

TRENTHAM RUNNING CLUB

Page last updated 08 November 2016

Navigation

- [Home Page](#)
- [About Trentham](#)
- [Trentham 10](#)
- [Dave Clarke 5 K](#)
- [Werrington 10K](#)
- [Cross Country](#)
- [Older News & Reports](#)
- [Club Championships](#)
- [Club Records](#)

October 2016 Races

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

Congratulations this month go to;

Week 1

The first of the North Staffs X-country League races was held at Winsford on the Saturday where we had a fantastic turnout of 22 ladies, 22 men, 6 boys and 11 girls running!! Highlights include Lee Watson 4th U17 Men, Olivia Ball 1st U13 girls, Mandy Vernon 5th Senior Women, Simon Myatt 8th Senior Men. The U11 Boys were 9th, U11 Girls 8th, U13 Girls 4th, Senior Women 1st and Senior Men 2nd. A brilliant TRC performance.

Simon Myatt ran at the Worcester Athletic Club Beacon race and was first home in 43:44, two minutes ahead of his nearest rival.

We had nearly 20 runners at the Congleton Half. Ian Cawley was 2nd V40, Rob Tabbanor 2nd V55, Stan Winterton 1st V70 and for the ladies Kristina Defries was 3rd lady with Joanne Stanfield 2nd FV45 and Jill Phillips 1st FV55 in a new Club record time of 1:43:39. At the Chester Marathon Chris Mosiuk ran to support our Club Charity, the Chelsea Burley Trust. There were also TRC runners at the Merseyside 10k and Sandstone Trail races.

Week 2

At the Hanley Parkrun Lee Watson was 1st in a time of 17:12 and Bryn Holmes 8th in 18:23. Not many races this weekend but Mandy Vernon ran 1:23:24 at the Great Eastern Half Marathon and Richard Longley ran 2:56:49 at the Plusnet Yorkshire Marathon.

Week 3

A slow start to the weekend with only 17 runners attending parkruns. Lee Watson was 1st at Hanley in 17:58, Bryn Holmes 5th in 19:19 and Jill Phillips running a PB of 23.32. Graham Sheridan made the trip up north and ran at the Keswick parkrun.

On the Sunday we had nearly 70 runners competing at various events. At the Farndon 10k Simon Myatt was 2nd in 34:08 and at Werrington 10k Jason Burgess was 4th, Kristina Defries 2nd Lady, Wendy Smith 1st FV45, Stan Winterton 1st MV70 and Rose Wilson 1st FV55. Congratulations to Izzy Jordan who ran a PB in 58:31 and Bev Parry who also ran a PB of 1:08:17.

We had 6 runners at the Great Birmingham Run and 20 at the Manchester Half marathon with Scott Minshall the first TRC runner home in 1:18:44 Chris Morgan with a PB of 1:22:19, Lauren Gallagher with a 6 minute PB improvement of 1:52:07 and Alan Lewis 2nd MV75.

Week 4

A few parkrunners this week at events from Southsea, Cambridge and up to Congleton. Lee Watson was 2nd at Hanley in 17:30.

At the MCAA relays we had mens and ladies teams in the Open and Masters events. Best performance was by the Ladies Master Team of Mandy Vernon, Rose Wilson and Julia Rigby who were a brilliant 4th!!

Week 5

Another quiet parkrun week because of the ParkHall x country races so we only had 9 runners at Hanley.

At Parkhall X-country there was a mass of green with 74 TRC runners of all ages taking part in the races. The U11 Boys were 8th, U13 Boys 11th, U11 Girls 8th, U13 Girls a tremendous 3rd, Senior Women a fantastic 1st and the Senior Men 4th. Individual performances of note were Lee Watson 3rd U17 Men, Olivia Ball 2nd U13 Girls, Mandy Vernon 4th Senior Women and Simon Myatt 4th Senior Men. On the following day Simon Myatt was 1st at the Halloween Hellraiser and we had 4 runners representing Staffordshire at the Abergele 5. Scott Minshall 14th (2nd Staffs finisher), Mandy Vernon 2nd, Debbie Thomas 3rd and Kristina Defries 4th!! Well done to all of them.

