

TRENTHAM RUNNING CLUB

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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](#)

July 2016 Races

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

Congratulations this month go to;

Week 1

The first races of the month were the Parkruns with Lee Watson 1st and Bryn Holmes 3rd at Hanley. They were followed on the Sunday with the Ashbourne Half where Kristina Defries was 2nd Lady. The Sunday also saw the Potteries Marathon where we had 29 runners as well as 2 relay teams. Potteries Marathon was also the Staff Marathon Championships where we had 6 Gold Medal winners, Ian Cawley, Dan Jordan, Simon Dunn, Rob Tabbanor, Deb Thomas and Jill Phillips. In the overall race Deb Thomas was 3rd Lady and the relay team - Trentham A was 1st.



We also had the Shugborough relays with Trentham Men open team of Carl Platt, Bryn Holmes, Jason Burgess and Lee J Watson 4th overall. The Trentham ladies of Jen Riley, Marie Ragnhild, Kerry Dixon and Kayleigh Rowding 9th. We also had open ladies teams in 22nd and 23rd places and another Mens team in 18th place. The mens Vet team of Richard Longley, Ian Cawley, Scott Zikmanis and Adam Grew were 4th closely followed by Andy Bloomer, Dan Jordan, Dave Pickstock and Ian Heath in 5th. We also had 6 Junior Teams competing, with the mixed teams coming home in 8th, 10th and 13th, the boys team 20th and the girls teams 7th and 15th. Full Shugborough results are [HERE](#).

Week 2

At Ipstones Richard Longley was 1st MV40, Deb Thomas was 1st Lady and Jon Guest was 1st MV55.

Buxton Carnival 4 saw Jason Burgess come home 2nd with Mandy Vernon 1st Lady.

And at Cheadle 4 Luke Boulton was 2nd with Carl Platt 3rd and Lee Watson 5th.

Week 3

This week there was a conflict between the JCB5 and the Biddulph summer series. At Biddulph John Guest was 1st MV55 and Deb Thomas her customary 1st Lady place with Kristina Defries 2nd Lady!

The 2nd Sale Sizzler race saw Mandy Vernon 1st FV45 again.

On the Saturday Lee Watson was 1st at the Hanley Parkrun in 17:44.

Sunday saw the running of the Trentham 10k at Tittensor. Ian Cawley was 1st MV40, Kristina Defries was 2nd Lady and Wendy Swift 3rd Lady. Rose Wilson was 1st FV55 and Alan Lewis 1st MV75.

Week 4

Another Summer Series at Wetton and another 1st Lady position for Deb Thomas. There were lots of TRC runners in the awards at this race, Richard Longley 3rd M40, Dan Jordan 2nd M45, John Guest 2nd M55, Georgia Stanfield 2nd F16, Joanne Stanfield 3rd F45 and Kerry Widdowson 2nd F40.

At the parkruns Martin Hull was 3rd at Congleton in 18:31 and Leigh Matthews 5th at Hanley in 18:58. We also had a few runners go off to Rosliston and Cambridge for their parkruns.

And finally to the Thunder Run, a 24hr event over a 10k offroad course. This seems to have become a "must do" event for the TRC runners, 45 entered as TRC runners and there were a few others running for other teams as well. Andy Vickerman was our only solo runner completing 15 laps (93 miles!!) and finishing 12th, our pairs were Dan Jordan and Matt Plant who finished 2nd in the Mens Pairs with 23 laps, and Jill Phillips and Matt Burley 4th in the Mixed Pairs with 21 laps. In the Mixed Team 6-8 the "Trenthams Finest" team of Bryn Holmes, Scott Minshall, Christopher Morgan, Deb Thomas, Scott Zikmanis, Lee Ellis, Dave Pickstock and Ian Cawley finished the highest position ever for the club in 5th place. Congratulations to them and to all the runners in the other TRC teams who took part. If you haven't participated or been to watch, put it in your diary for 2017.



On the same night a few went to run the Queens Park 5k, the ladies did us proud with Mandy Vernon 1st Lady and Rose Wilson 1st FV55.

On Wednesday there was the Staffs Knot 5. There were a few problems with the course and some runners may not have followed the real course so the results are as recorded but no awards were made.

The final NSRRA race on the month was the Meerbrook 15 with its ups and downs. We had 30 runners and 3 age winners. Mandy Vernon was 1st FV45, Stan Winterton 1st V70 and Alan Lewis 1st V75. Both Mandy and Alan set new Club Records for this distance.

