

Centurion Running Club

Newsletter

September 2010



**Ian Satterthwaite looking good in the
Worcester 10k**

Editor's Letter

Hi readers, hope you all enjoyed the European games with some stunning performances by UK athletes, makes me think of this inspirational quotation "what one man can do another man can do."

I can't believe it's September already and the cross country season will soon be upon us so dust off those cross country studs/spikes and get out there and run for the honour and the glory of the club. Just think of all that lovely mud! I Hope you are all having a good year so far with plenty of PBs. The internet is a great source of information. For those interested in

the latest physio biomechanical nutritional and training advice, I find 2:06 Marathoner Ryan Hall's YouTube channels are particularly informative at:

www.youtube.com/user/MTSRyanHall and www.youtube.com/user/HallSteps



It's OK for 5Ks but my training on the opposite page doesn't hold up on 5+ milers

So happy surfing and racing.

Many thanks to all those who have submitted articles and photos for this month's edition of the Newsletter

Sorry if it's a bit shorter and later

than usual owing to a general malaise and literary reticence amongst the Centurion club's 120 plus members and the summer holidays.

Dates for your Diary

Tuesday, September 14 th	Centurion 2 Mile Yachting Handicap		N. Solihull SC
Saturday, September 25 th	MCAA Men's 6 Stage Road Relays		Sutton Park
Saturday, September 25 th	MCAA Women's 4 Stage Road Relays		Sutton Park
Sunday, September 26 th	MCAA Young Athletes Road Relays		Sutton Park
Sunday, September 26 th	Kenilworth Half Marathon	WRRL	Kenilworth
Saturday, October 16 th	ERRA Men's 6 Stage Road Relays		Sutton Park
Saturday, October 16 th	ERRA Women's 4 Stage Road Relays		Sutton Park
Sunday, October 17 th	ERRA Young Athletes Road Relays		Sutton Park
Sunday, October 24 th	Birmingham Half Marathon		B'ham City Centre
Saturday, October 30 th	B'ham Cross Country League, Race 1		Leamington
Saturday, October 30 th	Midland Women's CC League, Race 1		Leamington
Sunday, October 31 st	Rugby 10 Mile	WRRL	Rugby
Saturday, December 4 th	B'ham Cross Country League, Race 2		Severn, Gloucester
Saturday, December 4 th	Midland Women's CC League, Race 2		Birchfield

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Training Talk

Article Louis Satterthwaite

Take a look at this training method, which is the easiest, most enjoyable and productive I have tried in over 30 years of distance running!

I have reduced my 5k race times by 41 seconds, 28 seconds and 26 seconds in three consecutive weeks after only three weeks on this regime, running 21:41 seconds in the Coventry Parkrun on the 24th April 2010; quite rewarding as I am 70 years of age this year!

I have recently (the last 10 years) had a problem motivating myself to go out on those long stamina building runs and I needed to find a better way to make them more enjoyable.

Trawling the net I came across articles by Ernst van Aaken one of the originators of the long slow run and an advocate of extended speed training sessions like 50 x 400 metres and also read an

excellent book by Olympian Jeff Galloway entitled "Jeff Galloway's 5/10K Running". He proposes long run and walk sessions, 3 minutes run at three and a half minutes a mile slower than your normal race pace followed by a 1 minute walk, you could do this all day! These times can be altered to suit your present fitness.

I have now combined the two elements of speed and stamina with sessions like this:

- 3 minute slow run, 1 minute walk+3 minute slow run, 1 minute walk the = (base session)
- then 200 metres fast or 400 metres fast
- or a 3 minute acceleration run building up your pace
- or 1 minute hard uphill run
- all fast runs are preceded by the base session and followed by a 1 minute walk

- all these sessions should be carried out for at least 40 minutes.

At the time of writing I have completed all of these sessions for between 1 hour and 1½ hours.

The base session of run, walk, run, walk for a beginner could start at 1 minute walk, 1 minute run, with several of the harder sessions of 1 hour plus per week for a highly motivated athlete.

Further experimentation with this type of training drawn from Ian's and my own training sessions would suggest that the hill reps are the most beneficial as you fully recover from each hard run ready to attack the next hard rep strong and fresh; after all you don't generally get all the hills in one place in a race.

My 5K race time improved remarkably with this training from 23:18 to 21:41 after six races at the time of writing.

Nutrition Notes

It is interesting to note that Bradley Wiggins, top class Tour de France cyclist, trained hard in the morning before breakfast to speed up his metabolism for the day and this reduced his body fat index to only 4%.

