

# Centurion Runner's Newsletter

March 2013

## Editorial

Welcome to this month's spartan edition of the newsletter.

I have kept my own input to a minimum.

But I think that the club members would be delighted to read informative and interesting articles on training, diet and injury prevention if they were submitted for publication by members of the Centurion coaching team.

The parkruns have grown in popularity and encourage many people into the art of pedestrianism some of whom have joined their local athletic clubs. The hard evidence is "In 2012, 7,268 parkrunners joined a club while only 923 left a club" and many of the latter were probably changing clubs.

Your local Brueton parkrun is a friendly and well organised event and the 5K is the ideal distance to motivate athletes to improve their performance in middle and medium distance races.

Many thanks to this month's contributor's, Geoff Wheeler, Chris Harrison, Ian Mansell, Neil Prentice, Hillary Turner, Birmingham and District Invitational Cross Country League, Neil Wilkes and Wayne Muddiman. The views of the editor do not necessarily reflect the views of the Centurion running club.

Editor Louis Satterthwaite.

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## Runners of the Month

### Female

#### July 2012

Jeanette Robathan

#### August 2012

Emma Donnelly

#### September 2012

Female Jenny Jennings & Tanya Murphy

#### October 2012

Mary Williams

#### November

Lucy Greswell

#### December 2012

Jo Johnson

### Male

#### July 2012 & September 2012

Josh Fullard

#### August 2012 & November 2012

Ed Wallace

#### October 2012

Ian Mansell

#### December 2012

Adrian Lloyd

Provided by Hillary Turner

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## Forthcoming Races

- Sun 3<sup>rd</sup> Mar Wrap Up & Run 10k, War Memorial Park, Kenilworth Road, Coventry.
- Sun 3<sup>rd</sup> Mar Centurion Grand Prix, Race 5 North Solihull
- Sun 10<sup>th</sup> Mar MK10K, The Xscape Centre, 602 Marlborough Gate, Milton Keynes. MK9. 10.10am
- Sun 10<sup>th</sup> Mar BHF Wyre Forest Jog 5k/10k X Country, Visitor Centre, Callow Hill, nr Bewdley.11.00am.
- Sun 10<sup>th</sup> Mar Ellesmere ½ Marathon, Ellesmere, Shropshire. 11.00am
- Sun 10<sup>th</sup> Mar Blackminster ½ Marathon, near Evesham. WR11. 9.30am.
- Sun 17<sup>th</sup> Mar Warwick Castle ½ Marathon. 9.00am. ONLINE
- Sun 17<sup>th</sup> Mar Draycote Reservoir 5 mile run and Fun Run Rugby
- Sun 17<sup>th</sup> Mar Stafford ½ Marathon, 9.30am. ONLINE
- Sun 17<sup>th</sup> Mar Ashby 20 miles, Ashby De la Zouch.
- Wed 20<sup>th</sup> Mar Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
- Sat 23<sup>rd</sup> Mar Centurion annual Presentation Evening, 8:00 p.m. at Coleshill Town Hall.
- Sat 23<sup>rd</sup> Mar Hampton Ferry 5k, Raphaels Restaurant, Boat Lane, Hampton Ferry, Evesham. TBC
- Sun 24<sup>th</sup> Mar Banbury 15 miles.
- Sun 24<sup>th</sup> Mar Ironbridge ½ Marathon, Telford Town Park, Telford. TF3. 10.30 am. TBC
- Mon 1<sup>st</sup> Apr Notts AC Easter 10k, Wollaton Park, Wollaton Road, Nottingham.
- Sun 7<sup>th</sup> Apr Regency 10kWRRLLeamington
- Fri 12<sup>th</sup> Apr Broxtowe 5k M/T, Bramcote park, Bramcote, Nottingham. NG9. 6.30pm
- Sat 13<sup>th</sup> Apr Relays, Sutton Park. TBC
- Sun 14<sup>th</sup> Apr Centurion Grand Prix, Race 6 GP North Solihull
- Sun 14<sup>th</sup> Apr Worcester ½ Marathon.
- Sun 21<sup>st</sup> Apr London Marathon
- Sun 21<sup>st</sup> Apr Evesham ½ Marathon M/T, Northwick Hotel, Waterside, Evesham. WR11. 10.00am
- Sun 28<sup>th</sup> Apr Stratford on Avon ½ Marathon. 9.30am. ONLINE
- Sun 5<sup>th</sup> May Lichfield ½ Marathon, King Edward 6<sup>th</sup> School, Upper St John St, Lichfield. 10.30am.
- Mon 6<sup>th</sup> May Southwell 5k Trail Race, Final Whistle Pub, Station Road, Southwell, Nottingham. 11.00am
- Tue 7<sup>th</sup> May Kingsbury Classic 10k M/T, Kingsbury Water Park, near Tamworth. TBC
- Sun 12<sup>th</sup> May Crowle Gunpowder Plot 10k, Crowle, Worcester.
- Sun 12<sup>th</sup> May Market Drayton 10k, Grove School, Newcastle Road, Market Drayton, Shrops. TF9 11.00am
- Sat 18<sup>th</sup> May National Masters Open Road Relays Sutton Park
- Sat 15<sup>th</sup> June Breedon on the Hill 6.5k M/T. TBC
- Sun, 9<sup>th</sup> June Two Castles 10KWRRLKenilworth
- Wed 12<sup>th</sup> June Sphinx 5 Mile WRRL Coventry
- Sun 23<sup>rd</sup> June Arden 9 Mile WRRL Knowle & Dorridge
- Sat 29<sup>th</sup> June Stratford 6 Mile WRRL Stratford-on-Avon
- Sat 6<sup>th</sup> July Bham & Black Country ½ Marathon, Wolverhampton. ( Canal Path)
- Sun 7<sup>th</sup> July Shifnal ½ Marathon.
- Sun 14<sup>th</sup> July Northbrook 10k, Coventry.
- Sun 14<sup>th</sup> July Norton 10k, Norton Parish Hall, Wadborough Road, Littleworth, Norton, Worcester. WR5.
- Sat 27<sup>th</sup> July Meerbrook 15k, Village Hall, Meerbrook, near Leek, Staffs. 10.00am. TBC

