Presentation Evening

Tonight is a celebration of what the Centurion Women’s team has accompanied this year.

This first person I want to mention is Mary Williams. Mary has been a massive support to the Centurions and other teams through her work with the Midlands Women’s Cross Country League and other local athletics organisations. Without people like Mary the rest of us would not be able to compete.

So, onto cross country. We had 11 athletes competing in 2018. These were Alison, Sam, Melissa, Diane, Maxine, Jeanette, Sharon, Lucy, Lydia, Kira and me. When you consider that we are one of the smaller teams we have done very well to always have a full team in all the league and county events. Alison is a very worthy winner of the cross country championships, having run consistently well all year. Alison was also our overall championship winner. We are very pleased to welcome Theresa back for 2019 following injury at the beginning of 2018, not just for her speed but because she is a great source of information on all things running and is very helpful.

We again had 11 participants in the road race relays. At some of the relays we managed to have as many women as men, which was great to see.

For the Warwickshire Road Race League we had 18 women competing. Jeanette put in a lot of effort to get Road Race League glory. Jeanette also earned an ever present medal.

Janine and Marilyn deserve a special mention for their performances at the Grand Prix, with Marilyn winning the John Walker cup. I always find their performances inspirational. It has been good, too, to see Tanya return back to form following her running at the GP and her triumph in the Parkrun Cup.

I did put out an email asking for information on what people have achieved this year, but I think people were too modest to respond. So instead, I trawled facebook, Strava and the power of 10 website.

I know that Kerry, Diane, Sam and I all got marathon pbs this year. Hopefully we will all improve upon that this year following our winter training. Melissa had a very successful year with 5k and 10k pbs. She has built upon that already this year with her performance in the half marathon distance. Maxine upped her distance and achieved a great pb at the Birmingham half this year. Theresa and Denise have had off road success with an ultra distance run in the mountains. Lydia has been upping her distances recently and we look forward to seeing her running with us again in team events. From the power of 10 I have seen that Jenny is back running 10 miles and half marathon distances again, which is very pleasing. Additionally, I am intrigued by the canicross races that Lisa and Kira run and would like to borrow a dog to participate in an event, as it sounds like excellent fun. I am sure that some people will have achieved things that I do not know about, so apologies to anyone I have missed out.

Last year Sam and I qualified as coaches in running fitness. We hope to be able to help anyone who needs support. It has very much helped our running, as anyone who is following Sam on Strava will see.

Finally, we look forward to Elizabeth getting back to running after her very busy year and hopefully to new recruits Kim and Louise joining us in some of the championship races.