



Centurion Runners Monthly News Bite....



Month - Mar 15

Editorial

Welcome Centurions to your new look and managed Centurion Monthly News bite. At the Jan 15 AGM I found myself re-elected as Centurion Newsletter Editor. This was not a position I was seeking but here I am. Some of you will recall that I edited the Newsletter for several years prior to Lou Satterthwaites 7 year tenure so coming back to it I wanted to do something different. But before I talk more about that firstly a massive thanks and well done to Lou for running the Newsletter for all those years, an achievement I am sure you will agree.

“So here I am, I want to try something different”

So, here I am....I want to try something different. The Newsletter in its past format has been running quarterly for at least 15 years maybe longer (Centurion archivists please feel free to let me know!). So with times changing I have decided to go for a monthly, shorter....hopefully punchier approach that is also a little more current in that it captures the last month or two's news. Please bear with me whilst I find my journalistic feet again and to see how well this works.

Index

Page 2 Editorial
Page 3 Ladies Team Manager Report
Page 5 Feb GP & Ladies XC
Page 7 Walt Disney World Marathon
Page 11 Tendonitis
Page 13 Moreton Morrell Mad Dash

Here is my first plea, this is your Newsletter (News bite) and I can't do this without your contributions. Whilst I will still add one or two of my own articles I can't attend as many races as I'd like so your race reports and photographs are needed please. My e-mail address is neilromani@btinternet.com and of course I am also on the Centurion mailman address list. I'm not down the club as often as I would like but I check my mail daily so please make my life easy and submit those articles.

So let's start a new journey together (slick eh, my humour hasn't improved) and see where this takes us. Feedback will be gratefully received, including did you read the Newsletter? Will you read the News bite? What do you want to read?

One final change whilst I think about it. This will be a soft copy production only. No hard copies will be sent through the post, apologies to those remaining few that Lou provided that service for. If you know of anyone that would like a hard copy please ask a club mate to print a copy when they can, that would be appreciated.

I think that is most of the boring stuff done, so hopefully from now on I will inject some more fun to my future editorials.

Finally thanks to Gavin Davies, Mary Williams and, Dale Lyons aka Galloping Gourmet for their input.

Neil Wilkes 

2014/15 Ladies Team Manager Report

The Ladies have continued in their motivation of running for the club since last year, and there have been some regulars among them who continue to represent us in road races, cross country and relays. Well done to them all. Maybe we can encourage even more ladies to represent us in races this next year, especially in relays, cross country and WRRRL.

Emma continues to hold club champion and is also cross country club champion, relay club champion and runner up senior lady in club WRRRL. Jeanette continues to make good improvement coming runner up club champion, 3rd cross country club champion and 3rd club WRRRL L45 champion and 2nd relays champion. Lucy has returned and is making a good strong comeback. Sonia, Sheena, Sarah Green and Sam have also made good improvements in their running this last year.

Sharon, despite only being able to race for us the early part of this year because of work commitments, still managed to take 4th place in the club championships, and was WRRRL club champion.

Alison is unable to race for us on Sundays due to other commitments, which rules her out for most of the WRRRL races, but she is always there to represent us in road relays and cross country. She achieved runner up cross country champion this last year.

Kim has had several injuries and illnesses this last year, limiting the races she was able to do for us. She did BUPA Birmingham ½ marathon in Oct in 1hr 18min 11sec, being 1st British lady over the line. She did this in memory of her previous coach & our founder member, John Walker who passed away in June 2013, so it was an emotional time for her. Kim's fastest ½ marathon last year was 1hr 17min 51sec in Conwy in Nov. Her fastest 10k was 35.12 in Swansea. She also ran in Copenhagen women's 10k coming in 5th position in 35.27. All she needs now is a clear run of being injury & illness free, and there will be no holding her back.

“The ladies had great fun at the first cross country league race when most of them ended up covered in mud”

The ladies had great fun at the first cross country league race when most of them ended up covered in mud, especially Jeanette when she fell face down in the mud. As we have to use the same numbers throughout the league, poor Jeanette had to clean it up as best as she could so it was still visible for the other races.

