



# Centurion Runners Monthly News Bite....



Month – February 16

## Editorial

I hope you enjoy this month's News Bite. It contains a real variety of articles and hopefully some motivation for the year ahead. That motivation can be fuelled in many different ways which I think you will agree with me, especially when you have read through to the end. Happy running, spring is on its way!

Thanks to .....

Gavin Davies, Wayne Muddiman, Jenny Jennings, Tom Healey.

*Neil Wilkes*



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## **Droitwich Cross Country (Men's) 16 Jan 16**

The third race in the men's Birmingham Cross Country league took place on Saturday 16 Jan 16.

The venue for the race was Droitwich High school, Droitwich. Conditions were typical for a January Cross Country race, cold, wet, some rain and sleet in the air and lots of mud.

The course was twice round the football field and then three large laps of 2 miles each around the school fields and out into some woods, looping under a road. Total distance was 10K.

Conditions were tough with mud prevalent for large parts of the course, a hill part way through the laps tested runners further and unfortunately this took its toll with Len Wallace sustaining a sprained ankle and Gary Turner being unable to finish due to injury as well.

By the third and final lap the ground was churned up even more and runners found it increasingly difficult to stay up right.

The finish had one further lap of the football field before finishing right next to the start area at the corner of the field.

Thanks go out to the Centurion wags that were in attendance and giving encouragement just as it was needed.

### **Centurions finished in the following positions:**

9 P Davies  
14 D Wrenn  
49 P Heald  
55 E Wallace  
59 L Caves  
62 W Muddiman  
86 T Healy  
103 A Rea  
110 J Eckloff  
138 A Carwardine  
146 N Wilkes  
156 A Matthews  
166 E Robathan  
171 L Wallace  
178 A Lloyd

We came 5th from 15 teams on the day & are in 5th position in the league (at 16 Jan) 2 points off promotion with 1 race left.

**Neil Wilkes**

# Midland women Cross country results Gloucester

## 16th Jan 2016

Well done to Centurion ladies especially they have had a few races close together.

Overall team result, 25th out of 35.

### Team consists of:

Theresa

Andy

Sharon

Jeanette

Masters team result, 17th out of 28.

### Masters team consists of:

Theresa

Andy

Sharon

### Gloucester Results

Theresa Woolley	27.59	112th overall	45th master
Andy Burnett	29.20	146th overall	60th master
Sharon Davies	29.33	155th overall	65th master
Jeanette Robathan	31.24	186th overall	88th master
Sam Horsfall	35.13	249th overall	93rd senior
Clare Colquhoun	35.31	253rd overall	132nd master
Ursula Scott.	35.55	258th overall.	134th master

## Polite Club Notice – First Club Night Welcome

After some discussion at the Jan 16 AGM we wanted to let members know the best way to welcome and guide new runners that can and do turn up for the first time Tuesday and Thursday nights.

So if you see a new face please kindly pass them to Eric Langford or Geoff Wheeler in the first instance or if they are not available to a member of the committee or pacer for that evening. I'm sure you would most likely do that anyway but if you are relatively new yourself you may be unsure what to do.

Thank you.

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## Dates for your diary 1

**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)

## Dates for your diary 2 (RACES 2016)

Wed 3<sup>rd</sup> Feb Leicester City Winter 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm

Sun 7<sup>th</sup> Feb Alsager 5 miles, Leisure Centre, Hassall Road, Alsager, near Crewe. 11.00am

Sun 7<sup>th</sup> Feb Stourbridge Stagger 10 miles M/T, Mary Stevens Park, Heath Lane, Stourbridge. 10.30am. ONLINE

Sun 7<sup>th</sup> Feb Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. B37. 11.00am

Sat 13<sup>th</sup> Feb Mad Dash 10k/20k, Moreton Morrell Centre, Moreton Morrell, nr Warwick. 10.00am. ONLINE

Wed 17<sup>th</sup> Feb Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm

Sun 21<sup>st</sup> Feb Tempo Events 10k, Ilmington Sports Club, Mickleton Road, Ilmington, Warwicks. 10.30am. O/L

Sun 28<sup>th</sup> Feb Coventry ½ Marathon. ONLINE

Sun 28<sup>th</sup> Feb Action Heart 10k, Russells Hall Hospital, Pensnett Road, Dudley. 9.30am