Parkruns

Congleton parkrun 2nd	Congleton parkrun 9th	Congleton parkrun 16th	Congleton parkrun 23rd	
Hanley parkrun 2nd	Hanley parkrun 9th	Hanley parkrun 16th	Hanley parkrun 23rd	Hanley parkrun 30th
Telford parkrun 2nd			Rosliston parkrun 23rd	
Lyme Park parkrun 2nd	Lyme Park parkrun 9th	Lyme Park parkrun 16th		
Parke parkrun 2nd	Delamere parkrun 9th	Greenock parkrun 16th	Cambridge parkrun 23rd	

Other races

			Shugborough relays
Ashbourne Half Marathon	Cheadle 4	Thunder Run	Male Open
Potteries Marathon	JCB 5	3k Time Trial	Female Open
Staffs Marathon Championships – Potteries Marathon	Sale Sizzler	All 2016 Time Trial results	Male Vets 160
Potteries Marathon Relay	Cheshire Half Marathon	Queens Park 5k	Female Vets 160
Ultimate Half Ironman	Trentham 10k	Staffs Knot 5	Mixed Team 64
Wizard 5	Vic Musgrove 5k	Meerbrook 15k	Boys Team 52
Buxton Carnival 4		BMC Mile	Girls Team 52

Summer Series

Ipstones	Biddulph	Wetton	

Saturday 2nd July

Congleton parkrun 2nd

Sam Newton 18:53 6th
Richard O'Keeffe 22:44

Hanley parkrun 2nd

Lee Watson 17:25 1st
Bryn Holmes 19:13 3rd
Dan Jordan 22:38
Paul Gardiner 24:32
Tonia Vernon 25:09
James Williams 26:32
Graham Sheridan 27:10
Steven Farmer 27:26
Ellie Bloomer 28:29
Kerry Dixon 30:36
Paul Cotterill 30:37

Telford parkrun 2nd

Lynne Callaghan 24:05

Lyme Park parkrun 2nd

Mark Day 23:39

Parke parkrun 2nd

Brian Tonks 26:49

Sunday 3rd July

Ashbourne Half Marathon

Roger Grand 1:27:39
Kristina Defries 1:36:34 2nd Lady
Barry Smith 1:38:02
Andrew Defries 1:48:50

Ultimate Half Ironman

Greg Julian Swim 51:54

Ian Cawley	3:10:32	
Deb Thomas	3:11:34	3 rd Lady
Dan Jordan	3:12:11	
Chris Morgan	3:13:22	
Leigh Matthews	3:21:20	
Rob Tabbanor	3:23:53	
Rich Washington	3:31:28	
Paul Burslem	3:32:29	
Shaun Weston	3:43:50	
Tom Halloway	3:52:31	
Richard Chadwick	3:53:06	
Kerry Dixon	3:55:56	
Phil Pinson	4:01:05	
Jill Phillips	4:01:20	
Mark Gorton	4:02:05	
Warren Thomas	4:03:36	
Matt Burley	4:08:54	
Joel Harrison	4:08:55	
Sam Mulhall	4:14:37	
Dave Wheatley	4:30:36	
Peter Clarke	4:41:04	
Aaron Whiston	4:44:43	
Ken Bloor	4:50:53	
Chris Tipper	5:12:08	
Lisa Foxhall	5:18:30	
Kirsten Owen	5:20:04	
Dave Elborn	5:20:29	
Jacque MacPhail	5:43:09	

Staffs Marathon Championships – Potteries Marathon

Ian Cawley	Gold M40
Dan Jordan	Gold M45
Simon Dunn	Gold M50
Rob Tabbanor	Gold M55
Deb Thomas	Gold
Jill Phillips	Gold F55

Potteries Marathon Relay

Trentham A	3:01:05	1 st
Trentham Globe Trotters	3:40:06	

Wednesday 6th July

Shugborough relays

Male Open

Faster Than Your Average	50:34	4 th
Carl Platt	12:35	
Lee-J Watson	12:13	
Jason Burgess	12:11	
Bryn Holmes	13:35	

Goldie's Pickle over Morgans Rum, my dear Watson 57:34 17th

Matt Burley	15:16
Craig Taylor	13:51
Chris Morgan	13:35
Joel Harrison	14:49

Female Open

All About the Cake	1:16:14	9 th
Jen Riley	19:05	
Ragnhild Marie	17:27	
Kerry Dixon	16:34	
Kayleigh Rowding	23:05	

All about the Cookies 1:33:00 22nd

Amy Dale	21:36
Robyn Davies	18:27
Jacque MacPhail	25:57
Rebecca Tony	26:59

All about the Bubbles 1:37:23 23rd

Lisa Foxhall	23:57
Beverley Parry	24:40
Sarah Latham	25:03
Gemma Brookes	23:41

Male Vets 160

Now That's a Bang Tidy Vets Team	54:09	4 th
Richard Longley	13:08	
Ian Cawley	13:27	
Scott Zikmanis	13:52	
Adam Grew	13:40	

