

Centurion Runners Newsletter December 2012

Editorial

Hi Centurions I wish all the members a Merry Christmas and a Happy Racing New Year with a special thank you to those members whose kind attention has prompted me to review my editorial and publishing style. They obviously understand the work involved compiling a magazine of 8, 12, 16, or even 20 pages, checking and reviewing articles for grammar, spelling, public decency, researching for informative articles on training and injury, listing race results, fixtures, accessing and positioning suitable photograph's headlines etc., organising printing, packaging and posting the newsletter I am pleased to report that, this will also help save the club a good percentage of it's spend on postage and printing as in future I will only post the newsletter to those members whose email addresses are not listed on the database of the Centurion runner's members list and print this months edition on my own printer. All this has reduced my work load greatly.

Many thanks to those who have contributed to this month's newsletter Neil Wilkes, Gavin Davies, Lucy McCann, Chris Harrison, Diane Sylvester, Wayne Muddiman, and Neil Wilkes.

On behalf of the club I thank Dave Emery for producing the online version of the newsletter.

Louis Victor Satterthwaite.

Centurion Club Races

Saturday, December 1 st	Birmingham XC League, Div. 2, Race 2	Severn AC, Gloucester
Saturday, December 1 st	Midland Women's XC League, Race 2	Burbage Common, Nuneaton
Sunday, December 2 nd	Centurion Grand Prix, Race 2	North Solihull
Sunday, December 9 th	Sneyd 10 / MMAC 10 mile champs.	Bloxwich, Walsall
Sunday, January 6 th	Centurion Grand Prix, Race 3	North Solihull
Saturday, January 12 th	Birmingham XC League, Div. 2, Race 3	Sphinx, Coventry
Saturday, January 12 th	Midland Women's XC League, Race 3	Sandwell Valley
Saturday, January 26 th	Midland XC Championships	Stafford Common
Sunday, February 3 rd	Centurion Grand Prix, Race 4	North Solihull
Saturday, February 9 th	Birmingham XC League, Div. 2, Race 4	Cheltenham
Saturday, February 9 th	Midland Women's XC League, Race 4	Cheltenham
Sunday, March 3 rd	Centurion Grand Prix, Race 5	North Solihull
Sunday, April 7 th	Centurion Grand Prix, Race 6	North Solihull
Saturday, May 18 th	National Masters Open Road Relays	Sutton Park

8 mile Dirt Run, Activity Centre Top Barn Worcester

A cold morning with glorious sunshine greeted 150ish runners to this inaugural event organized by Dirt Run. As within the title, I was looking forward to mud to get some X-country training in! Top Barn is a great venue to host such a race, we started off with a lap of the boating lake then headed out along a stony trail. Past the first mile marker the route took us down a muddy slope heading towards the banks of the River Severn.

I was running with the leading group of ten when we found ourselves in a large ploughed field and with no Marshalls or arrows, it soon became obvious as we skirted the field we had gone the wrong way and the whole race was following us !

After 0.8 mile back near where we had come in we jumped a 5 foot metal gate (I presume the rest did) and found the missing arrow which then took us into a wooded area on a steep muddy slope. This was the fun bit with lots of twists and turns for about ten minutes, I later found out a helicopter picked up one of the runners who had slipped and broken her ankle, ouch!!

Lots more muddy fields then back onto a stony trail, legs were getting tired as I managed to pass a couple of runners and get myself into 5th spot.

Next obstacle was a lake of mud and then into leg sapping marsh land and then out back onto fields, with only a couple of miles to go I was determined to keep my place.

I pushed hard as we headed back to Top Barn now on a trail, then up a slope and with one lap of the lake left I could see the runner behind catching fast (young legs). He past me on the line but please with 6th and first VET prize I had completed this excellent race plus the extra 0.8. This is one for the calendar.

Author Gavin Davies.

Ian Mansell 12th in the Chester marathon

Ian came 12th in the Chester Marathon with a time of 2hrs 42.08. He clocked 1hr 20.53 at halfway time and so was almost even paced. Paul Davies ran 2hrs 52.50 and came 38th. The Chester Marathon is a great event with regular drinks stations, energy gels, etc, well support by spectators and a very scenic course.

It was Ian's third outing over the distance his first two being a couple of badly organised Wolverhampton marathons.

His good Chester Marathon result helped redeem the Wolverhampton marathon nightmare in September where after leading the race by a big margin was twice sent the wrong way and ended up cramping up and finishing in 3hrs 12.