# Centurion Running Club Annual Pub Run

Tuesday 11<sup>th</sup> December 2012

## Team 'A'

Kevin Morris, Elizabeth Smith, Mark Carwardine, John Savin, Steve Brough.

Actual Time = 62min 55sec. Handicap = 8mins. 54min 55secs. (1<sup>st</sup>)

## Team 'C'

John Twamley, Mary Williams, Lee Kavanagh, Paul Conock.

Actual Time = 60min 55sec. Handicap = 5mins. 55min 55sec. (2<sup>nd</sup>)

## Team 'B'

Neil Prentice, Trudy Leach, Bob Eaton, Marc Curtis.

Actual Time = 65min 08sec. Handicap = 9mins. 56min 08sec. (3<sup>rd</sup>)

## Team 'D'

Paul Bingham, Emma Donnelly, Ashley Chandler, Adrian Lloyd.

Actual Time = 59min 53sec. Handicap = Scratch. 59min 53sec. (4<sup>th</sup>)

There was a pretty good turn out of Centurion stalwarts plus a few newcomers on a bitterly cold evening. Four teams set off at 2 minute intervals with the team led by Kevin Morris going first. They were never caught and with a handicap that proved to be a little generous came out worthy winners. Neil Prentice with the most experienced team in the race found that age waits for no one but another generous handicap prevented them from collecting the wooden spoon and more importantly the mince pies. John Twamley led the third team and their time probably deserved a better result but the handicapper could not recall ever being bought a drink by any of the team and handicapped accordingly. Paul Bingham's team went out last and recorded the fastest time but Paul also suffers with short arms and deep pockets when it comes to buying a drink and paid the penalty with a handicap that they could not overcome.

For the new members who may not know of the computerised handicapping system used in the race I should explain that I take note of the teams running and drinking ability and the weather conditions which is all ignored if sufficient bribes are offered.

Geoff. Wheeler .

## Midland Counties Cross Country Championships Stafford Common 26 January 2013

### Centurion Results

96	0:41:22	Ian Satterthwaite
132	0:43:06	Gavin Davies
158	0:44:41	Tom Healy
166	0:45:02	Marc Curtis
222	0:48:24	Chris Mccann
229	0:49:14	Wayne Muddiman
234	0:49:48	Andy Rea
246	0:50:45	Ed Wallace
257	0:52:25	Len Wallace
264	0:53:06	Gary Turner
267	0:53:33	Andy Matthews
299	1:00:58	Adrian Lloyd

