



CENTURION RUNNING CLUB

HANDBOOK 2026

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Introduction & History

The club was formed in 1972 as Centurion Joggers by John Walker and others, along the way we became Centurion Running Club and absorbed Coleshill running group.

We take part in road and cross country (XC) competitions including the Birmingham Cross Country League and the Warwickshire Road Race League, but also major national events like the English National XC Champs.

We cater for any adults from absolute beginners to seasoned runners.

All training and racing is covered by governing body insurance.

Training Nights

Club nights are Tuesday and Thursday based at North Solihull Sports Centre (NSSC), Conway Road, Chelmsley Wood B37 5LA. at 6:30pm

On Tuesdays, we have access to their running track that we use for coached speed work sessions.

Thursday nights are for longer runs – usually between 5 and 13km (3 to 8 miles) around the local streets and parks in various pace groups, with the quicker groups doing the longer distances.

Membership Renewal Details

Membership renewals are due to be paid by the end of March each year. If memberships have not been renewed by then, you will not be permitted to run for the club or take part in club events or internal races such as the Yacht race.

There will be 1 month's grace period where you can still train with the club. The committee will of course look at any extenuating circumstances regarding late payments. Late payment fees may apply after March which are £5 for singles, £3 for concession and £7 for couples.

Club Clothing

Club branded clothing (T shirts, hoodies, training tops etc) is available from

<https://hyperbole-ltd.co.uk/centurion-running-club-clothing/>

For the official Club vests/ T shirts that are required for some races, contact the Team Managers.

Races

Membership will give you the option of being entered into the following races (entry fees are paid by the Club)

- 4x Birmingham/Midland XC races
- 2x Area relays in Sutton Park
- Area XC Championships
- English National XC Championships

Warwickshire Road Race League races are entered individually and paid for by individual members though you will usually receive a discount for the entry fee as an affiliated member of England Athletics

Club Events (Races)

The club organises a number of events throughout the year...

- **Centurion Grand Prix Series** held over the winter usually on the first Sunday of the month from November to April. It is a 5 mile course around the lake at Babbs Mill and is open to the general public and other running clubs. *The best performing male and female Centurions from 4 out of the 6 races over the series are awarded the John Walker Trophy*
- **“Yacht” Race**. A monthly 2 mile handicapped race with staggered start times throughout the summer usually on the last Tuesday of the month from May to August.
- **Mick Hollis Relays**. A handicapped race with teams of 4 held at Elmdon Heath Recreation Ground, Damson Lane, Solihull in May. Trophies are awarded to the winning team.
- **Parkrun Cup**: A handicapped knockout competition held at Babbs Mill ParkRun in which participants are drawn against each other with one round taking place during each of the summer months. Handicap times are based on the official ParkRun records in the months preceding the first round.

Club Events (Social)

The club also organises a selection of social events including but not limited to...

- Pub Run held in December
- Summer pub run
- Easter
- Halloween run
- Target Zero. A traditional Boxing Day 1 mile event. Participants predict their finish time and run without a watch. The closest to their prediction wins.
- Award Presentations combined with the AGM in late January / early February

Club Championships and Awards

Club members are encouraged to enter as many races as possible.

The championships run for a full calendar year and include the following race categories:

- Cross Country (XC) (4x Birmingham League races held in January February, November and December plus Warwickshire Championships and Midlands Championships. Six races in total)
- Road Relays (2 events usually held in March and September at Sutton Park)
- Warwickshire Road Race League (WRRL) 10 or 11 events between April and September

Points are awarded for each of the qualifying races based on the finishing positions for each Club member. The first Centurion receives 50 points, the second 49, the third 48 and so on.

At the end of the year, a trophy is awarded for the 1st 2nd and 3rd positions for the most points accumulated in the Cross Country and WRRL events for both Men and Women.

In addition there is an overall Club Championship Trophy for Men and Women for the combined points in each of the categories as follows...

- WRRL: the best 6 of 11 races
- XC: The best 3 of 4 League races plus the best of the Championship races
 - NOTE: One of the League races was cancelled in January 2026. So all the remaining 3 will count
- Both Road Relay events

If the Club provides a volunteer for a race, whether it is a requirement of the event organiser or for other reasons eg VI guide, the club member volunteering will receive Championship points based on the average of their points over the course of the year.