Jenny continues to provide entertainment when she dons her fancy dress to do marathons for charity. I don't know where she gets all her ideas from.

Theresa, Elizabeth and myself have been hampered by injuries, illnesses and accidents this last year, hindering our running. However, by some fluke I managed 3rd position in the WRRRL

although not counted as I was unable to do all 6 races. There can't have been many L55 running in the league!!!

WRRL results.

We came 5th team outright and masters.

Emma 7th Senior

Tanya 11th Senior

Sharon 5th L35

Sonia 12th L35

Jeanette 3rd L45

Theresa 9th L45

Alison Ferguson 18th L45

Relay results.

Midlands 6 stage road relay champs March 2014 – we came 22nd out of 36.

Midlands Masters open relays April 2014 – we came 2nd out of 4 W45, winning an Easter egg each.

Masters open relays Sutton Park May 2014 – we came 12th out of 23 W45.

MCAA 4 stage relays Sept 2014 – we came 49th out of 79.

ERRA National road relays Oct 2014 – we came 57th out of 60.

Cross country results.

Warks champs Jan 2015 Cofton Park – we came 8th out of 8 masters.

Midland women's league so far after 2 races- we are 20th out of 29 overall in Div 2 and 16th out of 35 masters.

In the last race we were 35th out of 38 overall and 26th out of 30 masters. We don't have the division results from the last race yet and we still have 1 more race to do in Feb.

Mary Williams

Ladies Team Manager

Feb 15 Grand Prix



Ladies Cross Country

Overall in the league, we came 16th out of 35 masters & 18th out of 30 in Div 2.

7 Feb, we came 31st out of 37 overall & 21st out of 28 masters.

Individual results:-

Jeanette 29min 34 coming 55th master & 137th overall
Lucy 31min 15 coming 74th master & 172nd overall
Alison 32.31 coming 90th master & 192nd overall
Tanya 34min 43 coming 84th senior & 227th overall
Sheena 35min 14 coming 122nd master & 232nd overall
Unfortunately Emma DNF.



Jeanette took another tumble in the mud & came across the line mud & blood spattered, but in true Centurion style, continued to battle to finish. She therefore started & finished the league covered in mud from falling. Are you trying to beat my record Jen?

Well done for today & throughout the league to everyone & here's to next year.

Mary Williams

Walt Disney World Half Marathon and Full Marathon aka The Goofy Challenge Jan 10 -11 2015

We have been looking at the Walt Disney World January Races for some years now but work and other things always got in the way of taking a holiday at this time of year. A change of jobs in the last 18 months helped to make this possible and so we decided to finally go for it.

So on the 2 Jan 15 we flew out to Orlando and the start of a 13 night stay in the sunshine state...although it wasn't that sunny or hot for long, more of that later. Whilst we had booked an apartment for the entire stay we also booked 2 nights in a Disney Hotel, which for logistical reasons I had been told was a good idea. Walt Disney World (WDW) is the size of greater Manchester and the January races are immensely popular with a lot of heavy traffic making life more complicated.

We had a few days to sight see and enjoy the parks so I was mindful of what I was eating and managed a couple of early morning runs to keep my legs ticking over.

RunDisney Events

Disney holds 4 races in total that week:

A 5K on 8 Jan, a 10K on 9 Jan, half marathon on the 10th Jan and full marathon on 12 Jan. If you do all 4 events it's called the Dopey Challenge, if you do the 2 like I did it's called the Goofy Challenge. All the events are organised by RunDisney and there are other events later in the year to choose from and at the Disneyland Park in California. Costs to enter the events are not cheap however you do get what you pay for, excellent shirts, brilliant organisation, and entertainment all the way with glorious bling medals.

I would say (personal opinion) that these events are not really PB events. There are crowds and entertainment to enjoy, not mentioning seeing the parks. People do run for PBs but are in a minority, I think it is about having fun. It helps if you like Disney too!

Expo

You need to attend the Expo at Disney's Wide World of Sports complex to collect your race number (or bib as the Americans call it) which I did on the Friday morning before checking in at Disney's Little Mermaid hotel at the Art of Animation Resort for the next 2 nights.