Green Rinse Brigade 57:34 5th

Andy Bloomer	15:02
Dan Jordan	13:58
Dave Pickstock	14:01
Ian Heath	14:32

Green Slightly Wrinkly Machine 1:03:39 19th

Grea Julian	17:03
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Tonia Vernon	18:03	
Jill Phillips	18:59	
Kerryann Maddock	19:42	
Nicola Jennings	18:29	
Mixed Team 64		
Trentham Beasts	1:10:03	8 th
Jack Allen	16:58	
Annabelle Mycock	18:01	
Harry Beasley	14:44	
Izzie Bloomer	20:19	
Trentham Superstars	1:15:13	10 th
Arthur Hughes	19:42	
George Hughes	16:43	
Chloe Armstrong-Simcock	19:53	
Crystal Dowson	18:53	
Terrific Trentham Terrors	1:31:04	13 th
Sam Foster	19:35	
Abi Yendole	24:11	
Lisa Simcock	22:49	
Issy Foster	24:29	
Boys Team 52		
Trentham Stormtroopers	1:24:44	20 th
Connell Latham	18:26	
George Mycock	20:13	
James Maddock	20:24	
Eric Hughes	18:33	
Girls Team 52		
Trentham Belles	1:07:33	7 th
Tasmin Burley	17:37	
Bekah Yendole	17:36	
Olivia Ball	14:55	
Millie Holmes	17:24	
Trentham Chatterboxes	1:17:42	15 th
Ellie Bloomer	21:06	
Emma Hughes	17:34	
Amber Vernon	20:03	
Ellie Bloomer	18:57	
Thursday 7th July		
Wizard 5		
Ed Wilson	31:05	
Summer Series – Ipstones		
Richard Longley	41:27	1 st MV40
Chris Morgan	41:48	
Dan Jordan	42:12	
Deb Thomas	43:03	1 st Lady
Richard Washington	43:48	
Jon Guest	45:23	1 st MV55
Darren Hill	46:33	
Joanne Stanfield	47:21	
David Myatt	52:08	
Sarah Adams	1:01:52	
Catherine Lantsbery	1:08:30	
Saturday 9th July		
Congleton parkrun 9th		
Martin Hull	19:13	6 th
Hanley parkrun 9th		
Chris Mosiuk	21:37	
Bryn Holmes	21:40	
Andrew Clinton	22:21	
Phil Pinson	22:58	
Glynn Probert	23:46	
Rebekah Yendole	23:52	
Paul Gardiner	24:51	
Isabella Jordan	25:12	
Dan Jordan	25:17	
Kerry Dixon	25:46	
Phil Thomas	26:08	
Steven Farmer	26:13	
Paul Cotterill	27:21	
Millie Holmes	28:09	
Kirsten Owen	28:24	
Graham Sheridan	32:47	
Delamere parkrun 9th		
James Williams	26:04	
Lyme Park parkrun 9th		
Mark Bell	25:27	

Brian Tonks 30:45

Sunday 10th July

Cheadle 4

Luke Boulton	22:51	2 nd
Carl Platt	23:02	3 rd
Lee Watson	23:20	5 th
Scott Minshall	24:02	
Ian Cawley	24:06	
Bryn Holmes	24:21	
Lee Ellis	24:30	
Craig Taylor	24:50	
Chris Morgan	25:36	
Dave Pickstock	25:55	
Ian Heath	26:01	
Rob Tabbanor	26:09	
Barry Smith	26:28	
Kristina Defries	26:48	
Matt Burley	28:11	
John Guest	28:37	
Andy Defries	29:11	
Kerry Widdowson	29:19	
Sarah Taylor	29:57	
Tony White	30:31	
James Fowler	32:03	
Phil Thomas	32:11	
Rose Wilson	32:36	
Lauren Gallagher	32:56	
Ken Bloor	33:56	
Jen Riley	35:42	
Malcolm Rushton	39:31	

Thursday 14th July

JCB 5

Ed Wilson	31:07	
Barry Smith	33:11	
Paul Burslem	33:40	
Kerry Dixon	36:03	
James Fowler	39:15	
John Davies	44:49	
Robyn Davies	44:49	
Kayleigh Rowding	54:24	