He would not recommend this race. Ian first ran it 2008 and the organisers messed up the start with some of the runners starting 2 minutes behind the rest of the field. He ran 2hrs 42 that day but it would have been 2hrs 40.

After Chester he ran a good Rugby 10 and the week following that won a hilly 5 mile course in Corby in a time of 28.30. The usual peak of form set back struck and he has struggled with illness but assures us that he will be back very soon.

Based on Ian Mansells email.

Birmingham cross country league division 2 race one

The Birmingham Cross Country League season opened with a very tough course at Newbold Comyn Park, Leamington Spa on Saturday 10 Nov 12. Centurions were out in force with the ladies starting at 1:30 pm and put in a great performance led by Lucy McCann 153rd, Emma Donnelly 154th, and Mary Williams 172nd.

This was no easy course. Three laps around the park taking in the infamous muddy ditch and the very steep Beacon Hill. The route was approximately 6 miles in length.

The men fielded a very large team which bodes well for the rest of the season, and took the same route as the ladies and waded through the thick mud to complete a great overall performance.

Members congregated before and after the race under the Centurion Running Club flag and reflected on a very challenging but enjoyable run.

Author Neil Wilkes

Centurion results

J FULLARD	50TH	D PEARSON	175
T HEALY	60	E WALLACE	176
G DAVIES	72	G TURNER	181
I SATTERTHWAIT	84	L WALLACE	187
M CURTIS	101	N WILKES	192
A MONEY	128	A MATTHEWS	198
M MULLINS	148	A LLOYD	203
A REA	159	K MORRIS	210
T HADEN	160	K O'MALLY	212

Birmingham Half Marathon – Sunday 21st October 2012

I started my Birmingham Half Marathon a day early – I travelled into Birmingham on the Saturday with my husband Mike and my two daughters Jodie and Amy. We checked into our very posh “Premier Inn” then had a relaxing afternoon walking along the canals followed by a lovely evening meal at Carluccio’s for my carb fix – I take my half marathon very seriously!! I could feel the excitement of tomorrow all afternoon, along with some nerves. But knowing I had trained well, taken advice from Neil Wilkes on my training plan I knew I was ready. I felt ready to run, I needed to run – the last 2 weeks of tapering had been a struggle. Sunday morning soon came, along with the nerves, but I was itching to get on the start line. But not before my healthy breakfast which consisted of porridge, yoghurt and toast. The Premier Inn was full of runners: fun runners, some already in their fancy dress and the professionals who were warming up outside. The atmosphere was amazing, everyone wishing each other good luck and telling each other to have a good time, and these were people I had never met before, but we were all there for the same reason: to run the Birmingham Half Marathon.

I’m now standing on the start line (in the fog) looking around at all the people with smiles on their faces, there is nothing like it. Finally the warm-up exercise starts, everyone joining in just loving the atmosphere. Then the horn goes and my white wave are on their way to the start line, one by one we all cross the start, making sure we remember to set our Garmin’s. We are all on our way on our 13.1 mile journey. What an amazing run, I enjoyed the Pershore Road part of the run more than anywhere, having the orange wave coming past me on the other side of the road with so many Centurions, some I knew, some I didn’t, but all of them gave me a nod or a wave and I was so proud to be in my Centurion vest. All the way around the course the crowds cheered, waved, and of course we had one marshal doing the “Mo-bot”! Running through Cannon Hill Park was lovely, the Autumn leaves on the ground, just beautiful. Then it hit me I’ve only got another mile(ish) before I meet “that hill” – the hill that I crawled up last year, but this year I was determined to run up it. All the hill training and speed reps that I did this year for the very first time were not going to go to waste. Coming out of the underpass there it was “that hill”, so I remember the tips I had been given by many Centurions: head down, smaller strides and a little bit more swing in the arms. What a sight I was, talk about over exaggerating the swing of the arms, but I didn’t care it was getting me up “that hill” and that’s all that mattered to me. I was at the top and I felt amazing – all I had to do now was finish the last 2 miles, and I was feeling great. Running down Broad Street to the finish line I spotted Mike and the girls, and then a little bit further along I spotted Neil and Sam Wilkes, then to my surprise my friend who got me into running 2 years ago was at the barrier just over the finishing line waiting for me. Crossing the finish line in 1:53:09 I was ecstatic – beating last years’ time by 12 minutes. The feeling of achievement when you’ve worked so hard for something is unforgettable. It wasn’t just beating my time I can honestly say I enjoyed every step of the 13.1 miles.

