

TRENTHAM RUNNING CLUB

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May 2016 Races

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

Congratulations this month go to;

Week 1

A great start to May at Uttoxeter Half, with Simon Myatt 2nd in 1:14:13, Martin Hull 1st V55 in a new Club Record of 1:21:15, Bryn Holmes 3rd V40, Rob Tabbanor 2nd V55, Sarah Taylor 2nd LV45 and Joanne Stanfield 3rd LV45. The team winners were.....

Trentham!!

In the Uttoxeter 10k Kerry Dixon was 2nd Lady.

And we had 5 runners in the 2k race. Well done to them.

Brilliant performances.

Week 2

TRC raced in Bulgaria at the Varna Trail 13.5k with Deb Thomas 1st lady and Richard O'Keeffe 1st V60. At Clayton 10k we had 41 runners, Simon Myatt was 2nd, Mandy Vernon 1st lady, Stan Winterton 1st V70, Alan Lewis 1st V75 and Joel Harrison completing the course in 52:09 to finish off his 10 marathons in 10 days. You can still contribute to his fund raising for the Dougie Mac Hospice here. <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=joelh89>

The Parkruns saw Bryn Holmes 2nd at Stratford upon Avon in 18:14.

At the National Masters Road Relays Trentham Mens A Team were 12th overall. The B team and over 45 team and over 75 Team were each short of a full Team, maybe you can race as well next time?? The Ladies V45 Team were a very impressive 2nd overall and won the Silver Medal with Mandy Vernon posting the fastest leg time of 17:45. Alan Lewis was 2nd fastest in the over 75 age group.

Week 3

Lots of different races this week including on Wednesday, the Silverdale Fun run where Millie Holmes was 2nd, the Silverdale Dash where Bryn Holmes was 1st V40, Deb Thomas was 1st Lady, Paul Burslem 1st V50 and Dave Myatt 1st V60. On Thursday was the annual Mow Cop Killer mile where we had 9 runners with Dan Jordan recording our fastest time of 8:53 and on Friday the Christleton 5k. Saturday was the usual parkruns and Sunday was the Donna Louise 10k where we had 14 runners. Apologies if you have been missed off the Killer Mile or Donna Louise results, not everyone in these races is listed under their running club.

Week 4

The final week was quite busy, lots of great results and a wide variety of races. At the Dunham Massey 5k Mandy Vernon was 1st lady and at the first of the Summer Series races at Tittesworth Luke Boulton was 2nd, Jason Burgess 3rd, Deb Thomas 1st Lady and Dave Myatt was 1st MV60. Quite a few varied parkruns this weekend with Congleton producing two new club records, Martin Hull was 2nd in 17:49 a new V55 record and Alan Lewis came home in 23:55 also a new V75 club record.

Sunday saw the hilly Buxton half with Deb Thomas 1st Lady and Kristina Jefferies 3rd Lady. At the Sinfin Classic 10k Mandy Vernon was 1st Lady in 37:50.

Liverpool Rock and Roll times not available yet.

On Tuesday we had the second time trial over a 3k course at Barlaston. 40 runners from all the groups turned up

Parkruns

Hanley parkrun 7th	Hanley parkrun 14th	Hanley parkrun 21st	Hanley parkrun 28th	
Congleton parkrun 7th	Congleton parkrun 14th	Congleton parkrun 21st	Congleton parkrun 28th	
Lyme Park parkrun 7th	Lyme Park parkrun 14th	Lyme Park parkrun 21st		
	Stratford-upon-Avon parkrun 14th		Newcastle parkrun 28th	
			Whitley Bay parkrun 28th	
			Newark parkrun 28th	

Other races

Birmingham Great 10k	Uttoxeter Half	Uttoxeter 10k	Uttoxeter - 2k
May 4th Trail Marathon	Dudley Kingswinford 10k	Market Drayton 10k	Varna 13.5k Trail Run Bulgaria
Chase Trail Half Marathon	Clayton 10	National Masters Road Relays Men	National Masters Road Relays Women
Silverdale Fun Run	Silverdale Dash	Killer Mile	Christleton 5k
Donna Louise 10k			
Dunham Massey Park 5k	Buxton Half Marathon	Sinfin Classic 10k	Rock and Roll Liverpool Marathon and Half Marathon. (tba)
3k Time Trial			