## Centurion results Grand Prix: 5M Race 03/2/2013

7 Ian Satterthwaite	29: 53	60 Theresa Woolley	39: 20
12 Tom Healy	31: 29	65 James Houghton	39: 59
25 Andy Money	33: 14	68 Jeanette Robathan	40: 26
37 Leonard Wallace	35: 20	73 John Curtin	41: 25
42 Seth Atkin	36: 03	77 Paul Cornock	42: 06
45 Gary Turner	36: 33	81 Diane Sylvester	42: 14
50 Neil Wilkes	37: 32	85 Richard Booth	43: 16
53 Andy Mathews	37: 48	91 Steven Brough	43: 56
55 Tom Sharkey	38: 13	98 Tanya Murphy	45: 52
56 Eric Robathan	38: 24		

### Centurion results Grand Prix: 5M Race 06/01/2013

6 Ian Satterthwaite	30: 19	49 Jeanette Robathan	39: 30
14 Andy Money	32: 33	50 James Houghton	39: 45
19 Tony Haden	33: 46	51 John Curtin	39: 53
33 Neil Wilkes	36: 20	53 Leonard Wallace	40: 06
37 Tom Sharkey	37: 07	57 John Twamley	40: 57
40 Eric Robathan	37: 31	63 Diane Sylvester	43: 01
42 Adrian Lloyd	38: 22	70 Paul Cornock	44: 42
43 Gary Turner	38: 32	72 Tanya Murphy	45: 14

### Centurion results Grand Prix: 5M Race 02/12/2012

4 Ian Mansell	27:59	58 Mary Williams	38 : 08
11 Tom Healy	30:23	62 John Curtin	39 : 08
17 Andy Money	31:46	64 Chris Houghton	39 : 39
19 Mathew Mullins	32:41	69 Jeanette Robathan	40 : 35
22 Tony Haden	33:09	70 Denise Fitzgerald	40 : 55
27 Ian Satterthwaite	33:55	71 72 John Twamley	41 : 03
34 Leonard Wallace	34:36	74 James Houghton	41 : 19
43 Gary Turner	36:09	85 Steven Brough	42 : 46
47 Tom Sharkey	36:28	89 Diane Sylvester	43 : 27
49 Neil Wilkes	36 : 33	91 Paul Cornock	43 : 45
53 Emma Donnelly	37 : 05	95 Angie Taylor	45 : 15
54 Eric Robathan	37 : 05	96 Tanya Murphy	45: 28
55 56 Theresa Woolley	37 : 41	106 Julian Clever	52: 15
57 Adrian Lloyd	38:01	108 Keith Burness	67: 36

### Centurion results Grand Prix: 5M Race 04/11/2012

7 Ian Mansell	29: 34	57 Eric Robathan	38 : 02
10 Ian Satterthwaite	29: 46	58 Mary Williams	38 : 09
12 Tom Healy	30: 20	60 John Curtin	38 : 54
15 Gavin Davies	31: 05	63 Tom Sharkey	39 : 27
19 Andy Money	31: 48	64 Kevin O'Malley	39 : 37
23 Tony Haden	32: 44	67 Jeanette Robathan	40 : 21
24 Mathew Mullins	32: 46	69 John Twamley	40 : 46
28 Leonard Wallace	33: 30	71 Theresa Woolley	41 : 24
45 Gary Turner	35: 41	72 Denise Fitzgerald	41 : 35
51 Neil Wilkes	37: 01	76 Steven Brough	42 : 17
53 Adrian Lloyd	37: 08	85 Tanya Murphy	43 : 59
54 Andy Mathews	37: 32	94 Paul Cornock	46 : 38

## Sneyd 10 mile race

Ian Mansell ran an excellent fourth place in the Sneyd 10 timed at 55.47 it was his second fastest ever over 10 miles. Followed by in his opinion a slightly disappointing Telford 10k in 35.15 as one of the field Ian had beaten in the Sneyd 10 ran 33.39. He was out again on the 22<sup>nd</sup> December and won the Walsall parkrun in 17.18 despite adverse weather conditions. After a couple of excellent training sessions, on Christmas eve Ian was struck down with a chest infection pleurisy and has not trained since then, But hopes to return to training by the end of January.

Report based on Ian Mansells email.

