



Centurion Runners Monthly News Bite....



Month - May 15

Editorial

April has almost gone as I write this and months of marathon training will have ended for many Centurions. I hope to publish some news next month of the pain and the pleasure of 26.2 miles for those club mates who have been pounding city streets in London and Manchester. In the mean time I hope you enjoy this News Bite Light....

Thanks to Elizabeth Smith, Sturat McCullagh and Lou for pictures and articles.

Neil Wilkes 

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Midlands Relays

Sutton Park 28 Mar 15

Centurions were out in great strength for the Midlands Relays on a blustery Saturday in March. Some great individual performances left the teams as follows

Ladies team



Sutton 12 man and ladies six man relays 2015

Ladies team looking cheerful and ready to go



Sheena Lewis composed



Tanya Griffiths thumbs up and looking good

44th out of 52 complete teams.

A Team

1st leg Emma Donnelly 22.39
2nd leg Jeanette Robathan 24.11
3rd leg Alison Fergusson 24.34
4th leg Sheena Lewis 26.22
5th leg Tanya Griffiths 25.47
6th leg Ursula Scott 27.13

B Team (Incomplete)

1st leg Sarah Green 28.35

Ladies Captain – Mary Williams

Well done to Sarah in her debut representing us in the relays. It was a tough run with the wind against the runners, so well done all.

Men's team

A Team finished 47th out of 49 complete teams

1,L, I SATTERTHWAITE	33.49
2, G DAVIES	21.03
3,L P DAVIES	33.32
4, D PEARSON	20.54
5,L D WRENN	37.20
6, C MCCANN	21.05
7,L L CAVES	37.10
8, A.REA	22.00
9, P BINGHAM	21.04
10, E WALLACE	20.43
11, A CARWARDINE	22.18
12, W MUDDIMAN	20.31

B Team Incomplete

1,L E ROBATHAN	43.31
2, A LLOYD	24.29
3,L N WILKES	42.24
4, P CORNOCK	27.55
5,L J HOUGHTON	42.12
6, A MATTHEWS	23.28
7,L G TURNER	45.11
8, M PINOCK	25.48

Team Captain – Andy Rea

Thank you to all men that ran it was a good day despite us not troubling the top ten this time! we continue to field two 12 stage teams (well almost) and thanks to those that had their legs altered at short notice due to necessary changes.



Ian Satterthwaite starts with the pack



Eric Robathan having fun



Dave Pearson looking cool and collected



Dan Wrenn shows the pain



Anxiously waiting to start

Teddy Hall Relays

The annual Centurion outing to Oxford took place on 11 Mar 15.

Teddy Hall Relays is a popular running relay race held every year in the heart of Oxford. The race begins from our famous track where Roger Bannister broke the 4 minute barrier.

Each leg of the relay is 3.6 miles and the race is open to Men's teams (4 runners), Women's teams (3 runners) and Mixed teams (2 men, 2 ladies per team).

Every year THR draws a large attendance from both serious runners and those out to keep fit and have fun. In addition to outside University and club teams, the day traditionally sees a large number of entrants from internal college, department and sports clubs and welcomes runners of all abilities competing on the day.

The route traditionally goes from the track, then heads in towards town and through Christ Church Meadows. It then proceeds down towards Donnington Bridge and then heads back in along the paths back towards Oxford University Sport.



Gavin scorches across the cinder



Your editor chased by a cyclist...and who is the mystery lady in blue?



Adrian on form...just who is that woman?



Ed races a canoe....



Preston storms ahead



Another thumbs up from Tanya



Wayne looking fleet of foot...just who is that lady stalking our runners?



Jeanette digs in



Eric digging in

Results – I have no idea why some of the names/results are wrong and couldn't find mixed team results....apologies!

Mostly McCann

Leg 1	00:24:56	00:24:56	Mark
Leg 2	00:48:38	00:23:42	B?
Leg 3	01:12:38	00:23:59	Neil Wilkes
Leg 4	01:38:34	00:25:55	Wiz

Centurion B Team P50

Leg 1	00:26:36	00:26:36	Stephen McCann
Leg 2	00:51:48	00:25:11	Andy Rea
Leg 3	01:15:27	00:23:39	Wayne Muddiman
Leg 4	01:41:19	00:25:51	Ed Wallace

Centurion A Team P54

Leg 1	00:23:28	00:23:28	Wayne Muddiman
Leg 2	00:48:15	00:24:46	Max Mladenovic
Leg 3	01:14:58	00:26:43	Eric Robathan
Leg 4	01:42:33	00:27:34	Adrian Lloyd

Massey Ferguson Running Club Easter 5

Centurions were out in force on Easter Sunday....no doubt some good efforts were fuelled by thoughts of an Easter egg blowout later that day....or was that just me?

I have cut and pasted results from Massey Web page...apologies if I have missed anyone off it was late and a long list.....

POSITION TIME NUMBER NAME AGE CAT CAT POSITION CLUB

16	00:30:19	39	PAUL DAVIES	MV45	2	CENTURION	RC
31	00:32:13	124	THOMAS HEALY	MV55	1	CENTURION	RC
53	00:33:25	90	WAYNE MUDDIMAN	MV35	18	CENTURION	RC
54	00:33:30	88	DAVID PEARSON	MV45	13	CENTURION	RC
62	00:34:07	28	EDMUND WALLACE	MSEN	13	CENTURION	RC
70	00:35:07	40	SHARON DAVIES	LV35	4	CENTURION	RC
93	00:35:55	165	STEVE GIBLIN	MV55	6	CENTURION	RC
96	00:36:12	34	ANDY REA	MV45	26	CENTURION	RC
113	00:37:26	155	NEIL WILKES	MV45	28	CENTURION	RC
127	00:38:22	170	JAMES HOUGHTON	MV55	9	CENTURION	RC
140	00:39:43	129	COLIN CORDEN	MV55	11	CENTURION	RC
172	00:42:41	183	RICHARD BOOTH	MV35	46	CENTURION	RC
205	00:46:57	113	PAUL CORNOCK	MV45	42	CENTURION	RC

Stuart and Adrian run the miles

Stuart McCullagh ran the Worcester Marathon 12 April.

“It was very hard 2 laps that started and finished at Worcester Rugby Ground Sixways had a few hills and was quite scenic”

Well done to Stuart who finished in 3.43

Adrian Lloyd and Stuart ran the Rhyader 20 mile race in March a stunning run through the hills and Élan Vally beautiful settings but extremely hilly especially the first 7 miles.

Stuart finished in 2.44.59

Adrian finished in 3:26:28

And finally.....

Running home from work on the canal at Fazeley Junction, I politely wave to a fellow runner heading towards me....he raises his thumb in acknowledgement and promptly falls flat on his face in front of me. I helped him up and he was fortunately ok....moral of the story, always keep one eye on the road!

That's all folks!

