

Centurion Runners Newsletter

Dec 2013



CENTURION CHRISTMAS PARTY

Get your Christmas celebrations off to a flyer with our annual homage to all things Santa

Coleshill Town Hall

7pm-midnight, Saturday 7 December

Disco --- Buffet --- Subsidised Bar --- Prize Raffle



FREE ENTRY!!



Editorial

Merry Christmas Centurions.

Some good improvements by a couple of Centurions Marc Curtis and newish member Matt Mullins only to be expected with him coming from boxing the hardest sport of all he would always train to get the best out of himself, both have a trail of recent pb's behind them and scoring well in the cross country league race at Leamington.

It's great to see Paul Bingham back and running into form again.

Tom Healy and Gavin Davies are going really well and Marathon man Mark Carwardine who admits he's not at his happiest on the Cross Country all scoring, Ian Satterthwaite is running well below form due to injury the club should acquit itself even better in the XC league when Eddy MacGrath (you can't beat class) and Paul Davies get back in the XC team.

Wayne Muddiman continues his recent steady improvement and may soon figure amongst the scorers. The Womens XC race proved just as tough as the mens with the Centurion girls grabbing 4th place in the league Theresa Woolley was first scorer for followed by Emma Donnelly, Jeannette Robathan, both improving well this year with Elizabeth Smith and Tanya Griffiths all finishing well.

I came across this amusing quote recently "the best committee is one that consists of two people when one of them is off ill" I suppose there is a grain of truth in this.

Centurions please write me some articles as I am starting to struggle with what to put in the newsletter. Meanwhile thanks to Neil, Wayne, Mick and Chris Harrison for their Contributions.

The Centurion AGM is due to take place on Thursday 30th Jan at 8pm at the Old Market Hall Coleshill. This is a must for members as a few new posts may arise on the committee.

Ye Olde Pub Run is due to take place on the on 17th Dec. Andy Rae is looking at a new route through Castle Brom.

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Wolverhampton Turkey Trot took all those in the photo from 150 meters out

BUPA Birmingham Great Run 20 October 2013

Author Neil Wilkes

No less than 37 Centurions took part in the BUPA Great Birmingham Run on Sunday 20 October.

Despite heavy rain showers in the preceding days and an almighty downpour early in the morning fortune smiled on participants with almost perfect conditions for the race, cool with some sunshine later on.

Once again the organisers ensured this went according plan, mustering some 20,000 runners through the staggered starts and ensuring finishers were processed back out in an orderly and effective manner. There were some excellent individual performances coupled with fundraising activities for a number of charities.

The route was lined with support as Birmingham seems to have taken the event to heart.

Highlights included Bournville, Cannon Hill Park and seeing Edgbaston cricket ground. Members found the much talked about hill at 10-11 miles challenging but coupled with regular training everyone managed to conquer it and were then rewarded with a fast flat and slight down hill along Broad Street.

The following Centurions took part

MARK CARWARDINE 82	01:20:56	RICHARD BOOTH 5327	01:56:27
EDDIE MCGRATH 101	01:21:45	KEV BALDRY 5567	01:57:18
MARC CURTIS 241	01:26:26	GARY TURNER 6136	01:59:20
MATTHEW MULLINS 499	01:30:55	IAN COOPER 6349	02:00:02
WAYNE MUDDIMAN 629	01:32:17	DIANE SYLVESTER 6381	02:00:09
STUART MCCULLAGH 691	01:32:45	ELIZABETH SMITH 6577	02:01:00
DAVID PEARSON 1576	01:39:56	PAUL CORNOCK 6580	02:01:02
EMMA DONNELLY 1793	01:41:09	ANJA JELLYMAN 6673	02:01:28
NEIL WILKES 1938	01:41:58	STEVEN BROUGH 7534	02:05:02
JAMES WEBBER 2088	01:42:45	CHRIS HOUGHTON 7886	02:06:35
JAMES HOUGHTON 2598	01:45:13	URSULA SCOTT 8153	02:07:49
TOMMY SWEENEY 2884	01:46:34	TANYA MURPHY 9879	02:16:03
ADRIAN LLOYD 3042	01:47:21	LEE KAVANAGH 10064	02:17:05
PAUL HOLT 3211	01:48:07	MAURICE BYRNE 10068	02:17:05
LEONARD WALLACE 3443	01:49:04	JOHN SAVIN 10870	02:21:51
ANDY CARWARDINE 3577	01:49:38	IRENE LANGLEY 13232	02:43:23
KEVIN MORRIS 4130	01:51:55	TRUDY LEACH 14192	03:06:44
ALISON FERGUSON 5119	01:55:47	JENNIFER JENNINGS 14516	03:39:12
		KEITH BURNES 14515	03:39:12



Geoff announces the WRRL Winners.



