

TRENTHAM RUNNING CLUB

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September 2016 Races

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

Congratulations this month go to;

Week 1

A wide range of races this week from 800m right up to 35 miles but surprisingly very few winners! Carl Platt continued his shorter races season and ran at the Southport AC races. He finished the 800m in a time of 2:14.5 and was 3rd overall, 1st in his age group as well as a PB. At the Wilne 10k Martin Hull set a new V55 Club Record of 36:14. At the longer end of the spectrum 5 of our runners completed the Gritstone Grind, a 35 mile trail race through the picturesque Peak District.

Week 2

At Hanley Parkrun Lee Watson was 2nd in 17:30. Numbers were down for our runners probably due to the Ipstones 5ish on the same day. This race was won by Scott Minshull with Bryn Holmes 3rd, Leigh Matthews was 1st MV40, Deb Thomas 1st FV35, Kristina Defries 3rd Lady, Doug Alcock 1st MV65, Sarah Taylor 1st FV45, Rose Wilson 1st FV55 and Alan Lewis 1st MV75.

On the Sunday we had runners all over the UK. Mandy Vernon was 1st FV45 at Cardiff in a new Club Record time of 37:13 and she lead the England V45 Ladies team home to victory. At the Gawsorth 10k Simon Myatt was 1st and Jason Burgess 3rd. The Lake Vyrnwy Half Marathon saw Stan Winterton come home 1st V70. We also had 3 runners in the Great North Run and Kerry Dixon ran in the Bude Pirate Run. Maybe not a road race but Kerry Taylor competed in the Nantwich TRI and finished in 90:45, a PB by a massive 38 minutes.

Week 3

Back to usual this week with the Hanley parkrun having 28 TRC runners. Simon Myatt was 2nd in a very fast time of 16:34.

On the Sunday we had 37 runners at the St Thomas 7 race. Jason Burgess was 2nd, Luke Boulton 3rd, Scott Minshall 5th, Stan Winterton 1st MV70 and Alan Lewis 1st MV75. And for the ladies Deb Thomas was 1st, Wendy Swift 1st FV45 and Rose Wilson 1st FV55.

We also had 3 runners finishing the Scottish and English Half marathons with both Ali and Sarah Jackson-Hedges getting PBs.

The British Master Championships were also held this weekend and Carl Platt came 8th in the 1500m and a magnificent 2nd in the 5000m.

Week 4

A busy weekend with many runs, races and Triathlons. Saturday started with Lee Watson 2nd and Jill Philips getting a PB of 23:41 at the Hanley parkrun. TRC had 3 teams at the Midland Counties Autumn Team Relays, the Mens team were 45th, the Ladies A team 11th and the Ladies B team 65th. Tasmin Burley completed the UK Kids Fun Triathlon at Trentham in 24:52. On sunday we had runners at the Robin Hood, Macclesfield and Disney Paris half marathons. We also had runners at the Stafford 10k and Greg Julian completed the Ludlow Sprint Triathlon.

Parkruns

Hanley parkrun 3rd	Hanley parkrun 10th	Hanley parkrun 17th	Hanley parkrun 24th
	Congleton parkrun 10th		Cambridge parkrun 24th
Plymvalley parkrun 3rd	Tamar Lakes parkrun 10th		
Worcester parkrun 3rd			

Other races

Southport Waterloo Open – 800m	Ipstones 5-ish	English Half Marathon	UK Kids Fun Triathlon
South Cheshire 20	Cardiff 10k	Scottish Half Marathon	Midland Counties Combined Autumn Relays Men
City of Salford 10k	Gawsorth 10k	St Thomas 7	Midland Counties Combined Autumn Relays Ladies
Wilne 10k	Lake Vyrnwy Half Marathon	British Masters 1500m	Macclesfield Half Marathon
			Robin Hood Half

			Disneyland Paris Half Marathon
	Nantwich TRI		Ludlow Sprint Triathlon

Saturday 3rd September

[Plymvalley parkrun 3rd](#)

James Fowler 27:54
 Kayleigh Rowding 33:50

[Worcester parkrun 3rd](#)

Kerry Dixon 26:48

[Hanley parkrun 3rd](#)

Bryn Holmes 19:50
 Dan Jordan 20:14
 Lee Jones 23:27
 Harmeet Johal 23:38
 James Williams 24:59
 Steven Farmer 25:49
 Tonia Vernon 26:00
 Millie Holmes 26:35
 Tasmin Burley 27:14
 Matt Burley 27:14
 Guy Forrest-Hay 27:24
 Dave Elborn 27:25
 Phil Pinson 28:21
 Dave Piper 29:07
 Glynn Probert 29:42
 Graham Sheridan 29:43
 Paul Cotterill 32:32
 Emily Smith 33:34
 Kaye Morrissey 56:59

[Southport Waterloo Open – 800m](#)

Carl Platt 2:14.5 3rd, 1st Age Group, PB.

