

Centurion RC parkrun Cup

Round 1 – Week 1

Ian Cooper v Peter Heald – Peter ran pretty close to his 2016 best and, despite giving up almost four minutes to Ian, he managed to come out on top. **Winner: Peter Heald**

Matthew McKenna v Alison Giblin – Over five minutes separated these two at the start, but Matthew was victorious, winning by almost one and a half minutes. **Winner: Matthew McKenna**

Andy Burnett v Tanya Griffiths – With both returning from injury, times were good, but understandably not up to last year's efforts. Andy ultimately got through to the next round, with a minute between the two at the end. **Winner: Andy Burnett**

Adrian Lloyd v Andy Rea – This was a close one! At the start, Andy was giving away two minutes to Adrian but, after Andy ran 16 seconds slower than last year, the door was left open for Adrian to sneak through. However, Adrian ran 17 seconds slower than his 2016 best, meaning Andy scraped through by a single second! **Winner: Andy Rea**

Round 1 – Week 2

Thomas Healy v James Eckloff – James had a strategy for overcoming Thomas, and implemented it perfectly. Thomas' run was far from shabby, but James bettered last year's time by 20 seconds and clocked up a 5K PB in the process. **Winner: James Eckloff**

Lee Caves v Ed Wallace – Unfortunately, Ed was unable to compete (on dentist's orders), as he rather inconveniently had to have a wisdom tooth out the day before. As Lee attended, but is unable to make any other date in March, he advances to the next round. **Winner: Lee Caves**

Lucy McCann v Eric Robathan – Having 2:19 added onto Eric's time at the start didn't stop Lucy from giving it her all. In the end, while Eric was only a few seconds slower than last year, Lucy was victorious by improving on her time by 20 seconds. **Winner: Lucy McCann**

Clare Colquhoun v Jeanette Robathan – This one was so close! Although both runners were a little short of last year's times, they both gave every step 100%. The result saw Clare winning by just two seconds! **Winner: Clare Colquhoun**

Wayne Muddiman v Sam Horsfall – According to Sam, she was in "marathon-plodding mode", which could have been a pre-race ploy! She still kept Wayne honest, though, with him running 50 seconds under his (estimated) 2016 time. Wayne goes through by just over 3 minutes. **Winner: Wayne Muddiman**

Round 1 – Week 3

Shaun Hemmings v Paul Cooper – Paul ran very close to his 2016 best (just 12 seconds slower), but Shaun spoiled his party by going and getting a parkrun PB! How rude. **Winner: Shaun Hemmings**

Christopher Key v Paul Cornock – These two both performed very well, missing last year's best by just 10 and 28 seconds, respectively. Christopher came out on top, though, by 18 seconds. Where was that sprint finish, Paul? **Winner: Christopher Key**

Gavin Davies v Steve Brough – Another close finish between this pair. Neither runner could match last year's efforts, but Steve managed to outdo Gavin by a narrow 16 seconds in the end. **Winner: Steve Brough**

Round 1 – Week 4

Julian Landeau v Steve Murphy – Sadly, Steve didn't make it along to this bout. As Julian is unable to rearrange the tie, he goes through by default. **Winner: Julian Landeau**

James Houghton v Ash Powell – Both runners were a little slower than last year, which made this quite an intriguing battle. Ash came out on top, though, bettering James by 40 seconds. **Winner: Ash Powell**

Round 1 – Week 5

Kevin Tomkinson v Callum Murphy – Callum didn't make it along to this tie, unfortunately, so Kevin goes through by default. **Winner: Kevin Tomkinson***

**As Kevin has not renewed his club membership from April, he has sadly been eliminated from the remainder of the competition. His competitor in Round 2 will, therefore, receive a bye into the quarter finals*

Chris McCann v Paul Bingham – This tie saw two of the club stalwarts come together, but only one would come out victorious! Ahem. Unfortunately for Chris, he couldn't match last year's pace, while Paul managed to beat his best by five seconds. After taking the handicapping into account, Paul triumphed by over a minute. **Winner: Paul Bingham**

