Centurions 2018

We had centurion men in running events , in Berlin , Chicago , Dublin ,Frankfurt , Malta, Venice , Wales.

These are the events I am aware of , I expect there’s more .We have short legs ,long legs racing Horses & Trains

As Andy Rea reported, Birmingham & District Invitation Cross Country League (founded 1925 )

Centurion men where 12th out of 21 for the series, safely in the mid table

With well over 400 taking part we had 20 Centurion men running in one or more races

Series individual results 48 Ian Satterthwaite , 53 Peter Heald , 62 Thomas Healy ,118 Edmund Wallace ,164 Martin Henderson , 171 Andy Matthews ,173 Paul Cooper ,188 James Houghton , 190 Adrian Lloyd ,206 Paul Davies , 228 Lee Caves ,274 Kevin Ferncombe ,287 John Mcgrath ,320 James Eckloff ,331 Robert Eves ,345 Len Wallace ,379 Julian Landeau , 380 Neil Wilkes ,389 Gary Turner , 411 Micheal Pinnock

Centurion men have been running & working in support of the club

Andy Rea again this year organizing the Men's team for the Cross

Country & Relays ,also managing to run in these events.

Edmund Wallace, Andy Rea, Paul Bingham ,Neil Prentice ,Mike Hollis & Peter McLaughlin all still working on putting on the Grand Prix , Yacht race , Pub Run

Wayne Muddiman providing the many updates on club competitions

Peter McLaughlin also  still producing the Club News Letter ,

Paul Cornock finances  ,Lee Caves membership , James  Website . Peter McLaughlin  Club Secretary. Edmund Wallace Committee Chair Person

Centurion Men have again taken part in many individual and team events

Additional to club races . The Pudding Run , Birmingham Half , London Marathon ,events such as Teddy Hall oxford Relays, again we had several 4 man teams running at the Teddy hall relays ,Oxford starting & finishing on the Roger Bannister track. Centurions where again running the 24 hr Thunder run ,& take on new challenges like sunrise to sunset .

This years Road Relay Events

Saucony Midland Road Relays Midlands 12 stage Sutton park March 2018

32/44 Centurion Rc ‘A’ 5:04:24

1 Thomas Healy (46) 35:31

2 Peter Heald (44) 34:56

3 Ian Satterthwaite (42) 34:06

4 Chris Allison (37) 33:39 ,Fastest Long Leg

5 Andy Rea (39) 23:06

6 Kevin Ferncombe (39) 21:59

7 Daniel Wrenn (38) 20:11

8 James Eckloff (37) 18:34

9 Lee Caves (34) 19:48

10 Shaun Hemmings (34) 18:32 ,Fastest Sort Leg

11 Paul Cooper (33) 22:56

12 Paul Bingham (32) 21:06

Centurion Rc ‘B’ incomplete team

1 Andy Matthews (56) 41:12

2 Martin Henderson (57) 44:23

3 Julian Landeau (55) 43:17

4 Neil Wilkes (55) 44:01

5 Adrian Lloyd (54) 27:24

6 Gary Turner (55) 25:34

7 James Houghton (55) 25:32

8 Lee Haynes (53) 28:44

MCAA  Autumn  6  stage Sutton park relays  September

75/106 Centurion Rc ‘A’ 2:23:00

1James Eckloff (70)21:34

2 Peter Heald (70)22:42

3Martin Henderson (83)25:40

4 Ian Satterthwaite (75)22:17 Fastest Relay Leg

5Andy Matthews (85)27:25

6 Thomas Healy (76)23:22

WRRL Warwickshire Road Race League

We had slightly less men taking part this year down from 32 to 26

doing 1 or more of the 10 WRRL races

Eric managed all 10 , also doing well enough to win the Centurion WRRL competition

The Male Centruion WRRL medal winners , joint First V55 Cat Thomas Healy & 2nd V65 Cat Adrian Lloyd .