Summer Series – Biddulph

Chris Morgan	29:05	
Dan Jordan	29:44	
Deb Thomas	30:22	1st Lady
Richard Washington	30:41	
Kristina Defries	31:24	2nd Lady
John Guest	31:48	1st MV55
Darren Hill	33:05	
Joanne Stanfield	33:09	3rd F45
Richard Longley	33:29	
Paul Clinton	34:00	
Andy Vickerman	35:19	
Brian Tonks	37:02	
Sarah Adams	43:53	
Catherine Lantsbery	46:22	

Sale Sizzler

Roger Grand	17:20	
Mandy Vernon	18:26	1st FV45

Saturday 16th July

Greenock parkrun 16th

Paul Gardiner	24:49	
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Congleton parkrun 16th

Lauren Gallagher	24:13	
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Hanley parkrun 16th

Lee Watson	17:44	1st
Bryn Holmes	19:08	4th
Dave Pickstock	19:35	6th
Chris Mosiuk	21:38	
Gary Payne	22:49	
Julia Rigby	24:24	
Ragnhild Marstad	24:28	
Colin Moody	24:33	
Rebekah Yendole	24:49	
Emily Braverman	25:10	
Ellie Bloomer	26:14	
Glynn Probert	26:46	
Kerry Dixon	26:46	
Millie Holmes	27:07	
Dave Elborn	28:03	
Guv Forrest-Hav	28:19	

Sunday 17th July		
Cheshire Half Marathon		
Jodie Clarke	2:01:20	
Trentham 10k		
Scott Minshall	39:00	8th
Bryn Holmes	39:29	10th
Ian Cawley	39:50	1st MV40
Craig Taylor	40:17	
Chris Morgan	41:12	
Ian Heath	41:37	
Scott Zikmanis	41:56	
Paul Burslem	43:00	
Rob Tabbanor	43:07	
Kristina Defries	43:35	2nd Lady
Wendy Swift	45:01	3rd Lady
John Guest	45:39	
Matt Burley	46:25	
Andrew Clinton	47:01	
Andrew Defries	48:07	
Tony White	49:43	
Andrew Greensmith	50:11	
Ken Bloor	51:57	
Ragnhild Marstad	52:54	
Rose Wilson	53:02	1st FV55
Dave Rushton	53:28	
Alan Lewis	54:19	1st MV75
Phil Thomas	54:31	
John Davies	56:57	
Robyn Davies	58:20	
Nick Inglis	58:38	
Chris Hardman	58:47	
Camille Smyth	61:26	
Alison Jackson-Hedges	61:26	
Sarah Jackson-Hedges	64:50	
Gemma Brookes	70:50	
Dave Piper	72:23	
Beverley Parry	74:14	
Sarah Latham	76:01	
Wednesday 20th July		
Vic Musgrove 5k		
Carl Platt	17:02	
Thursday 21st July		
Summer Series – Wetton		
Richard Longley	45:26	3 rd M40
Dan Jordan	46:15	2 nd M45
Deb Thomas	46:40	1 st Lady
Chris Morgan	46:48	
Richard Washington	48:09	
John Guest	49:01	2 nd M55
Kristina Defries	49:27	
Georgia Stanfield	51:08	2 nd F16
Darren Hill	52:21	
Joanne Stanfield	52:28	3 rd F45
Paul Clinton	52:44	
Andy Vickerman	53:01	
Kerry Widdowson	55:55	2 nd F40
Sarah Adams	1:08:14	
Saturday 23rd July		
Cambridge parkrun 23rd		
Emily Braverman	26:17	
Rosliston parkrun 23rd		
Kerry Dixon	26:05	
Jen Riley	29:42	
Paul Cotterill	33:01	
Graham Sheridan	33:04	
Glynn Probert	33:04	
Tricia Cotterill	59:51	
Kaye Morrissey	59:52	
Congleton parkrun 23rd		
Martin Hull	18:31	3 rd
Alan Lewis	25:59	
Hanley parkrun 23rd		
Leigh Matthews	18:58	5 th