Round 2 – Week 1

James Eckloff v N/A – James goes through via a bye, as his listed competitor left the club in between rounds. **Winner: James Eckloff**

Lucy McCann v Christopher Kay – Lucy ran pretty close to her round 1 time (just 8 seconds off it), but Christopher managed to knock almost 40 seconds off his time, meaning he progresses into the quarter finals. **Winner: Christopher Kay**

Matthew McKenna v Clare Colquhoun – Both runners were slightly slower than last time round, showing great consistency. Only seven seconds separated these two at the finish, with Matthew emerging victorious. **Winner: Matthew McKenna**

Round 2 – Week 2

Lee Caves v Paul Bingham – Both runners bettered their first round times, particularly Paul, who knocked 39 seconds off. Paul progresses to the quarter finals by staying well within the handicapped time of Lee. **Winner: Paul Bingham**

Steve Brough v Wayne Muddiman – With Steve posting some very impressive recent times, this one was very close and both eagerly awaited the official results. Both competitors eclipsed their times of the previous round by about 40 seconds, but Wayne sneaks through by a very narrow 3 seconds. **Winner: Wayne Muddiman**

Andy Burnett v Andy Rea – Andy B sure is consistent – she ran the exact same time as her round 1 effort, down to the second! Unfortunately for Andy R, recent illness meant he couldn't repeat his round one charge, so Andy B goes through by over two minutes. **Winner: Andy Burnett**

Round 2 – Week 3

Shaun Hemmings v Peter Heald – This anticipated battle lived up to all expectations, with both runners smashing their first round times. Although Shaun knocked 27 seconds off his time, Peter took 36 seconds off his and, after applying the handicap, came out on top by just 9 seconds. **Winner: Peter Heald**

[Round 2 – Week 4](#)

Julian Landeau v Ash Powell – It took a while for this one to get organised, but it was worth the wait. Both runners smashed their times of the previous round, with Julian knocking almost a minute off his time. Ash managed to reduce his time by 24 seconds, but it wasn't enough to stop Julian taking the final quarter final spot.

Winner: Julian Landeau

[Quarter Finals – Week 1](#)

Wayne Muddiman v Andy Burnett – Wayne managed to better his round 2 time by ten seconds, but Andy totally trounced her time, improving by a very impressive 53 seconds. The net result sees Andy go through to the semi finals by 43 seconds. **Winner: Andy Burnett**

[Quarter Finals – Week 2](#)

Matthew McKenna v Julian Landeau – Matthew ran within one second of his Round 2 time, but Julian took a massive 36 seconds off his time and blasted into the semi finals (by 37 seconds, after applying the handicap).

Winner: Julian Landeau

[Quarter Finals – Week 3](#)

Peter Heald v Christopher Kay – Peter knocked four seconds off his Round 2 time, while Christopher was slower than last time out. Peter proceeds to the semi finals as a result, with a net lead of 31 seconds. **Winner: Peter Heald**

Heald

[Quarter Finals – Week 4](#)

James Eckloff v Paul Bingham – This was a pretty close one on the day, with just 9 seconds separating their *actual* times. However, once the handicap had been applied, Paul came out on top by 47 seconds. **Winner: Paul Bingham**

Bingham

[Semi Finals](#)

Paul Bingham v Peter Heald – Both competitors improved over their quarter final times, with Peter producing his quickest time in the competition to date. As a result, Peter reaches the final by a mere three seconds. **Winner: Peter Heald**

Peter Heald

Julian Landeau v Andy Burnett – This semi final bout saw both runners continue their record of improving round-by-round (more or less), smashing their previous best times in the process. Just ten seconds separated them at the end, with Julian raising the victory sign as he crossed the line. **Winner: Julian Landeau**

[Final](#)

Peter Heald v Julian Landeau – Both finalists gave it their all, producing their best times in the competition in the process. Sadly, there can be only one winner and, unfortunately for Peter, Julian smashed his previous times out of the park (he knocked almost a minute off his semi-final time) and emerged victorious.

Winner: Julian Landeau