

Centurion Runners Newsletter

December 2014



Jenny dressed up for one of her charity donation raising gigs

Editorial

Hi Centurions. Welcome to this Christmas edition of the newsletter and my last one, I have been editor for approximately 7 years now which seems long enough (some would say to long) and my drive to produce a decent magazine as been on the decline of late, as can be seen from some of the large gaps on some of the pages in recent publications.

But I am sure someone in the club will be only to glad to take over the job and I will give them as much help as they need.

So to all my readers and especially those who have contributed to the past newsletters many thanks a Merry Christmas and a Happy New Year

Plenty of reports from the past few months in this publication.

Index

P1 Jen Jennings Charity Run

P2 Editorial/Runners of the Month

P3 Club Promotion/Club Champ's

P4 Tour of Belgium

P5 Abingdon Marathon

P6 X Country Results

P7 Birmingham Half

P8 Race Diary

Committee

Neil Wilkes, Wayne Muddiman

Gavin Davies

Ed Wallace

Mary Williams/editor

Neil Wilkes

Chris Harrison

May Runners of the Month

Jeanette Robathan and Gavin Davies

June Runners of the Month

Sharon Davies and Kevin Morris

July Runners of the Month

Sheena Lewis and Colin Corden

August Runners of the Month

Sonia Corden Tony Haden

September Runners of the Month

Janine Thomas and Mark Carwardine

October Runners of the Month

Kim Fawke – Williams and Adrian Lloyd

Runners of the Month nominations: for September were (nominated by people named in brackets):

Ladies

Janine Thomas – Excellent comeback time in the Relays (Ed, Adrian, Theresa, Mary, Jeanette, Hillary)

Sheena Lewis – Commitment to training, including moving up a pace group on Tuesdays (Paul Cooper), plus inaugural Relays performance (Tanya)

Men

Mark Carwardine – PB at Berlin Marathon (Gavin, Ed, Adrian, Jeanette, Paul D, Tanya), plus great performance at Wolverhampton Marathon (Paul D)

Eric Robathan – Providing help and support to other runners (Alison Giblin)

Gary Turner – Excellent Relays performance (Hillary)

Runners of the Month nominations: for October were

Runner Reason(s) Nominated by

Sheena Lewis Significant improvements and terrific Birmingham Half performance:

Sarah, Paul Cooper, Jeanette.

Kim Fawke-Williams First British lady at Birmingham Half: Adrian, Mary.

Tanya Griffiths Good run at National Road Relays Mary

Sarah Green Solid training on club runs, motivating others in running group and completing longest run since return: Emma.

Men

Runner Reason(s) Nominated by

Thomas Healy Being a good club captain: Gavin.

Richard Booth Providing general support: Paul Cooper.

John Savin for respectable 2:25 at Birmingham Half: Adrian, Sarah.

Adrian Lloyd Excellent times at Birmingham Half and Rugby10:.,Neil W, Jeanette,

John Twamley Sub-2 hours at Peterborough half: Eric L

Chris McCann PB at Rugby 10: Wayne

Dave Pearson Birmingham Half performance: Emma

Centurion Club Promotion

Centurion Running Club was well represented at Whittington Barracks, Lichfield Health Fair held on 19 November. Whittington Barracks is now the centre for military medical training and the Surgeon General in the UK and therefore treats the health and welfare of service personnel very highly. At the invite of the Senior Physical Training Instructor Neil managed to put together a 3 panel display of photographs and information promoting the club and its activities. An estimated 200 + service personnel and civilian staff attended the event. John Walkers picture took centre stage and Neil waxed lyrical about the founder member, People's marathon and the benefits of joining a Running Club. Newsletters were distributed and some visitors expressed interest in running the Grand Prix series. It is hoped that this will become a 6 monthly event and helps to raise the profile of the Club a little further from its home.



