

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](#)

March 2016 Races

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

Congratulations to;

Week 1

Carl Platt, 2nd at the Hanley parkrun, Simon Myatt, 2nd overall at the Cheadle 5, Mandy Vernon 1st lady at Cheadle 5, Roger Taylor for a sub 3hr run and 10th overall at the Wrexham marathon and Andy Vickerman for completing the Millennium Way run.

Week 2

The parkrun times seem to be getting faster with Bryn Holmes fastest of the weekend with 5th place at Hanley in 18:14. Mandy Vernon continues her winning ways with 1st V45 at Bath Half marathon. At Knighton 20 we had 17 runners with Simon Myatt 4th overall, Stan Winterton setting a new V70 20 mile record at 2:41:00 and Alan Lewis a new V75 record at 3:02:28. These records will be added to the website shortly. Adam grew completed the Edale Skyline in 4:22:46.

Week 3

The juniors competed in the SAN Junior Relays with the girls U13 team coming 3rd. We had 46 runners in the Stafford half with many achieving PBs.

Week 4

In the final weekend of the month Carl Platt was 3rd in the Hanley parkrun, and at Air Products 10k Mandy Vernon was 1st VF45, Stan Winterton was 1st MV70 and Rob Tabbanor 2nd MV50. Simon Myatt also won the Lloseta 6.6km race and was 2nd in the Muro 7.5km race.

Parkruns

Heaton parkrun 5th		Heaton parkrun 19th	South Manchester parkrun 26th	
Congleton parkrun 5th	Congleton parkrun 12th	Congleton parkrun 19th	Congleton parkrun 26th	
Hanley parkrun 5th	Hanley parkrun 12th	Hanley parkrun 19th	Hanley parkrun 26th	
Marple parkrun 5th			Wycombe Rye parkrun 26th	
Telford parkrun 5th				
	Lyme Park parkrun 12th	Lyme Park parkrun 19th	Lyme Park parkrun 26th	

Other races

Cloud 9	Anglesey Island Half	Wrexham Marathon	Silverstone Half Marathon
Cheadle Spring 5	Millennium Way	Bath Half Marathon	Knighton 20
Mighty Deerstalker 10k	Retford Half Marathon	Liverpool Half Marathon	Edale Skyline
SAN Junior Relays	Stafford Half marathon	Canalathon 50k	Muro 7.5km
Air Products 5k	Air Products 10k	Notts Easter 10k	Lloseta 6.5km

X - Country

Inter Counties XC			

Saturday 5th March

Heaton parkrun 5th

Sam Tidy 31:25

Congleton parkrun 5th

Ed Wilson 18:53 7th
 Sam Newton 19:05 8th
 Martin Hull 19:17
 Shaun Weston 21:00

Hanley parkrun 5th

Carl Platt 17:46 2nd
 Jon Bowman 19:26 8th
 Ian Heath 20:06
 Bryn Holmes 21:14
 Phil Mainwaring 23:14
 Dan Ison 23:23
 Kerry Dixon 23:56
 Paul Orry 24:13
 Dan Jordan 24:42
 Richard Longley 24:43
 Emily Braverman 24:46

Colin Moody	24:47
Tonia Vernon	24:59
Gary Payne	26:12
Lauren Gallagher	26:20
Graham Sheridan	26:41
Kirsten Owen	26:52
Ellie Bloomer	26:57
Phil Thomas	28:31
Millie Holmes	29:06
Megan Battison	29:08

Marple parkrun 5th
Mark Day 23:04

Telford parkrun 5th
James Fowler 25:03

Fulham Palace parkrun 5th
Sarah Johnson 18:08 1st lady

Sunday 6th March

Cloud 9
Richard Chadwick 1:15:55
Phil Fortun 1:21:23
Catherine Lantsbery 1:48:55

Cheadle Spring 5
Simon Myatt 26:43 2nd
Mandy Vernon 30:04 1st Lady
Adam Grew 30:35
Deb Thomas 32:37
Kristina Dulson 32:38
John Guest 34:45
David Myatt 35:02
*Joanne Stanfield 35:43
Stan Winterton 36:25
Lee Jones 36:52
*Alistair White 38:02
Brian Tonks 38:08
Dan Bowman 38:36
Rose Wilson 38:53
Phil Thomas 39:43
Alan Lewis 40:08
Paul Gardiner 41:55