Sun 28<sup>th</sup> Feb Bourton 10k, Cotswold Sports Hall, off Station Rd, Bourton on Water. 10.30am. ONLINE

Sun 28<sup>th</sup> Feb Knype Pool 5 miles, Greenway Bank Country Park, Greenway Bank Rd, Biddulph. ST8. 11am. O/L

Sat 5<sup>th</sup> Mar Mash 10k M/T, Brindley Bottom, opp Visitor Centre, Marquis Drive, Cannock Chase. 11am. O/L

Sun 6<sup>th</sup> Mar Cheadle 5 miles, Staffs. 10.00am

Sun 6<sup>th</sup> Mar Rushcliffe 10k M/T, Rushcliffe Country Park, Mere Way, Ruddington, Nottm.

Sun 6<sup>th</sup> Mar Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. B37. 11.00am

Sun 6<sup>th</sup> Mar Milton Keynes Running Festival, Xscape Centre, 602 Marlborough Gate, Milton Keynes, MK9.

Sun 6<sup>th</sup> Mar MK 20 miles = 9.50am, 5k = 10.00am, 10K = 10.10am, ½ marathon = 10.45am. ONLINE

Sun 6<sup>th</sup> Mar March Hair Raiser 10k M/T, Kingswood, Albrighton. 11.00am

Sun 6<sup>th</sup> Mar Droitwich ½ Marathon, Westacre School, Ombersley Way, Droitwich. 11.00am.

Sat 12<sup>th</sup> Mar Shakespeare 10k/5k, Long Marston Airfield, Campden Rd, Long Marston, nr Stratford. 10am. O/L

Sat 12<sup>th</sup> Mar Shakespeare ½ Marathon, Airfield, Campden Road, Long Marston, nr Stratford. 10am. ONLINE

Sun 13<sup>th</sup> Mar Gloucester 20 miles, 9.30am. ONLINE

Sun 13<sup>th</sup> Mar Ironbridge ½ Marathon, 10.30am. ONLINE

Sun 13<sup>th</sup> Mar Fradley 10k, Village Hall, Fradley, near Lichfield. 10.30am. ONLINE

Sun 13<sup>th</sup> Mar Weston Run 5 miles, Ukrainian Centre, Swarkestone Rd, Weston on Trent, Derbys. DE72. 11.00am

Sun 13<sup>th</sup> Mar Resolution Runs 10k/5k M/T, Hagley Hall, Hall Lane, Hagley. DY9. 11.00am

Sun 13<sup>th</sup> Mar Stafford Knighton 20 miles, Social Club, High St, Knighton, Stafford. 10.30am. ONLINE

Wed 16<sup>th</sup> Mar Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm

Sun 20<sup>th</sup> Mar 7 Pools 10k M/T, Sutton Park.