Club Championships 2014

Ladies

In stark contrast to last year's nail-biting season finale, the ladies' competition has been settled with a race to spare. However, there's still a battle raging on the podium to keep an eye on. After making a fantastic start to the year, **Emma Donnelly** kept her form to take the ladies' title by quite a margin. Many congratulations to Emma on retaining her title. **Jeanette Robathan** has shown excellent consistency to remain in second spot, but **Tanya Griffiths** has climbed one place to get herself onto the podium. The muddy plains of Rugby will determine which of these two takes the honour of runner-up. **Sharon Davies** will finish just outside the medal positions. Elsewhere, there are a few climbers, with **Sheena Lewis** moving up two places to 11th and both **Theresa Woolley** (5th) and **Lucy McCann** (10th) moving up one spot. **Janine Thomas** and **Jo Johnson** make their 2014 debuts and sit in joint-14th place.

Men

It's all change at the top of the men's competition, with **Paul Davies** relinquishing his lead. After leading all year, Paul has seen his lead go to **Ian Satterthwaite**. With just one race to go, the title is now Ian's to lose – as long as he crosses the finish line in Gloucester, the glory will be his. Behind Paul, stubbornly not budging from third place, is **Wayne Muddiman**, but **Thomas Healy** is breathing right down his neck, now sitting just 45 points behind. **Andy Rea** has climbed three places to take up residence in the top five. **Chris McCann** has climbed a massive fourteen places to 21st – a message that he'll be making his mark on the competition next year?? Other very notable climbers include **Adrian Lloyd** (up six to 10th) and **Stephen Giblin** (up five to 31st). **James Eckloff**, the protégé of a very successful ex-Centurion, has entered the fray in 37th place.

Gavins Tour De Belgique

Author Gavin Davies

I was lucky and was able to get on my bike after the first week of Posteria Tibial Tendonitis, never heard of it, but bloody painful !

I set myself a challenge of cycling 280k around Belgium in 48 hours, below is our itinerary

2nd October we set sail from Dover to Dunkirk Port arriving at 13:20. Lovely sunshine greeted us as bikes laden we headed north up the coast to Oostende. Dunkirk Port is a nightmare to get through, no road signs, and large industrial area with chimneys pumping out red steam! It took a while and a few missed turns but we made it to Dunkirk centre and out the other side. Leaving France and crossing the border was marvellous as the Belgian's looked after us with great cycle paths and long promenades along the sea front. 80 kilometres later we made it to Oostende, it had been tough going always against the breeze. The Belgian culture of cycling is just like the Dutch and in the fine weather there was a great atmosphere of bikes, they just know how to do it !

The canal to Brugge was hard to find, but in true Belgian style an old boy on his bike took us a kilometre out of his way to the entrance. Fantastic canal, much wider than ours, with a tarmacked single track road for a cycle path, 25k later we made Brugge by 18:30.

The Bourgoensch Hof hotel was a great find right in the old centre. We dumped our gear and found a bar with 180 Belgian Beers and a great evening was had (bar tender explained beer under 6% was for children !)

October 3rd a.m. we strolled around Brugge exploring and then, with our gear and bikes, got on the train to Gent. 20 minutes and 13 Euros later we arrived at Sint Pieters station and cycled up to the old centre for coffee and cake. Gem of a place with canals, cathedral and cobbled streets. It was getting hot with temperatures reaching 28c by mid afternoon. With help from the locals giving directions we navigated the canal network for 60k through the Belgian countryside with a stop at Dienze for lunch - Brie, bread and beer. We finally left the canal at Izgem and spent the next 50k getting lost on their country lanes going through the towns of Moorsled and Zonnebeke and making Ypres by 18:30.

Our apartment De Voerman was superb, right next to one of the main gates into the historical centre. The owner greeted us with two large beers, we must have looked knackered !

More beer was had at the bar next to the Menin Gate, the place where a memorial service for all the lost Allied WW1 troops has been held at 8 p.m. every night for the last 70 years, very moving with the last post bugle to finish.