Sunday 4th September

[South Cheshire 20](#)

Bryn Holmes 2:15:40
 Rob Tabbanor 2:27:13
 Richard Longley 2:28:56
 Paul Burslem 2:32:38
 Warren Thomas 2:47:45
 Jill Phillips 2:49:55
 John Guest 2:53:25
 Matt Burley 2:55:44
 Ken Bloor 3:42:44

[City of Salford 10k](#)

Luke Boulton 34:25
 Scott Minshall 34:54

[Wilne 10k](#)

Simon Myatt 34:39
 Martin Hull 36:18 **V55 CLUB RECORD**
 Dave Pickstock 39:29
 Stan Winterton 44:53
 Alan Lewis 50:23

[Wolverhampton Half Marathon](#)

Dave Piper 2:22:37

[Gritstone Grind](#)

Scott Zikmanis 7:14:47 18th
 Lee Jones 7:37:37 30th
 Richard Chadwick 7:47:40 31st
 Matt Plant 7:47:44 32nd
 Nicola Jennings 9:06:03

Saturday 10th September

[Congleton parkrun 10th](#)

Ragnhild Marstad 24:15
 James Fowler 26:05

[Hanley parkrun 10th](#)

Lee Watson 17:30 2nd
 Phil Mainwaring 20:07
 Ian Heath 20:18
 Matt Burley 21:50
 Simon Bryan 21:57

Ellie Bloomer	28:42	
Bobbie Hickman	29:39	
Sam Tidy	32:02	
Rachel Price	34:11	

Tamar Lakes parkrun 10th

Kerry Dixon	36:58	
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Ipstones 5-ish

Scott Minshull	28:36	1 st
Bryn Holmes	29:59	3 rd
Ian Wilson	30:40	9 th
Leigh Matthews	31:05	1 st MV40
Ian Cawley	31:36	
Chris Morgan	32:01	
Deb Thomas	32:49	1 st FV35
Kristina Defries	32:57	3 rd Lady
Craig Taylor	32:59	
Rob Tabbanor	33:32	
Douglas Alcock	34:34	1 st MV65
Paul Clinton	35:07	
John Guest	35:09	
Paul Burslem	35:34	
Joanne Stanfield	36:13	
Sarah Taylor	36:28	1 st FV45
Andrew Defries	37:09	
Kerry Widdowson	38:12	
Rose Wilson	38:34	1 st FV55
Ken Bloor	40:35	
Gillian Tinsley	41:01	
Alan Lewis	42:55	1 st MV75
Malcolm Rushton	48:49	

Sunday 11th September**Cardiff 10k**

Mandy Vernon	37:13	1 st F45 CLUB RECORD
Ed Wilson	37:44	

Gawsworth 10k

Simon Myatt	35:59	1 st
Jason Burgess	37:00	3 rd

Great North Run

Phil Thomas	2:23:57	
Emily Smith	2:31:49	
Paul Hinton	2:42:57	

Lake Vyrnwy Half Marathon

Stan Winterton	1:37:38	1 st M70
Chris Hardman	1:56:37	

Sandbach 10k

Andrew Clinton	42:47	
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Nantwich TRI

Kerry Taylor	90:45	PB
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Bude Pirate Run

Kerry Dixon	1:15:04	8th
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Saturday 17th September**I Cursa Diada de Mallorca**

David Myatt	29:35	
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Hanley parkrun 17th

