



Centurion Runners Monthly News Bite....



Month - July 15

Editorial

Hi all, and welcome to your Jul 15 Centurion News Bite. I know I sound like a broken record....the News Bite can't exist on my articles alone....I need your help. If you want Centurions to know what you've been doing, highs, lows whatever then why not share the experience. I'm also thinking we could have a letters column...via e-mail of course, what do you think? If you like the idea then drop me a line about anything running related i.e. trainers, races, training etc.

Please can I also have some feedback? It's pretty quiet in my virtual editorial room. I have no idea if you like what I'm doing? If not what would you like to see and tell me how you can help.

Till next time

Thanks to Mary Williams for her excellent article.

Neil Wilkes 

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Cape Wrath Challenge 2015

Four Centurions plus one set off for Scotland on Friday 8th May to Durness to participate in the Cape Wrath Challenge which John Walker attended each year and sponsored the beach run. Diane Underwood, Mick Hollis, Theresa Woolley and I, all of us definitely not race ready, entered the beach run which is also target zero and fancy dress optional, which I had forgotten about. My husband Glenn was our sole supporter. There are 2 distances, 3 miles and 1 mile. Mick and Diane walked 1 mile and Theresa and myself ran 3 miles. We wore our Centurion vests with pride and had a picture of John on our backs similar to the one worn by us in the race following his death at the Arden 9. It was tough running on sand and those of us doing the 3 mile run were sent the wrong way by the marshal. We should have gone into the sand dunes as well, which is uphill, so my bribe worked. Before the start of the race we were asked to judge the children's fancy dress, which was difficult because they were all so good. All of the children came from local schools. After the race we had a "bbq" indoors at the village hall, followed by cakes made by the children. Proceeds from this goes to the schools.

The Cape Wrath Challenge came into being after the Island race around Britain, a relay of some 4,200 miles in the summer of 2000, which was to be competed in 100 days. It finished in Durness and it was during this race that John Walker met Richard Haldane Honorary President of the Cape Wrath Challenge. The Challenge was an idea thought up after the success of the round Britain relay, and John agreed to sponsor the beach run which was also target zero and fancy dress.

The Cape Wrath challenge consists of races every day at different distances, all about such and such a mile, starting on the Monday. Friday is a day off before the marathon which is usually run on the Cape. However, because the weather was so bad, this had to be run on the mainland. To go on the Cape, the runners have to catch a ferry there and back. It is 2 miles to the ferry, 11 miles up the Cape to the lighthouse, 11 miles back to the ferry then just over 2 miles to the finish. The runners have to stop their stopwatch as they arrive at the ferry, then restart it when they recommence running after getting off. Of course, marshals are available to ensure they do this. Unfortunately, on the day of the marathon, the weather was so bad the ferry was unable to run because it was too windy to be safe, so an alternative route was used on the mainland. When I say "ferry", it holds at most 5 people and has a little motor on the back with a man steering it.

We marshalled a race on Tuesday. There were 2 distances, 5 mile and 10 mile. I was marshalling on the 5 mile course, Glenn and Mick on the start of both courses and Diane and Theresa was with a strange man in a different place on the start of both courses, and Diane was on the 10 mile course. I was told by 2 women that there was 1 other runner after them who was walking, called Big Al. I waited and waited and he didn't appear. A young Scottish lad on a quad drove down the route and couldn't see him, so I walked down to make sure after he had gone. No sign of him, so I made my way back to me point to find Mick and Glenn waiting for me. They informed me that Big Al had decided to walk the 10 mile race, so I could stand down. We went to find Diane who was on top of a hill on the golf course with sheep and lambs wandering around freely. I've never seen a golf course like it. Before we got to Diane, we were informed that a cyclist who knew the way was going to stay with Big Al so all marshals could stand down. I went to find Diane who had wandered away down the course looking for Big Al worried about where he was. What a relief when I told her. I wonder if Big Al realised what angst he caused.

On Tuesday evening there were lessons in Scottish dancing which we attended in preparation for the Ceilidh Saturday night. This was a great laugh, especially when we got it wrong and danced into

other dancers. Unfortunately, I was unwell the day of the Ceilidh so was unable to attend, much to my regret. I was told it was an excellent night and the food was marvellous. A great tribute to John was given at the Ceilidh and we were presented with a crystal vase in his memory by Richard Haldane who is one of the main sponsors of the challenge. We will give this to John's family. Richard talked about John's personal achievements in racing, his organising 1,000 races and raising £1 ½ million for charity. He spoke about the generosity John showed towards the Cape Wrath Challenge through his sponsorship. Richard had everyone upstanding after his speech to toast John. All race presentations were given at the Ceilidh night, and all the food provided was local produce, which I was informed was a great feast. After the food had been eaten, the tables were moved and the dancing and drinking started. I believe Diane NEARLY got Glenn up dancing. He obviously wasn't drunk enough!