Sun 20<sup>th</sup> Mar Ashby 20 miles, Ashby de la Zouch. 10.00am  
 Sun 20<sup>th</sup> Mar Stafford ½ marathon, Market Square, Stafford. 10.00am. ONLINE  
 Sun 20<sup>th</sup> Mar Banbury 15 miles, Spiceball Park Leisure Centre, Cherwell Drive, Banbury. TBC  
 Sun 20<sup>th</sup> Mar Shrewsbury 10k, The Square, High Street, Shrewsbury. SY1. 9.00am. ONLINE  
 Sun 27<sup>th</sup> Mar Massey Easter 5 miles, Coventry. WRRRL. TBC  
 Sun 27<sup>th</sup> Mar Chasewater Easter Egg 10k/5k, Country Park, Pool Lane, Burntwood, Staffs. WS8.  
 10.30am  
 Mon 28<sup>th</sup> Mar Notts AC Easter 10k, Wollaton Park, Wollaton Road, Nottingham. NG8. 10.00am  
 Sun 3<sup>rd</sup> Apr Centurion 5 miles, Newman College, Chelmsley Road, Chelmsley Wood, Bham. B37.  
 11.00am  
 Sun 10<sup>th</sup> Apr Peopleton Scenic 6 miles M/T, Worcester. 10.00am  
 Wed 13<sup>th</sup> Apr Lilleshall 5k, near Telford. SEXARATHON  
 Thu 14<sup>th</sup> Apr Kibblestone Clamber 10k M/T, Scout Camp, Kibblestone Road, Oulton, Stone. ST15.  
 7.00pm  
 Sun 17<sup>th</sup> Apr Leamington Regency 10k, 9.00am  
 Sun 17<sup>th</sup> Apr Eastnor Castle 10k M/T, Eastnor Deer Park, Ledbury, near Hereford. HR8.  
 Sun 17<sup>th</sup> Apr Conkers 5 miles, Waterside Centre, Rawdon Road, Moira. DE12. BDSL. TBC  
 Sun 17<sup>th</sup> Apr Lilleshall Monument 10k M/T, near Telford. 11.00am. ONLINE  
 Wed 20<sup>th</sup> Apr Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm  
 Thu 21<sup>st</sup> Apr Milford Murder 5 miles M/T, Milford Common, Brocton Road, Stafford. ST17. 7.00pm  
 Fri 22<sup>nd</sup> Apr Bramcote 5k M/T, Bramcote Hills Park, Bramcote, Nottingham. NG9. 6.30pm. ONLINE  
 Sun 24<sup>th</sup> Apr London Marathon. FULL  
 Sun 24<sup>th</sup> Apr Stratford ½ Marathon. 9.00am  
 Thu 28<sup>th</sup> Apr Barlaston 5 miles M/T, Oulton Cricket Club, Old Road, Oulton Heath, nr Stone, Staffs.  
 7.00pm  
 Fri 29<sup>th</sup> Apr Fordhouses 5k M/T (canal), Wolverhampton. TBC  
 Sun 1<sup>st</sup> May Gt Bham 10k, 9.00am.  
 Sun 1<sup>st</sup> May Uttoxeter ½ Marathon. BDSL. TBC  
 Sun 1<sup>st</sup> May Lichfield ½ Marathon, King Edward VI School, Upper St John St, Lichfield. 10.30am.  
 ONLINE  
 Wed 4<sup>th</sup> May Silverstone 10k. EMGP. TBC  
 Wed 4<sup>th</sup> May DK10K, Dudley Kingswinford Rugby Club, Swindon Road, Wall Heath. 7.15pm  
 Sat 7<sup>th</sup> May Cannock Chase ½ Marathon M/T, Milford Common, Brocton Road, Stafford. 11.00am.  
 FULL  
 Sun 8<sup>th</sup> May Awsworth 5k, near Nottingham. 10.30am. ONLINE  
 Sun 8<sup>th</sup> May Market Drayton 10k, Grove School, Newcastle Road, Market Drayton, nr Telford. 11am.  
 FULL  
 Tue 10<sup>th</sup> May Kingsbury Classic 10k M/T, 7.30pm.  
 Wed 11<sup>th</sup> May Rugby 6 miles. EMGP. TBC  
 Wed 11<sup>th</sup> May Phoenix Flyer 5k M/T, Dawley, nr Telford. SEXARATHON  
 Sun 15<sup>th</sup> May Knowle Fun Run 5 miles, 12 noon. . ONLINE  
 Wed 18<sup>th</sup> May Trent 5 miles M/T, Weirfields Recreation Centre, Canalside, Beeston, Nottm. NG9.  
 7.15pm.O/L  
 Thu 19<sup>th</sup> May Leicester Summer 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm  
 Fri 20<sup>th</sup> May Blisworth 5 miles. EMGP. TBC  
 Thu 26<sup>th</sup> May Ryton 5 miles. WRRRL. TBC  
 Wed 1<sup>st</sup> Jun Corby 5 miles. EMGP. TBC  
 Sun 5<sup>th</sup> Jun Westbridge 5 miles, near Stone, Staffs.  
 Sun 5<sup>th</sup> Jun Ragley 10k M/T, Ragley Hall, Alcester, Warwicks. B49. ONLINE. (10.00am?)  
 Tue 7<sup>th</sup> Jun Banbury 5 miles. WRRRL. TBC  
 Wed 8<sup>th</sup> Jun Hinckley 5k. TBC