Centurion Results:

4th	Ian	Mansell	M	55.47
40	Paul	Davies	M	01:01:01
86	Andy	Money	M	01:07:34
89	Matthew	Mullins	M	01:07:50
163	Jo	Johnson	F	01:13:28
182	Sharon	Townley	F	01:15:05
217	Adrian	LLoyd	M	01:17:40
222	Chris	Houghton	M	01:17:53
225	Mary	Williams	F	01:18:09
232	Emma	Donnelly	F	01:18:34
245	Eric	Robathon	M	01:19:33
265	Kevin	Morris	M	01:20:45
296	John	Curtin	M	01:22:38
299	Jeanette	Robathon	F	01:22:40
318	Maurice	Byrne	M	01:24:33
358	Steven	Brough	M	01:29:01
360	James	Houghton	M	01:29:07
409	Sharon	Mcbeth	F	01:34:15
411	Elizabeth	Smith	F	01:34:34
412	Paul	Cornock	M	01:34:47

## Warwickshire County Cross Country Championships Centurion Results

Saturday 5th January 2013 at Newbold Comyn, Leamington Spa

### Senior and Masters Women

33:45 Emma Donnelly  
35:53 Mary Williams

### Senior and Masters Men

42:44 Tom Healy  
43:08 Gavin Davies  
45:00 Mark Curtis  
46:22 Kevin Morris  
46:24 Chris McCann  
48:02 Andy Rea  
49:01 Ed Wallace  
49:34 Len Wallace  
49:44 Andy Matthews  
52:57 James Webber

## Division 2

### Race 1 Newbold Comyn

51 41:11 Joshua Fullard  
61 41:41 Tom Healy  
73 42:28 Gavin Davies  
85 43:04 Ian Satterthwaite  
102 43:45 Marc Curtis  
129 45:56 Andy Money  
149 47:04 Matt Mullins  
160 48:19 Andy Rea  
161 49:03 Tony Haden  
175 50:22 Dave Pearson  
176 50:24 Ed Wallace  
182 51:10 Gary Turner  
188 52:16 Len Wallace  
193 52:43 Neil Wilkes  
199 53:24 Andy Matthews  
204 55:23 Adrian Lloyd  
212 58:34 Kevin Morris  
214 60:37 Kevin O'Malley

### Race 2 Plock Court, Gloucester

52 38:50 Joshua Fullard  
60 39:33 Ian Satterthwaite  
77 40:10 Gavin Davies  
83 40:34 Tom Healy  
84 40:37 Ronan Davis  
125 42:57 Marc Curtis  
134 43:11 Matt Mullins  
156 44:44 Andy Rea  
164 45:10 Tony Haden  
165 45:16 Chris McCann  
179 46:41 Ed Wallace  
193 48:52 Len Wallace  
204 50:58 Gary Turner  
206 52:00 Adrian Lloyd

### Race 3 Wyken Croft Park,

61 36:34 Tom Healy  
74 37:13 Ian Satterthwaite  
81 37:38 Gavin Davies  
83 37:53 Marc Curtis  
120 39:42 Joshua Fullard  
145 41:55 Andy Rea  
154 42:30 Wayne Muddiman  
164 43:27 Neil Wilkes  
166 43:35 Tony Haden  
174 44:29 Len Wallace  
179 45:28 Gary Turner  
188 46:38 Andy Matthews  
192 47:13 Tom Sharkey  
200 50:44 Adrian Lloyd

### Race 4 Pittville Park, Gloucester

84 36:47 Gavin Davies  
89 37:01 Tom Healy  
90 37:02 Marc Curtis  
139 39:45 Wayne Muddiman  
143 39:55 Len Wallace  
149 40:24 Andy Rea  
160 41:21 Ed Wallace  
176 43:25 Gary Turner  
180 43:56 Neil Wilkes  
181 44:08 Andy Matthews  
199 46:57 Tom Sharkey  
201 47:22 Adrian Lloyd

### Final Series Results

1 A Team Severn AC	521	10 Stratford upon Avon AC	1618
2 Warwick University	640	11 Tamworth AC	1703
3 Telford AC	800	12 C.L.C. Striders	1756
4 Gloucester AC	805	13 Sphinx AC	1778
5 Cannock&Staffs	824	14 Amazing Feet	2159
6 Knowle&Dorridge	1961	<u>15 Centurion RC</u>	2240
7 Bromsgrove & Redditch	1132	16 Newcastle	DNF
8 Dudley & Stourbridge H.	1265	17 Trentham	DNS
9 Leamington C & AC	1309		

## Centurions Cross Country Season Finale 9 February 2013

A cold, damp and drizzly day greeted Centurions who travelled to Cheltenham for the last race of the Birmingham Cross Country Invitational League season. The venue was Pitville Park. The route took in plenty of thick mud and a stream to cross from a particularly treacherous bank. The ladies did two loops of the park and the men completed three with a distance of about 5.5 miles.

Despite the conditions and the distance to travel to the race Centurions fielded 2 ladies, Theresa Woolley and Emma Donnelly who finished 88<sup>th</sup> and 102 respectively. The ladies have fielded more runners all season but injury and other commitments reduced numbers on the day. The men's team was also a little reduced compared to previous fixtures but nether the less was a good size on the day and helped secure the clubs position in the division.