It would be nice if we could get some Centurions together to do the challenge next year. You don't have to enter every race, just the ones you want to do. It is good fun and everybody is so friendly. You have to book up early for accommodation, because everywhere books up quickly as it is so popular. If anybody is interested, speak to any of us about it, or google it.

Mary Williams







Mick, Linda, Teresa and Mary at Cape Wrath

Liverpool Half Marathon

14 Jun 2015

As I mentioned in the last News Bite here is my article on the Liverpool Half Marathon. The event was organised by the American Company Rock n Roll series of races. There are many across the USA and several in Europe and the UK including Dublin and Lisbon.

The event boasted live music at every mile and that's is what was provided, certainly on the half but not so sure about the full. I attended the expo at the Echo Arena on the Saturday where you can try on your finisher's shirt and pick as aside that fits. That's helpful if you have time as I have several race shirts over the years that don't fit.

The next day saw the half start at 9:00 am and the full at 10:00 am. It was cool and windy. There were 15 start corrals of which I was in number 2. I chatted with 2 guys from Liverpool whose club vests are the same as Centurion apart from blue lettering saying Liverpool. My corral set off about 1 minute after the the first. I had a slight Grubbs about this as the marshals ushered forward and across the first timing mat, I heard the bleeps of the chips going off and lost a minute of time due to this. They insisted we cross so I assumed it wouldn't start. As I was a few mins off my PB it didn't matter but for those who this happened to and did PB I understand corrections could be made.

Onto the race, we started at Albert Dock and ran alongside for a short distance then into the centre of Liverpool. We ran through the Cavern Quarter and past the Cavern Club and statue of John Lennon. Given its rock n roll credentials that was a given. Crowds were sparse but it was early on a Sunday and Liverpool had been partying the night before from what I'd seen!

Onward from the city centre we ran through the Chinese Quarter and the first of two uphill sections, this was about 3 miles or so in. There was a band at the top of the hill playing a catchy song with oriental tones, the music on the course was definitely eclectic.

We also ran by and through Sefton Park with more music, the ubiquitous "keep on running" being a mother tune I heard. Onto Penny Lane of Beatles fame. This was a about 100 metre and turn back down the Lane but at least you could say you ran on it. A DJ was covering and of course "Penny Lane" was playing loudly to get you in the Beatles mood.

There was another hill in the first half but after that I found it flat and mostly downhill. This was good and I enjoyed the sights and sounds of the city. After 10 miles we found ourselves on the Mersey and heading back towards the city. The head wind was unpleasant and the part of the course I'd looked forward to the most was not enjoyable. We saw the Mersey Ferry and a big cruise ship in the distance.

The finish was back at Albert Dock behind the Echo Arena, support picked up for the final mile or so and enthusiastic crowds were at the finish. We were then walked into the arena after getting a really nice medal with the Liver Building on. Music was playing and a really nice goody bag was given to finishers.

A free pint of beer was included and outside the arena a stage was set with live music playing. If you finished the marathon at the right time you were serenaded by Marc Almond of Soft Cell who we popped back to see at the free concert in the afternoon.

All in all a great event, I can forgive the glitch at the start as everything else was excellent. Mark Cawardine ran the full and if you are interested for next year I'm sure he could tell you what the full was like. I know the finish was tough as miles 23 - 26 were along the same route as the half along the Mersey. I would recommend this event and Liverpool is a great city for a weekend away.

Neil Wilkes

Coventry Godiva Midsummer 5

17 Jun 15

Centurions were out in force or a "gaggle" as described by Gavin for the third race of the Warwickshire Road Race League. It was a warm evening but a drizzle started part way through the race followed by heavier rain later on.

The event was full and the majority of runners were Club Runners with all the usual clubs in attendance. The route was mostly within the confines of Memorial Park and with that comes some slight uphill, just enough to test runners that little bit more. Having done this race many, many times it was nice that the route had been changed somewhat from the ones I've run before.

Finishers had a small medal, bottle of water and a cake...I especially liked the cake and spot prizes were given.

