

TRENTHAM RUNNING CLUB

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November 2016 Races

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

Congratulations this month go to;

Week 1

The first weekend of the month and the last of the NSRRA season. At the parkruns we had 20 runners at Hanley with Lee Watson 2nd in 17:33 and Leigh Matthews 5th in 18:53. We had a mens team enter the National X Country relay and Richard Longley was 9th at the Langley 7.

Sunday saw the last of the NSRRA events, the Flying Fox 10 with 30 TRC runners. As usual we had some great performances with Bryn Holmes 1st MV45 and Kristina Defries 1st lady. Rose Wilson was 1st FV55 in a new Club Record of 1:17:08, Stan Winterton was 1st MV70 in 1:17:59 and Alan Lewis 1st MV75 in 1:29:27. Jo Stanfield also set a new F45 Club Record of 1:11:09. NSRRA results will be posted shortly.

Further afield David Wheatley ran the New York marathon and Simon Myatt was 9th at the Derby 10.

Week 2

A variety of great results this week, from local events, to national competition and international events. On the Saturday Dan Jordan was 2nd at Hanley parkrun followed by Ian Heath in 6th, at the Buxton 5k Leigh Matthews was 5th, at the Birmingham X Country in Leamington the Mens A Team were 4th and the B Team 5th. The Ladies had a Team running and were 19th. We also had 2 runners competing for England at the British and Irish Masters X Country. Mandy Vernon was 1st V45 and 12th overall and Alan Lewis was 13th in the M75 event. England won both the F45 and M75 events!!

On the Sunday Richard Washington was 7th at the Weston Park 10k, and we had a load of runners at the Las Vegas Half Marathon where Debbie Thomas was 2nd F35-39. Apologies if you ran but are not on the list but the results website is not exactly user friendly!!

Week 3

At Hanley parkrun Bryn Holmes was 5th in 19:19 and Martin Hull was 3rd at Congleton in 18:19. Saturday also saw the Midland Counties X Country Championships, Ed Wilson ran in the mens 7 mile event and the Ladies had a team in the 5 mile event. They were a brilliant 4th with 114 points with Mandy Vernon 7th overall. Sunday had quite a few TRC runners at the Conwy half with Scott Minshall our first finisher in 1:19:00 and even more at Tatton for the 10k and Half with Chris Hardman our first finisher in the 10k and Dave Wheatley was first home in the half with a PB by over 3 minutes.

Week 4

A good weekend for the parkrunners. At Hanley we had 1st and 2nd with Carl Platt and Lee Watson both finishing in 17:31, at Congleton, Callum Dillon was 1st in 16:59 and Bryn Holmes was 3rd at the new Cannock Chase parkrun in 18:24. Saturday continued in style with 34 TRC runners finishing the excellent Cheddleton Xmas pudding 10k race with Simon Myatt was 4th in 33:41, Deb Thomas 2nd Lady in 40:51, Jill Phillips 1st FV55 and Doug Alcock 1st MV65. We also had at least 8 runners in the Fun Run, unfortunately they are not listed in the results by club so apologies if you ran but are not included here.

On the Sunday Paul Clinton ran the Benidorm half marathon.

Parkruns

| | | | |
|---------------------------------------|-------------------------------------|--|--|
| Hanley parkrun 5th | Hanley parkrun 12th | Hanley parkrun 19th | Hanley parkrun 26th |
| Fell Foot parkrun 5th | | Congleton parkrun 19th | Congleton parkrun 26th |
| | | Fulham Palace parkrun 19th | Cannock Chase parkrun 26th |
| | | | |
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| | | | |

Other races

| | | | |
|-----------------------------------|--------------------------------------|-----------------------------|---|
| Langley 7 | Buxton Pavillion 5k | Conwy Half | 2016 Liverpool XC Challenge |
| New York Marathon | Weston Park 10k | Tatton 10k | Cheddleton Pudding Run |
| Derby 10 | Windmill 10k | Tatton Half | Cheddleton Fun Run |
| Flying Fox 10 | Las Vegas R n R Half | | Benidorm Half marathon |
| | | | |
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|----------------------------|--|--|--|
| | | | |
| | | | |
| National XC Relays | Birmingham League XC - Leamington | | |
| Senior Men | Senior Men | | |
| | Senior Women | | |

