleton parkrun 27th | | |
| Lyme park parkrun 6th | | Lyme Park parkrun 20th | Lyme Park parkrun 27th | | |
| | | Telford parkrun 20th | | | |
| | | | | | |
| | | | | | |

Other races

| | | | |
|----------------------------------------|----------------------------------------|-------------------------------------|---------------------------------------------|
| Alsager 5 | Dewsbury 10k | Stourbridge Stagger | Village Bakery Wrexham Half |
| BMAF 10 Mile Champs | Great North West Half | Knype Pool 5 | Stanley Park 10k |
| Coventry Half Marathon | Brighton Half Marathon | Burntwood Triathlon | |

X - Country

| | | | |
|-----------------------------------------|-------------------------------------------------------------|------------------------------------------|--|
| BDICCL – Div 2 - Race 4 | Midlands Womens XC – Race 4 – Wolverhampton | National XC Champs Women | |
| BDICCL Season Results | Midlands Womens XC Season Results | National XC Champs Men | |
| | | | |
| | | | |

Saturday 6th February

Congleton parkrun 6th

Sam Newton 19:44
Bob Hardy 26:30

Hanley parkrun 6th

Callum Dillon 18:04 1st
Bryn Holmes 20:28 5th
Ian Heath 20:29 6th
Shaun Weston 23:12
Emily Braverman 26:18
Megan Battison 26:30
Jen Riley 28:04
Kirsten Owen 28:05
Graham Sheridan 28:08
Ellis Nevitt 28:11
Paul Cotterill 31:47

Lyme Park parkrun 6th

Mark Day 24:13

Sunday 7th February

Alsager 5

Simon Myatt 26:38

| | |
|-------------------|-------|
| Carl Platt | 29:17 |
| Bryn Holmes | 29:27 |
| Ian Cawley | 29:42 |
| Scott Zikmanis | 30:19 |
| Mandy Vernon | 30:34 |
| Leigh Matthews | 31:07 |
| Roger Taylor | 31:53 |
| Ed Wilson | 32:05 |
| Robert Tabbanor | 32:16 |
| Mark Mayer | 32:35 |
| Matt Burley | 33:41 |
| Kristina Dulson | 33:41 |
| Daz Hill | 33:46 |
| John Guest | 34:15 |
| Lee Jones | 34:53 |
| David Myatt | 34:53 |
| Kerry Dixon | 35:10 |
| Dan Ison | 35:33 |
| Stan Winterton | 36:09 |
| Joanne Stansfield | 36:13 |
| Kerry Widdowson | 36:21 |
| Phillip Pinson | 36:41 |
| Sarah Taylor | 36:56 |
| Paul Cotterill | 36:57 |
| Ken Bloor | 37:15 |
| Julia Rigby | 38:11 |
| Tony White | 38:14 |
| Mark Birchall | 38:16 |
| Andrew Defries | 38:29 |
| Tonia Vernon | 38:53 |
| Phil Thomas | 39:25 |
| Rosemary Wilson | 39:43 |
| Alan Lewis | 39:52 |
| Alistair Wilkins | 39:43 |
| Lauren Gallagher | 40:54 |
| Paul Gardiner | 41:17 |
| Jen Riley | 42:07 |
| Malcolm Rushton | 42:19 |
| Chris Tipper | 42:40 |
| Kerry Taylor | 44:10 |
| Kathryn Ambrose | 44:43 |
| Megan Hickman | 44:37 |
| Bobbie Hickman | 44:38 |
| Sarah Latham | 52:08 |
| Jennifer Cotton | 53:29 |
| Marie Elborn | 57:19 |

Dewsbury 10k
Matt Plant 39:52

Sunday 7th February
Stourbridge Stagger
Deb Thomas 1:17:51 2nd Lady

Saturday 13th February
Congleton parkrun 13th
Sam Newton 19:23 7th
Richard O'Keeffe 23:25

Hanley parkrun 13th
Matt Burley 20:29
Jon Bowman 20:47
Bryn Holmes 21:53
Warren Thomas 23:33
Richard Longley 23:35
Colin Moody 24:50
Emily Braverman 25:30
Ken Bloor 25:34
Kerry Dixon 26:22
Millie Holmes 28:28
Rebekah Yendole 28:43
Paul Cotterill 28:56
Graham Sheridan 28:57
Tasmin Burley 30:03
Phil Thomas 30:08
Sarah Latham 32:47
Kaye Morrissey 43:14

BDICCL – Div 2 - Race 4
Simon Myatt 34:33 2nd
Carl Platt 38:45
Bryn Holmes 39:02
Tom Halloway 40:10
Ed Wilson 40:28
Scott Zikmanis 41:49
Terry Wall 42:15
Dave Pickstock 42:46
Lee Jones 45:50
Greg Julian 46:39

Team Result
11 Trentham RC 388

BDICCL Season Results
Team
9 Trentham RC

Senior Men
Simon Myatt 3rd
Carl Platt 39th
Ed Wilson 82nd
Terry Wall 110th
Paul Burslem 125th
Matt Plant 142nd
Lee Jones 147th
Greg Julian 157th
Vinnie Martin 183rd

| | |
|----------------|-------------------|
| Luke Boulton | 186 th |
| Bryn Holmes | 195 th |
| Roger Grand | 202 nd |
| Scott Zikmanis | 204 th |
| Dave Pickstock | 242 nd |
| Leigh Matthews | 300 th |
| Tom Halloway | 303 rd |
| Adam Grew | 306 th |
| Craig Taylor | 324 th |

