

TRENTHAM RUNNING CLUB

Page last updated 13 July 2016

June 2016 Races

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

Congratulations this month go to;

Week 1

The first race of the month was the Oakamoor round of the Summer Series with Jason Burgess 3rd and Luke Boulton 5th. In the ladies section Deb Thomas continued her winning ways coming home 1st Lady and Georgia Stanfield was 2nd F16.

At the Westbridge 5 the successful men were Luke Boulton 3rd, Martin Hull 1st V55 and a new Club record of 29:21, Bryn Holmes 1st V45, Stan Winterton 1st V70, Alan Lewis 1st V75 and a new Club record of 39:39. The winning ladies were Mandy Vernon 1st Lady and Vicky Norton 1st VF40.

Week 2

The third Summer Series race at Shutlingsloe saw a slightly depleted TRC entry but Deb Thomas came home 1st Lady again in 30:49 and Richard Longley was our first male runner finishing in 29:55. At the weekend we had runners in a variety of races including Matt Plant at the Man versus Horse marathon finishing in 3:23:35 and racing again at the Passing Cloud Fell Race the next day finishing in 1:59:09. Potters 'Arf saw 64 TRC runners in the main race and 3 teams in the relay race. Deb Thomas was a brilliant 1st Lady and the men's honours were upheld by Stan Winterton who was 1st V70 and Alan Lewis 1st V75. Well done to Lee Watson who won the Junior race. Unfortunately the Juniors results do not show running clubs so these results will be updated shortly. If you ran for TRC but weren't included in the results as a Trentham runner please let us know [HERE](#) so we can update the results.



Week 3

The 4th Summer Series at Buxton saw Richard Longley finish 7th with Deb Thomas in her usual 1st place. Many of our runners competed in the JCB mud run on the Saturday with the highlights being Jason Burgess and Scott Zikmanis 2nd and 3rd overall. This event raised over £55,000 last year for NSPCC. There are lots of pictures of very muddy people on the TRC facebook page and [HERE](#) is a youtube video. The results dont show any running club so there may be some finishers missing that I can't find in the results. Please let us know of any additional runners.



On the Sunday Alan Lewis and Carl Platt competed in the British Masters 5k event, Alan was 3rd V75 and Carl 7th V35. In the St Michaels 10k Deb Thomas was 1st F35 and Stan Winterton 1st MV70

Week 4

This was a quiet week, with the highlight being Deb Thomas 1st Lady at the Roaches.

Week 5

The Beryhill 10k was on the Tuesday this year but we still had some winning performances. Kristina Defries was 2nd Lady, Dave Myatt 1st V60, Stan Winterton 1st V70 and Alan Lewis 1st V75. Later that week was the Summer Series Rudyard race with TRC taking the mens and ladies wins with Jason Burgess and Debbie Thomas respectively. At the Manchester 5k Mandy Vernon was 1st FV45 in 18:06, FV45 course record.

Parkruns

Congleton parkrun 4th		Congleton parkrun 18th	
Hanley parkrun 4th	Hanley parkrun 11th	Hanley parkrun 18th	Hanley parkrun 25th
	Lyme Park parkrun 11th	Lyme Park parkrun 18th	

Derby Ramathon Half Marathon	British Masters		
Man v Horse Marathon	JCB Mud Run		
Potters 'Arf Marathon	Shifnal Half Marathon		
Potters 'Arf Relay	Great Donington Run 10 mile		
Passing Clouds Fell Race	Berryhill 10k		
Potters Arf Juniors	Sale Sizzler 5k		3k Time Trial

Summer Series

Tittesworth	Oakamoor	Shutlingsloe	Buxton
Roaches	Rudyard		

Thursday 2nd June

Summer Series - Oakamoor

Jason Burgess	29:21	3 rd
Luke Boulton	29:42	5 th
Scott Zikmanis	32:57	
Richard Longley	32:57	
Vinnie Martin	34:06	
Deb Thomas	34:13	1 st Lady
Dave Pickstock	35:46	
Kristina Defries	37:01	
Richard Washington	37:08	
John Guest	37:15	
Darren Hill	37:57	
Andy Vickerman	37:58	
Georgia Stanfield	38:06	2 nd F16
Vicky Norton	38:16	
Paul Clinton	39:05	
Joanne Stanfield	39:09	
Andrew Clinton	39:29	
Andrew Defries	42:52	
Brian Tonks	43:43	
Catherine Lantsbery	49:58	

Saturday 4th June

Congleton parkrun 4th

Richard O'Keeffe	22:51
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Hanley parkrun 4th

Bryn Holmes	21:00
Andrew Clinton	21:32
Simon Bryan	24:05
Shaun Weston	24:20
Graham Sheridan	24:25
Colin Moody	24:44
Kerry Dixon	25:00
Paul Gardiner	25:07
Phil Thomas	25:41
Dave Pickstock	25:41
Millie Holmes	26:09
Kirsten Owen	27:11
Bobbie Hickman	28:40
Dave Elborn	29:18
Ellie Bloomer	29:18
Tonia Vernon	29:20
Ellis Nevitt	29:25
Paul Cotterill	30:24
Chris Hardman	34:10
Jen Riley	35:55