Saturday 5th November

Hanley parkrun 5th

| | | |
|-----------------|-------|-----------------|
| Lee Watson | 17:33 | 2 nd |
| Leigh Matthews | 18:53 | 5 th |
| Phil Mainwaring | 19:56 | |
| Bryn Holmes | 19:59 | |
| Gary Payne | 25:12 | |
| Millie Holmes | 26:37 | |
| Rebekah Yendole | 26:41 | |
| Ellis Nevitt | 27:02 | |
| Graham Sheridan | 28:10 | |
| Dave Elborn | 28:21 | |
| Kirsten Owen | 28:37 | |
| Jill Phillips | 28:40 | |
| Ellie Bloomer | 28:49 | |
| Andy Vickerman | 28:56 | |
| Helen Nicholls | 30:48 | |
| Bobbie Hickman | 31:28 | |
| Kerry Dixon | 33:06 | |
| Paul Cotterill | 33:07 | |
| Rachel Price | 33:15 | |
| Jen Riley | 44:11 | |

Fell Foot parkrun 5th

| | |
|--------------|-------|
| Dan Jordan | 19:49 |
| Tonia Vernon | 26:49 |

Langley 7

| | | |
|-----------------|-------|-----------------|
| Richard Longley | 44:33 | 9 th |
|-----------------|-------|-----------------|

National XC Relays

| | |
|----------------|-------|
| Trentham RC | |
| Ed Wilson | 19:36 |
| Dave Pickstock | 19:14 |
| Adam Grew | 18:47 |
| Terry Wall | 20:35 |

Sunday 6th November

New York Marathon

| | |
|---------------|---------|
| Dave Wheatley | 4:54:58 |
|---------------|---------|

Derby 10

| | | |
|-------------|---------|-----------------|
| Simon Myatt | 55:35 | 9 th |
| Emily Smith | 1:49:33 | |

Flying Fox 10

| | | |
|------------------|---------|--|
| Ian Cawley | 1:01:51 | |
| Bryn Holmes | 1:02:06 | 1 st MV45 |
| Chris Morgan | 1:02:41 | |
| Craig Taylor | 1:03:54 | |
| Ian Wilson | 1:04:34 | |
| Kristina Defries | 1:08:14 | 1 st Lady |
| Paul Burslem | 1:08:41 | |
| Rob Tabbanor | 1:09:09 | |
| John Guest | 1:10:34 | |
| Paul Clinton | 1:10:54 | |
| Joanne Stanfield | 1:11:09 | F45 CLUB RECORD |
| Wendy Swift | 1:12:20 | |
| Barry Smith | 1:12:21 | |
| Sarah Taylor | 1:13:27 | |
| Andrew Clinton | 1:13:52 | |
| Andrew Defries | 1:15:30 | |
| Kerry Dixon | 1:15:31 | |
| Rose Wilson | 1:17:08 | 1 st F55 CLUB RECORD |
| Jill Phillips | 1:17:50 | |
| Stan Winterton | 1:17:59 | 1 st MV70 |
| Stephen Burrowes | 1:19:29 | |
| Matt Burley | 1:22:08 | |
| Ken Bloor | 1:25:39 | |
| Greg Julian | 1:27:28 | |
| Matt Plant | 1:27:29 | |
| Lee Jones | 1:27:30 | |
| Alan Lewis | 1:29:27 | 1 st MV75 |
| Malcolm Rushton | 1:35:47 | |
| Julie Holmes | 1:36:25 | |
| Bobbie Hickman | 1:37:07 | |

| | |
|-----------------|-------|
| Rebekah Yendole | 23:58 |
| Tonia Vernon | 28:12 |
| Dave Elborn | 28:35 |
| Millie Holmes | 30:23 |

Buxton Pavillion 5k

| | | |
|----------------|-------|-----------------|
| Leigh Matthews | 18:35 | 5 th |
|----------------|-------|-----------------|