The expo was excellent, well organised on a huge sports complex. I got 3 technical shirts, 1 for each race and 1 for the Goofy Challenge. As it turned out they were too big and they have an excellent exchange area where you can swap sizes if other runners. This worked well and I got 3 shirts that fitted nicely. As well as enjoying the stalls I met Bart Yasso a famous US Ultra Runner and had a nice chat with him.

When we arrived the weather was unseasonably hot but each day we were there it cooled down, a huge cold front gripped North America and northern Florida got some snow. The runners on the 5K (Thursday) started in bitterly cold conditions (it was warmer in the UK). The 10K runners were also very cold. Our friends who live in Florida ran it and prepared well with lots of layers.

The Half Marathon

The race start was 5:45am, in part due to hot weather (not this year) but more so in relation to not interfering with park guests. So in order to make the race start in good time was out of bed at 3 am. I walked to the hotel food court and ate my porridge. I then jumped on a bus that took runners to the start at the EPCOT theme park. This is also where the finish is, bag drop toilets etc. From here it is a 15 min walk to the starting corrals on a road behind the park. For those reasons I think it is a good idea to stay on site.

As I had submitted a half marathon time I was placed in corral B. I was thrilled to be so near the front and could see the stage with entertainment that was going on. I was lined up with some serious runners. I had no intention of being serious myself and was armed with my camera and wearing my cheesy Union Jack Vest. I was also going to take it very easy as I had the marathon the next day.

“So we were off, within 1 mile I had posed with Capt. Jack Sparrow”

So we were off, within 1 mile I had posed with Capt. Jack Sparrow and enjoyed the music on route. This set the scene for the race. Disney characters, music, stilt walkers to name a few. We ran on the main road into Disney world and then skirted a huge lake with the Contemporary Resort on the right. All the time monorails were running overhead and honking their horns at us.

The first major attraction was the Magic Kingdom itself, being dark it looked really nice and the castle was bedecked in thousands of Christmas lights, parts of the park were open to spectators. From there we exited the park and ran on roads that were all part of the Disney estate. I stopped several times for character photos and just general pictures. The most I waited for a picture was a minute (I did say this wasn't a PB race....certainly not for me anyway)

As the sun rose I took a picture of runners on the opposite side of the road, there towards the rear were the sweeper buses and cleaning carts. Disney set a pace of 16 min per mile, I have not heard of anyone swept on the 5 or 10K but I think it does happen on the half and full, but it is a last resort only.

So the miles passed, punctuated with character stops and music. In the last mile you enter EPCOT and run through the centre of the park but not around the lagoon, which is about a mile long in itself. So on to the finish in the parking lot. I stopped before the line to take pictures before high fiving Donald. My time a personal worst of 2:07 but I really didn't care, it wasn't about that for me. There are plenty of races where you can run your socks off so to speak. As I said, this race also helps if you like Disney otherwise I would probably suggest avoiding it and finding a fast, uninterrupted course.

The night between races we met our good friends again Bob, Renee Ruth and Brett and went back to their house for pasta, which set me in good stead for the next day. Bob, Renee and Ruth had run the 10k two days earlier so we exchanged stories.

The Marathon

The start routine was the same as the full, early start and bus to EPCOT. However this time I had treated myself to the race retreat. A huge tent with lots of seating, food and drink....and

characters so you could relax before walking to the start. The Retreat really came into its own at the finish which I will talk about later.

So I found myself at the front of corral B again. This time I saw Sean Astin (actor – played Sam Gamgee in Lord of the Rings) who waved at me later in the marathon and former US Olympian Geoff Galloway. It was still cold that day but a little warmer than the previous day and it was an ideal temperature for marathon running.

Sam left the hotel about an hour after me and made her way to the Magic Kingdom to cheer me on. I had treated Sam to the chEAR squad (Disney use of capitals) where she had a reserved viewing, waterproof blanket, t shirt and entry to the race retreat after the runners had left.

The marathon route started the same as the half but after running through the Magic Kingdom, where I stopped to chat to Sam and for some pictures. Sam had said the atmosphere was lovely inside the park and she waited patiently in the cold to see me. I also met a great guy who was in the US Military, Mike; he plays the bugle at the tomb of the Unknown Soldier at Arlington Cemetery.