Sunday 5th June

Westbridge 5

Luke Boulton	28:05	3 rd
Martin Hull	29:21	1 st MV55 Club Record
Bryn Holmes	29:28	1 st MV45
Scott Zikmanis	29:50	
Ian Cawley	30:07	
Mandy Vernon	30:26	1 st Lady
Leigh Matthews	30:44	
Dave Pickstock	30:55	
Craig Taylor	30:58	
Chris Morgan	31:29	
Ian Heath	31:37	
Rob Tabbanor	32:02	
Kristina Defries	33:23	
Barry Smith	33:25	
John Guest	34:13	
Vicky Norton	34:57	1 st FV40
Joanne Stanfield	35:54	
Andrew Defries	35:58	

Malcolm Rushton	43:00	
Julie Holmes	47:12	
Derby Ramathon Half Marathon		
Terry Wall	1:40:54	
Nicola Jennings	1:53:48	
Thursday 9th June		
Summer Series – Shutlingsloe		
Richard Longley	29:55	
Dan Jordan	30:00	
Deb Thomas	30:49	1 st Lady
Rich Washington	32:26	
Andy Vickerman	32:36	
Darren Hill	34:10	
Lee Jones	42:38	
Sarah Adams	44:41	
Catherine Lantsbery	47:54	
Saturday 11th June		
Man v Horse Marathon		
Matt Plant	3:23:35	
Hanley parkrun 11th		
Shaun Weston	21:15	
Andrew Clinton	21:59	
Rebekah Yendole	25:28	
Gary Payne	26:02	
Tonia Vernon	26:26	
Steven Farmer	26:31	
James Williams	27:21	
Bobbie Hickman	27:31	
Kerry Dixon	28:04	
Glynn Probert	28:05	
Kirk Clarke	30:18	
Megan Battison	30:29	
Millie Holmes	30:34	
Graham Sheridan	31:04	
Jen Riley	31:58	
Kaye Morrissey	45:58	
Lyme Park parkrun 11th		
Mark day	24:20	
Sunday 12th June		
Potters 'Arf Marathon		
Roger Grand	1:21:51	2nd M40
Ian Cawley	1:22:42	3rd M40
Leigh Mathews	1:24:48	
Bryn Holmes	1:25:41	3rd M45
Scott Zikmanis	1:26:11	
Craig Taylor	1:26:20	
Sam Newton	1:26:37	
Simon Dunn	1:26:41	3rd M50
Deb Thomas	1:26:56	1 st Lady
Lee Ellis	1:27:28	
Dave Pickstock	1:27:39	
Dan Jordan	1:27:58	
Chris Morgan	1:28:07	
Jon Bowman	1:28:30	
Rob Tabbanor	1:32:15	2nd M55
Shaun Weston	1:33:47	
Paul Burslem	1:34:10	
Kristina Defries	1:34:20	
Barry Smith	1:34:32	
Rich Washington	1:36:54	
Mark Gorton	1:37:16	
Joel Harrison	1:38:26	
Chris Mosiuk	1:39:25	
John Guest	1:39:40	
Lee Jones	1:40:39	
Joanne Stanfield	1:40:44	2nd F45
Alistair Wilkins	1:41:30	
Stan Winterton	1:41:34	1 st M70
Kerry Dixon	1:42:13	
Kerry Widdowson	1:42:26	
Glynn Probert	1:42:28	
Ken Bloor	1:43:21	
Andrew Defries	1:44:26	
Dave Wheatley	1:45:23	
Phil Pinson	1:46:10	
Anthony White	1:47:09	
Gary Payne	1:48:51	
Matt Burley	1:50:14	
Warren Thomas	1:50:20	
Vikki Ridgway	1:52:17	
James Fowler	1:53:11	
Ragnhild Marstad	1:54:43	

Samantha Hall	1:57:15
Aaron Whiston	1:57:57
Phil Thomas	1:58:15
Dan Ison	2:01:23
Dave Rushton	2:05:56
Dave Piper	2:06:07
Camille Smyth	2:07:30
Alison Jackson-Hedges	2:10:07
Malcolm Rushton	2:15:53
Nicola Jennings	2:17:40
Jodie Clarke	2:17:44
Peter Robertson	2:18:18
Sarah Jackson-Hedges	2:19:11
Lisa Foxhall	2:26:54
Jacquie MacPhail	2:34:18
Sam Tidy	2:37:34

Potters Arf Relay

Trentham Tigers	1:47:53	5th
Trentham Tornados	1:54:33	9th
Trentham Belles	1:55:26	11th

Potters Arf Juniors

To be updated.	
Lee Watson	2:31
Izzy Jordan	3:13
Caitlin Taylor	4:08
Dorothy Zikmanis	4:46

Passing Clouds Fell Race

Richard Longley	1:27:17
Matt Plant	1:59:09

Thursday 16th June**Summer Series – Buxton**

Richard Longley	32:22	7 th
Dan Jordan	32:43	
Deb Thomas	32:56	1 st Lady
Chris Morgan	33:29	
Richard Washington	35:07	
Kristina Defries	36:21	
Darren Hill	37:22	
Joanne Stanfield	38:27	
John Guest	38:37	
Paul Clinton	39:08	
Kerry Widdowson	41:27	
Sarah Adams	48:34	
Catherine Lantsbery	49:54	