Anglesey Island Half
Kirsten Owen 1:53:30

Wrexham Marathon
Roger Taylor 2:59:20 10th

Millennium Way
Andrew Vickerman 7:12:44

Saturday 12th March

Inter Counties XC
Deb Thomas 35:12

Congleton parkrun 12th
Martin Hull 18:33 7th
Sam Newton 18:41 8th
James Fowler 25:56

Hanley parkrun 12th
Bryn Holmes 18:14 5th
Phil Mainwaring 20:07
Jon Bowman 20:08
Dan Jordan 23:13
Graham Sheridan 24:26
Shaun Weston 24:27
Tonia Vernon 24:48
Paul Gardiner 25:02
Millie Holmes 25:07
Rebekah Yendole 25:15
Lucy Corbett 25:55
Ellie Bloomer 26:38
Tasmin Burley 27:36
Matt Burley 27:37
Dan Ison 27:45
David Piper 29:15
Bobbie Hickman 31:35
Kirsten Owen 32:04
Emily Smith 32:05
Sarah Latham 32:51
Phil Thomas 33:15
Kaye Morrissey 43:32

Lyme Park parkrun 12th
Mark Day 24:17

Mighty Deerstalker 10k
Andy Vickerman 2:03:45

Sunday 13th March
Silverstone Half Marathon
Mark Gorton 1:34:23

Bath Half Marathon
Ed Wilson 1:23:16
Mandy Vernon 1:23:20 1st VF45

Knighton 20
Simon Myatt 1:57:18 4th
Simon Dunn 2:15:00
Richard Longley 2:17:07
Dan Jordan 2:19:04

Rob Tabbanor	2:23:09
Jon Bowman	2:26:11
Tom Halloway	2:31:46
Matt Burley	2:37:05
Lee Jones	2:38:00
Stan Winterton	2:41:00
Joanne Stanfield	2:42:47
John Guest	2:46:36
Kerry Widdowson	2:51:21
Paul Cotterill	2:53:01
Alan Lewis	3:02:28
Warren Thomas	3:03:55
Chris Hardman	3:18:25

Retford Half Marathon

Carl Platt	1:18:03	8 th
Mark Mayer	1:27:53	
Terry Wall	1:31:55	

Liverpool Half Marathon

Joel Harrison	1:37:12
Nicola Jennings	1:56:21

Edale Skyline

Adam Grew	4:22:46
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Saturday 19th March

SAN Junior Relays

TRC U13 Girls	29:53	3rd
Megan Battison	7:29	
Bekah Yendole	7:31	
Tasmin Burley	7:50	
Millie Holmes	7:03	

TRC U11 Boys	34:16
Myles Hubbard	7:56
Richard Austin	9:43
Connell Latham	7:34

Harrison Fortun	9:03
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TRC U11 Girls	35:01
Jenny Bates	7:34
Freya Bettany	8:00
Georgie Baker	10:38
Minnie MacKenzie	8:49

Heaton parkrun 19th

Phil Thomas	24:01
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Congleton parkrun 19th

Sam Newton	19:11	7 th
Martin Hull	19:30	
Shaun Weston	20:38	
Richard O'Keeffe	22:53	

Hanley parkrun 19th

Bryn Holmes	21:31
Tony White	23:11
Dan Jordan	23:23
Tonia Vernon	24:43
Paul Cotterill	26:43
Kerry Dixon	26:48
Graham Sheridan	27:36
Dave Elborn	28:07
Millie Holmes	28:20
Phil Pinson	28:51

Lyme Park parkrun 19th

Mark Day	22:58	8 th
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Sunday 20th March