I would recommend a half marathon to any runner who has a few 10k runs under their belt, don’t be afraid of a half marathon. Do the training, don’t set your goal too high – make sure it’s achievable, but most of all enjoy the whole experience from your first training session to crossing the finish line.

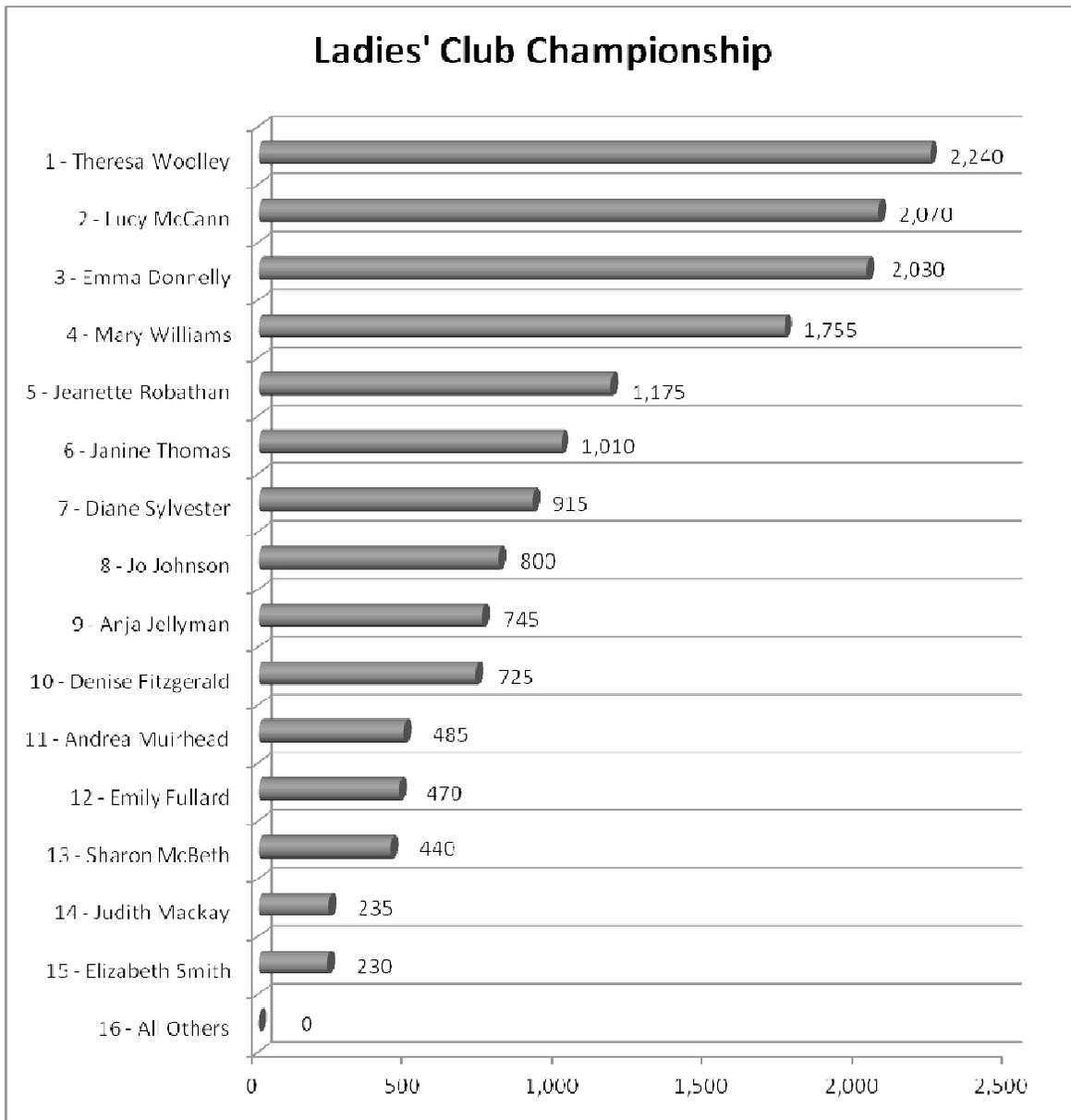
Author Diane Sylvester

Centurion results

Mark Carwardine	63	01:18:39	James Houghton	4569	01:53:33
Andy Money	733	01:32:30	Steven Brough	6358	02:00:24
Seth Atkin	760	01:32:53	Tanya Murphy	6614	02:01:27
Stuart McCullagh	829	01:33:29	Jane Plant	7153	02:04:08
David Pearson	1127	01:36:16	Eddie Cupitt	7359	02:05:14
Leonard Wallace	1143	01:36:23	Sharon McBeth	7437	02:05:35
Jo Johnson	1531	01:39:04	Angie Taylor	9259	02:15:22
Tommy Sweeney	1833	01:40:48	Nikki Sullivan	11111	02:30:37
Adrian Lloyd	2027	01:42:01	Stephen Curwood	11145	02:31:00
Neil Wilkes	4008	01:51:10	Elizabeth Smith	12582	03:12:29
Diane Sylvester	4475	01:53:09	Jennifer Jennings	12801	03:51:52

Ladies Club Championship List – 2012

With just one race to go, the ladies' title is still to be settled and could go to any one of three Centurions. **Theresa Woolley**'s absence from the third and most recent Cross Country race has let **Lucy McCann** and **Emma Donnelly** significantly close the gap at the top. If Theresa doesn't make the final race, she could find herself losing out, having lead throughout the year. **Mary Williams** and **Jeanette Robathan** make up the remainder of the top five.