October 4th up early for our 72k cycle ride to Dunkirk Port. Travelling via Poperinsewag where we stopped at the Mendinghem British War Cemetry. With wind at our backs and lots of sunshine we made Port in three hours just missing the mid-day ferry. The club lounge on board DFDS was super with free coffee and pastries and a settee to crash out on.

A great cycle taking in the historic towns of Oostende, Brugge, Gent and Ypres, flat as a pancake and nearly all on cycle paths and of course marvellous Belgian Beer

Looking forward, I can't wait to get back running !

Abingdon marathon report

Author Ed Wallace

Five centurions signed up for the Abingdon marathon on 19th October, unfortunately Tony Haden had to withdraw through injury. Paul and Sharon Davies, Tom Healy and myself headed down to Oxfordshire for a 9am start on the Sunday.

We all met in the car park which was a short walk from the start at Tilsely Park and the Athletics track. The race started and finished on the track, we got there in plenty of time had a sit down to rest before a lap of the track to warm up.

The course is a 6 mile lap of the town centre, including passing a turkey farm, before heading out for two laps of 8 miles to the south of Abingdon. Before returning to Tilsley park with a final lap of the track. There was a strong head wind on half of the two laps, but the return side was more sheltered so we didn't benefit from the tail wind as much. And at 19 degrees was quite warm for marathon running, not what I expected for late October.

For me the first half of the race went well passing 13.1 in 1 hour 41. But I started struggling after about 17 miles and had lost my pb pace by mile 22. When I knew sub 3.30 was gone I relaxed and enjoyed the rest of the race as best I could, finishing in 343rd place in 3 hours 43, it's like I did that on purpose!

I did come home with a trophy, not for me though, Paul finished 3rd in his age category, in an impressive run only a few weeks after Berlin. Tom also ran well having not felt 100% in the last few weeks. And Sharon ran a very well paced run having admitted she hadn't done enough training.

The support on the course was sparse but the marshals were brilliant giving good support in the latter stages. Several other local clubs were well represented including Spa Striders, Sphinx and Godiva.

A nice technical t-shirt and medal at the finish along with tea or coffee, massage capped the event. Overall an enjoyable race and hopefully next time I run it I will have a better race!

Abingdon Marathon Centurion RunnersTimes

Paul Davies - 2.56

Tom Healy - 3.05

Sharon Davies - 3.36

Ed Wallace - 3.43

Midland Counties Cross Country Championship Relay Results

Centurion RC Men's Senior Team 01:44:20 **Centurion RC Men's Masters Team 01:00:47**

1 24:17 Dan Wrenn

2 25:11 Wayne Muddiman

3 27:12 Andy Rea

4 27:40 Stephen Giblin

1 31:04 Richard Booth

2 29:43 Andy Matthews

Leamington Cross Country November 8th

Centurion Ladies Results

170th Emma Donnelly 31min 02sec

259th Lucy McCann 34min 40sec

308th Tanya Griffiths 37min 43sec

215th Jeanette Robathan 32:47

267th Alison Fergusson 35min 17sec

313th Sheena Lewis 38min 11sec

Total number of Ladies racing was 369.

Sheena Lewis did very well in her first cross country race in spite of the muddy conditions, and is eager to do more.

I presume most of you saw the photos of Jeanette after her spectacular nosedive.

The ladies have to keep their numbers for all the races,

so they will be mud stained throughout the league after Saturday.

Centurion Gentlemens results

79 41:09 Ian Satterthwaite, 124 43:26 Daniel Wrenn, 152 45:06 Tom Healy,

159 45:26 Wayne Muddiman, 168 45:50 Matt Mullins, 190 46:47 Chris McCann

201 47:27 Dave Pearson, 204 47:36 J Eckloff, 218 48:45 Andy Rea

223 49:24 Ed Wallace, 240 52:06 Len Wallace, 242 52:14 Andy Matthews

243 52:18 Stephen Giblin, 251 54:21 Kev Morris, 254 55:01 Adrian Lloyd

256 56:08 Louis Satterthwaite, 259 57:43 Colin Corden.