Sunday 1st May

Birmingham Great 10k

Warren Thomas 47:41

Uttoxeter Half

Simon Myatt 1:14:13 2nd
 Martin Hull 1:21:15 1st V55 – Club Record
 Bryn Holmes 1:22:20 3rd V40
 Ian Cawley 1:23:54
 Leigh Matthews 1:27:04
 Scott Minshall 1:27:26
 Dave Pickstock 1:28:21
 Craig Taylor 1:29:15
 Chris Morgan 1:29:23
 Rob Tabbanor 1:29:52 2nd V55
 Paul Burslem 1:34:47
 Barry Smith 1:34:52
 Sarah Taylor 1:39:24 2nd LV45
 Joanne Stanfield 1:40:41 3rd LV45
 Kerry Widdowson 1:43:20
 Matt Burley 1:43:27
 Phil Fortun 1:43:45
 Tony White 1:46:17
 Ken Bloor 1:47:25
 James Fowler 1:54:22
 Malcolm Rushton 2:04:54

Team Winners – Trentham!

Uttoxeter 10k

Kerry Dixon 46:27 2nd Lady

Uttoxeter - 2k

Connell Latham 10:17
 Caitlin Taylor 11:17
 Samuel Foster 11:41
 Harrison Fortun 12:18
 Dorothy Zikmanis 13:07

Wednesday 4th MayMay 4th Trail Marathon

Phil Fortun 5:21:22

Dudley Kingswinford 10k

Luke Boulton 35:14 5thSaturday 7th May

Congleton parkrun 7th

Sam Newton 20:14

Hanley parkrun 7th

Ed Wilson 18:38 7th
 Dan Jordan 18:44
 Shaun Weston 20:59
 Richard Longley 22:20
 Simon Bryan 24:44
 Rebekah Yendole 24:56
 Kerry Dixon 25:07
 James Williams 26:26
 Kirsten Owen 26:27
 Tasmin Burley 27:41
 Paul Orry 27:42
 Matt Burley 27:42
 Ellie Bloomer 27:57
 Catherine Lantsbery 28:40
 Isabelle Bloomer 28:42
 Dave Elborn 28:44
 Megan Battison 29:44
 Millie Holmes 29:51

Lyme Park parkrun 7th

Mark Day 23:31

Varna 13.5k Trail Run Bulgaria

Deb Thomas 1st Lady
 Richard O'Keeffe 1st V60

Chase Trail Half Marathon

Mark Birchall 2:16:40
 Mark Gorton 2:22:00
 Helen Nicholls 2:32:11
 Nicola Jennings 2:36:19
 Emily Smith 3:27:52

Scott Zikmanis	38:11
Terry Wall	41:38
Darren Hill	42:18
Walter Mosiuk	50:52
Kirsten Owen	51:05
Samantha Hall	54:38
Kaye Morrissey	57:56
Chris Tipper	58:03
Dan Maddock	1:01:00
Helen Nicholls	1:02:10
Nicola Jennings	1:00:14
Kerryann Maddock	1:01:00

Wednesday 11th May

Clayton 10

Simon Myatt	34:25	2 nd
Bryn Holmes	37:29	
Mandy Vernon	38:39	1 st Lady
Ian Cawley	38:42	
Adam Grew	38:52	
Leigh Matthews	39:00	
Dan Jordan	39:09	
Scott Zikmanis	39:23	
Dave Pickstock	39:53	
Jon Bowman	39:58	
Craig Taylor	40:26	
Chris Morgan	40:33	
Ian Heath	40:45	
Terry Wall	41:26	
Rob Tabbanor	42:24	
Barry Smith	42:58	
Vicky Norton	43:17	
Shaun Weston	43:26	
Kerry Dixon	45:13	
Joanne Stanfield	45:42	
Sarah Taylor	45:51	
Alistair Wilkins	46:47	
John Guest	46:50	
Ken Bloor	47:09	
Stan Winterton	47:19	1 st V70
Kerry Widdowson	47:24	
Phil Pinson	48:39	
Tony White	49:12	
Alan Lewis	51:14	1 st V75
Joel Harrison	52:09	
James Fowler	52:19	
Phil Thomas	52:25	
Dave Elborn	53:22	
Lauren Gallagher	54:01	
Dave Rushton	54:30	
Camille Smyth	54:56	
Malcolm Rushton	55:33	
Steven Farmer	55:44	
Jodie Clarke	57:50	
Kerry Maddock	60:23	
Kayleigh Rowding	67:36	