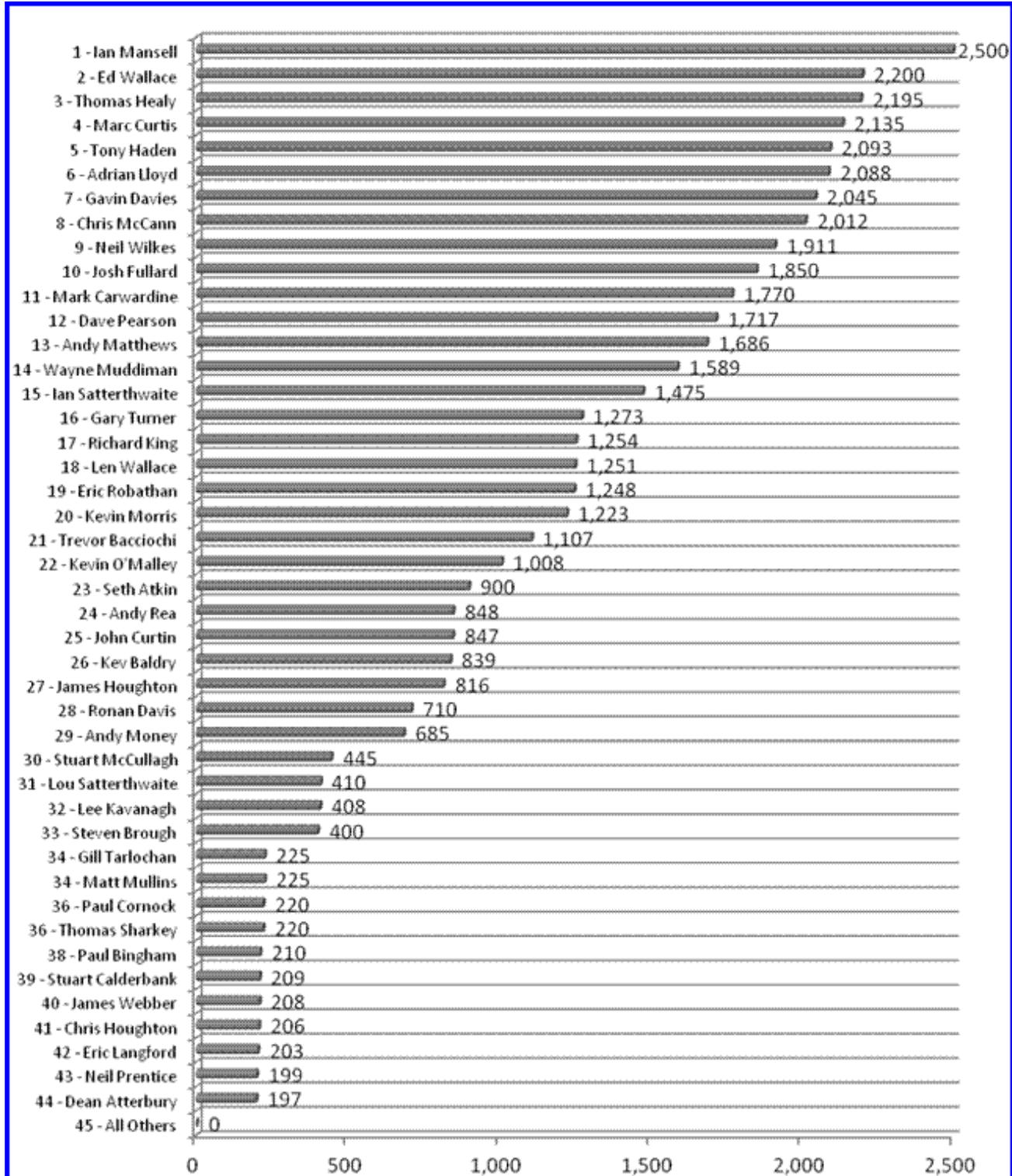


Races Included in the Club Championship:

- o Midland Cross Country League (Jan-Feb & Nov-Dec)
- o Midland 6-Stage Road Relays (March)
- o Warwickshire Road Race League (April – September)
- o Midland 4-Stage Road Relays (September) – Cancelled this year

Men's Club Championship List

Our champion-in-waiting, **Ian Mansell**, cannot now be overtaken, so the prestigious honour is heading his way. However, there's a great battle raging for second place, with just over a hundred points separating the next five competitors. **Ed Wallace** currently leads this mini-race, but **Thomas Healy** (who has moved up six places since the last newsletter), **Marc Curtis**, **Tony Haden** and **Adrian Lloyd** (up four) are not going to let him have it all his own way, I'm sure, in the last race of the season. **Gary Turner** is our biggest climber this quarter, having moved up eight places to 16th, while **Matt Mullins** is our sole new entrant.



Centurions Brueton parkrun Club Day

A not so bright day dawned for the Centurion Running Club's first ever club day at Brueton, today. However, as the drizzle turned to rain, the dedicated and hardy folk of Brueton parkrun gathered, huddling close to the gazebo or under umbrellas, as the Centurion club runners took up their various positions. It was fitting too that Andy Money, Centurion member and parkrun devotee, was awarded his jacket marking 100 parkruns by run director, Jeanette Robathan. Fortunately, Andy had celebrated 2 weeks ago, as everyone's main focus was on getting started (and finished) in order to start on the cakes and goodies laid out in the tent. Today's marshals were stylishly decked out in Centurion helmets and gave all runners support and encouragement worthy of Roman soldiers, though in fact the shouting and jumping around may have been more about