Stafford Half Marathon

Bryn Holmes	1:19:31
Scott Zikmanis	1:19:43
Dan Jordan	1:21:17
Jon Bowman	1:25:24
Ian Cawley	1:26:37
Scott Minshall	1:28:11
Christopher Morgan	1:31:45
Darren Hill	1:32:01
Joel Harrison	1:32:39
Lynne Callaghan	1:32:44
Matt Burley	1:36:06
Kerry Dixon	1:36:57
Chris Mosiuk	1:39:20
Andrew Greensmith	1:39:36
Lee Jones	1:40:26
Francis Hamlett	1:41:08
Warren Thomas	1:42:58
Phillip Pinson	1:43:38
Lucy Corbet	1:44:15
Glynn Probert	1:44:55
Greg Julian	1:46:50
Dan Bowman	1:47:23
Colin Moody	1:48:38
Jill Phillips	1:50:02
Emily Braverman	1:50:33
Hannah Parrott	1:51:36
Sharon Edwards	1:51:51
Ken Bloor	1:52:04
James Fowler	1:54:24
Walter Mosiuk	1:54:35
Peter Clarke	1:54:35
Ragnhild Marstad	1:54:37
Graham Sheridan	1:56:31
Paul Gardiner	1:58:28
Peter Robertson	1:58:24
Daniel Maddock	2:03:14
Jen Riley	2:03:22
Chris Tipper	2:08:07

Simon Lovatt	2:11:17
Nicola Jennings	2:11:55
Camille Smyth	2:11:55
Jodie Clarke	2:12:27
Sarah Jackson-Hedges	2:14:06
Ali Jackson-Hedges	2:19:12
Kirsten Owen	2:25:58
Emily Smith	2:32:14

Saturday 26th March

South Manchester parkrun 26th

Phil Thomas	29:36
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Congleton parkrun 26th

Sam Newton	19:11	8 th
Martin Hull	19:12	9 th
Adam Huxley	21:39	

Wycombe Rye parkrun 26th

Rosemary Wilson	24:02
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Hanley parkrun 26th

Carl Platt	17:17	3 rd
Dave Pickstock	20:23	
Phil Mainwaring	20:37	
Shaun Weston	21:06	
Greg Julian	23:53	
Lee Jones	23:54	
Andy Vickerman	24:09	
Millie Holmes	26:24	
Guy Forrest-Hay	26:27	
Glynn Probert	27:57	
Kerry Dixon	27:57	
Ellie Bloomer	28:48	
Dave Elborn	28:53	
Isabelle Bloomer	29:56	
Tonia Vernon	30:30	
Dan Jordan	30:31	
Graham Sheridan	32:00	
Kaye Morrissey		

Lyme Park parkrun 26th

Mark Day	23:47
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Muro 7.5km

Simon Myatt	24:57	2 nd
David Myatt	34:03	

Sunday 27th March

Canalathon 50k

Nicola Jennings	6:35:49
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Air Products 5k

Caitlin Taylor	28:27
Craig Taylor	28:27

Air Products 10k

Roger Grand	36:36	
Mandy Vernon	37:57	1 st FV45
Ian Cawley	39:34	
Rob Tabbanor	40:25	2 nd MV50
Dave Pickstock	40:51	
Kristina Dulson	41:16	
Barry Smith	41:19	
Scott Minshall	41:29	
Matt Burley	42:19	
Chris Mosiuk	44:00	
Sarah Taylor	44:11	
Lee Jones	44:07	
John Guest	44:15	
Stan Winterton	44:22	1 st MV70
Kerry Dixon	44:24	
Kerry Widdowson	46:26	
Leigh Matthews	46:28	
Andrew Defries	47:56	
Phil Thomas	49:03	
Lauren Gallagher	50:15	
Kathryn Ambrose	56:23	

Monday 28th March

Notts Easter 10k

David Piper	57:23
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Tuesday 29th March

Lioseta 6.5km

Simon Myatt	22:31	1 st
David Myatt	31:06	