

# Centurion Runners Newsletter September 2013



**Neil Looks Cool On A Warm Day  
See page 3**

## Editorial

Welcome to this months newsletter plenty of articles this time with one from new contributor Andrew Carwardine. We have a Centurion blasting out two marathon wins on consecutive days, we have a very informative article from Neil who looks as though he has NOT! just completed one of his favorite Marathons, Mary gives us a late report from the BMAC road relays- (my fault). Plus plenty of photos, on which we find two Centurions lying down on the job, two Centurions heavily disguised as Midland Masters and a trio of Carwardines as well as a whole roomful of distinguished looking elderly gentlemen whom I have known since the Centurions was a jogging club. I will update Runners of the Month in the next magazine as the committee takes a rest for a couple of months and the news is a bit slow reaching me. For myself I don't run many miles in training round about 15 a week and I still manage to achieve about the 80% WAVA mark so I am convinced its not how many miles you do a week it's how many SMILES you do a week.

Enjoy your training don't over do the miles and you may still have your own knees in your 70's.

Hopfully we will have found a new website administrator, editor, publisher, to carry on the great job done by Dave Emery for many years now, in time for the next newsletter.

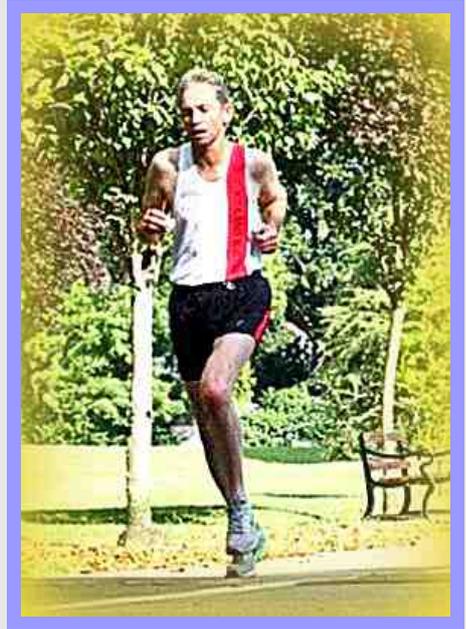
Editor **L.S.**



Elliot Ward in full stride



Jeannette scores yet another PB



The editor returns to form

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## David Emery

**Dave Emery** the Centurion Club website designer and administrator has decided that after many years loyal service to the club that it is time to hang up his web designer tools. On behalf of the committee and the members we would like to thank Dave for his expertise in producing a neat, practical, easy to navigate and informative website, not as easy as it looks I know I've tried. Personally I must thank Dave for producing a professional looking newsletter from my rough drafts after much to-ing and fro-ing as he and I gradually uncover my deliberate mistakes! Making a copy ready for printing and an easily downloadable file for the website and something to be proud of. Apart from his technical knowledge Dave has been a good and able performer for this and other clubs on the road and cross country. The first time I noticed Dave was in one of John Walkers iconic 1980's Peoples Marathons right up there with one of the leading groups if not the leading group with his distinctive economic running style and wearing the famous Tipton Harriers vest.

# North Devon AONB Marathon Sunday 30 June 2013

I decided to do the North Devon marathon sometime after Cologne last October. Although I enjoyed the weekend in Cologne I hadn't particularly enjoyed the actual marathon itself so I decided I needed to get back to basics with a low key, non city marathon. I'd remembered looking at the North Devon marathon the previous year and was aware that Jane, a friend of Di's who I'd met running earlier this year had also ran it. She had loved it so much she was running it again this year. So that was it, I signed up before Christmas and managed to avoid the worst of the winter weather as my longer training runs started a little later than most spring marathoners.

Fast forward to the marathon weekend; we had booked 5 nights in Westward Ho and drove down on the Saturday. Being a tiny event, some 260 runners, there was no marathon expo and I collected the race number and chip on the day. The morning of the marathon started cool with a coastal fog. As we drove into Woolacombe for the start we descended through the fog and I wondered how I would find my way across the rolling coastal paths. Luckily it cleared before the race started otherwise I do think it would have been a safety issue.

I picked up my race number, chip and t shirt before the start and already it felt a nice friendly event as a couple of people asked me where Centurion RC were based, having read it on the back of my hoody. No mad queue for the toilets it all felt very calm and relaxed. I met Jane before the start and I commented it felt like the start of a fun run....it really wasn't fun in places but I'll come to that....

So at 10:00 am we set off on our adventure, well it was for me, no amount of hill work I did in advance prepared me for what was to come. The first mile broke us in gently with a trail just behind Woolacombe beach. It was a fairly easy climb and slow in places as there was no where to pass and some gates to negotiate. I ran with Jane for the first mile as we had agreed and then moved ahead gently when the trail opened out a little. Now its probably worth mentioning my goal for this marathon was sub 4:30, Jane had laughed and shrugged her shoulders when I suggested this, my secondary target was sub 4:41 (Di's challenge) my final target was to finish under 5 hours, preferably uninjured.

The route took us along the headland towards Croyde at about 5 miles. This was great as we then came down the trail and onto a little bit of road past the holiday park there. We were then directed onto the beach, I loved this bit as they had coned a lane out for runners across the length of the beach. People were taking surf lessons and families watched us as we ran past. About half way down the beach we crossed the estuary, not as bad as I had thought but my feet did get damp.