keeping warm than anything. Blue and white paraphernalia was everywhere, mirroring the club's colours, notably on the pacemakers' markers, who led runners round to goals and PBs which defied the unpleasant weather conditions. Running was made even more worthwhile for some: junior runners were awarded goody bags on completion of their run, and there were spot prizes of free entries to the Centurion Grand Prix race series, as well as leg massages from a local sports therapist. After a cold and wet run, water, bananas and home-baked cakes provided by club members were welcomed by weary parkrunners, who stayed around to chat as the rain gradually eased (just as the run was over). Soon, the cake tins were empty, with another Saturday morning ritual completed, and time to get on with the weekend. Thanks must go to Wayne Muddiman, for taking on the

organisation, and for his cajoling of fellow Centurions to help out, several of whom had not experienced parkrun before. We hope this event will encourage both club runners to take part in parkrun, and parkrunners to think about joining a club, as both can play such a large part in encouraging and developing runners of all ages and abilities. In the end, of course, the weather was no barrier to parkrun participation, with 168 runners turning up, and a quick scroll down the results table shows that there were PBs a plenty, so I think we can safely say that a good day was had by all. **Author Lucy McCann**

Rugby 10 mile race result

3 rd	Ian Mansell	0:57.38
16 th	Tom Healy	1:03.23
66 th	Gary Turner	1:18.23
69 th	Mary Williams	1:19.26
70 th	Adrian Lloyd	1:19.49
76	John Curtain	1:22.50

Runners of the month

July 2012

Jeanette Robathan

Josh Fullard

August 2012

Emma Donnelly

Ed Wallace

September

Jenny Jennings

Tanya Murphy

Josh Fullard

More races

Sun	2 nd	Dec	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. 11.00am
Sun	2 nd	Dec	Turkey Trot 5 miles, Aldersley Stadium, Aldersley Road, Wolves. WV6. 10.00am
Sat	8 th	Dec	Xmas Cracker 10k/20k, Moreton Morrell College, Moreton Morrell, 11.00am
Sun	16 th	Dec	Telford 10k, Visitor Centre, Town Park, Telford. Sub 40 mins=10.45am, 40+mins=11.30am
Thu	27 th	Dec	Wheaton Aston 10k.
Fri	28 th	Dec	Massey Ferguson Pace Race 3.5 miles, Kenilworth Rd, Memorial Park, Coventry. no watches.