Emma and Jennette win a couple of WRRL shields well done girls.

Santa Barbara Marathon Saturday 9th November 2013



Neil Storms Home

For our 25th wedding anniversary Sam and I had decided to do a tour of the west of America, taking in Las Vegas, LA and San Francisco with a few stops along the coast in-between.

The last week of the taper for this marathon saw me in Las Vegas, not the best place to rest, sleep or eat sensibly before a marathon....so I failed to be sensible on all 3 counts. I did try an easy run along The Strip early one morning, about 7:30 am, whereupon I was still avoiding revellers from the night before and empty bottles in the middle of the pavement, one of which I accidentally kicked some way along the street. This run also included going through a hotel, numerous footbridges and a brief enjoyable conversation with a fellow runner about running in Red Rock Canyon.

After Vegas we hired a car and spent some time in LA before spending 2 nights in Santa Monica before our 2 nights in Santa Barbara for the marathon. We found the expo with the use of the Sat Nav and I picked up my race number and timing chip. It was fairly low key, 5,000 half marathoners and 1,000 marathoners.

That night was Sam's birthday and we found a nice restaurant, where I was at least able to have pasta. A fairly early bed time didn't help as I couldn't settle then the neighbours in the next room woke me up, gr. I had arranged a taxi for 6 am so was up just gone 5 am, the start being at 7:30. I was neither bright eyed or bushy tailed.

At 6:05 am the taxi turned up (I was sweating for those 5 mins) as the start was a considerable distance away in Goleta at Dos Pueblos High School. I arrived in good time and was able to wait comfortably in the school sports hall.

I had a nice chat waiting at the start line with a lady from Santa Cruz and then we stood in silence for the national anthem, a four plane flypast and the unfurling of the star spangled banner by a fire truck, quite moving actually. Its worth pointing out it was Veterans weekend in the USA and this was billed as a Veterans (military) race with some National Guard, serving and retired military personnel taking part.

At 7:30am we were off, it was cloudy with a cool breeze....perfect I thought for going off like a mad thing (will I ever learn). My plan had been to take it steady and enjoy myself with a goal of 4 hours. As I will explain I did do that, but the hard way.

The backdrop for much of the first few miles was the surrounding mountains; however, there was little else to look at as we took in long, straight state roads and some residential areas and a paved cycleway. I have to say though, that where there was support (and it was sparse in places) it was typically American and amazingly enthusiastic. Given I was wearing a union jack vest (yes, I know, but I felt compelled to do it) and was justified as when I got the results as I was the only Brit in the full marathon.

Santa Barbara Marathon Continued...

I can't give a detailed account of the route as it was very similar, and I simply don't recall (lost a few brain cells along the way) so I will just give some random memories and sum up how I got on personally.

³⁵₁₇ Lots of enthusiastic college student support at various points

³⁵₁₇ Lots of police controlling the roads

³⁵₁₇ Calls of come on Great Britain, very nice

³⁵₁₇ A call of how's the queen....?

³⁵₁₇ Passing the start again, not so good

³⁵₁₇ Seeing a huge eagle flying overhead

³⁵₁₇ The sun coming out

³⁵₁₇ Country and western singer and guitarist

³⁵₁₇ Gospel choir, I think

³⁵₁₇ Being way to hot in a t shirt and vest

³⁵₁₇ Cheerleaders

³⁵₁₇ A huge hill at 23 miles....

³⁵₁₇ Seeing the sea before 25 miles

I'll pick up my experience from here. I had gone off rather fast as I felt good and the conditions were cool. At one point in the first few miles I was close to the 3:15 pacer, oops! and ahead of the 3:30 pacers. However, and it's my own fault, I didn't take account of the heat, went off way too fast and didn't get enough water and from 13 miles I started to drop off pace. The sun got hotter and the hills felt bigger (they weren't).