Simon Myatt	16:34	2 nd
Lee Watson	17:37	6 th
Chris Mosiuk	19:52	
Andrew Clinton	20:45	
Dave Pickstock	20:51	
Matt Burley	21:19	
Kerry Dixon	22:40	
Davin Thorley	23:25	
Brian Tonks	23:42	
James Williams	24:01	
Paul Gardiner	24:28	
Tonia Vernon	24:57	
Millie Holmes	24:58	
Rebekah Yendole	25:06	
Lucy Corbett	25:21	
Colin Moody	25:33	
Gillian Lovatt	25:56	
Isabella Jordan	26:19	
Dan Jordan	26:27	
Ellis Nevitt	26:46	
Tasmin Burley	26:47	
Emily Braverman	27:33	
Paul Cotterill	28:09	
Glynn Probert	28:09	

Carl Platt	4:31.24	8th
Sunday 18th September		
English Half Marathon		
Chris Tipper	2:06:53	
British Masters Championships 2016 5000m		
Carl Platt	17:17.19	2nd Silver Medal
St Thomas 7		
Jason Burgess	40:29	2 nd
Luke Boulton	40:34	3 rd
Scott Minshall	41:14	5 th
Bryn Holmes	43:48	
Ian Cawley	43:51	
Leigh Matthews	44:03	
Ian Wilson	44:23	
Scott Zikmanis	44:51	
Dave Pickstock	45:45	
Simon Dunn	45:50	
Dan Cawley	46:09	
Craig Taylor	46:14	
Debbie Thomas	46:47	1 st Lady
Richard Washington	46:59	
Rob Tabbanor	47:57	
Paul Burslem	48:16	
Wendy Swift	48:39	1 st FV45
Paul Clinton	49:29	
Dan Jordan	49:39	
John Guest	49:57	
Terry Wall	50:08	
Chris Mosiuk	52:08	
Matt Burley	52:51	
Sarah Taylor	53:02	
Stan Winterton	53:17	1 st MV70
Kerry Widdowson	53:25	
Phil Fortun	54:01	
Rose Wilson	55:06	1 st FV55
Kerry Dixon	58:07	
Alan Lewis	59:36	1 st MV75
Ken Bloor	1:05:03	
David Piper	1:05:17	
Malcolm Rushton	1:08:34	
Guy Forrest-Hay	1:10:25	
Lisa Foxhall	1:15:50	
Jacque MacPhail	1:19:49	
Beverly Parry	1:21:33	
Scottish Half Marathon		
Ali Jackson-Hedges	2:03:31	
Sarah Jackson-Hedges	2:06:39	
Saturday 24th September		
UK Kids Fun Triathlon		
Tasmin Burley	24:52	
Midland Counties Combined Autumn Relays		
Senior Men		
45 Trentham RC	2:12:25	
Luke Boulton	19:48	
Ed Wilson	22:07	
Scott Zikmanis	21:48	
Leigh Matthews	21:45	
Terry Wall	23:33	
Dave Pickstock	23:24	
Senior Women		
11 Trentham RC A	1:09:37	
Mandy Vernon	15:42	
Wendy Wwift	17:28	
Rose Wilson	19:41	
Deb Thomas	16:46	
67 Trentham RC B	1:29:22	
Julia Rigby	19:56	
Jodie Clarke	22:44	
Emily Smith	26:26	
Ragnhild Marstad	20:16	
Cambridge parkrun 24th		
Colin Moody	25:50	
Emily Braverman	39:23	
Hanley parkrun 24th		
Lee Watson	18:06	2 nd
Ian Heath	20:12	
Andrew Clinton	20:46	
Warren Thomas	20:48	
Chris Mosiuk	22:54	

Dave Pickstock	26:01
Davin Thorley	26:34
Jen Riley	26:44
Ellis Nevitt	27:35
Graham Sheridan	27:49
Shaun Weston	27:50
Ellie Bloomer	28:46
Bobbie Hickman	30:10
Paul Cotterill	30:24
Rachel Price	34:00
Richard Longley	44:23

Sunday 25th September**Macclesfield Half Marathon**

Bobbie Hickman	2:10:21
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Robin Hood Half Marathon

Kerry Dixon	1:38:48
Dave Wheatley	1:43:41
Kirsten Owen	1:58:43
Dan Bowman	2:00:23

Stafford 10k

Jim Fowler	49:31
Camille Smyth	54:48
Emily Smith	1:03:26
Helen Nicholls	1:03:26

Disneyland Paris Half Marathon

Chris Hardman	1:57:29
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Ludlow Sprint Triathlon

Greg Julian	1:38:21
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