2013

Sun	6 th	Jan	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. 11.00am
Sun	20 th	Jan	Not the Roman IX 12k, Stratford on Avon.

Centurions in Cologne Oct 2012

As with my article last year for Berlin I have decided to write this one in a small part from my own perspective but most from a Club view.

The cast

Myself, Sam, Wayne, Ed, Eric, Jeanette, Elizabeth, Steve, Seth, Chris and Mark C and his wife and son who arrived on Saturday but stayed elsewhere. Myself, Ed, Seth and Mark were running the full marathon with Elizabeth, Eric, Jeanette, Andy R and Chris running the half.

The build up

Following the success of the Berlin Marathon Trip last year Wayne bravely took up the challenge of organising another Centurion invasion of Germany. If I recall correctly hotels and flights were booked a good few months in advance with only the finer points of where to meet, eat etc picked up nearer the time.

The weekend

The day of the flight arrived 12 Oct 12 with most Centurions on the early flight to Dusseldorf from Birmingham. Bleary eyed and not bushy tailed we checked in and waited for our flight. After landing we carried on with our world record attempt at using as many forms of public transport as possible and used the monorail to travel from the airport to the railway station. After several trains and trams we arrived safely at the Hotel, the Park Inn Cologne West. Wayne did a great job of navigating and we saved some euros on group travel.

As we arrived at the hotel at midday only Elizabeth's room was ready to check in so we decided it would be a good idea to leave our bags there and go to the Expo to collect our race numbers. Half the group fitted in the lift the rest of us took the stairs and got stuck as it was room key access onto each floor so that plan fell apart and we parked our bags with the hotel after an unscheduled rest sitting in the lift area.

By now food was a priority and after Seth checked into his apartment we ate in a small café where I revisited curry wurst after I found how nice this was at Berlin. Suitably refreshed we took 100 trams to the Expo at a large exhibition centre (fourth largest in Europe Ed reliably informed me.....) We took an hour to get our numbers and have a look around. Basically the usual set up of stalls marketing running goods and races, with in line skating stuff as well. We were all pretty tired by now and grateful to take the 100 trams back to the hotel (I may be exaggerating on the number of trams but I did loose count)

We all had a couple of hours rest and then met up to travel to Vapiano's, an Italian restaurant in town, near Rudolphplatz. When we arrived it was so so busy and we struggled to sit together, no chance of a table for 11 inside. Some hardy Centurions sat outside and after eating Sam and I joined them where I had a sneaky beer, led astray by the others.....and an exciting trip to Lidl!

Saturday, Sam, Seth and I toured the Dom, the huge Cathedral and took a Rhine Cruise. I have to say there wasn't much else to look at but if you like shopping Cologne is ideal. The others did similar and toured the Dom, including some taking the steps to the top and getting jelly legs afterwards. Wayne, with his tour guide hat on and up to the minute information about the city, took his club mates to the huge telecom tower near the hotel; looking forward to a spectacular view of the city it turned out it had been closed some 20 years. They also took a bus tour and I think their conclusion about Cologne was similar to ours.

Saturday night Sam and I met Mark and his wife and son as and Mark helped me plan an underground route to get to the start for the next day (his German being better than mine) the trams were not running near the hotel due to the marathon being on their route.

The Races

Sunday, the half marathoners were up super early as their start was 8:30. So as I was still tucked up in bed when they left I sadly didn't see them off. Highlights from the half marathon (apart from some wonderful performances and PBs from Chris, Eric and Jeanette) included Andy dropping his camera down the portalo. He considered shoving his hand in to retrieve it for all of a second before accepting it was lost for ever. Whoever cleaned that toilet was in for a surprise and I'm sure their face was a picture.....moving on. I'm also reliably informed Jeanette tried to use the male changing at the end....was this mistake, I'll let you decide.

