



## Captains Report March 2019

Secretary we had a positive start to the year with entries continuing to come in for the 100 mile race in the Isle of Man and pleasing to see numbers already around the 50 mark, there is a good description of the lap on the Isle of Man web site and am sure we can have every confidence that this event will maintain the high standards of judging, lap recording and time keeping that is required for qualification and for the race itself.

Throughout the year Athletes will have their personal goals long & short distance. To be successful at the 100 mile event the Centurion must have "many tools in the box" with pace being the often neglected discipline, so its good to see Centurions tackling the shorter distances in the Essex league over 5 miles & 15 km with Centurions well to the fore results are on the Essex League site.



Stuart Bennett and John Borgars both strong supporters of the Essex League

Not to be out done the Northern Centurions were well represented in Winter League races in Yorkshire and Lancashire over the 10km and 15 km distances with Centurion Dave Evans in charge of handicapping duties for the Lancashire club, its a rare occasion that Joe Hardy Centurion qualifying at Blackpool track is not out representing the club, see Lancashire Walking Clubs site Health is the best wealth for results and any looking for a Winter race will enjoy the hospitality of this club.



Dave Evans and Joe Hardy

Much has been said recently regarding the demise of the 50km distance at the Olympics and the Centurions have made their position clear, however discussing with walkers and their clubs there maybe support from the various media outlets but little support from walkers on the road at either 50km or the proposed 35km distance, as Centurions 1911 we will continue to promote the 100 mile distance and other distances within the race were the committee feels we are able to do so, for those looking for endurance work in a race atmosphere the SI entry site has a comprehensive list of events as do other sites on the web which allows the distance walker to at least test out food, drinks and clothing they consider using in the 100 mile event, they may not be race walks but with the lack of uk distance events these are an alternative to training solo.

The Captain is always impressed with the range of achievements of all Centurions who now compete in a range of sports and distances, the masters athletes Ian Richards and Stuart Bennett, Sharon Gayter in a 6 day event and racing in the recent Ken Munro race walk event in York, Sandra Brown continuing her 100 mile events in the recent races in France and the Kings Dominic and Dan competing at the highest level, just a tiny number of the achievements of Centurions, the committee look forward to hearing of more of these high points.

Good luck in all your forth coming events and your preparations for the 100 in August

M. FISHER C788

CAPTAIN