

# TRENTHAM RUNNING CLUB

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## January 2016 Races

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

### Congratulations to;

#### Week 1

Sarah Johnson who was 1st at the Hanley Parkrun, Simon Myatt 1st at Hanley Parkrun on 2nd January and Byrn Holmes 3rd at Hanley Parkrun on 2nd January

#### Week 2

Mandy Vernon 1st WV at Staffs X Country Championships, Ladies Veteran x country team 3rd at Staffs X Country Championships.

#### Week 3

The parkruns were mostly abandoned because of the weather but we had the Birmingham league X Country where Trentham A and B were 6th and 9th respectively and Simon Myatt was placed 4th. Alan Lewis continued his winning ways at the Four Villages Half marathon with an age group win in a new Trentham record for MV75 of 1.51.49.

#### Week 4

This was a quiet weekend with Bryn Holmes 3rd at Hanley Parkrun and a few intrepid runners competing at the Buff Winter Trail Half Marathon.

#### Week 5

A great weekend for our runners at the Midlands X Country Championships. The Senior Women's team were a brilliant 4th place out of 153 teams and the Senior Men's team were 18th out of over 1000 teams. Great solo performances with Mandy Vernon 14th overall and Simon Myatt 15th overall.

### Parkruns

<a href="#">Hanley parkrun 1st</a>	<a href="#">Hanley parkrun 2nd</a>	<a href="#">Hanley parkrun 9th</a>		<a href="#">Hanley Parkrun 23rd</a>	<a href="#">Hanley parkrun 30th</a>
<a href="#">Congleton parkrun 1st</a>	<a href="#">Congleton parkrun 2nd</a>	<a href="#">Congleton parkrun 9th</a>		<a href="#">Congleton parkrun 23rd</a>	<a href="#">Congleton parkrun 30th</a>
	<a href="#">Lyme Park parkrun 2nd</a>	<a href="#">Lyme Park parkrun 9th</a>	<a href="#">Lyme Park parkrun 16th</a>	<a href="#">Lyme Park parkrun 23rd</a>	<a href="#">Lyme Park parkrun 30th</a>
				<a href="#">Bushy Parkrun 23rd</a>	

### Other races

<a href="#">Vernon's Limp Wrist Race</a>	<a href="#">Central Lancashire Half</a>	<a href="#">Cannock Chase Trig Points</a>	<a href="#">Essar Four Villages half Marathon</a>
<a href="#">Liverpool 10k</a>	<a href="#">Buff Winter Trail Half Marathon</a>		

### X - Country

Saffordshire X Country Championships			
<a href="#">Senior and Vet Women</a>	<a href="#">Senior and Vet Men</a>		
<a href="#">BDICCL Race 3 - Blackbridge</a>	<a href="#">MWCCL - Gloucester</a>		
<a href="#">Midlands X Country Championships Female</a>	<a href="#">Midlands X Country Championships Male</a>		

#### Friday 1<sup>st</sup> January

##### Vernon's Limp Wrist Race

John Guest 35:49  
Lynne Callaghan 35:57  
Bobbie Hickman 45:13

##### Congleton parkrun 1st

Kerry Dixon 22:50  
Paul Cotterill 23:10  
Andy Vickerman 23:29

##### Hanley parkrun 1st

Sarah Johnson	18:59	1 <sup>st</sup> Lady
Dan Jordan	18:54	4 <sup>th</sup>
Andy Vickerman	23:32	
Kerry Dixon	24:14	
Gary Payne	25:04	
Tonia Vernon	28:08	
Kirsten Owen	28:08	
Paul Cotterill	28:08	
Phil Thomas	29:01	
Dan Maddock	29:12	
Graham Sheridan	30:03	
Nicola Jennings	30:37	
Helen Nicholls	30:38	
Megan Battison	30:45	
Mark Birchall	31:28	
James Maddock	34:49	
Kerry-Ann Maddock	34:53	
Oliver Elborn	41:19	
Dave Elborn	41:19	
Marie Elborn	41:23	

Saturday 2<sup>nd</sup> January

Congleton parkrun 2nd

Andy Vickerman 22:15

Hanley parkrun 2nd

Simon Myatt	16:44	1 <sup>st</sup>
Bryn Holmes	19:34	3 <sup>rd</sup>
Ian Heath	21:13	
Matt Burley	23:24	
Lee Jones	23:34	
Ryan Procter	23:52	
Julia Rigby	25:33	
Ken Bloor	26:03	
Shaun Weston	26:09	
Paul Orry	26:23	
Phil Thomas	26:43	
Dan Ison	26:46	
Tonia Vernon	26:46	
Megan Battison	27:08	
Kirsten Owen	27:43	
Paul Cotterill	27:43	
James Fowler	29:23	
Millie Holmes	29:53	
Tasmin Burley	32:30	
Emily Smith	33:05	
Jen Riley	42:04	
Tricia Cotterill	43:42	
Graham Sheridan	47:18	

Lyme Park parkrun 2nd

Mark Day 26:11

Sunday 3<sup>rd</sup> January

Central Lancashire Half

Roger Grand 1:25:05  
Ken Bloor 1:45:45  
Dan Maddock 2:08:48

Saturday 9<sup>th</sup> January

Staffordshire XC Championships

U20, Senior & Veteran Women

Mandy Vernon	24:03	1 <sup>st</sup> VW
Deb Thomas	25:26	
Jayne Dickens	25:41	
Kristina Dulson	28:20	
Kerry Dixon	28:43	
Rose Wilson	31:33	
Jill Phillips	33:26	
Nicola Jennings	34:29	
Jen Riley	35:47	

Senior Womens Team

4th Trentham RC 61

Veteran Womens Team

3rd Trentham RC 56.