British & Irish Masters International XC**Women**

| | | |
|--------------|-------|---------------------|
| Mandy Vernon | 21:11 | 1 st V45 |
|--------------|-------|---------------------|

Men

| | |
|------------|-------|
| Alan Lewis | 34:32 |
|------------|-------|

Birmingham League XC – Leamington**Mens**

| | | |
|-----------------|-------|------------------|
| Luke Boulton | 38:14 | 9 th |
| Jason Burgess | 38:16 | 10 th |
| Carl Platt | 40:10 | |
| Martin Hull | 40:18 | |
| Chris Morgan | 41:53 | |
| Tom Halloway | 41:54 | |
| Bryn Holmes | 42:22 | |
| Richard Longley | 43:02 | |
| Craig Taylor | 43:29 | |
| Dave Pickstock | 43:36 | |
| Ed Wilson | 43:41 | |
| Matt Plant | 47:55 | |
| Adrian Frost | 50:21 | |
| Lee Jones | 52:11 | |

Mens A Team

| | | |
|-----|-------------|------------|
| 4th | Trentham RC | 191 points |
|-----|-------------|------------|

Womens

| | |
|-------------|-------|
| Kerry Dixon | 30:08 |
| Julia Rigby | 31:38 |
| Jill Philps | 32:48 |
| Jodie Clark | 37:24 |

Womens Team

| | | |
|------|-------------|------------|
| 19th | Trentham RC | 214 points |
|------|-------------|------------|

Sunday 13th November**Weston Park 10k**

| | | |
|--------------------|-------|-----------------|
| Richard Washington | 39:05 | 7 th |
|--------------------|-------|-----------------|

Windmill 10k

| | |
|--------------|-------|
| Dave Rushton | 47:35 |
| Ken Bloor | 53:07 |

Las Vegas R n R Half

| | | |
|----------------------|---------|------------|
| Debbie Thomas | 1:30:32 | 2nd F35-39 |
| Richard Chadwick | 1:36:25 | |
| Walter Mosiuk | 1:50:16 | |
| Jim Fowler | 1:53:26 | |
| Ali Jackson-Hedges | 2:10:13 | |
| Kirsten Owen | 2:11:33 | |
| Claire Stubbs | 2:13:02 | |
| Chris Bloore | 2:13:56 | |
| Sarah Jackson-Hedges | 2:14:15 | |
| Nicholas Lowndes | 2:25:55 | |
| Jacque MacPhail | 2:36:22 | |
| Kayleigh Rowding | 2:37:13 | |
| Sue Chadwick | 2:41:06 | |
| Louise Cross | 2:57:10 | |
| Chris King | 3:02:03 | |
| Phil Thomas | 3:05:30 | |
| Charlotte Foster | 3:11:09 | |

Saturday 19th November**Congleton parkrun 19th**

| | | |
|-------------|-------|-----------------|
| Martin Hull | 18:19 | 3 rd |
|-------------|-------|-----------------|

Fulham Palace parkrun 19th

| | |
|-----------------|-------|
| Richard Longley | 18:22 |
|-----------------|-------|

Hanley parkrun 19th

| | | |
|-----------------|-------|-----------------|
| Bryn Holmes | 19:39 | 5 th |
| Ian Heath | 20:46 | |
| Chris Mosiuk | 21:16 | |
| Rebekah Yendole | 25:39 | |
| Millie Holmes | 26:10 | |
| Tonia Vernon | 26:43 | |
| Dan Jordan | 26:45 | |
| Joel Harrison | 26:50 | |
| Ellis Nevitt | 27:41 | |
| Dave Elborn | 28:07 | |
| James Fowler | 28:24 | |

| | |
|------------------|-------|
| Kirsten Owen | 31:32 |
| Paul Cotterill | 33:25 |
| Kayleigh Rowding | 36:33 |