Wed 8<sup>th</sup> Jun Sphinx AC 5 miles, Coventry. WRRL. TBC  
 Wed 8<sup>th</sup> Jun Shropshire 4 miles M/T, Granville Country Park, Telford. SEXARATHON  
 Fri 10<sup>th</sup> Jun Notts AC 10 miles, Holme Pierrepont Water Park, Nottingham.  
 Sun 12<sup>th</sup> Jun Aldridge 10k.  
 Sun 12<sup>th</sup> Jun 2 Castles 10k, Kenilworth. WRRL. TBC  
 Sun 12<sup>th</sup> Jun Severn Valley Trail Runs, Alveley, nr Bridgnorth. 5k = 10.00am, 10k = 11.30am. ONLINE  
 Tue 14<sup>th</sup> Jun Harborough 5 miles. EMGP. TBC  
 Wed 15<sup>th</sup> Jun Washlands Relays. BDSL. TBC  
 Thu 16<sup>th</sup> Jun Leicester Summer 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm  
 Sat 18<sup>th</sup> Jun Mash Running 10k M/T, Visitor Centre, Marquis Drive, Cannock Chase. 11.00am. ONLINE  
 Sun 19<sup>th</sup> Jun Arden 9 miles, Hampton in Arden. WRRL. ONLINE  
 Tue 21<sup>st</sup> Jun Weedon 10k. EMGP. TBC  
 Fri 24<sup>th</sup> Jun Blakedown Bolt 10k M/T, Sports Field, off Bham Rd, Blakedown, Kidderminster. 7.15pm. O/L  
 Sun 26<sup>th</sup> Jun Wythall & Hollywood 10k/5k, Bham. B47.  
 Sun 26<sup>th</sup> Jun Gate Gallop 10k M/T, Tamworth. 11.15am. BDSL.  
 Tue 28<sup>th</sup> Jun MK10K. EMGP. TBC  
 Tue 28<sup>th</sup> Jun Holme Pierrepont Grand Prix (Dates confirmed, races & venues TBC)  
 Thu 30<sup>th</sup> Jun Holme Pierrepont Grand Prix (Dates confirmed, races & venues TBC)  
 Sat 2<sup>nd</sup> Jul Black Country ½ Marathon, Wolverhampton, (canal). 9.00am. ONLINE  
 Sun 3<sup>rd</sup> Jul Black Country 5k/10k, Halesowen, (10k = 9.00am, 5k = 11.00am, times TBC). ONLINE  
 Tue 5<sup>th</sup> Jul Holme Pierrepont Grand Prix (Dates confirmed, races & venues TBC)  
 Wed 6<sup>th</sup> Jul Ironbridge 4 miles, near Telford. SEXARATHON  
 Thu 7<sup>th</sup> Jul Holme Pierrepont Grand Prix (Dates confirmed, races & venues TBC)  
 Sun 10<sup>th</sup> Jul Cheadle 4 miles, Staffs. 10.30am  
 Sun 10<sup>th</sup> Jul Northbrook 10k, Coventry. WRRL. TBC  
 Tue 12<sup>th</sup> Jul Worthington 5 miles, BDSL. TBC  
 Wed 20<sup>th</sup> Jul Notts AC 5 miles, Nottingham.  
 Wed 20<sup>th</sup> Jul Vic Musgrove Fast 5k, Town Park, Telford. SEXARATHON  
 Thu 21<sup>st</sup> Jul Leicester Summer 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm  
 Sat 23<sup>rd</sup> Jul Stratford Summer 6 miles. WRRL. TBC  
 Wed 27<sup>th</sup> Jul Staffs Knot 5 miles M/T, 7.15pm  
 Sat 6<sup>th</sup> Aug Stourbridge Stumble 10k M/T, 6.00pm. ONLINE  
 Sat 6<sup>th</sup> Aug Meerbrook 15k, Village Hall, Meerbrook, near Leek, Staffs. 10.00am. TBC  
 Sun 7<sup>th</sup> Aug Cannock Chase 10k M/T, Birches Valley Centre, Cannock Chase. WS15. 10.30am. ONLINE  
 Wed 10<sup>th</sup> Aug BRAT 5K, Bham. WRRL. TBC  
 Sat 13<sup>th</sup> Aug Draycote Water Park 10k, Kites Hardwick, near Rugby. 9.45am. TBC  
 Thu 18<sup>th</sup> Aug Leicester Summer 5k, Victoria Park, London Road, Leicester. LE2. 7.00pm  
 Sun 21<sup>st</sup> Aug Hatton Darts 10k, Burton. BDSL. TBC  
 Wed 24<sup>th</sup> Aug Godiva 5 miles, Coventry. WRRL. TBC  
 Wed 31<sup>st</sup> Aug Harper Scarper 5k, Edgmond, near Telford. SEXARATHON  
 Sun 4<sup>th</sup> Sep Kenilworth ½ Marathon. WRRL. TBC  
 Sun 4<sup>th</sup> Sep Wolves ½ Marathon, & 10k.  
 Sun 11<sup>th</sup> Sep Lichfield 10k, King Edward VI Leisure Centre, Kings Hill Road, Lichfield. 10.30am. ONLINE  
 Sun 25<sup>th</sup> Sep Run for Rotary 10k, Draycote Water Park, Kytes Hardwick, near Rugby. TBC  
 Sun 2<sup>nd</sup> Oct Rugby 10 miles. WRRL. TBC  
 Sun 9<sup>th</sup> Oct Alcester 10k, High Street, Alcester, Warwickshire. B49. 10.00am. ONLINE  
 Sat 15<sup>th</sup> Oct Milford Mash Up 10k M/T, Milford Common, Brocton Road, Stafford. ST17.  
 Sun 16<sup>th</sup> Oct Bham ½ Marathon, 10.10am. ONLINE  
 Tue 27<sup>th</sup> Dec Wheaton Aston 10k, near Stafford. TBC