U20, Senior & Veteran Men

Ed Wilson 40:37

Congleton parkrun 9th

James Fowler 27:00

Hanley parkrun 9th

Ian Heath	20:10	
Richard Longley	20:19	
Matt Burley	21:54	
Gary Payne	25:30	
Mark Mayer	25:31	
Jon Bowman	26:11	
Colin Moody	26:25	
Millie Holmes	26:27	
Rebekah Yendole	26:33	
Emily Braverman	26:50	
Ken Bloor	27:46	
Kirsten Owen	27:58	
Eills Nevitt	28:09	
Megan Battison	28:45	
Tasmin Burley	28:48	
Graham Sheridan	29:06	
Dave Elborn	31:42	
Bobby Hickman	35:55	
Paul Cotterill	54:08	

Lyme Park parkrun 9th

Mark Day 25:14

Sunday 10th

**Cannock Chase Trig Point Race**

Roger Taylor 1:59:39  
Adam Grew 2:19:26  
Deb Thomas 2:36:54  
Rich Chadwick 2:36:57  
Matt Plant 2:36:58  
Andy Vickerman 2:38:04  
Lee Jones 2:38:05  
John Guest 2:38:08

Saturday 16<sup>th</sup> January

**Lyme Park parkrun 16th**

Mark Day 23:12

**BDICCL Race 3 – Blackbridge**

Simon Myatt 29:38 4<sup>th</sup>  
Vinnie Martin 31:30  
Luke Boulton 32:25  
Carl Platt 32:31  
Bryn Holmes 33:22  
Ed Wilson 33:50  
Roger Grand 34:02  
Terry Wall 35:16  
Paul Burslem 35:47  
Matt Plant 37:56  
Dave Pickstock 38:53  
Lee Jones 39:06  
Greg Julian 39:49

Team

6 Trentham A 260  
9 Trentham B 934

**MWCCL – Gloucester**

Mandy Vernon 23:21  
Deb Thomas 25:08  
Kerry Dixon 28:13  
Rose Wilson 29:56  
Jill Phillips 31:46  
Nicola Jennings 32:21

Sunday 17<sup>th</sup> January

**Essar Four Villages half Marathon**

Glynn Probert 1:41:52  
Dave Wheatley 1:43:33  
Graham Sheridan 1:50:52  
Mark Birchall 1:51:31  
Alan Lewis 1:51:49 1st MV75  
Bobbie Hickman 2:08:53

**Liverpool 10k**

Chris Hardman 50:55

Saturday 23<sup>rd</sup> January

**Bushy parkrun 23rd**

Sarah Johnson 19:20

**Congleton parkrun 23rd**

Shaun Weston 24:02

**Hanley parkrun 23rd**

Bryn Holmes 18:45 3<sup>rd</sup>  
Dan Jordan 19:10 7<sup>th</sup>  
Ian Heath 20:12  
Tony White 23:25  
Lucy Corbett 24:24  
Colin Moody 24:33  
Richard Longley 24:49  
Paul Orry 25:00  
Phil Thomas 25:20  
Emily Braverman 25:22  
Tonia Vernon 25:24  
Lauren Gallagher 26:15  
Guy Forrest-Hay 26:26  
Millie Holmes 26:38  
Rebekah Yendole 26:53  
Jen Riley 47:34  
Graham Sheridan 57:39

**Lyme Park parkrun 23rd**

Mark Day 24:25

**Buff Winter Trail Half Marathon**

Lee Eliis 1:40:25  
Scott Zikmanis 1:46:59  
Terry Wall 1:59:35  
Matt Plant 1:59:42

Saturday 30<sup>th</sup> January

**2016 Midlands XC Champs**

**Senior Women**

Mandy Vernon 30:12 14<sup>th</sup>  
Jayne Dickens 32:34 35<sup>th</sup>  
Deb Thomas 32:36 36<sup>th</sup>  
Kerry Dixon 36:05 68<sup>th</sup>  
Rosemary Wilson 39:26  
Jill Phillips 43:31

Team

4 Trentham RC 153

**Senior Men**

Simon Myatt 40:06 15<sup>th</sup>  
Ed Wilson 47:11  
Dave Pickstock 50:46  
Paul Burslem 50:55  
Terry Wall 51:04

Tony Tran 56:31  
Craig Taylor 56:31  
Malcolm Rushton 1:13:44  
Team  
18 Trentham RC 1010

**Congleton parkrun 30th**  
Matt Plant 19:49  
Shaun Weston 22:30  
Lauren Gallagher 26:24

**Hanley parkrun 30th**  
Jon Bowman 20:25 9<sup>th</sup>  
Matt Burley 20:48  
Phil Pinson 22:28

Andy Vickerman 22:58  
Gary Payne 23:16  
Colin Moody 23:52  
Phil Thomas 24:17  
Emily Braverman 24:58  
Millie Holmes 25:34  
Tasmin Burley 27:42  
Megan Battison 27:45  
Kerry Dixon 28:13  
Kirsten Owen 28:14  
Catherine Lantsbery 28:45  
Paul Cotterill 28:46  
Ellie Bloomer 28:48  
Graham Sheridan 30:01  
Kaye Morrissey 43:47

**Lyme Park parkrun 30th**  
Mark Day 23:44