



Centurion Runners Monthly News Bite....



Month – January 16

Editorial

Happy New Year to all Centurions. As I write this winter has finally arrived, time to dress appropriately with layers and make sure you can be seen...safety warning over with. I can tell its winter after completing my first cross country this month...all those memories came flooding back of wallowing in mud. If you haven't tried it please have a go, it's quite liberating not worrying about time so much

and tramping through the mud. Enjoy your running a be careful if its icy....there I go again!

Till the next time

Thanks to

Elizabeth Smith (pictures), Jenny Jennings,
Paul Davies, Gavin Davies and Michael
Pinnock



Index

Page 3 – Christmas Run – St Giles Hospice

Page 4 – Christmas Pub Run

Page 5 - Jan 16 Centurion Grand Prix

Page 6 – Warley Woods XC and Liver Bird
Marathon

Page 7 – Dates for your diary

Christmas Run – St Giles Hospice 6 Dec 15

Jenny, Sam, Sarah and Mandy Sam's mom (this was her first ever event) ran a Christmas run on Sunday 7 December in Tamworth in aid of St Giles Hospice. All did well and the weather a bit overcast but otherwise ok. It was very well supported and one I would do again very well done to the girls a good medal a water bottle and goodies impressive for the entry fee.

Jenny Jennings



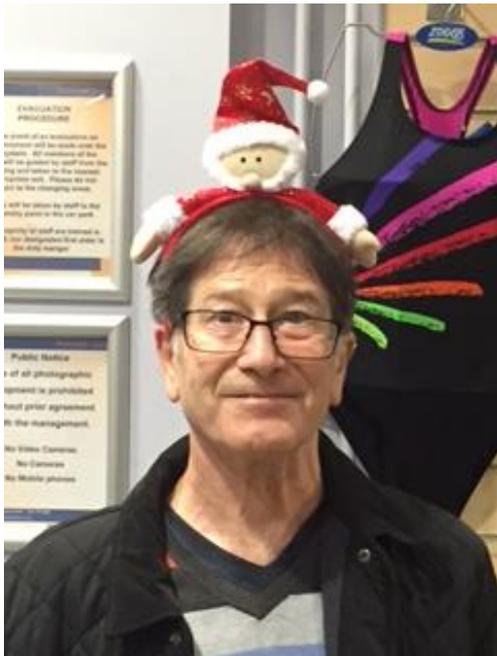
Jenny and many Lady Christmases

Centurion Christmas Pun Run

I haven't done this myself for a few years but I know its great fun, well done to everyone who took part. Here are some pictures to commemorate this auspicious annual event.



Pub Runners extraordinaire...real naturals, beer glasses were at ready



Eric "do you like my hat? I wear it all the time" Geoff "that's funny so do I"

Centurion Grand Prix 3 Jan 16

2016 was greeted by the biggest turn out of runners at a Grand Prix for many years. A total of 154 finishers in the 5 mile event. The atrocious weather certainly did not put off attendance, though I noticed a gaggle of people hanging around at the doors to the school until quite close to the start time....of which I may have been one.

The course was as expected extremely wet and muddy in places, I saw one faller and a near miss on the first lap. Puddles were frequent the only difference being the depth.

Support whilst thin apart from at the start and marshal points was enthusiastic and on such an awful day highly appreciated.

Finally the organisers both indoor and outdoor deserve a special mention. I'm not exaggerating when I say the rain was torrential and it was cold, bad enough running but when you are standing still in my opinion it's even worse.

So **thank you** to all involved.

There were some great performances on the day despite the conditions, results are at the link below

[Jan 16 Grand Prix Results](#)

Neil Wilkes

Gavin's Grand Prix.....

Nice way to start the New Year having run Brueton Park Run on the Friday and Saturday I found myself on my 3rd start line in three days. Record numbers at the Grand Prix in torrential rain made for a difficult start but Ed fresh back from Down Under got us underway safely. I got a good start and got clear of the main pack

When inform Matt Mullins cruised past me. Splashing through the mud and puddles I held onto Susie Stannard's (Spa Striders) shirt tails for the first couple of laps and then with a final push on the last lap made up the gap on my old adversary Richard Steel of Kenilworth RC, I finished strongly in 23rd position.

This Saturday 9th also saw record breaking numbers at Brueton Park Run with over 450 runners, must be all those New Year's resolutions J

Gavin Davies

A few words from a first time cross country runner at Warley Woods 9 Jan 16

Firstly, very well done to Michael Pinnock for completing his first cross country. Here Michael reflects on his experience.

Hi Neil and all Centurions, ran my first cross country race, it was the most exhausting thing I've done. I found the course really taxing especially not running with the appropriate footwear with all that mud. It was only determination and perseverance that got me through to complete it, thanks to all for shouting out "come on Michael"

Please come back for more Michael.

Liverpool "Liver Bird" Marathon 31 Dec 15

On New Year's Eve Mark Carwardine and I (Paul Davies) ran the Liverpool 'Liver-bird' marathon as we have done for the past 2 years.

Sharon and I went up the day before to enjoy the sites including the Maritime Museum, Beatles Museum etc and have a nice pre marathon meal and an overnight stay at some newly appointed Studios near to the race location. This area has been re-developed from the old Dock Yards and is now a major attraction with plenty of bars, restaurants and shops.

The marathon is a 4 x out + back along the Brunswick Docks so as you can imagine it can be very windy (one way anyway), but it least the rain held off until we'd finished.

Mark managed to finish 3rd overall with 2 hours 52 minutes in what was his 20th consecutive sub 3 marathon and I was a minute behind in 4th overall with 2 hours 53 minutes in which was my 99th marathon in my quest for 100.

The Liver-bird marathon is actually a 'double' as it runs again on New Year's Day, but 4 x 6.5 (and a bit) miles of windy laps were enough for us.....until it runs again next New Years anyway!

Paul Davies

One more to go to the big 100, good luck Paul

Dates for your diary

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..... if you are lacking some motivation during the winter months remember the feeling you get from a good run is far better than feeling you get from sitting down thinking about running.

That's all folks!