PARKRUNS - EVERY SATURDAY 9.00am – FREE – Enter ONLINE by 6.00pm FRIDAY.  
BIRMINGHAM - Cannon Hill Park, Russell Road/Edgbaston Road, Edgbaston, Birmingham. B13.  
Perry Hall Park, Perry Avenue, Perry Barr, Birmingham. B42.  
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.

**NOTE: -**

**TBC - All provisional dates, especially BDSL, EMGP, NSRRA, Glos AAA, Worcs Midweek League, Warwickshire Road Race League not yet confirmed on club websites. Check official websites nearer date to ensure dates are correct.**

## Tuesday Night Pace Groups

Our organised pace groups have been in place for almost two years now (how time flies, ay?), so now is a good time to take stock and to ask you what works, what could be improved, etc. We weren't sure that having an organised set of pace groups would actually work, but the feedback has been very positive. Thank you to everyone who has supported this system over the last couple of years.

In a nutshell, this is how the pace groups work:

- 1 – I send out a notice confirming the pace group leaders for each week
- 2 – Each runner picks a pace group (this is very important – don't choose a group that is likely to be too fast for you – sorry, I know that sounds patronising, but if you quickly drop off the back of a group, it can seriously affect everyone else's run)
- 3 – The group leader picks a route (usually anything up to ten miles), with a few cut-off points to allow runners to cover a shorter distance, if they wish
- 4 – The leader takes the group round, running within one of the following pace ranges:
  - ❖ 7.30-8.00 min/mile
  - ❖ 8.00-8.45
  - ❖ 8.45-9.30
  - ❖ 9.30-10.30
  - ❖ 10.30+
- 5 – The leader ensures that, if someone cannot 'keep up', they know their way back (**NB: further to my above comments, if a runner is struggling to keep up with a group, they should seriously consider changing which one they run with the following week**)
- 6 – Everyone has a great time

I'd like to issue a repeated plea for more pacemakers to come forward. The more pacers we have, the less each one is called upon. For example, now that Alison Fergusson and Mary Williams have joined



the leaders' group, there are now 4 pacers for the 8.45-9.30 min/mile group. This means that Alison, Mary, Adrian Lloyd and Tanya Griffiths only have to lead a group once every four weeks. Conversely, Lee Caves and Andy Rea are the only pacers in their respective groups (except for Ed Wallace, who volunteers for leading duties when he's not on Scouting duty), meaning they have to lead every week. If more members came forward, it would spread the responsibility round a bit and give Lee and Andy a break now and again.

Please note that you don't have to be an expert of the 'usual Tuesday routes' to lead a pace group...pick your own route! Members often tell me that they'd like to be a leader, but they don't know the usual routes. Traditionally, the club has used a few 'standard' routes, but that doesn't mean you have to do the same. Get adventurous, get like George Michael and turn a different corner! Seriously, though, any route will do, as long as you know where you're going and it includes opportunities for runners to cut their run short and get back to the club HQ. The main thing (apart from hopefully not getting lost) is that you run within the designated pace range and that you don't lose anybody.