For instance a 70kg runner who runs 45:00 over 10k could improve their race time

by over a minute if they lost 2kgs in weight.

Prolonged and intense endurance training like running increases your protein requirements for two reasons.

First, you need more to compensate for the increased breakdown of protein during training.

Second, when muscle glycogen stores become low, (around 60-90 minutes of endurance training) certain amino acids known as branched chain amino acids, which make up a substantial proportion of muscle protein, can be used for energy so plenty of post run protein would be in order.

Two Races in One Day!

6th June 2010

Part 1 The Two Castles

Report Geoff Lewis



7:30 a.m. – left home with wife Carol using two cars;

7:55 a.m. – parked one vehicle on the outskirts of Kenilworth facing north;

8:00 a.m. – arrived at the Recreation Centre in Kenilworth and met up with Judith who had parked her car there ready for the finish;

8:05 a.m. – the three of us driven by Carol, left for Warwick following the route of the run in reverse;

8:20 a.m. - arrived Warwick town centre and Judith and I got out and made our way on foot to the castle grounds rear entrance – Carol drove herself back home; Seemed a long walk through the very picturesque grounds and the riverbank, passing cages of birds of prey. Would have liked to linger a little but time marching on. Saw Theresa

warming up. We were not as conscientious;

8:55 a.m. – a squeeze to the start with 2400 runners now inside the castle trying to cram through the turreted and narrow East gate and then funnel into the public access cut into the steep rock on either side with trees overhanging – one of the prettiest starts ever and cool as if in a tunnel.

9:00 a.m. – the klaxon started us off bang on time and we spilled into the sunshine and the roundabout outside the castle entrance. Headed gently downhill to the lowest part of the run at the bottom of Warwick. All uphill from there as we took the Kenilworth road slowly out of the town. Lots of spectators. Remembered the course from 2 years ago.

One or two improvements towards the finish in Kenilworth but still found it a

relentless gradual variable climb to the outskirts of the town via the village of Leek Wootton and then open countryside. Saw Bob Eaton on the way who as ever gave me an encouraging shout. Always on my mind though that this was a 10k and that I still had to do another 8.5 miles later on;

9:51 a.m. – great new finish into the castle grounds across the moat - confirmed by video on bbc.co.uk/Coventry. Hoped Judith was having a good run;

10:05 a.m. – grabbed goody bag, drink and walked quickly to where I had left the car. Local residents still seemed to be asleep. Pleased to have remembered the car key. Changed running gear and number. Then set off on the way to Sutton Coldfield via Stonebridge island, Coleshill and Walmley. No need to break the speed limits but had to get a move on.

Two Races in One Day!

6th June 2010

Part 2 Great Midlands Fun Run

Report Geoff Lewis



1 0.40 a.m. - parked up in Pilkington Avenue, sorted myself out and made my way into the town centre. Helped a nice young woman runner on her way to the start who was panicking a bit and wrongly thought that the race started at 11.00 - that's for wheelchairs only;

10.50 a.m. - arrived at the bottom of the Parade hoping to get as near to the front as I could but impossible with 6,000 runners ahead of me. Muscled myself to about halfway;

11.10 a.m. - the hooter sounded and I started running after a couple of minutes. Not sure how my legs would feel. Had to dodge round many slow fun runners and then decided to calm down and settle in with 8 miles still ahead of me. Realised that I was very tired, not helped by

the oppressive weather - seemed as if there was no air;

I have always found that the worst part of this course is not the infamous Cardiac Hill but the section when you turn right into the park at Boldmere Gate and then ascend for over a mile or so all the way up to the Jamboree Stone (which commemorates the Scouts' 50th anniversary event in 1957 - thousands of scouts from all over the world converged on the park many by rail as the line through the park was used by passengers then, with a station right in centre of the park).

By the time I reached the Town Gate at nearly 5 miles I was suffering and resolved just to get to the summit of Cardiac Hill without stopping. Managed that and then ashamed to say that I walked to the nearby drinks station.

Leaving the park at Four Oaks was a relief not least because it was then 1 ½ miles downhill to the finish - a poor time for me at 1:22:35.

1.30 p.m. - got home and straight to bed. Ended up running nearly 15 miles that morning - probably at the limit of my fitness but it presented a challenge which I had to do after inadvertently double booking myself earlier in the year. I also raised some money for St. Mary's Hospice.