The Leamington Cross Country Race proved a tough call for the Centurion Cross Country team

leaving them down in the relegation zone, this is not suprising as several of our more accomplished

cross country runners were missing due to injury or other commitments.

Midland Counties 5/7 Mile Championships Wolverhampton 22 Nov 14

59 47:05 Thomas Healy V50 M Centurion

68 48:05 Richard Booth V40 M Centurion

89 49:58 Wayne Muddiman V40 Centurion

100 52:20 James Eckloff SEN M Centurion

117 54:06 Andy Rea V50 M Centurion

129 57:58 Leonard Wallace SEN M Centurion

139 61:43 Adrian Lloyd V65 M Centurion/Midland Masters

140 62:32 Colin Corden V55 M Centurion

29 40:43 Emma Donnelly SEN W Centurion

Ladies Cross 2nd Cross Country League Race 6 December 2014

Well done ladies for today. Here are the provisional individual results out of 275 competing.

131st Emma Donnelly 24.03

147th Jeanette Robathan 24.43

199th Alison Fergusson 26.43

205th Lucy McCann 26.53

Bupa Great Birmingham Run

19 Oct 14

There were 29 Centurions who turned up for the Bupa Great Birmingham Run on Sunday 19 Oct. It was a good day for running with bright skies and mild temperatures although the wind was a bit strong on certain parts of the course. There were some strong Centurion finishers and our own Kim Fawke-Williams was first British female to finish.

The route of this popular half marathon starts at Summer Row and runs past the old town hall, down Hill Street and through the markets area picking up the Pershore Road out of the city. So it's a fast downhill start followed by a very slight uphill towards Bournville. As you reach Bournville you head towards Cadburys and take in two hills and loop off the Pershore Road only to rejoin heading back towards the city.

Much of the Pershore Road affords runners to see those running either in or out of the city and its possible to spot fellow club members on this stretch. Runners also benefit from the slight downhill for a while.

A loop past Edgbaston cricket ground and then you head out towards the Bristol Road underpass, after this the pain really starts from just after mile 10, a good mile or more of hills through the streets of Edgbaston and then relief as you hit Board Street.

It's then a quick mile or less to the finish which is mostly downhill. Broad Street is always packed with supporters and there is a great atmosphere.

This year the T shirt was black along with a medal and goody bag.

Neil Wilkes

Centurion Runners

KIM FAWKE-WILLIAMS	01:18:11,	MARK CARWARDINE	01:22:03
MATTHEW MULLINS	01:36:12,	LEE KAVANAGH	01:36:49
CHRISTOPHER MCCANN	01:37:49,	JAMES WEBBER	01:39:48
CHRIS HOUGHTON	01:42:37	ADRIAN LLOYD	01:43:43
EMMA DONNELLY	01:44:25	NEIL WILKES	01:45:01
ANDREW CARWARDINE	01:45:22,	TOMMY SWEENEY	01:49:51
JASON CRISP	01:51:01,	KEVIN MORRIS	01:51:25
MARK GARDNER	01:51:36,	LUCY MCCANN	01:52:11
JAMES HOUGHTON 2430	01:54:44,	JOHN CURTIN	01:56:08
MAURICE BYRNE	01:57:3 ,	SHEENA LEWIS	01:59:26
COLIN CORDEN	02:12:36,	STEVEN BROUGH	02:21:15
JOHN SAVIN	02:25:03,	URSULA SCOTT	02:25:29
PHILLIP JOHN BOARD	02:27:12.	ALISON GIBLIN	02:28:24
JAMES CONWAY	02:40:22	IRENE LANGLEY	02:44:33
JENNIFER JENNINGS	02:55:		