Saturday 14th May

Congleton parkrun 14th

Sam Newton 19:19

Hanley parkrun 14th

Philip Mainwaring	19:48
Shaun Weston	20:43
Mark Gorton	21:49
Gary Payne	22:01
Phil Thomas	23:41
Rebekah Yendole	23:42
James Williams	25:39
Megan Battison	25:43
Lauren Gallagher	26:04
Dave Elborn	26:04
Ragnhild Marstad	26:10
Ellie Bloomer	27:24
Kerry Dixon	27:42
Graham Sheridan	27:43
Jen Riley	32:01
Warren Thomas	37:20

Lyme Park parkrun 14th

Mark Day 23:19

Stratford-upon-Avon parkrun 14th

Bryn Holmes 18:14 2nd

National Masters Road Relays Men

Men Over 35

12th Trentham RC A

Jason Burgess 16:43

Trentham RC B

Lee Ellis	17:34
Dave Pickstock	19:16
Richard Longley	18:48
Matthew Plant	19:43
Phil Pinson	21:59

Men Over 45

John Guest	20:55
Terry Wall	18:42
Lee Jones	20:44

V75

Alan Lewis	23:15 2nd fastest overall leg time
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National Masters Road Relays Women**2 Women Over 45****Silver Medal**

Mandy Vernon	17:45	Gold Medal fastest overall leg time
Joanne Stansfield	21:08	
Sarah Taylor	20:57	

Wednesday 18th May**Silverdale Fun Run**

Millie Holmes	3:59	2 nd
Tasmin Burley	4:21	4 th
James Maddock	4:50	6 th
Dorothy Zikmanis	5:56	
Chelsea Burley	7:30	

Silverdale Dash

Bryn Holmes	32:13	1 st V40
Deb Thomas	33:43	1 st Lady
Scott Zikmanis	35:20	
Dave Pickstock	35:28	
Terry Wall	35:28	
Paul Burslem	36:03	1 st V50
Francis Hamlett	36:38	
Lee Jones	37:39	
Matt Burley	37:56	
David Myatt	38:28	1 st V60
Mark Gorton	38:34	
Andy Greensmith	38:40	
Greg Julian	38:57	
Kerry Dixon	39:13	
Glynn Probert	39:17	
Graham Sheridan	40:47	
Brian Tonks	41:47	
Ken Bloor	42:12	
Phil Thomas	43:57	
Dave Wheatley	45:18	
Mark Birchall	45:18	
Steven Farmer	46:49	
Jodie Clarke	49:43	
Catie Raynor	49:50	
Chris Morgan	50:21	
Bobbie Hickman	50:32	
Kerryann Maddock	50:53	
Julie Holmes	52:31	

Thursday 19th May**Killer Mile**

Dan Jordan	8:53
Ian Heath	9:19
Adam Grew	9:24
Chris Morgan	9:31
Matt Burley	9:58
Phil Thomas	10:49
Dave Elborn	11:39
Tasmin Burley	12:04
Sarah Latham	17:15

Friday 20th May**Christleton 5k**

Simon Myatt	15:47
Luke Boulton	16:17
Roger Grand	16:54
Scott Minshall	17:10
David Myatt	21:03

Saturday 21st May**Congleton parkrun 21st**

Sam Newton	19:17	5 th
Gary Payne	22:23	

Hanley parkrun 21st

Bryn Holmes	18:50	4 th
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Phil Thomas	24:42
Lucy Corbett	24:45
Millie Holmes	25:23
Paul Gardiner	25:29
Megan Battison	26:11
Ellis Nevitt	26:54
Dave Elborn	27:09
Ellie Bloomer	27:19
Isabelle Bloomer	29:29

Lyme Park parkrun 21st

Mark Day	24:45
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Sunday 22nd May**Donna Louise 10k**