Midlands Womens XC – Race 4 – Wolverhampton

| | | |
|-----------------|-------|-----------------|
| Mandy Vernon | 24:35 | 6 th |
| Deb Thomas | 25:49 | |
| Kristina Dulson | 27:36 | |
| Kerry Dixon | 28:53 | |
| Rosemary Wilson | 31:11 | |
| Jill Phillips | 33:47 | |

Team

| | | |
|---|-------------|-----|
| 5 | Trentham RC | 231 |
|---|-------------|-----|

Midlands Womens XC Season Results

| | | |
|---|-------------|------|
| 5 | Trentham RC | 1257 |
|---|-------------|------|

Sunday 14th February

Village Bakery Wrexham Half

| | |
|-----------------|---------|
| Roger Taylor | 1:22:22 |
| Bobbie Hickman | 2:02:34 |
| Kathryn Ambrose | 2:08:09 |

BMAF 10 Mile Champs

| | | |
|------------|---------|---------------------|
| Alan Lewis | 1:22:30 | 1 st V75 |
|------------|---------|---------------------|

Burntwood Triathlon

| | | | | |
|-------------|-----------|-------|---------|--------------------------|
| Greg Julian | Swim 400m | 7:43 | | |
| | Run 5k | 24:22 | | |
| | Total | 32:05 | Age Cat | 5 th |
| | | | | Overall 40 th |

Saturday 20th February

Congleton parkrun 20th

| | |
|------------------|-------|
| Sam Newton | 19:01 |
| Richard O'Keeffe | 23:22 |
| Lauren Gallagher | 26:53 |

Hanley parkrun 20th

| | | |
|------------------|-------|-----------------|
| Ian Heath | 20:20 | 9 th |
| Dave Pickstock | 20:34 | |
| Jon Bowman | 20:37 | |
| Phil Mainwaring | 21:01 | |
| Shaun Weston | 22:26 | |
| Matt Burley | 22:56 | |
| Warren Thomas | 24:38 | |
| Phil Thomas | 25:35 | |
| Ellie Bloomer | 26:47 | |
| Kerry Dixon | 27:16 | |
| Graham Sheridan | 27:22 | |
| Paul Cotterill | 29:54 | |
| Dave Elborn | 29:56 | |
| Isabelle Bloomer | 30:34 | |
| Kirsten Owen | 34:16 | |
| Emily Smith | 34:17 | |
| Jen Riley | 46:39 | |

Telford parkrun 20th

| | |
|-----------------|-------|
| Richard Longley | 17:56 |
|-----------------|-------|

Lyme Park parkrun 20th

| | |
|----------|-------|
| Mark Day | 24:43 |
|----------|-------|

Sunday 21st February

Great North West Half

| | |
|-----------|---------|
| Ken Bloor | 1:54:32 |
|-----------|---------|

Saturday 27th February

Congleton parkrun 27th

| | |
|------------------|-------|
| Martin Hull | 20:02 |
| Richard O'Keeffe | 22:53 |

Hanley parkrun 27th

| | |
|------------------|-------|
| Mark Gorton | 21:12 |
| Shaun Weston | 21:43 |
| Bryn Holmes | 21:50 |
| Phil Thomas | 23:43 |
| Colin Moody | 23:44 |
| Dan Jordan | 23:49 |
| Paul Gardiner | 24:04 |
| Emily Braverman | 24:20 |
| Dan Ison | 24:41 |
| Millie Holmes | 25:01 |
| Lauren Gallagher | 25:35 |
| Rebekah Yendole | 26:36 |
| Graham Sheridan | 27:12 |
| Mark Birchall | 27:12 |
| Megan Battison | 27:13 |
| Ellie Bloomer | 27:18 |
| Kirsten Owen | 27:24 |
| Ellis Nevitt | 27:32 |
| Paul Cotterill | 29:03 |
| Kerry Dixon | 29:04 |
| Tonya Vernon | 29:04 |
| Dave Elborn | 30:22 |
| Jen Riley | 39:16 |
| Tricia Cotterill | 40:04 |

Lyme Park parkrun 27th

| | |
|----------|-------|
| Mark Dav | 23:33 |
|----------|-------|

Monday 22nd

National XC Champs

Women

Mandy Vernon 34:06
Kerry Dixon 40:32
Rose Wilson 44:41
Julia Rigby 46:24
Kathryn Ambrose 54:23

Team

47 Trentham RC 1368

Men

Ed Wilson 54:38
Roger Taylor 58:35
Dan Jordan 59:19
Matt Plant 59:30
Richard Longley 1:05:43
John Guest 1:06:40
Dale Colclough 1:07:26

Team

98 Trentham 6057

Sunday 28th February

Stanley Park 10k

Simon Dunn 38:52 2nd MV50

Coventry Half Marathon

Jen Riley 1:55:27

Brighton Half Marathon

Joel Harrison 1:33:18 PB

Knype Pool 5

Simon Myatt 28:00 1st
Sam Newton 34:10
Anthony White 41:27
Malcolm Rushton 48:47