I struggled for a while and then thought I'm on holiday and don't worry, so I didn't and tried to enjoy the experience. I confess to walking several times on the wretched hill at 23 miles. A dead straight road with no shelter, it hurt....a lot. The last mile or so took us onto the Santa Barbara sea front, this was very pretty and the last mile was called veterans mile. A navy cadet thrust a flag in my hand and the route was lined with more flags, very nice it was.

The finish was at a sports ground and with 200 metres to go Sam took my picture; I looked a little bit tired to say the least. I crossed the line in 3:47:18 pretty hot and very relieved to have finished. Sam came to meet me and I had to lie down, I got chatting to an Australian who just finished behind me, so like the Ashes back in the summer England won!

I had the honour of being first Brit to finish p235 of 1092 which made me happy. Post race recovery was an afternoon lying on the beach and a seafood meal on the pier that evening.

Here is the official description of the marathon;

Located in Southern California's "American Riviera," this point-to-point course begins in the scenic Goleta Valley with its lush lemon and avocado orchards, winds through Santa Barbara's picturesque Mesa community, and finishes with a stunning two-mile descent to the sparkling Pacific Ocean. Finishers and their families can celebrate in charming downtown Santa Barbara with its abundance of quality shops, museums and restaurants, or hop on a wine-tasting or whale-watching tour for some adventure. Combining vibrant cultural sophistication with breathtaking outdoor splendor, Santa Barbara offers the ideal destination marathon. The Select Staffing Santa Barbara International Veterans Marathon is a USATF-Certified event and a Boston Qualifier.

The next day we drove to Monterrey, then San Francisco where I did a couple of very easy runs purely for sightseeing purposes before we came home. It certainly was a unique experience in terms of the scenery and environment but not unique in how I felt during those last few miles. Brighton calls next on 6 April....at least it won't be hot so I can't use that excuse.

Author Neil Wilkes

Runners of the months May to October

Runner of the Month May

Ladies: Emma Donnelly

Men: Stuart McCullagh

Runner of the Month June

Ladies: Sharon Davies

Men: Paul Davies

Runner of the Month July

Ladies: Alison Ferguson

Men: Andrew Cawardine

Runner of the Month August

Ladies: Eileen Hatfield

Men: Eddie McGrath

Runner of the Month September

Ladies: Theresa Woolley

Men: Paul Donnelly

Runner Of the Month October

Ladies: Sarah Thomson

Men: Mark Carwardine & Richard Booth

Centurion results XC League race 1 Leamington

Men

68 2268 43:45 Tom Healy, 70 2266 43:45 Marc Curtis, 74 2262 44:01 Gavin Davies
96 2267 44:52 Mark Carwardine, 110 2271 45:58 Matt Mullins, 113 2277 46:05 Paul Bingham
148 2263 47:25 Ian Satterthwaite, 163 2274 48:05 Wayne Muddiman
187 2269 49:41 Tony Haden, 208 2260 51:00 Andy Rea, 212 2261 51:15 Dave Pearson
236 2265 53:13 Len Wallace, 240 2276 53:32 Andy Carwardine, 264 2273 56:44 Tom Sharkey
272 2259 58:02 Andy Matthews, 273 2275 58:08 Eric Robothan, 280 2272 59:51 Richard Booth
281 2258 59:58 Adrian Lloyd, 286 2264 61:11 Kev Morris, 288 2270 62:13 Lou Satterthwaite

Ladies

32 Theresa Woolley 33:59, 118 Emma Donnelly 35:12, 177 Jeanette Robathan 39:19,
229 Elizabeth Smith 42:29, 242 Tanya Griffiths 43:20.

Centurion results Midland XC Champs Men 7Mile Women 5Mile Wolverhampton

WOMENS 5M RACE

19	189	Theresa Woolley	Centurion RC	SL	40:10
20	182	Sharon Davies	Centurion RC	SL	40:29
25	183	Emma Donnelly	Centurion RC	SL	42:34
26	187	Jeanette Robathan	Centurion RC	SL	43:22
28	185	Alison Fergusson	Centurion RC	SL	45:52
42	188	Elizabeth Smith	Centurion RC	SL	50:22