As to next year - well if both are planned for the same day I will only opt for one but I cannot make up my mind which I prefer. Great Midlands is more of a challenge and a great run through the park but Two Castles is a nice early start and an historic, unforgettable experience. Perhaps I will have to alternate them from now on.

The Gate Gallop: 27 June 2010

Report Neil Wilkes

The day of the 2010 Gate Gallop will be forever etched in my mind as the day England lost 4-1 to Germany in the World Cup... it was also very hot. As I have reviewed this race before I'll keep this fairly brief. The race is a bit like a summer cross country with a good few stiles to negotiate along the way. It reminds me of the old Coleshill Fun run without the big hill but with the fields and scenery.

Attendance this year was up I suspect as the weather was great...too hot really. The race started at 10:45 am and

was approximately 6 miles long. A fun run also took place, 3 miles, at the same time. The route is from Amington (Tamworth) playing fields across Warwickshire Moor, essentially a lot of farm land and running by the river Anker. It is a very nice country run, all paths, trails and between the crops in the fields.

I was not the sole Centurion, I chatted to Seth (who was trying this for the first time) and Jason. I found the race more challenging this year (ready made excuse - heat!) and finished some 90 seconds slower than last year

in 49:54 and in desperate need of a short lie down in the shade (the bouncy castle came in very handy for that).

This is a great friendly run that doesn't take itself too seriously but raises lots of money for St Giles Hospice in Tamworth with the help of Peel Running Club. I will definitely be back for more and highly recommend it. Keep in mind, it is certainly not a course for PBs mind.

245 Runners finished.

Jason Richards	P8	41:16
Seth Atkins	P28	46:31
Neil Wilkes	P51	49:54

More Photos from the Isle of Man Trip

Two great shots by Geoff Wheeler



Jason Richards gets off to a good start in the Wyre Forest Half Marathon

Birmingham Rowheath 5k Race 1

Report Geoff Wheeler



Sharon does not like being beaten (it won't happen again)

There was a modest turnout from the club at the first of this year's Rowheath 5k series on Thursday 10th June but they managed some very encouraging performances.

Our junior runner Jake Sorrell was first home for the club, finishing 25th in 17min 47sec with Paul Davies 33rd (18-15), Jason Richards 42nd (19-03) and Andy Rea 65th (20-36).

New recruit to the ladies section, Andrea Muirhead, made an excellent debut finishing 77th in 21min 23sec with Seth Atkins having yet another good run 79th (21-29) and Sharon Townley 84th (21-40).

It was good to see Kevin Morris, 109th (24-00), competing over this shorter distance with Kevin O'Malley, 111th (24-09), chasing him

home and Paul Cornock, 115th (24-43), not far behind.

For the record, the race was won by Paul Thompson of BRAT in 14min 58sec with Ian Williams of Tipton Harriers 2nd (15-28) and Peter Whitehouse of Birchfield Harriers 3rd (15-38).

Asics Arden 9

Report Geoff Wheeler



A very good turn out at the Arden 9 on Sunday 20th June with 19 Centurions braving the hot weather to record some excellent performances.

The ever reliable Paul Davies lead our team home finishing 6th in 53min 20sec with Mark Carwardine getting back to form after the London marathon 7th (54-28) and Andy Money 17th (57-11), a massive 3 minute improvement on his time of last year.

We then had five finishers in less than a minute with Gavin

Davies, 27th in 59-08, followed by Wayne Muddiman, 31st (59-38), Trevor Bacciochi 32nd (59-46), Lee Taylor, 33rd (59-47), and Preston Eckloff, struggling with injury, 34th (59-48).

Jake Sorrel, under orders not to extend himself on his debut over this distance, had a comfortable run in 46th place (61-55) with Seth Atkins impressive again, 51st (62-36), and Gary Turner 59th (63-48).

Gary came into the field at the finish hoping to take it easy over the final 300 metres only to hear the dulcet tones of

wife Hillary bellowing 'get a move on'.

Sharon Townley was our first lady home, 62nd (64-20), followed by James Webber, 89th, (68-03), Geoff Lewis, 104th, (69-14) and Kevin Morris, 132nd (72-10).

Jane Plant recovering from her debut marathon at London finished 166th (75-27) with Paul Cornock 173rd (76-40).

Ursula Scot and Trudy Leach completed the Centurion team finishing together in 251st place (91-16).