Parkruns			
Hanley parkrun 1st	Salisbury parkrun 1st		
Hanley parkrun 8th			
Hanley parkrun 15th	Keswick parkrun 15th		
Hanley parkrun 22nd	Congleton parkrun 22nd	Southsea parkrun 22nd	Cambridge parkrun 22nd
Hanley parkrun 29th			

Merseyside 10k	Plusnet Yorkshire Marathon	Great Birmingham Run	Halloween Hell Raiser
Sandstone Trail – 27.5km	WAC Beacon Race	Manchester Half	Abergele 5
Sandstone Trail – 17km		Milford Mash Up	

X-Country

NSCC League			
Winsford	U11 Boys	U13 Boys	U17 Men
U11 Girls	U13 Girls	Senior Women	Senior Men
Park Hall	U11 Boys	U13 Boys	U17 Men
U11 Girls	U13 Girls	U15 Girls	Senior Women
Senior Men	Full Results		
MCAA Cross Country Relays			
Senior Mens Team	Mens Masters Team	Senior Ladies Team	Ladies Masters Team

Saturday 1st October

Hanley parkrun 1st

Bryn Holmes	21:54
Jon Bowman	22:28
Millie Holmes	23:34
Paul Gardiner	23:46
Tony White	24:12
Lucy Corbett	25:08
Gillian Lovatt	25:25
Steven Farmer	26:04
Isabella Jordan	27:26
Dan Jordan	28:15
Graham Sheridan	30:22
Kerry Dixon	30:41
Paul Cotterill	30:42

Salisbury parkrun 1st

Alan Lewis	25:33
------------	-------

Winsford XC

NSCCL

Race 1 – Winsford

U11 Boys

Cameron O'Neill	9:04
Connel Latham	9:35
Jacob Turner	9:54
Ashton Williams	10:55

U11 Boys Teams

9 Trentham RC	125
---------------	-----

U13 Boys

Ellis Nevitt	17:40
--------------	-------

U17 Men

Lee Watson	19:36	4 th
------------	-------	-----------------

U11 Girls

Freya Corcoran	7:27
Beth Nevitt	8:08
Caitlin Taylor	8:12
Minnie MacKenzie	8:20
Isabella Rigby-Cope	9:35

U11 Girls Team

8 Trentham RC	137
---------------	-----

U13 Girls

Olivia Ball	8:10	1 st
Rebekah Yendole	9:15	
Millie Holmes	9:17	
Tasmin Burley	9:38	
Ellie Bloomer	10:41	
Holly Brown	12:25	

U13 Girls Teams

4 Trentham RC	38
---------------	----

Senior Women

Mandy Vernon	20:42	5 th
Wendy Swift	21:25	
Kristina Defries	21:26	

Gillian Tinsley	25:53
Jill Phillips	26:15
Jen Riley	28:06
Tonia Vernon	28:18
Jodie Clarke	28:36
Kerry-Ann Maddock	29:56
Julie Holmes	30:54
Kerry Taylor	31:24
Lisa Foxhall	33:53
Emily Smith	34:16
Sarah Latham	34:27
Jacque MacPhail	35:52
Bev Parry	36:10

Senior Womens Team

1 Trentham RC 47

Senior Men

Simon Myatt	27:36	8 th
Martin Hull	29:08	
Bryn Holmes	30:11	
Leigh Matthews	30:37	
Scott Zikmanis	30:41	
Ian Cawley	30:46	
Chris Morgan	31:25	
John Jackson	31:28	
Dave Pickstock	31:54	
Craig Taylor	31:57	
Phil Mainwaring	32:43	
Richard Chadwick	33:33	
Paul Burslem	34:12	
Matt Plant	34:31	
Lee Jones	35:06	
Mark Mayer	35:27	
Matt Burley	36:19	
Adrian Frost	36:46	
Andrew Defries	37:20	
Glynn Probert	38:37	
Graham Sheridan	39:50	
Dan Maddock	46:52	

Senior Mens Team

2 Trentham RC 228

Sunday 2nd October**Congleton Half Marathon**

Ian Cawley	1:22:25	2 nd V40
Craig Taylor	1:28:56	
Scott Zikmanis	1:28:53	
Kristina Defries	1:29:16	3 rd Lady
Rob Tabbanor	1:30:08	2 nd V55
Terry Wall	1:32:20	
Andrew Clinton	1:35:38	
John Guest	1:36:13	
Barry Smith	1:36:36	
Joanne Stanfield	1:38:34	2 nd FV45
Thomas Edge	1:38:39	
Andrew Defries	1:38:52	
Kerry Dixon	1:39:41	
Kerry Widdowson	1:41:46	
Stan Winterton	1:41:56	1 st V70
Jill Phillips	1:43:39	1 st V55 NEW CLUB RECORD
Phil Pinson	1:45:03	
Gillian Tinsley	1:48:44	
Malcolm Rushton	2:06:24	