Midland Counties XC Champs**Mens 7 mile**

| | |
|-----------|-------|
| Ed Wilson | 45:54 |
|-----------|-------|

Womens 5 mile

| | | |
|--------------|-------------|-----------------|
| Mandy Vernon | 32:32 | 7 th |
| Vicky Norton | 37:39 | |
| Kerry Dixon | 39:36 | |
| Julia Rigby | 39:53 | |
| Rose Wilson | 40:05 | |
| Team Result | | |
| 4 | Trentham RC | 114 |

Sunday 20th November**Conwy Half**

| | |
|-----------------|---------|
| Scott Minshall | 1:19:00 |
| Ken Bloor | 1:52:41 |
| Chris Tipper | 2:24:10 |
| Paul Gardiner | 2:24:25 |
| Lisa Foxhall | 2:26:09 |
| Jacque MacPhail | 2:36:45 |
| Beverley Parry | 2:39:39 |

Tatton 10k

| | |
|---------------|---------|
| Chris Hardman | 53:10 |
| Sarah Latham | 1:00:50 |

Tatton Half

| | | |
|------------------|---------|----|
| Dave Wheatley | 1:40:03 | PB |
| Michael Oakley | 1:54:26 | |
| Bobbie Hickman | 2:02:04 | |
| Dan Maddock | 2:08:15 | |
| Helen Nicholls | 2:17:56 | |
| Emily Smith | 2:24:43 | |
| Kerryann Maddock | 2:30:44 | |

Saturday 26th November**Cannock Chase parkrun 26th**

| | | |
|----------------|-------|-----------------|
| Bryn Holmes | 18:24 | 3 rd |
| Millie Holmes | 25:31 | |
| Jen Riley | 26:30 | |
| Ellis Nevitt | 27:09 | |
| Paul Cotterill | 28:40 | |
| Phil Thomas | 29:30 | |

Congleton parkrun 26th

| | | |
|---------------|-------|-----------------|
| Callum Dillon | 16:59 | 1 st |
|---------------|-------|-----------------|

Hanley parkrun 26th

| | | |
|-----------------|-------|-----------------|
| Carl Platt | 17:31 | 1 st |
| Lee Watson | 17:31 | 2 nd |
| Colin Moody | 25:49 | |
| Kerry Dixon | 26:08 | |
| Graham Sheridan | 26:20 | |
| Mark Birchall | 26:21 | |
| Emily Braverman | 30:34 | |
| Nicola Jennings | 38:27 | |

2016 Liverpool XC Challenge

| | |
|--------------|-------|
| Tom Halloway | 37:09 |
|--------------|-------|

Cheddleton Pudding Run

| | | |
|-------------------|-------|----------------------|
| Simon Myatt | 33:41 | 4 th |
| Ian Cawley | 37:58 | |
| Chris Morgan | 38:07 | |
| Dave Pickstock | 38:59 | |
| Ian Heath | 39:46 | |
| Deb Thomas | 40:51 | 2 nd Lady |
| Paul Burslem | 41:03 | |
| Terry Wall | 41:25 | |
| Georgia Stanfield | 42:37 | |
| Doug Alcock | 42:54 | 1 st MV65 |
| John Guest | 43:00 | |
| Rob Tabbanor | 43:05 | |
| Joanne Stanfield | 43:41 | |
| Vicky Norton | 43:46 | |
| Andrew Clinton | 44:00 | |
| Sarah Taylor | 44:21 | |
| Simon Bryan | 45:20 | |
| David Myatt | 46:00 | |
| Kerry Widdowson | 46:07 | |
| Kerry Dixon | 46:29 | |
| Jill Phillips | 48:14 | 1 st FV55 |

| | |
|----------------------|---------|
| Ken Bloor | 50:20 |
| Walter Mosiuk | 50:21 |
| Ragnhild Marstad | 50:26 |
| Michael Oakley | 51:08 |
| Sarah Jackson-Hedges | 1:00:43 |
| Ali Jackson-Hedges | 1:00:43 |
| Malcolm Rushton | 1:01:11 |

Cheddleton Fun Run

Tasmin Burley
Harrison Fortun
Kerry Taylor
Caitlin Taylor
Summer Taylor
Craig Taylor
Jackson Bowman
Dan Bowman

Benidorm Half marathon

Paul Clinton 1:38:59