M E N S 7M RACE

28	362	Paul Davies	Centurion RC	SM	46:08
51	381	Matt Mullins	Centurion RC	SM	50:18
64	380	Wayne Muddiman	Centurion RC	SM	53:28
74	382	Andy Rea	Centurion RC	SM	55:08
84	359	Andy Carwardine	Centurion RC	SM	57:29
88	383	Len Wallace	Centurion RC	SM	59:40
97	358	Richard Booth	Centurion RC	SM	01:03:58
102	360	Paul Cornock	Centurion RC	SM	01:13:33

XC Relays Walsall Arberetom Senior Men's Race

Leg 1 Richard Booth 30:57, 2 Louis Satterthwaite 30:05

Vets Race

Leg 1 Wayne Muddiman 25:15, 2 Gavin Davies 24:15, 3 Tom Healy 23:37, Andy Rea 26:34.

Senior Ladies Race

Leg 1 Sharon Davies 27:03, Theresa Woolley 27:33.

Race Fixtures

Sun 8 th	Dec	Sneyd Xmas Pudding 10 miles, Black Country Tech College, Vernon Way, Bloxwich. 10.00am
Wed 11 th	Dec	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sat 14 th	Dec	Xmas Cracker 10k/20k, Moreton Morrell College, Moreton College, nr Warwick. 10 am. ONLINE
Sun 15 th	Dec	Rudolphs Rampage 6k M/T, Painswick Rugby Club, Painswick, Stroud, Glos. 11.00am
Sun 15 th	Dec	Telford 10k, New Visitor Centre, Telford Town Park. Sub 40 mins = 10.45, 40 + mins = 11.30am
Fri 27 th	Dec	Wheaton Aston 10k, 11.00am. TBC
Fri 27 th	Dec	Xmas 4 miles, Pilot Inn, Sellars Road, Hardwicke, Glos. GL2. 11.30am
Fri 27 th	Dec	Queens Head 5k, Queens Head Pub, Chesterfield Road, Belper, Derby. 12 noon
Sun 29 th	Dec	Godiva new Year 5 miles. TBC
Sun 29 th	Dec	Tempo Events 10k, Ilmington Sports Club, Mickleton Road, Ilmington, near Shipston.10.30am
Wed 1 st	Jan	NYD H'cap 4.1 miles, Kingswinford Rugby Club, Swindon Rd, Wall Heath. no watches. (11am?)
Wed 1 st	Jan	Glos New Year 5 miles, Pilot Inn, Sellars Road, Hardwicke, Glos. GL2. 11.30am
Wed 1 st	Jan	Dirt Run 10k M/T, Top Barn Activity Centre, Worcester Rd, Holt Heath, Worcester. WR6. 11am
Wed 1 st	Jan	Hangover 5 miles, Malt Shovel Inn, Oakerthorpe Road, Wirksworth Moor, Derbys. 11.00am
Wed 1 st	Jan	Massey Ferguson H'cap 3.55 miles, War Memorial Park, Coventry. No Watches. 11.00am
Sun 5 th	Jan	Fladbury Festive 5 miles M/T, near Worcester.(Details TBA).
Sun 5 th	Jan	January Jog Macmillan 5k M/T, Shuker Field, Shuker Close, Newport, Telford. TF10. 12 noon.
Sun 5 th	Jan	Blymhill 10k M/T, Playing Fields by Village Hall, School Lane, Blymhill, Shrops. TF11.11am.
Sun 5 th	Jan	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. 11.00am
Wed 8 th	Jan	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sun 19 th	Jan	Not the Roman IX 12k, NFU Sports Club, Knights Lane, Tiddington, Stratford. 11.00am
Sun 26 th	Jan	Shifnal Gallop 10k M/T, Idsall School, Coppice Green Lane, Shifnal. 10.30am
Sun 26 th	Jan	Tempo Events 10k, Ilmington Sports Club, Mickleton Road, Ilmington, near Shipston.10.30am
Sun 2 nd	Feb	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. 11.00am
Sun 2 nd	Feb	Stourbridge Stagger 10 miles M/T, Mary Stevens Park, Heath Lane, Stourbridge. 10.30am
Sat 8 th	Feb	Mad Dash 10k/20k, Moreton Morrell Centre, Moreton Morrell, near Warwick. 10am.ONLINE
Wed 12 th	Feb	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sun 16 th	Feb	Apley Estates 5k/10k/21k M/T, Apley Hall, Cheswardine Lane, Norton, Shifnal. TF11. 10.30am
Sun 16 th	Feb	Tempo Events 10k, Ilmington Sports Club, Mickleton Road, Ilmington, near Shipston.10.30am
Sun 2 nd	Mar	Rushcliffe 10k M/T, Rushcliffe Country Park, Mere Way, Ruddington, Nottingham.
Sun 2 nd	Mar	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. 11.00am
Sun 9 th	Mar	Ashby 20 miles.
Sun 9 th	Mar	Stafford 20 miles, 10.30am
Sun 9 th	Mar	Blackminster ½ Marathon, Blackminster, near Evesham. 9.30am
Sun 9 th	Mar	MK10K & 5K, Xscape Centre, 602 Marlborough Centre, Milton Keynes, 5k=10.00, 10k=10.10am
Sun 9 th	Mar	MK ½ Marathon, Xscape Centre, 602 Marlborough Gate, Milton Keynes. MK9. 10.25am
Sun 16 th	Mar	Stafford ½ Marathon.
Sun 16 th	Mar	BHF Wyre Forest Jog 10k/5k M/T, Visitor Centre, Callow Hill, near Bewdley. 11.00am. ONLINE
Sun 16 th	Mar	Gloucester 20 miles, Waterwell Sports Centre, Stephenson Drive, Quedgeley, Glos.
Sun 16 th	Mar	Banbury 15 miles, Spiceball Leisure Centre, Cherwell Drive, Banbury. 10.30am
Wed 19 th	Mar	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sun 23 rd	Mar	Coventry ½ Marathon.
Sun 23 rd	Mar	Warwick Castle ½ Marathon.
Sun 23 rd	Mar	Coventry Fun Run 5k. 9.40am, TBC
Sat 29 th	Mar	Shakespeare 5k/10k, Long Marston Airfield, Campden Road, near Stratford. 11.00am. ONLINE
Sat 29 th	Mar	Shakespeare ½ Marathon, Long Marston Airfield, Campden Rd, nr Stratford. 11.00am.
Sun 30 th	Mar	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. 11.00am

