

# TRENTHAM RUNNING CLUB

## TRC 2016/2017 Awards

### Male runner of the year

Simon Myatt

### Female runner of the year

Mandy Vernon

### MV40

- 1 Jason Burgess
- 2 Richard Longley
- 3 Ian Cawley

### MV45

- 1 Bryn Holmes
- 2 Richard Washington
- 3 Terry Wall

### MV50

- 1 Simon Dunn
- 2 Paul Burslem
- 3 Paul Clinton

### MV55

- 1 Martin Hull
- 2 Rob Tabbanor
- 3 Adrian Frost

### MV60

- 1 Tony White

### MV65

- 1 Doug Alcock

### MV70

- 1 Stan Winterton

### MV75

- 1 Alan Lewis

### F35

- 1 Deb Thomas
- 2 Jodie Clarke
- 3 Julia Rigby

### F40

- 1 Vicky Norton
- 2 Kirsten Owen

### F45

- 1 Mandy Vernon
- 2 Wendy Swift
- 3 Joanne Stanfield

14 March 2017

**F50**

1 Jacquie McPhail

**F55**

1 Rose Wilson

2 Jill Phillips

**Achievement of the year**

Joel Harrison completing 10 marathons in 10 days.

**Marathon performance of the year**

Joint winners

Simon Myatt 2:39:50 London Marathon 78.15%

Jill Phillips 3:48 London Marathon 74.15%

**Most improved runners**

nominated by Craig: Carl Platt

nominated by Deb: Kristina Defries

nominated by Walter: Dave Rushton

nominated by Jacquie: Bev Parry

nominated by Kirsten: Kerry Dixon

**Off Road Champs 2016**

Male 1st Richard Longley 2nd Richard Washington 3rd John Guest

Female 1st Deb Thomas 2nd Kristina Defries 3rd Kerry Dixon

**Road Champs 2016**

Division one

Male 1st Stan Winterton 2nd Rob Tabbanor 3rd Bryn Holmes

Female 1st Jo Stanfield 2nd Kristina Defries 3rd Sarah Taylor

Division two

Male 1st Matt Burley 2nd Andy Defries 3rd Phil Thomas

Female 1st Gill Tinsley 2nd Lauren Gallagher 3rd Rags Marstad

**Cross Country Open 2016**

Male 1st Leigh Matthews 2nd Bryn Holmes 3rd Scott Zikmanis

Female 1st Kristina Defries 2nd Deb Thomas 3rd Wendy Swift

**Cross Country Male Vets 2016**

MV40 1st Leigh Matthews 2nd Ian Cawley

MV45 1st Bryn Holmes 2nd Graham Sheridan

MV50 Paul Burslem

MV55 Adrian Frost

**Cross Country Female Vets 2016**

FV35 1st Deb Thomas 2nd Jodie Clarke 3rd Kerryann Maddock

FV40 1st Tonia Vernon 2nd Julie Holmes

FV45 1st Wendy Swift 2nd Jo Stanfield 3rd Gill Tinsley

FV50 Jacquie MacPhail

FV55 1st Rose Wilson 2nd Jill Phillips

**Club person of the year**

Craig Taylor

**Golden trainer/booby**

Jodie Clarke

14 March 2017