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Races to come

Wed 10 th	Dec	Leicester City Winter 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm.
Sat 13 th	Dec	Xmas Cracker 10k/20k, Moreton Morrell College, Moreton Morrell, nr Warwick. 10am. ONLINE
Sun 14 th	Dec	Sneyd Striders Xmas Pudding 10/5 miles, Black Country College, Vernon Way, Bloxwich. 10am
Sun 14 th	Dec	Telford 10k, New Visitor Centre, Town Park, Telford. Sub 40 mins = 10.45, 40+mins = 11.30am
Wed 17 th	Dec	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sun 21 st	Dec	Turkey Trot 5 miles, Wolves. 10.00am
Sun 21 st	Dec	Rudolphs Rampage 6k M/T, Painswick, Glos. 10.00am. ONLINE
Sat 27 th	Dec	Wheaton Aston 10k, Staffs. TBC
Sat 27 th	Dec	Xmas 4 miles, Village Hall, Elmore, near Quedgeley, Gloucester. GL2. 11.30am
Sat 27 th	Dec	Queens Head 5k, Queens Head Pub, Chesterfield Road, Belper, Derby. DE56. 12 noon.
Sun 28 th	Dec	Tempo Events 10k, Ilmington, near Shipston on Stour, Warwickshire. 10.30am

2015

Thu 1 st	Jan	Hangover 5 miles, Malt Shovel Inn, Oakerthorpe Road, Wirksworth Moor, Derbys. 11.00am
Thu 1 st	Jan	Glos new Years Day 5 miles, Village Hall, Elmore, Gloucester. GL2. 11.30am
Sun 4 th	Jan	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Birmingham. 11.00am
Wed 14 th	Jan	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Wed 14 th	Jan	Leicester City Winter 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm.
Sun 18 th	Jan	Not the Roman IX, 12k, NFU Sports Club, Knights Lane, Tiddington, Stratford. TBC
Sun 25 th	Jan	Tempo Events 10k, Ilmington, near Shipston on Stour, Warwickshire. 10.30am
Sun 1 st	Feb	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Birmingham. 11.00am
Wed 11 th	Feb	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Wed 11 th	Feb	Leicester City Winter 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm.
Sun 15 th	Feb	Tempo Events 10k, Ilmington, near Shipston on Stour, Warwickshire. 10.30am
Sun 1 st	Mar	Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Birmingham. 11.00am
Sun 8 th	Mar	Gloucester 20 miles, Kingsway Sports Pavilion, Naas Lane, Quedgeley. Glos. 10.30am
Sun 8 th	Mar	Milton Keynes Running Festival, Xscape Centre, 602 Marlborough Gate, Milton Keynes, MK9.
Sun 8 th	Mar	MK 20 miles = 9.50am, 5k = 10.00am, 10K = 10.10am, ½ marathon = 10.45am. ONLINE
Wed 18 th	Mar	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sun 22 nd	Mar	Stafford ½ Marathon,
Sun 22 nd	Mar	Ashby 20 miles.
Sun 22 nd	Mar	Banbury 15 miles
Sun 22 nd	Mar	Warwick ½ Marathon. 9.00am. TBC
Sat 28 th	Mar	Relays, Sutton Park.

PARKRUNS - EVERY SATURDAY 9.00AM – FREE – Enter ONLINE by 6.00pm FRIDAY.

BIRMINGHAM - Cannon Hill Park, Russell Road/Edgbaston Road, Edgbaston, Birmingham.

SOLIHULL - Brueton Park, Warwick Road, Solihull. B91.

WALSALL - Walsall Arboretum, Broadway, Walsall. WS1.

WOLVERHAMPTON- West Park, Park Road West, Wolverhampton. WV1.

COVENTRY - War Memorial Park, Kenilworth Road, Coventry. CV3.

KINGSBURY - Kingsbury Water Park, Bodymoor Heath Road, Sutton Coldfield. B76.