Rowheath 5k Race 2

Report Geoff Wheeler

Ian Satterthwaite put in a superb performance at the Rowheath 5k on July 8th with a season's best time of 17min 27sec. Jake Sorrell (17-48) and Paul Davies (17-57) also broke 18 minutes and with Tom Healy (19-01), Marc

Curtis (19-03), Tony Haden (19-13) Trevor Bacciochi (19-31) and Wayne Muddiman (19-33) the men's team should have improved their chances in the WRRL.

Sharon Townley improved on last years time and was our

first lady home in 21min 18sec with Grace Healy (21-57), Mary Williams (23-49) and Marilyn Maidment (24-57) completing the team to enhance their chances in the WRRL.

Kingsbury Water Park 12k

Saturday 30th July

Report Paul Davies

On Saturday 30th July, 6 Centurions ran the Kingsbury Water Park 12k.

Paul Davies was the outright winner of the race with a time of 45minutes 56 seconds,

followed by Gavin Davies, Jason Richards, Andy Rea, Seth Atkin and Sharon Townley.

The team managed to finish 3rd (just missed out on 2nd

team place) and Sharon was also 1st Female vet.

Neil Wilkes was 'spotted' on a bridge taking snaps before disappearing for a night out!

Runners of the Month

April

Female

Jenny Jennings

Male

Mark Carwadine

May

Female

Janine Thomas

Male

Seth Atkin

June

Female

Hillary Turner

Male

James Webber and Andy Money



Fast improving Douglas Talbot finishes the tough Wyre Forest Half

How Are Your Feet?



What does a podiatrist actually do?
How can poor biomechanics lead to injury?
How can a podiatrist help a runner?

What are the most common running injuries:-
How do you avoid them?
What do you do if you've got them?

To find out all this and more

Dean Walsh

Podiatrist / Chiropodist

(based in Castle Bromwich)

has offered visit the club one evening to give us a talk
and demonstration on

Tuesday 28th September at 8.15pm

If you are interested,
please let me or any committee member know

Marilyn



Worcester Pitchcroft 10k

18th July 2010

Report Ian Satterthwaite



Andy

Jason

Ian

With only 3 weeks to go to the Isle of man half marathon, my training is going pretty much to plan for a change. It's my third outing at this venue and is

ideal preparation for a half marathon, a good flat and fast 10k.

It's a 3 and a bit 2 mile laps of Worcester Racecourse on

mainly footpaths with some road. The turnout seemed higher this year with a slightly crowded 1st lap and lots of runners battling for a good position.



I found the first 3 or 4 miles pretty hard going on the back of the Wyre Forest half the previous week, but finished well on the last lap passing 2 or 3 tired runners to cross

the line in 36min14secs, just short of a PB but hopefully that will come this year.

Other centurions were Jason Richards who clocked 38.13 and seemed happy with his

time and Andy Money, 39.08, who continues to improve in every race.

I would highly recommend this race; it's a well organised event and a fun day out.

Isle of Man Half Marathon

8th August 2010

Report Ian Satterthwaite



Ian



Mary



Tony

This year's Centurion holiday venue was the Isle of Man, where several club members go to run, rest and rave (only joking about the last r but we do like to enjoy a few drinks, food, and explore the resort and surrounding area).

The club holidays have been going for over 10 years now and are always a welcome break from training and work.

My training has gone quite well this year with no serious injuries to speak of so far. My weekly mileage for the last 3 months has ranged from 25-40 miles a week and is normally:

Mon - 3miles steady in 22 mins

Tues - Intervals - 9 miles total

Wed - rest

Thur - 7.5 miles steady in 54 mins

Fri - 2.5 miles in 18 minutes

Sat - 10-14 miles (1.5-2hrs) easy run with strides and 4 x 70secs fast hills and some 1 min walk break recoveries

Sun - Gym session - 30 min cardio and weights

It's not very high mileage but I like to add some variety rather than just long slow distance.

Only three Centurions took part in the race this year - myself and Mary Williams in the half and Tony Haden in the full marathon.

Over the challenging but enjoyable course I managed 1 hour 22:36 fading slightly at 8 miles but finishing well over

the last 5k to take 9th place and 1st M40, 2 minutes short of a pb but on that course most runners were 2-3 minutes slower than normal.

Mary clinched the W55's prize smashing the course record by 16 minutes in 1hr 46:30 and Tony managed 3hrs 8 min in the full marathon, a battling run on that 2 lap course.

There was a buffet and prize ceremony after the race which capped off a brilliant day and thanks to all the other Centurions for their support in the race.

I hope to do this race again in the future. There is talk of 2012 and maybe a Centurion team prize next time.

Bring it on!!