I met Ed, Seth and then Mark on our underground journey to the start. There was a quite a bit of messing to drop off the kit bags and get around to the start. There was also a lot going on with hand bikers and in line skaters to organise before the marathon set off. As a consequence we were delayed by a bout 15 mins (this was the first and to be the only time we encountered German inefficiency). Ed was in a different corral to me and Seth but apparently after the skaters went his group was moved up and he found himself near the elite runners, much to his surprise and possible concern.

So at about 11:45 am we were off. I set off with Seth but within the first mile we were separated. Just a brief personal interlude. I tried hard to stay with the 3:30 pacer but it just wasn't my day today (see finish time) I really lost the pace at 17 miles but was spurred on by some great Centurion support on the course. The route itself took runners immediately across the Rhine then followed the river north and back along the quite wide road with some road tunnels and then south along the river and back on yourself again. It was good for spotting fellow Centurions and I saw Mark a couple of times ahead of me. He waved cheerily as I struggled by quite a few minutes behind. We then headed into Cologne. I honestly couldn't tell you where we ran; I remember seeing Rudolphplatz several times where Sam was supporting us and also Nieumarkt where Wayne and the rest of the Centurions were cheering us on (including those who ran the half)

We did pass the Dom at 25 miles and then crossed back over the Rhine, the very last stretch had little or no support and I found the bridge a real trial at the end (with its slight camber) and gave it my all to the finish area, only I misjudged it and had a further few hundred yards to go.....

The first person I met at the finish was Ed who had passed me at 20 something miles and spurred me on. Ed was beaming with a fabulous sub 3:30 PB. He also saved my ruined legs some more by taking my timing chip back for me as I missed the drop off point. We found Seth next with another great sub 3:30 PB and once I could stand again we had coffees and headed to the underground. When we got near the hotel there were still some marathoners along way from the finish and we encouraged them on and felt very lucky we had finished.

That night we dined at Maredo Restaurant, again in Rudolphplatz, this was where I'd eaten with Mark the night before and I introduced Andy to the huge vegetarian selection (Fajitas) and he proceeded to play me up for some time! By 10 pm the majority of us could hack it no longer and returned to the hotel.

Sam and I left the next day with everyone else leaving Tuesday (apart from Mark who had to run very fast to catch his plane on the Sunday)

The end

Big thanks then to Wayne , and all the support we had on the route, I know the half marathoners were tired and to support us full marathon runners was much appreciated. Thanks to Sam and Seth for putting up with me moaning and groaning all weekend with various ailments as well.

Neil Wilkes

Results

Full

Mark Cawardine	2:48:22
Seth Atkin	3:28:58
Ed Wallace	3:29:05
Neil Wilkes	3:40:35

Worcester Beacon 7 – 13th October

With the cross country season fast approaching what better way to warm-up than to do a brutal 7 mile race across the Malvern hills. During the journey to Malvern reassuring words from Gavin and the gathering clouds didn't help prepare me for what was to come. It was my first proper fell race and was expecting a tough run but not this bad.

Bursts of rain and hail followed by brilliant sunshine meant we were in for an unsettled day. As the start drew closer the rain had set in and this made conditions very tricky. It was nice to get a fast start and get clear of the slower runners as overtaking would be difficult along the narrow trails. The first mile or so was a mix of sharp undulations twists and turns through the woods. As we left the woods the next big challenge really lay ahead it was 2.5 miles of steep ascent to the peak of the Malvern hills.

The climbs just got steeper as we neared the top and my only thoughts were "I need to walk" I should have listened to Gavin and turned back while I had the chance. Refreshingly the hard work was done and the final 3.5 miles was mainly downhill with the occasional steep wobbly descent when your legs just run away from you. I lost some ground on 2 competitors on the steep drops in the closing stages of the race not surprising they were experienced fell runners and seemed to know the terrain really well. Luckily I had enough in the tank to overtake both runners in the final dash for the line and finish 20th in 52.05. Gavin Davies completed his race in 56.07 and 49th but the conditions were very tough and I think we both fared pretty well.

We did consider waiting for the presentation to sample the yummy cakes and coffee on offer but hyperthermia was setting in by then so we decided to head back. At the time of typing this report I still can't walk properly and the last thing on my mind is hills but I'm sure this time next year I'll be fit and mad enough to take the challenge once again.

Author Ian Satterthwaite.

Half

Chris McCann	1:31:00
Andy Rea	1:36:13
Eric Robathan	1:44:33
Jeanette Robathan	1:50:16
Elizabeth Smith	2:05:08