After passing through the magic Kingdom we ran into a race Circuit, a huge oval for NASCAR experiences. Part of the track was lined with custom and US muscle cars, I ran up the apron and spoke with some of the owners and took pictures. Everyone else was intent on a PB I think at this early stage of the marathon. Though I know the 90% or son behind were more into the fun aspect, I've been told that by some other competitors.

After the race way we did many roads and then into the Animal Kingdom Park, this is a very green park but sadly a little spoilt by building work. They have a great roller coaster called expedition Everest which you can ride during the marathon but I was too early and it hadn't opened. I posed for more pictures and then we left the park and I caught the main mouse for a photo, Mickey



Making friends in Hollywood Studios

I recall running past the Disney Water treatment Plant and lots more music and characters before we entered the Wide World of Sports complex, this was about mile 17, I had been staring to feel a little empty and by mile 18 it kicked in bad, I just needed food. Fortunately a banana stop, then Hershey stop was offered with Powerade and after a very slow mile I

found my pace again. The route was very windy taking in baseball fields, football fields and a running track with bands playing in the seating area.

From there we ran to the third of four parks, Hollywood Studios, we ran through part of the now closed back lot tour and through a sort of psychedelic tunnel with music and lights. I stopped for a picture with Monsters Inc and the Incredibles...couldn't resist it. From here lots more roads but rarely a dull moment as you could also see runners further behind on the other side of the road.



Swan and Dolphin Hotel in distance about 23 mile mark

Finally, we started to approach EPCOT where we entered at the United Kingdom pavilion- I was home and got a cheer from the crowd when they saw my vest...I had to pose again for a few pictures. From here you run the picturesque lagoon of a mile passing through the pavilions of different countries that Disney has built to be replicas of the original, well sort of. I stopped several times by now a master of posing!

A Gospel choir greeted us near the finish and before I knew it we were out of the park and approaching the finish line...I stopped again just as the commentator mentioned my name...and took some pictures. The purists will by now be uncomfortable by now I suspect, but I did go to have as much FUN as I could and I achieved it. I felt great and was extremely pleased to have finished in 4:11.

Sam was in the stand and met me afterwards for pictures then we went in the Race Retreat as it started to rain. The food was delicious and I picked up my race goodies and wonderful medals. I got three medals, one each for the races and a third for completing the Goofy Challenge. Dopey Runners got 5 medals!

Other perspectives

I was lucky to have a great corral placement (based on half marathon time of 1:35 so that gives you a feel of how it works – there are a lot of fun runners – me included) so all of the characters had little or no queues and I had plenty of room to run....and stop! If you were a mid corral runners were waiting in line for 20 minutes. Near the back and close to 16 minute

pace you could not stop anything for fear of getting swept. I understand there is more of a party atmosphere further back as the numbers are greater and runners are less serious.

Neil Wilkes

This might be of interest to anyone with tendonitis, Gavin Davies had this procedure a couple of weeks ago and so far so good after 7 months of pain it's starting to ease

Platelet-Rich Plasma (PRP) aka Tendonitis

During the past several years, much has been written about a preparation called platelet-rich plasma (PRP) and its potential effectiveness in the treatment of injuries.

Many famous athletes — Tiger Woods, tennis star Rafael Nadal, and several others — have received PRP for various problems, such as sprained knees and chronic tendon injuries. These types of conditions have typically been treated with medications, physical therapy, or even surgery. Some athletes have credited PRP with their being able to return more quickly to competition.

Even though PRP has received extensive publicity, there are still lingering questions about it, such as:

- What exactly is platelet-rich plasma?
- How does it work?
- What conditions are being treated with PRP?
- Is PRP treatment effective?

What Is Platelet-rich Plasma (PRP)?

Although blood is mainly a liquid (called plasma), it also contains small solid components (red cells, white cells, and platelets.) The platelets are best known for their importance in clotting blood. However, platelets also contain hundreds of proteins called growth factors which are very important in the healing of injuries.

PRP is plasma with many more platelets than what is typically found in blood. The concentration of platelets — and, thereby, the concentration of growth factors — can be 5 to 10 times greater (or richer) than usual.