Saturday 18th June**Congleton parkrun 18th**

Sam Newton	18:45	6 th
Richard O'Keeffe	22:54	

Hanley parkrun 18th

Graham Sheridan	23:20
Rebekah Yendole	24:20
Dan Jordan	24:49
James Williams	25:46
Dave Elborn	28:13
Jazmine Carruthers	32:44
Warren Thomas	36:16

Lyme Park parkrun 18th

Mark Day	24:17
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JCB Mud Run

Jason Burges	46:20	2nd OCRA series
Scott Zikmanis	51:41	3rd OCRA series
Chris Mosiuk	2:00:37	
Alex Mosiuk	2:00:37	
Chris Tipper	2:25:29	
Ragnhild Marie	2:25:30	
Kerry Dixon	2:25:30	
Tonia Vernon	2:25:30	
Walter Mosiuk	2:25:30	
Helen Nichols	2:25:30	
Phil Thomas	2:25:31	
James Fowler	2:25:31	
Paul Cotterill	2:25:31	
Adam Yates	2:25:32	
Bobbie Hickman	2:25:32	
Nicola Jennings	2:25:32	

Sunday 19th June**St. Michaels's 10k**

Richard Longley	37:57
Dan Jordan	38:00

Chris Morgan	43:28	
Andrew Clinton	44:31	
Stan Winterton	45:00	1 st MV70
Kerry Dixon	48:28	
Kirsten Owen	52:37	
Camille Smyth	53:38	

British Masters 5k Horwich

Carl Platt	17:19	7th V35
Alan Lewis	24:23	3rd V75

Thursday 23rd June**Summer Series – Roaches**

Richard Longley	43:32	
Dan Jordan	43:46	
Deb Thomas	45:25	1 st Lady
Darren Hill	46:32	
Kristina Defries	47:10	
John Guest	48:08	
Rich Washington	48:14	
Andrew Vickerman	50:06	
Joanne Stanfield	50:49	
Paul Clinton	51:55	
Andrew Defries	52:02	
Kerry Widdowson	53:00	
David Myatt	55:08	
Brian Tonks	56:58	
Catherine Lantsbery	1:07:16	
Sarah Adams	1:09:36	

Saturday 25th June**Hanley parkrun 25th**

Bryn Holmes	19:59	
Gary Payne	22:53	
Colin Moody	25:08	
Paul Orry	25:11	
Emily Braverman	25:25	
Rebekah Yendole	26:15	
Millie Holmes	26:32	
Lauren Gallagher	26:45	
Isabella Jordan	27:01	
Dan Jordan	27:10	
Graham Sheridan	28:14	
Glynn Probert	28:14	
Ellie Bloomer	28:21	
Phil Pinson	28:39	
Paul Cotterill	29:50	
Emily Smith	34:40	

Sunday 26th June**Shifnal Half Marathon**

Ken Bloor	2:00:59	
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Great Donington Run 10 mile

Kirsten Owen	1:26:49	
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Tuesday 28th**Time Trial**

Richard Longley	9:57	
Stephan Walley	10:02	
Kev Finney	11:28	
Deb Thomas	11:44	
Dave Wheatley	11:47	
Kerry Dixon	11:53	
Graham Sheridan	12:34	
Ragnhild Marstad	13:26	
Kirsten Owen	13:34	
Dave Rushton	13:49	
Tracy Hollins	13:52	
Paul Gardiner	13:56	
Lauren Gallagher	14:20	
Jodie Clarke	14:35	
Ken Pearson	14:45	

All the 2016 Time Trial results can be found [HERE](#)

Tuesday 28th June**Berryhill 10k**

Bryn Holmes	37:47	7th
Craig Taylor	39:09	
Chris Morgan	39:22	
Scott Minshall	39:51	
Ian Heath	41:04	
Rob Tabbanor	41:55	
Barry Smith	42:04	
Kristina Defries	42:42	2 nd Lady
Dave Pickstock	43:06	
John Guest	44:37	
Jo Stanfield	44:51	

Phil Thomas	51:39	
Alan Lewis	51:42	1 st V75
Camille Smyth	54:32	
Julie Holmes	61:06	

Thursday 30th June**Summer Series - Rudyard**

Jason Burgess	28:16	1 st
Richard Longley	31:25	9 th
Dan Jordan	32:16	
Deb Thomas	32:38	1 st Lady
Scott Zikmanis	32:43	
Rich Washington	33:41	
Kristina Defries	35:22	
Darren Hill	35:22	
Paul Clinton	36:05	
Andrew Clinton	36:14	
Joanne Stanfield	36:36	
Andrew Defries	37:35	
Sarah Adams	45:52	
Catherine Lantsbery	48:09	

Sale Sizzler 5k

Carl Platt	17:09	
Roger Grand	17:31	
Mandy Vernon	18:06	1st FV45 and FV45 Course Record