Club Awards

The following awards are presented each year at the Award Presentations

Club Champion Shield (Men & Women)

As described above

Trophies for Champions plus 2nd & 3rd places

Warwickshire Road Race League Champion (Men & Women)

As described above

Trophies for Champions plus 2nd & 3rd places

Cross Country Champion (Men & Women)

As described above

Trophies for Champions plus 2nd & 3rd places

Club Member of the Year Shield

The Committee votes from a list of nominees received from members

Most Improved Runner Male and Female Trophies

Chosen by Club Captains and Managers

Best Newcomer Male & Female Trophy

Chosen by Club Captains and Managers

Parkrun Cup & Trophy

Junior Champion Trophy

Chosen by Club Captains and Managers

Target Zero Shield

Awarded to the winner of the Boxing Day Target Zero competition who also receives a trophy

There is also a monthly Runner of the Month trophy (Male and Female)

Awarded for running achievement or services to the club each month. Nominations from the membership are collated and voted for on an online poll by members

Sports Therapy



Club member Dan Wren is a Certified Sports Therapist who, offers discounted rates for club members for sports massage. His company, Dan's Health comes highly recommended by many members. Contact him on...

Phone / text:
Email
Website:

07747 552657
info@danshealth.co.uk
danshealth.co.uk

Committee Members

Chairman: Peter Thomas – chairman@centurionrc.org.uk

Responsible for leading the club strategy, chairing committee meetings and AGM

Secretary: Steve Brough – secretary@centurionrc.org.uk

Responsible for club correspondence and committee management.

Treasurer: Paul Cornock

Accounts manager for the club. Also acts as DBS verifier

Membership secretary: Louise Johnson – membership@centurionrc.org.uk

Responsible for collecting membership subscriptions and registering members with UKA

Men's Team Manager: Iain Bowes

Liaise with event organisers for Cross Country series and Relays. Also Run Director for the Grand Prix series and other events.

Women's Team Manager: Clare Colquhoun

Liaise with event organisers for Cross Country series and Relays

Men's Team Captain: Simon Gilson

Assists team manager and substitutes if required.

Women's Team Captain: Kira Bowes

Assists team manager and substitutes if required.

Club Facilitator/Coaching Coordinator: Nikki Beech

Co-ordinating coaches for the Tuesday coaching sessions

Publicity/Promotions Secretary: Kira Bowes

Promoting the club via various means including Social media platforms.

Club Records Keeper: Steve Brough

Responsible for recording club data regarding club competitions

Club Records Keeper: Mark Mclachlan

Organising Runner of the Month nominations and ballots

Social Secretaries Richard Buchanan & Denise Makepeace

Organising various social events.

Welfare Officer 1 (Male): Lee Caves

Welfare Officer 2 (Female): Louise Johnson

Deals with confidential matters that may arise related to athletes.

Club Coaches & Qualifications

Awarding Body	England Athletics					British Triathlon
Qualification	Safeguarding in Athletics	Leadership in Running Fitness	Coach in Running Fitness	Event Group Endurance	Coaching Assistant	Level 1
Nathan Beard	✓	✓				
Nicola Beech	✓		✓		✓	
Richard Buchanan	✓	✓				✓
Clare Colquhoun	✓	✓	✓			
Michael Price	✓	✓				
Eric Robathan	✓	✓	✓	✓		

Allocation of London Marathon Place

The club is usually awarded at least 1 club place in the London Marathon.

The allocation of the place or places is administered by the Club Secretary who will issue an invitation to apply shortly after the results of the public ballot have been announced.

Club members applying for the place should meet the following criteria...

- They have unsuccessfully applied for a public ballot place.
 - A copy of the rejection email should be forwarded with the application
- They have not previously been awarded a club place for at least the last 3 events.
- They have been a fully paid-up member for at least 12 months from the date of the invitation to apply.

The successful member will be determined at random by drawing names out of a hat or similar.

The draw will take place at a place and time determined by the Club Secretary either on a club night or suitable event with at least 3 club members in attendance who will act as witnesses.

A second name will be drawn as a 1st reserve in case the successful member is forced to pull out for any reason. However, this will only apply for the period between the draw and the date that the application is processed with the London Marathon organisation. (Approximately 8 weeks before the event)

After this time, the club place is locked in and the normal rules apply for deferring.

The successful member is expected to run the race whilst wearing a club vest, UNLESS they are running and raising money for an official charity in which case a charity vest or shirt will be acceptable.

[Links to Club Documents](#)

The following official club documents are supplied to England Athletics as part of the England Athletics affiliation process.

Members are encouraged to familiarise themselves with the contents and to follow the procedures and guidelines contained within as appropriate.

[Constitution](#)

[Health & Safety Policy](#)

[Complaints Procedure](#)

[Inclusion Policy](#)

[Privacy Notice \(data protection\)](#)

[Safeguarding Policy](#)