Scott Minshall	38:24
Craig Taylor	40:16
Paul Burslem	42:34
Sam Rosillo	44:09
Kerry Dixon	45:51
Simon Bryan	46:15
Phil Thomas	50:28
Aaron Whiston	51:48
Dave Rushton	51:52
James Fowler	53:17
Dan Ison	55:20
Michelle Powner	1:03:11
Sarah Latham	1:15:02
Phil Fortun	1:25:02

Thursday 26th May**Dunham Massey Park 5k**

Ed Wilson	18:19	
Mandy Vernon	18:25	1 st Lady

Summer Series – Tittesworth

Luke Boulton	27:13	2 nd
Jason Burgess	27:19	3 rd
Scott Zikmanis	29:57	
Richard Longley	30:10	
Deb Thomas	30:54	1 st Lady
Chris Morgan	30:58	
Dave Pickstock	31:30	
Kristina Defries	33:32	
Richard Washington	33:37	
John Guest	34:04	
Darren Hill	34:12	
Vicky Norton	34:24	
Andy Vickerman	34:33	
Paul Clinton	34:41	
Andrew Clinton	34:42	
Joanne Stanfield	35:14	
David Myatt	35:37	1 st MV60
Sarah Adams	43:45	
Catherine Lantsbery	45:56	

Saturday 28th May**Newcastle parkrun 28th**

Sam Mulhall	24:03
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Whitley Bay parkrun 28th

Colin Moody	23:58
Emily Braverman	25:07

Congleton parkrun 28th

Martin Hull	17:49	2 nd – V55 Club Record
Alan Lewis	23:55	V75 Club Record

Hanley parkrun 28th

Phil Mainwaring	19:55	8 th
Chris Mosiuk	20:42	
Bryn Holmes	21:55	
Rebekah Yendole	23:58	
Andrew Clinton	24:11	
Paul Gardiner	25:14	
James Williams	25:43	
Phil Thomas	25:46	
Kirsten Owen	25:59	
Graham Sheridan	26:24	
Ellie Bloomer	26:39	
Ryan Procter	26:59	
Ellis Nevitt	27:46	
Kirk Clarke	28:48	
Bobbie Hickman	29:18	
Paul Cotterill	30:07	
Chris Hardman	32:02	
Oliver Elborn	35:57	
Dave Elborn	35:58	

Sunday 29th May**Buxton Half Marathon**

Ian Cawley	1:29:46
Sam Newton	1:30:28
Deb Thomas	1:31:13 1 st Lady
Chris Morgan	1:34:21
Jon Bowman	1:35:18
Rob Tabbanor	1:35:37
Kristina Defries	1:38:11 3 rd Lady
Richard Chadwick	1:41:10
Barry Smith	1:42:20
Richard Washington	1:46:41
Ken Bloor	1:47:30

Sinfin Classic 10k

Mandy Vernon	37:50	1 st Lady
Ed Wilson	38:28	

Liverpool Rock and Roll Marathon and Half marathon

Not available.

3k Time Trial

Ian Cawley	10.11
David Pickstock	10.28
Craig Taylor	10.34
Chris Morgan	10.48
Ian Heath	10.55
Rob Tab	11.07
Warren Thomas	11.10
Kevin Finney	11.13
Barry Smith	11.23
Paul Burslem	11.25
Simon Bryan	11.31
Deb Thomas	11.33
Andy Clinton	11.57
Glynn Probert	12.01
Dave Wheatley	12.02
Tim Nicklin	12.10
Sarah Taylor	12.12
Andrew Defries	12.21
Phil Lovatt	12.30
Graham Sheridan	12.40
Kristina Defries	12.44
Stephan Walley	12.50
Greg Julian	12.57
Stephen Burrowes	13.02
Paul Gardiner	13.18
James Fowler	13.25
Tracy Hollins	13.35
Ragnhild Marie	13.39
Adrian Frost	13.43
Kirsten Owen	13.50
Dennis Hughes	14.15
Camille Smyth	14.25
Ken Pearson	14.34
Ali Jackson - Hedges	15.04
Kerryann Maddock	15.18
Michelle Powner	16.00
Michelle Heap	16.59
Kaye Rowding	17.08
Emily Smith	17.18