Chester Marathon

Chris Mosiuk	3:24:47
Warren Thomas	3:38:36

Merseyside 10k

Scott Minshall	34:58
----------------	-------

Sandstone Trail – 27.5km

Lee Jones	2:40:29
Andy Vickerman	2:40:37
Phil Fortun	2:48:09

Sandstone Trail – 17km

Helen Nicholls	2:28:33
Jen Riley	2:28:38
Bobbie Hickman	2:28:41

Saturday 8th October**Hanley parkrun 8th**

Lee Watson	17:12	1 st
Bryn Holmes	18:23	7 th
Dave Pickstock	19:41	

Ellie Bloomer	27:17	
Jen Riley	28:06	
Kirsten Owen	28:13	
Dave Elborn	28:16	
Helen Nicholls	31:34	
Kaye Morrissey	43:07	
WAC Beacon Race		
Simon Myatt	43:44	1 st
Sunday 9 th October		
Run Winsford 10k		
Chris Hardman	48:59	
Perkins Great Eastern Half Marathon		
Ed Wilson	1:22:52	
Mandy Vernon	1:23:24	
Plusnet Yorkshire Marathon		
Richard Longley	2:56:49	
Tom Hallway	3:27:39	
Saturday 15 th October		
Hanley parkrun 15th		
Lee Watson	17:58	1 st
Bryn Holmes	19:19	5 th
Millie Holmes	22:46	
Gary Payne	23:25	
Jill Phillips	23:32	PB
Lucy Corbett	24:09	
Gillian Lovatt	25:46	
Dan Jordan	26:17	
Jen Riley	27:38	
Glynn Probert	27:38	
Dave Elborn	28:05	
Ellie Bloomer	28:20	
Matt Burley	30:22	
Tasmin Burley	30:23	
Sarah Latham	32:56	
Kaye Morrissey	41:33	
Keswick parkrun 15th		
Graham Sheridan	27:10	
Milford Mash Up		
Kerry Ann Maddock	1:07:08	
Sunday 16 th October		
Farndon 10k		
Simon Myatt	34:08	2 nd
Werrington 10k		
Jason Burgess	35:45	4 th
Bryn Holmes	37:28	9 th
Ian Cawley	37:40	
Leigh Matthews	37:45	
Ian Heath	38:55	
Dave Pickstock	39:14	
Jonathon Jackson	39:35	
Rich Washington	39:38	
Craig Taylor	39:42	
Dan Cawley	39:49	
Simon Dunn	39:57	
Kristina Defries	40:41	2 nd Lady
Wendy Swift	41:42	1 st FV45
Paul Burslem	41:44	
Rob Tabbanor	41:56	
Georgia Stanfield	42:58	
Andrew Clinton	43:06	
John Guest	43:08	
Joanne Stanfield	43:26	
Barry Smith	43:49	
Lee Jones	44:05	
Matt Plant	44:18	
Andrew Defries	44:43	
Kerry Dixon	44:58	
Sarah Taylor	45:11	
Kerry Widdowson	45:44	
Stan Winterton	45:50	1 st MV70
Andy Vickerman	46:21	
Matt Burley	47:21	
Rose Wilson	47:30	1 st FV55
Tim Charles	49:07	
Gillian Tinsley	49:11	
Michael Oakley	50:45	
Alison Jackson-Hedges	57:15	
Sarah Jackson-Hedges	57:15	
Jacque MacPhail	58:04	
Isabella Jordan	58:32	PB

Great Birmingham Run

Luke Boulton	1:17:06
Warren Thomas	1:40:08
Hannah Parrott	1:45:31
Greg Julian	1:47:35
Kirsten Owen	1:55:24
Jen Riley	2:02:41

Manchester Half

Scott Minshall	1:18:44	
Chris Morgan	1:22:19	PB
Terry Wall	1:27:31	
Mark Gorton	1:31:57	
Shaun Weston	1:36:38	
Kevin Breward	1:40:20	
Simon Bryan	1:42:23	
Walter Mosiuk	1:43:08	
Davin Thorley	1:47:19	
Fiona Ratic	1:47:53	
Dave Rushton	1:49:14	
Chris Hardman	1:49:25	
Julia Rigby	1:49:49	
James Fowler	1:50:01	
Samantha Hall	1:50:36	
Lauren Gallagher	1:52:07	PB
Ragnhild Marstad	1:52:17	
Alan Lewis	1:57:53	2nd MV75
Jodie Clarke	1:59:10	
Emily Smith	2:26:45	

Saturday 22nd October**Southsea parkrun 22nd**

James Fowler	27:49
--------------	-------

Cambridge parkrun 22nd

Emily Braverman	28:18
-----------------	-------

Congleton parkrun 22nd

Matt Burley	21:24
Tasmin Burley	24:35

Hanley parkrun 22nd

Lee Watson	17:30	2 nd
Shaun Weston	21:43	
Rebekah Yendole	23:06	
Paul Gardiner	24:52	
Jen Riley	25:36	
Lucy Corbett	25:51	
Dave Elborn	26:46	
Kerry Dixon	27:13	
Graham Sheridan	27:14	
Helen Nicholls	29:44	
Phil Thomas	30:12	