Paul Gardiner	24:36	
Ellie Bloomer	28:24	
Isabelle Bloomer	28:38	
Dave Elborn	29:06	
Thunder Run		
Solo		
Andy Vickerman	15 laps	12 th
Men's Pairs		
Trentham Dog Walkers	23 laps	2 nd
Dan Jordan		
Matt Plant		
Mixed Pairs		
Burley n' Bean	21 laps	4 th
Jill Phillips		
Matt Burley		
Teams 6-8 Mixed		
Trentham's Finest	33 laps	5 th
Bryn Holmes		
Scott Minshall		
Christopher Morgan		
Deb Thomas		
Scott Zikmanis		
Lee Ellis		
Dave Pickstock		
Ian Cawley		
Jennings Lemmings	24 laps	91 st
Robyn Davies		
Warren Thomas		
Kerry Dixon		
Mark Gorton		
Walter Mosiuk		
Jodie Clarke		
Helen Nicholls		
Nicola Jennings		
Chunder Runners	24 laps	99 th
James Fowler		
Dan Bowman		
Jacque Macphail		
Chris Mosiuk		
Greg Julian		
Claire Stubbs		
Lee Jones		
Jon Bowman		
Green Thunder	23 laps	126 th
Paul Cotterill		
Emily Smith		
Glynn Probert		
Kirsten Owen		
Graham Sheridan		
Mark Birchall		
Hannah Parrott		
Jen Riley		
Hares & Tortoises	21 Laps	174 th
Richard Longley		
Richard Chadwick		
Lee Lymer		
Phil Fortun		
Mark Collins		
Trish Cotterill		
Kaye Morrissey		
Alli Lymer		
Tuesday 26th July		
Time Trial 3k		
Carl Platt	9.29.07	
Richard Longley	9.57.37	
Richard Washington	10.49.29	
Ian Heath	11.04.98	
Dan Cawley	11.09.79	
Kevin Finney	11.17.87	
Deborah Thomas	11.19.30	
Shaun Weston	11.20.75	
Doug Alcock	11.39.20	
Phillip Pinson	12.00.70	
Andrew Defries	12.06.86	
David Wheatley	12.09.44	
Richard Cotton	12.14.42	
Dave Rushton	12.24.52	
Greg Julian	12.35.10	
Davin Thorlev	12.54.43	

Alastair Wilkins	13.39.78
Claire Meadowcroft	14.11.69
Mark Mayer	14.24.05
Ken Pearson	14.29.29
Tim Charles	15.01.19
Ali Jackson-Hedges	15.24.90
Michelle Powner	15.38.43
Sarah Jackson-Hedges	15.52.98
Lisa Foxhall	16.02.68
Gemma Brookes	16.03.79
Kayleigh Rowding	16.53.01
Sarah Latham	18.10.63
Beverley Parry	18.16.91

Queens Park 5k

Ian Wilson	18:16	
Mandy Vernon	18:22	1 st Lady
Ed Wilson	18:26	
Brian Tonks	22:27	
Rose Wilson	23:42	1 st FV55

Wednesday 27th July**Staffs Knot 5***

Bryn Holmes	38:34
Craig Taylor	38:34
Wendy Swift	39:57
Georgia Stanfield	40:11
Barry Smith	40:21
Kristina Defries	40:46
Paul Clinton	41:12
Joanne Stanfield	41:24
Sarah Taylor	41:31
Andrew Clinton	41:49
Andrew Defries	41:52
Kerry Dixon	41:57
Rob Tabbanor	42:14
Stan Winterton	42:28
Kerry Widdowson	42:30
Tony White	43:06
Gillian Tinsley	44:41
Phil Thomas	45:30

*Not Official Distance

Saturday 30th July**Hanley parkrun 30th**

Chris Mosiuk	21:16
Shaun Weston	21:35
Mark Mayer	23:11
Simon Bryan	24:04
Paul Gardiner	24:05
Lauren Gallagher	24:34
Colin Moody	24:41
Isabella Jordan	24:56
Dan Jordan	24:59
Emily Braverman	26:04
Millie Holmes	26:32
Ellie Bloomer	27:46
Kerryann Maddock	28:28
James Maddock	29:48
Paul Cotterill	32:40
Dave Elborn	37:39
Kaye Morrissey	48:40
Tricia Cotterill	48:40

Meerbrook 15k

Ian Wilson	1:02:31	
Bryn Holmes	1:02:39	
Ian Crawley	1:02:41	
Leigh Matthews	1:03:25	
Mandy Vernon	1:03:30	1 st V45 New Club Record
Craig Taylor	1:03:56	
Rob Tabbanor	1:08:14	
Kristina Defries	1:08:25	
Paul Clinton	1:09:56	
Barry Smith	1:09:57	
Scott Zikmanis	1:10:53	
Dave Pickstock	1:10:53	
Georgia Stanfield	1:10:53	
Joanne Stanfield	1:12:36	
Stan Winterton	1:15:44	1 st V70
Sarah Taylor	1:15:53	
Lee Jones	1:15:55	
Anthony White	1:17:26	
Kerry Widdowson	1:18:13	
Andrew Defries	1:18:41	
Kerry Dixon	1:18:43	
Ken Bloor	1:21:26	
Stephan Burrowes	1:21:50	

Kirsten Owen	1:28:49
BMC Mile Carl Platt	4:53