



# Centurion Runners ❄️



## Monthly

## News Bite.... 🦃

Month – December 15



## Editorial

So here it is Merry Christmas.....it's that time of year already, Christmas preparations in earnest and the inevitable Turkey Trots, Santa Dash's and Pudding Runs...let me know how you get on and we can publish some articles.

Congratulations to our Club Champions this year Paul Davies and Jeanette Robathan...very well done.

Wishing you all a happy Christmas and New Year.



Till the next time

## Thanks to .....

Gavin Davies, Adrian Lloyd, Lou Satterthwaite and Paul Davies.

*Neil Wilkes* 

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## CLUB CHAMPIONSHIP 2015

To quote from Wayne's e-mail

**After Saturday's (7 Nov) slightly muddy and smelly cross country trudge, our club championship standings have been updated.**

**Before I go into the nitty gritty, I have great pleasure in announcing our Female and Male Club Champions for 2015! With just one race to go, neither leader can be caught, so huge congratulations to...**

**2015 Ladies Champion: Jeanette Robathan**

**2015 Male Champion: Paul Davies**



# Newbold Comyn 7 Nov 15

Well done to Centurions at the first cross country of the season and for tackling “the hill”





## The Further Adventures of a man and his bike – Gavin’s 60k cycle ride from Dublin Airport to Malahide Castle via Balbriggan

19<sup>th</sup> November, landed at Dublin Airport where the Irish Centre Bike Hire dropped off our bikes. We headed north via Swords on the R108 through the Irish country side for 25 k, wind behind and dry we made Balbriggan and the coast line by midday. From there to Skerries we cycled the coastal road with its long sandy beach and lovely views all across the bay.

Skerries is a super beach town and harbour with the Martello Tower dominating the peninsular. We had tea in front of a roaring fire at the Blue Boar Café overlooking the Harbour.

### “Now on the R128 we headed south through Rush and Lusk”

Now on the R128 we headed south through Rush and Lusk, turning left onto the D128 around Rogerstown Estuary. This is a busy road, lots of big trucks!! It was good to get off there onto Estuary Road, nice and quiet next to the water. This took us to Malahide Castle where we dropped the bikes off at North Lodge.

Taking the Dart Express Train into Dublin followed by the tram we made the Guinness Store house by 4pm for a well-earned beer or two J

See map link below for route

[Cycle route here](#)

#### **Gavin**

**Editors note:** The picture above reminded me of the wonderful club day trip that Gavin organised a few years to Dublin to run from Donohore Harriers club house....we then went to the Guinness factory and most of us went on to Temple Bar afterwards.





**Gavin hides a Guinness behind his back**

# The Birmingham Half Marathon – History Bite



After our News Bite Editor so generously let me past in the last mile of this year's Birmingham Half (he admitted after the finish to feeling a bit light-headed!) the least I can do is write something about it.

Looking back I find I have managed to run every year bar one since the event started in 2008. This was before I saw the light and joined Centurions, although I was already getting to know the club quite well from the Grand Prix races. Somehow that year I contrived to finish in 1:35:31. For a little history, here are extracts from my reports to my previous club on the first two races:

## 26 October 2008

"This was the inaugural Birmingham Half and we can expect it to be run again [*dead right*]. It was well supported with nearly 9,000 entrants. There was significant civic effort and there were plenty of supporters and spectators, especially in the last half mile, despite a damp start to the day. Organisation was generally good, although traffic problems [*grid lock!*] for later arriving runners led to a 15-minute delayed start. Results were up on the website by 16:00 on race day [*we now take that kind of thing for granted*].

"The point-to-point course was from Perry Park, adjacent to the Alexander Stadium (home of Birchfield Harriers), through central Birmingham, round residential streets in Edgbaston and back into the centre to finish at Centenary Square. It involved overall ascent of about 100m/300ft and a net ascent of 30m/100ft. With several flyovers and underpasses adding to the undulations, the consensus seemed to be that this was not an easy PB route [*if I remember correctly this was the verdict of a certain Theresa Woolley amongst others*], but a worthwhile race.

"Race conditions: Average for time of year - light rain clearing up, moderately breezy, 10°C rising to 13°, overcast, damp underfoot."

## 11 October 2009

"Organisation was good, and the start in central Birmingham meant more runners could use public transport. There was quite a sense of occasion, as the mass race started 60 mins after the elite women and 30 mins after the elite men in the IAAF 2009 World Championship Half Marathon being held in Birmingham, and our race was run over mostly the same route, so there was a blue line to follow [*as in the London Marathon*].

"Race conditions: Light drizzle so damp underfoot, negligible wind, ~13°C, overcast."