MCAA Cross Country Relays**Senior Mens Team**

21 Trentham A	
Simon Myatt	21:48
Scott Zikmanis	24:42
Ed Wilson	25:00
Christopher Morgan	24:35

45 Trentham B

Craig Taylor	25:36
Dave Pickstock	25:00
Paul Burslem	27:07
Gary Payne	32:19

Mens Masters Team

Richard Longley	24:26
Martin Hull	23:45
Adam Grew	25:15
Terry Wall	25:21

Senior Ladies Team

22 Trentham	
Kerry Dixon	29:26
Jodie Clarke	35:38
Nicola Jennings	34:01

Ladies Masters Team

4 Trentham	
Mandy Vernon	25:03
Rose Wilson	30:27
Julia Rigby	31:28

Sunday 23rd October**Great South Run**

Graham Sheridan	26:53	
Bobbie Hickman	29:03	
Millie Holmes	31:01	
Kirsten Owen	33:09	
Emily Smith	33:09	
Nicola Jennings	36:56	
Jen Riley	37:05	
NSCCL – Park Hall		
U11 Boys		
Ed Shore	9:29	
Cameron O'Neill	9:53	
Jack Allen	9:57	
Connel Latham	10:48	
Eric Hughes	10:51	
Matthew Hughes	11:21	
U11 Boys Team		
8	Trentham RC	94
U13 Boys		
Oliver Hagemajjer	12:10	
Ellis Nevitt	12:37	
James Maddock	13:15	
U13 Boys Team		
11	Trentham RC	141
U17 Men		
Lee Watson	20:05	3 rd
U11 Girls		
Freya Corcoran	9:18	
Annabelle Mycock	9:51	
Caitlin Taylor	10:27	
Beth Nevitt	10:28	
U11 Girls Team		
8	Trentham RC	111
U13 Girls		
Olivia Ball	8:35	2 nd
Bekah Yendole	10:10	
Millie Holmes	10:17	
Tasmin Burley	10:36	
Jenny Bates	11:03	
Ellie Bloomer	11:35	
U13 Girls Team		
3	Trentham RC	41
U15 Girls		
Kira Finney	12:48	
Senior Women		
Mandy Vernon	22:44	4 th
Wendy Swift	23:40	
Debbie Thomas	23:50	
Kristina Defries	24:01	
Georgia Stanfield	24:53	
Vicky Norton	25:33	
Joanne Stanfield	25:42	
Rose Wilson	28:02	
Julia Rigby	28:47	
Gillian Tinsley	28:58	
Jill Phillips	29:16	
Jen Riley	30:27	
Tonia Vernon	31:18	
Jodie Clarke	33:02	
Lauren Gallagher	33:13	
Michelle Powner	33:56	
Kirsten Owen	34:32	
Kerry-Ann Maddock	34:41	
Julie Holmes	34:46	
Amy Dale	35:59	
Kerry Taylor	37:19	
Sarah Latham	39:46	
Jacquie MacPhail	39:55	
Lisa Foxhall	40:18	
Bev Parry	40:57	
Womens Division One Team		
1	Trentham RC	42
Senior Men		
Simon Myatt	24:23	4 th
Luke Boulton	25:07	10 th
Richard Longley	27:22	
Leigh Matthews	27:44	
Brvn Holmes	27:53	

Chris Morgan	31:07
Paul Burslem	31:08
Dan Cawley	31:13
Chris Mosiuk	31:35
Paul Clinton	32:47
Matt Plant	32:49
Andrew Defries	33:46
Mark Mayer	34:10
Adrian Frost	34:49
Greg Julian	35:55
Graham Sheridan	36:37
Phil Pinson	36:51
Stan Winterton	36:52
Matt Burley	37:44
Walter Mosiuk	37:45
Alan Lewis	42:09
Malcolm Rushton	44:30

Mens Team Division One
4 Trentham RC 226

Dusk til Dawn

Andy Vickerman 12:39:00

Sunday 30th October

Halloween Hell Raiser

Simon Myatt	1:01:13	1 st
Paul Burslem	1:16:52	
Terry Wall	1:28:06	
Scott Zikmanis	1:28:06	
Bobbie Hickman	1:54:05	

Abergele 5

Scott Minshall	28:49	
Mandy Vernon	30:34	2 nd Female
Debbie Thomas	32:04	3 rd Female
Kristina Defries	32:07	4 th Female
Andrew Clinton	34:18	