Centurions finished as follows;

Place	Time	Name	Team	Race Age Category	Race No.
18	0:30:42	DAVIES, Paul	Centurion RC	Men O45	220
50	0:32:43	CAVES, Lee	Centurion RC	Men O35	291
59	0:33:07	HADEN, Tony	Centurion RC	Men O45	3
77	0:34:13	DAVIES, Gavin	Centurion RC	Men O45	191
103	0:35:06	GIBLIN, Steve	Centurion RC	Men O55	26
110	0:35:26	DAVIES, Sharon	Centurion RC	Ladies O35	221
116	0:35:47	REA, Andy	Centurion RC	Men O45	281
129	0:36:30	WILKES, Neil	Centurion RC	Men O45	88
156	0:37:53	HOUGHTON, James	Centurion RC	Men O55	233
160	0:38:25	ROBATHAN, Eric	Centurion RC	Men O55	234
173	0:39:10	ROBATHAN, Jeanette	Centurion RC	Ladies O45	235
174	0:39:12	BURNETT, Amanda	Centurion RC	Ladies O35	312
175	0:39:14	WALLACE, Edmund	Centurion RC	Senior Men	144
177	0:39:24	LLOYD, Adrian	Centurion RC	Men O65	272
218	0:42:11	GRIFFITHS, Tanya	Centurion RC	Senior Ladies	294

Place	Time	Name	Team	Race Age Category	Race No.
244	0:45:06	SAVIN, John	Centurion RC	Men O65	326
245	0:45:27	CORNOCK, Paul	Centurion RC	Men O45	308
268	0:48:46	HORSFALL, Samantha	Centurion RC	Senior Ladies	313
272	0:49:15	GIBLIN, Alison	Centurion RC	Ladies O45	27
285	0:58:06	CORDEN, Sonia	Centurion RC	Ladies O35	298

Two Castles Race

14 Jun 2015

Whilst not present myself I'm aware that Centurions acquitted themselves well. I've done this 10K race several times and know what a popular event it is. If you haven't done it you have to sign up very quickly. Club e-mails will usually prompt you. If you like history this is the race for you!

Centurion Positions as follows

GunPos	No	GunTime	Forename	Surname	Gender	Cat	Team/Club	Chip Pos	Chip Time
55	4201	00:38:39	Ian	Satterthwaite	M	45	CENTURION RUNNING CLUB	56	00:38:36
71	4074	00:39:17	Paul	Davies	M	45	CENTURION RUNNING CLUB	82	00:39:15
132	4072	00:41:27	Thomas	Healy	M	55	CENTURION RUNNING CLUB	152	00:41:25
166	4073	00:42:43	Lee	Caves	M	35	CENTURION RUNNING CLUB	151	00:41:21
186	3325	00:43:13	Gavin	Davies	M	45	CENTURION RUNNING CLUB	242	00:43:10
312	44	00:45:24	Stephen	Giblin	M	55	CENTURION RUNNING CLUB	402	00:45:13
368	4076	00:46:13	Stuart	McCullagh	M	35	CENTURION RUNNING CLUB	209	00:42:39
457	4205	00:47:31	Andrew	Carwardine	M	45	CENTURION RUNNING CLUB	427	00:45:24
548	4086	00:48:38	Andrew	Matthews	M	45	CENTURION RUNNING CLUB	743	00:48:17
652	4196	00:50:00	Adrian	Lloyd	M	55	CENTURION RUNNING CLUB	892	00:49:33
661	47	00:50:06	Jeanette	Robathan	F	45	CENTURION RUNNING CLUB	924	00:49:48
735	43	00:51:02	Eric	Robathan	M	55	CENTURION RUNNING CLUB	1043	00:50:43
737	49	00:51:04	James	Houghton	M	55	CENTURION RUNNING CLUB	826	00:48:56
932	50	00:53:35	Tanya	Griffiths	F		CENTURION RUNNING CLUB	1393	00:53:16
1062	48	00:54:53	Denise	Fitzgerald	F	45	CENTURION RUNNING CLUB	1551	00:54:29
1064	40	00:54:53	Theresa	Woolley	F	45	CENTURION RUNNING CLUB	1553	00:54:29
1281	4214	00:57:06	Steven	McCallion	M	35	CENTURION RUNNING CLUB	1309	00:52:43
1320	4203	00:57:41	Ian	Cooper	M	35	CENTURION RUNNING CLUB	1958	00:57:14
1949	4178	01:03:16	Alison	Giblin	F	45	CENTURION RUNNING CLUB	2781	01:02:55
2012	4602	01:03:53	Andrea	Burnett	F	35	CENTURION RUNNING CLUB	1578	00:54:36
2478	4077	01:07:39	PAUL	CORNOCK	M	45	CENTURION RUNNING CLUB	2146	00:58:21
2666	4204	01:09:33	Sadia	Butt	F	35	CENTURION RUNNING CLUB	3320	01:09:13
2816	4147	01:10:58	John	Savin	M	55	CENTURION RUNNING CLUB	2258	00:59:07
3242	4146	01:15:59	Samantha	Horsfall	F		CENTURION RUNNING CLUB	2921	01:04:08
3543	4078	01:22:11	Sonia	Corden	F	35	CENTURION RUNNING CLUB	3389	01:10:20

And finally.....

Bright yellow running tops attract many flies....given my previous record for swallowing them I will keep this off till winter!

That's all folks!