Bermuda to Bride - Gumbley retains title in Microgaming Isle of Man Marathon event

BY JOHN WATTERSON

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Competing in his first event since the Island Games in Bermuda, Onchan's Ed Gumbley won the Microgaming-sponsored Isle of Man Marathon for the second year in succession yesterday.

Having won a bronze medal in the half-marathon at the Games one month earlier, he admitted his training had all been focused on the shorter distance and was unsure how he would go over the full 26.2-mile course.

'The last four miles were hell,' he admitted.

'I was fine on the first lap. The early leader [Graham Hedger] and I reached the top of Bride Hill together.

'He let me go ahead of him and I ran my fastest mile of the race off the top of the hill - around 5min 45sec. I'm pret-

ty sure that's where I inflicted the initial damage on him.

'That said, miles four and five were very difficult into the wind, it really sapped my energy.'

The Manx Harriers man completed his first lap in around 78 minutes, but found Bride Hill extremely tough second time round.

After completing his seventh marathon in a time of 2hr 41min 46sec, he said: 'I was really pleased with my performance in Bermuda over the half-distance as the conditions were very hot - the toughest I've run in.

'Today, apart from the wind, it was quite pleasant - but I did struggle in the closing stages.'

Runner-up Hedger, 49, of London has a marathon pb of 2hr 40min from his home city event in 2010. 'I was seven minutes down on that today, but under the circumstances I'm pretty happy with my performance.

'It was very windy on the back section of the course, but I knew the long home stretch was really nice. I wish I'd known the leader was struggling at that stage as I would have gone a bit harder, but I wouldn't have caught him.'

Third-placed Paul Davies was one of seven runners competing on the day from Birmingham-based Centurion RC.

'This is my first time here - it's a great course with lovely scenery. It was breezy, but I really enjoyed it.'

Cronk-y-Berry Primary School headteacher, Rob Sellors, was fourth in 2:56.51, but said he struggled for the last mile-and-a-half. 'I overtook the guy who had been in fourth place at Andreas, I think he had cramp, so I ran alone for the final few miles, which is not easy.

'I don't suppose running North Barrule fell race on Friday evening helped me,' said the 2011 winner who finished

'The last four miles were hell,' admits marathon winner Ed Gumbley

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