Again, there were some great individual performances with Gavin Davies, Tom Healey and marc Curtis the first three home, followed by Wayne Muddiman, Len Wallace, Andy Rea, Ed Wallace, Gary Turner, Neil Wilkes, Andy Matthews, Tom Sharkey and Adrian Lloyd. Centurions just avoided relegation for the second season and so will remain in Division 2 next year.

Thanks are also due to the Centurion supporters and helpers who brave the cold and mud on a regular basis to cheer on the runners; Micky Hollis, Neil Prentice (Chairman), Paul Bingham and Hilary Turner to name but a few.

Cross country running is a great strengthener and preparation for the spring and summer road racing season, its also great fun and creates a real camaraderie amongst team mates. If you are interested in running and want to know more about Centurion Running Club, based at North Solihull Sports Centre, then please visit our website for more information.

Author Neil Wilkes  
[www.centurions.org.uk](http://www.centurions.org.uk)

### Centurion ladies cross country league results

Race 1, 10 November 2012, Newbold Comyn

153 Lucy McCann	35.05
154 Emma Donnelly	35.10
173 Mary Williams	36.03

Race 2, 1st December 2012, Burbage Common,

106 Theresa Woolley	33.10
116 Emma Donnelly	34.15
117 Mary Williams	34.15

Race 3, 12th Jan, 2013, Sandwell Country Park

117 Emma Donnelly	32.36
132 MaryWilliams	33.31
134 TheresaWoolley	33.48

Race 4 Pittville Park, Gloucester

88 Theresa Woolley	28.54
102 Emma Donnelly	29.50

## Club Championships – 2013

Races Included in the Club Championship:

Midland Cross Country League (Jan-Feb & Nov-Dec)

Midland 6-Stage Road Relays (March)

Warwickshire Road Race League (April – September)

Midland 4-Stage Road Relays (September)

### Ladies

With just two races under our belts, there is already quite a battle brewing in the ladies' competition, with Emma Donnelly and Theresa Woolley involved in quite a scrap at the top. Just ten points separate Emma, last year's runner-up, and our reigning champion, Theresa. Emma's two cross country performances have been rewarded with a first and second place, while Theresa came back strong with a first place at Cheltenham.

This is surely a struggle that will last all season. Mary Williams is the only other competitor so far and, if it wasn't for her recent accident, she would have been right in the mix with the leading duo. We wish Mary a swift recovery and look forward to seeing her catching the leaders over the coming months.

The new Ladies Team Manager and Captain (Mary and Emma, respectively) would like to see many more names appear on the chart below, and you can help achieve this by taking part in the upcoming relay race at Sutton Coldfield (23rd March). When asked about this upcoming event, Mary explained that, "No matter how fast or slow you are, your club needs you to compete at this event. The men will have a team there, so, come on ladies, let's show these men we can make a team up, as well. We must have at least 6 ladies to make up a full team, and anyone will tell you how enjoyable these relays are." This was backed up by Emma, who loves this event: "The relay is a fantastic event and I really enjoyed being part of a great team! I was so nervous before running my first relay, as I imagined all sorts when my fellow running mates were talking about the pens at the start, like being stuck in one of those traps you see at the dogs!! I can guarantee that this is not the case at all!! It's so much fun and I'm glad I took part!!"

The female points battle

1- Emma Donnell	540 points	4- Others	0 points
2- Theresa Woolley	530 points		
3- Mary Williams	260 points		

### Men

Last year's runner-up, Thomas Healy, has started even stronger this time round. Thomas has finished in the top two in the opening couple of cross country races, but, Gavin Davies isn't letting him have everything his own way. Gavin is just ten points behind the leader, after leading the way at Cheltenham. Marc Curtis has continued his fine form from last year and sits in third place, followed by Wayne Muddiman and Andy Rea. A total of fifteen runners have already represented the club this year and there are mini battles emerging throughout the leader board.

The male points battle

1- Thomas Healy	540	9- Andy Matthews	418
2- Gavin Davies	530	10- Tom Sharkey	416
3- Marc Curtis	490	11- Adrian Lloyd	414
4- Wayne Muddiman	465	12- Ian Satterthwaite	260
5- Andy Rea	460	13- Josh Fullard	235
6- Len Wallace	445	14- Ed Wallace	225
7- Neil Wilkes	435	15- Tony Haden	215
8- Garry Turner	429		

*Report Wayne Muddiman*