As for the future, that's up to you. Please feel free to let me know if you think the current system can be improved, which I'm sure it can. Unfortunately, I'm unable to get down to the club on Tuesdays these days, so I can't test the system myself. If you've been involved with the groups, either as a pacemaker or a participant, how do you think they're doing? What could change? Do we need more pace groups, for example, as you feel some of the pace ranges are too wide? Or, are there too many groups? Do you avoid the groups for any particular reason? If there's anything you think could be done better, please get in touch.

If you wish to give any feedback or would like to be added to the group of leaders, please contact me at [jonnocov@yahoo.co.uk](mailto:jonnocov@yahoo.co.uk) or contact me through Facebook, or however else you wish to get in touch. Happy running,

Wayne Muddiman

## **Bradleys Wish List – A plea from Jenny Jennings**

Hello fellow Centurions, I am running the London Marathon in April. I am appealing to you all for your help. In doing so you will be helping a very brave young man, 13 year old Bradley Addison. Bradley's mom Sarah is a fellow member. A trip to America with his family is on Bradley's bucket list. Unfortunately Bradley has a life limiting illness and is in a wheelchair. He is a bright young man and is involved in football.

Sarah has set up a fund raising like link (below)

[http://e.gofund.me/BradleyAddison&pc=email\\_sh\\_mb\\_ctrl&rcid=d0d6229e6bc3409fbca809cb054b58c7](http://e.gofund.me/BradleyAddison&pc=email_sh_mb_ctrl&rcid=d0d6229e6bc3409fbca809cb054b58c7)

Please try to help this brave young man. I feel blessed that I can carry on running. I will be on the start line at London broken foot or not. It could be one of ours. (Pulling at the heart strings)...editor's note, at this point Jenny wrote "sorry". I think you will agree there is no need to apologise.

Thank you.

**Jenny Jennings**

## 2016 – Your Running Year

*What are you doing in 2016?*

Decide what you wish to do in 2016, in running, general fitness and other life events.

Take a look at the club races listed on the events and races page of the centurion web site (and this News Bite), write them down on a calendar along with your holidays and other commitments. Decide which you plan to do, I usually start by planning my most important event, and create a plan for 2016.

Quite often the plan changes but it will help you to avoid clashes, some events you can enter last minute some fill very early. The two castles does fill on the first day but club members have some guaranteed club places for this event, another event that typically fills a month before is the Kenilworth half marathon. Quite a few of the rest can be left to last minute but watch the Warwick League Facebook site for updates.

Don't forget you don't have to do all 12 Warwickshire Road Race League races, athletes final placing will be based on their best 7 races.

You should train for you hardest usually the longest event, ask the club coaches for advice if you wish to improve, using their years of experience. Don't forget to plan some easy periods in, you won't improve by racing every weekend

Here is the centurion events web page address, <http://www.centurions.org.uk/races/index.htm> the yacht races etc. still need to be added.

Good luck for 2016.

**Thomas Healey**

## January 16 Runners of the Month

Runner	Reason(s)	Nominated by
<b>Theresa Woolley</b>	Return to form, with excellent performances at Gloucester cross country and Grand Prix	Jeanette
		Eric R
		Gavin
		Mary
		Paul B
	Hillary	
<b>Sophie McEvoy</b>	Commitment to training for London	Tanya
<b>Sam Horsfall</b>	Continues to improve, plus half marathon PB	Mary
		Paul Cooper
<b>Alison Giblin</b>	Ongoing help and support through period of injury	Kevin T
<b>Clare Colquhoun</b>	Encouraging others with training, always giving praise, plus continuous improvement	Sarah
		Paul Cooper

**Winner: Theresa Woolley**

Runner	Reason(s)	Nominated by
<b>Ed Wallace</b>	Fantastic cross country performances at Droitwich league race and Midland Championships	Wayne
		Jeanette
		Andy R
		Thomas
<b>Dan Wrenn</b>	Cross country performance at Droitwich (14 <sup>th</sup> place - probably his best performance for the club in a team event), getting ever closer to Paul Davies	Geoff
		Paul B
<b>Eric Robathan</b>	Commitment to 'January Challenge' and excellent parkrun time, plus continued support and advice	Gavin
		Tanya
<b>Louis Satterthwaite</b>	Providing training sessions for all abilities, providing a lot of help	Sarah
<b>Andy Matthews</b>	Strong cross country progress and all-round good egg!	Hillary

**Winner: Dan Wrenn**

**And finally.....**

“It’s supposed to be hard...  
the hard is what makes it great.”



**That’s all folks!** 🦩