To develop a PRP preparation, blood must first be drawn from a patient. The platelets are separated from other blood cells and their concentration is increased during a process called centrifugation. Then the increased concentration of platelets is combined with the remaining blood.

How Does PRP Work?

Although it is not exactly clear how PRP works, laboratory studies have shown that the increased concentration of growth factors in PRP can potentially speed up the healing process.

To speed healing, the injury site is treated with the PRP preparation. This can be done in one of two ways:

- PRP can be carefully injected into the injured area. For example, in Achilles tendonitis, a condition commonly seen in runners and tennis players, the heel cord can become swollen, inflamed, and painful. A mixture of PRP and local anesthetic can be injected directly into this inflamed tissue. Afterwards, the pain at the area of injection may actually increase for the first week or two, and it may be several weeks before the patient feels a beneficial effect.
- PRP may also be used to improve healing after surgery for some injuries. For example, an athlete with a completely torn heel cord may require surgery to repair the tendon. Healing of the torn tendon can possibly be improved by treating the injured area with PRP during surgery. This is done by preparing the PRP in a special way that allows it to actually be stitched into torn tissues.

What Conditions are Treated with PRP? Is It Effective?

Research studies are currently being conducted to evaluate the effectiveness of PRP treatment. At this time, the results of these studies are inconclusive because the effectiveness of PRP therapy can vary. Factors that can influence the effectiveness of PRP treatment include:

- The area of the body being treated
- The overall health of the patient
- Whether the injury is acute (such as from a fall) or chronic (an injury developing over time)

Chronic Tendon Injuries

According to the research studies currently reported, PRP is most effective in the treatment of chronic tendon injuries, especially tennis elbow, a very common injury of the tendons on the outside of the elbow.

The use of PRP for other chronic tendon injuries — such as chronic Achilles tendonitis or inflammation of the patellar tendon at the knee (jumper's knee) is promising. However, it is difficult to say at this time that PRP therapy is any more effective than traditional treatment of these problems.

[Thanks to Gavin Davies for this useful article](#)

MORETON MORRELL MAD DASH SATURDAY 14TH FEBRUARY

WHEELCHAIRS WILL ROLL'

As the only Centurion to brave the 20k testing course over the precipitous and undulating Cotswold course at the Warwickshire Agricultural College I was bound to be the first. I was also destined to be the first wheelchair entrant – because there was only one!

Unfortunately the forecasters got it wrong again with a light drizzle before the race making the first quarter-mile a severe downhill of speed bumps, giant potholes and sundry horse detritus particularly hazardous for wheelchairs let alone runners. Almost out of control I just survived but was coated in muddy rubbish.

The race however was excellently organised and marshalled for almost 300 runners (200 in the 10k and 90 in the 20k) by Joanna Welsh.

Apart from a mile or so on a B road the country roads were almost traffic free and for a wheelchair with no brakes quite manageable and a really good workout. On 'That Hill' I virtually came to a standstill on the return so on the second lap decided that discretion the better part etc. etc. and as my aching muscles required saving for the run-in I leaped off the wheelchair – ta dah! - and walked up and around the speed bumps and potholes.

“Eventually, to a cheering crowd of three I wheeled across the finish in 2:07:40”

Eventually, to a cheering crowd of three I wheeled across the finish in 2:07:40 in 78th place at an average speed of 6.08 mph and dying for the little boy's room. The reception greeted me with an amazing assortment of bananas, apples, tasty sandwiches, crisps, yogurt and chocolate bars in the College's Bar/ Café – oh yes and a rather attractive medal. I think they over-catered judging by the piles of leftovers which we were encouraged to take away. My partner Janet also supplied me with a well deserved pint so all was well.

Next up is the Coventry Half which should be a little kinder to wheelchairs and then the Silverstone Half for a faster time provided we don't have the rain and wind of 2014. After that London beckons in April and a much faster time than my PW of 7:12:45, albeit crutch aided. Centurions - give me a cheer if you're in any of these races.

Dale Lyons aka The Galloping Gourmet



Dale ready for the 20k start.

That's all folks! 🦃