Now, jumping to 18 October 2015

There was a good Centurion turnout, although with race numbers now up to 20,000 it was not easy to spot that many club mates, even where people find themselves running in opposite directions along the Pershore Road. Centurions listed in the results were as follows:

Name	Pos	Finish Time
Mark Carwardine	106	01:21:23
Russell Myatt	291	01:27:47
Peter Heald	402	01:29:22

Lee Caves	422	01:29:39
Stuart McCullagh	586	01:31:58
Andrea Burnett	2353	01:45:25
Jason Crisp	2546	01:46:29
Adrian Lloyd	2624	01:46:58
James Houghton	2737	01:47:28
Neil Wilkes	2914	01:48:21
Sheena Lewis	3755	01:52:25
John Curtin	4673	01:56:20
Paul Cornock	6181	02:02:52
Ursula Scott	6891	02:06:36
Tanya Griffiths	7736	02:11:27
Ian Cooper	7737	02:11:27
Clare Colquhoun	8711	02:17:39
John Savin	8715	02:17:40
Samantha Horsfall	9267	02:21:23
Alison Giblin	9602	02:24:08
Judith Blanchard	9712	02:25:00
James Conway	10720	02:35:14
Jenny Jennings	11420	02:47:18
Sadia Butt	11564	02:50:20
Steven Brough	11595	02:51:12
Phillip John Board	11681	02:54:15

It may be invidious to comment on individuals and I am sure everyone put a lot in and got a lot out of the race. No surprises to see Mark cruising in to a comfortable club win. Russell showed that he's been adding good endurance to the turn of speed we see regularly on a Tuesday night, and Peter obviously thrived on running the race back-to-back with the cross country relays the day before.

Lee and Andy, first timers in the event, worked their way well up through the field from rather far back at the start; I got a cheery word of encouragement when Lee powered past me somewhere in mile 2. It was good to see the Tuesday night pace groups well represented. Commiserations to Stephen, who took a nasty tumble and did well to finish at all.

As to my run, after distinctly flaky performances in several of the WRRRL races in the summer, I was happy enough with my time. It may be slightly nerdish recording all my mile splits, but the game plan for 1:45 lasted only up to mile 3 (7:41) where I was running with the 1:45 pace marker. I'd rather drifted off the pace by mile 6 (8:06) after the hills of Bournville and James Houghton duly took the chance to cruise past. Somehow I managed to 'dig deep' in mile 9 (7:26, if my watch and the mile markers were right) round the back of the cricket ground and I was rewarded by pulling back in front of James. I was relieved to find I still had something left in the tank after Cannon Hill Park (Mile 10) ready for the climb up to Broad Street and a reasonably respectable finish in front of the crowds.

Until next year!

**Adrian**



**Editor's note:** Firstly thanks to Adrian for a great article. I recall that in the Birmingham Mail 2008 the council stated that if the half marathon was a success they would look at making it a marathon in the future, alas that never happened once ownership moved to the Great Run organisation as they only do half marathons or less. Still you never know one day we may have a marathon return to the streets of Brum. I say return as John Walkers "Peoples Marathon" was the first.



The spoils



## Centurions nearing a Century

On Saturday 14th November and Dale Lyons and I competed in the Autumn Stratford Raceway marathon.

This is on Long Marsden Airfield so as you can imagine is 'open to the elements'.

The course is laps of 5k, with a 5k, 10k, half marathon and marathon all running at the same time.

The marathon was 8 laps and in my quest for 100 marathons this was number 98 for me and 95 for Dale (although he now does his on wheels which is even tougher than running them).

I managed to get 2nd place, but my joy was dampened when I received a 'free' entry to the next one!

Dale won his category, albeit the only competitor but you 'have to be in it to win it'!

I plan to run Liver-bird marathon on New Year's Eve with my 100th marathon very early in 2016.

Dale has set his sights on completing his 100th at London Marathon as he is one of a diminishing number of runners that have completed EVERY London marathon since it was founded.

When we have completed our 100th we will join Jenny Jennings who has exceeded 100 (not sure exact number) and now runs them in fancy dress! Hopefully she won't overtake me dressed as a rhinoceros or Gordon Brown!

**Paul Davies**

## Dates for your diary

**Target Zero, Boxing Day, 11am start.**

Hopefully at the Sports Centre but still to be confirmed.

**AGM 28th Jan 2016. 8pm t Coleshill Old Market Hall.**

The Centurion AGM is an opportunity for all members to review the current state of the running club and comment on the various reports presented on the night. The agenda and minutes for the meeting will be published in early January.

**Presentation Evening 7.30pm 20th Feb 2016 Water Orton Cricket Club, £5 a ticket including a buffet and quiz.**

Your chance to celebrate member's achievements and how terrible they are at skittles (Andy Rea I remember last year this is your opportunity to improve on 00)



## And finally.....

How did Scrooge win the football game?

The ghost of Christmas passed!

## Happy Christmas

**That's all folks!**