In the series individual results

MSen Cat which was most contested group with 118 . 10 James Eckloff ,16 Martin Hendrson ,28 Edmund Wallace ,36 Peter Heald , 112 Lee Henderson .

MV35 cat , 57 Ian Cooper , 63 Kevin Ferncombe ,77 James Webber , 120 Gavin Donnelly .162 Julian landeau ,

MV45 Cat : 20 Paul Cooper ,43 Andy Matthews ,88 Paul Cornock   , 104 Andy Rea ,130 Mark Carwardine , 147 Christopher Mccann

V55 Cat : 1= Thomas Healy ,16 Eric Robathan ,17 James Houghton ,38 Steve Brough , 64 Andy Rea ,81 James Conway , 82 Richard King

M65 Cat : 2 Adrian Lloyd , 8 John Savin ,

The WRRL Team results for Centurion Men ,Slightly we did better than last year

Men open team 8 out 20 teams

MenVet  team 8 out 14 teams

Marathons

Marathon Men men took part in this years Virgin London  Marathon

Paul Davies 3:03 , Shaun Hemmings 3:15 , Mark Carwardine 3:20 ,

Dale Lyons (Still achieving an Ever Present status ) 7:46

A newcomer to the sub 3 marathons after a few years of steady progression was James Eckloff achieving 2:56 at Brighton for (with sub 18 Park run , 1:23 half ,has found a new level)

Peter Heald ran a 3:12 York Marathon, shorter than his normal ultra distance race .

Less marathons in other countries last year but Paul Davies, still continues to run impressive sub 3 hr times at many marathons again in 2018 . (Manchester Abingdon , Gloucester Wrexham , Worcester .. ).

Tony Haden struggling with injury still taking on marathons around the world with a 3:22 at Frankfurt .T Healy 3:22 at Dublin

Long established members

John Twamley , Steve Cowley raced the Sutton Park 7 pools race , also re-entered & hoping to improve this year

ultra distance events

Centurions have been racing trains horses & cresting mountain tops

Chris McCann doing the Offa’s dyke 15M challenge

Eric Robathan raced September Forest of Dean trail HM (along with quite a few events 10k even 5k Malta ,Edinburgh HM )

Neil Wilkes , finished the North Devon Fell marathon

Thomas Healy Forest of Arden Marathon

Dave Kinnair did many multidiscipline races , Along with some running events winning the pairs completion with 93M at Escape from Meriden , & two international 3:22 marathons Berlin & Chicago

Lee Caves seems to have been the busiest with ultra events this year

Feb 4th Kong Mini Mountain Marathon, North Wales – Carneddau

April 8th Kong Mini Mountain Marathon, Lake District - Helvellyn

April 28th  Yorkshire Three Peaks Fell Race

May 5th Revenge of the Fifth Trail Marathon ,finishing in 1st

June 9th   Man vs Horse

June 30th V3K (Vegan Welsh 3000’s)

Aug 25th   The Ridgway Ultra, 87mile

Oct 7th DirtRun Ultra In The Black Country, 32mile , finishing in 1st

Oct 27th/28th OMM South West, Black Mountains (Original Mountain Marathon)

Nov 25th   Kong Mini Mountain Marathon, Peak District

Dec 2nd Cardington Cracker Fell Race

Dec 15th   Tour De Helvellyn, 40miles (shortened to 30 due to snow)

We had several Centurion Men at Man V horse , , James Eckloff held off Lee Caves to be first centurion followed shortly by Peter Heald

Centurion Men at Race the train , Tywyn Wales . John Mcgrath finishing a head of Adrian Lloyd on this challenging cross country 14M race

Well done to the Club competition winners , not forgetting all the others quietly getting on with their training & racing .Such as Kevin Ferncombe finished 30 in 2017 up to 8 in 2018 , closely followed by next biggest club championship table improver Ian Cooper from 33 2017 to 15 this year .

good luck to all in 2019

Thomas Healy

Centruion Running ,Club Captain

5 Mar 2019