We then climbed up a lot of steps and a steep hill followed onto the headland. It was here that I met Bernard from Sphinx AC who recognised my Centurion vest, we chatted and he gently pushed me over the top of a hill as I almost fell backwards. From here I was caught by the first of the half marathoners, they set out at 10:15 am and the speedy ones were coming up behind us shouting "on your left" this was important as there was little passing room. We undulated across the headland and looped back towards Woolacombe. A couple of runners both said to me, this is nothing yet, save some for the second half. Frankly this was worrying as it was already very hilly and challenging underfoot, but I'd already had a warning it would be tough from pre marathon conversations with Jane and some on line reviews.

As we came down hill (thankfully) into Woolacombe we ran through some sand dunes (on a trail so not as bad as it sounds) and back onto the road. Sam and my daughter Louise had instructions to be waiting with my energy drink near the start and sure enough there they were. I stopped for nearly two minutes as I sorted myself out, drank and collected some more energy gels. I then passed the finish for the half marathoners (and marathoners....but not yet) and got lots of encouragement from the crowd there.

Thereafter it became very quiet as we headed out of Woolacombe in the opposite direction. I got a bit confused with the route and think I strayed a little of track but can't be sure, I was followed by two others but I had no-one in front I could see at this point. Luckily I then saw a marshal and the way was clear. We ran uphill on the road and then onto the coastal path. It now got very interesting, the path was so steep you had to walk and this was pretty much the pattern for the next 10 miles. The down hills provided little relief as they hurt my knees; some of the steps were huge. What I did enjoy were the little bursts of camaraderie at the water stops. Some of these were in the middle of nowhere and the same runners would congregate briefly, have a joke, a jelly baby and water and then we were on our way again. I kept catching a club runner called Jeremy and we alternated the lead between us from 15 miles onwards. He was very inspiring as when I checked the results he was in the 60-64 category, respect!

At about 16 miles I had my only doubt of the whole marathon that I might not finish, each hill took so much out of me I felt a little overwhelmed. The feeling soon passed and never occurred again despite some bigger hills later on. Approaching mile 18 I recall a huge hill and then a fast road descent into a tiny village. It was here that I had a sports drink waiting for me that had been sent ahead with my name and race number on, (just like a pro) that was great, and then someone said you can get beer up ahead. I thought this was a joke, but thankfully it wasn't. A local pub had put out small glasses of beer, I joked with the owners and drank one....it tasted like nectar and with the sports drink I was a little reinvigorated. This was lucky as the next hill went on for some two miles.

At this point there was a lot of walking and I chatted with a guy from Frome Running Club doing his first marathon, I was amazed he picked one so tough. As I look back I realise how much I enjoyed this as several of us joked and chatted and at various times even attempted some uphill running.

I had my mobile with me and had been trying to take a few pictures on the way with only a little success. I couldn't see the screen and nearly fell over messing with it. At this point it was so remote there was no reception anyway! I do remember running across a ploughed field and through what seemed like someone's back garden, it's all a bit mixed in my mind now with a sharp downhill on a road before 22 miles.

I do recall a reservoir just past 22 miles and running on the cycle track called the Tarka Trail, this was a long 2 mile uphill but less steep than the coastal paths (at and least it was good underfoot) I confess to walking a couple more times....it seemed never ending. At 24 miles I knew I was going to make it and that it was predominantly flat and downhill there on in. At 25 miles we traversed a hill sideways on, this was tricky and I felt like falling sideways. I also felt sick and slowed a little, fortunately this passed though I new I was close to miss my second target time, I'd let 4:30 go a long time ago. The times were just a guide and in all honesty I barely looked at my watch, this one was about running the distance in challenging but glorious scenery. That's where AONB in the title became clear (Area of Outstanding National Beauty) On to the finish, we dropped down a steep slope and climbed a big stile before the 26 mile point really challenged my desperate legs. As we dropped back into Woolacombe I ran past holiday makers and then saw Sam and Louise cheering me on, there was a lot of support at the finish and I heard my name called over the PA system. I crossed the line and lay down....and didn't move. I managed a feeble wave at Jeremy who had crossed the line 2 minutes earlier (also lying down). I finished in 4:37 and was very pleased.

Sam and Louise came and found me and took some photos. Eventually I recovered enough to get my complimentary cream tea (lovely) from the finish area. I then waited for Jane who crossed the line in 4:56, she was thrilled beating her previous time and getting under the 5 hours that she wanted.

Overall, as I look back I loved it, one of my most favourite marathons. I'm hoping to do it again next year if I can so I think that speaks for itself. If you fancy something different, low key and very challenging then I would really recommend this.



# Great Midlands Fun Run (formally Sutton Fun Run)

## 2<sup>nd</sup> June 2013



### Those Carwardine Boys

I know this event is not contested by many Centurion's but as a local resident of Sutton Coldfield feel that it is only right that I support this local event.

Having ran the race for the last few years I realised that this year was going to be very different. Firstly, it would be the first time, I would not be chasing my brother Mark C about Sutton, as he did not enter this year due to injury and also it would be the first time that my 12 year old son, Jack, would be competing. I guess Jack thought that anything Dad can do, I can do. It would also be the first time I would be competing in the Centurion vest.

Jack managed to get out on a few pre race training run's but not as many as I thought he needed but you know what lads are like, he was sure he would be OK on the day.

The big day came around and Jack said he would prefer it if we did not run together and that I should try and get the best time I could. This was a little disappointing as I was looking forward to us running together (father and son time and all that) but we wished each other good luck and went and found our own starting positions.

The race is an 8.5 mile hilly course that starts in Sutton town centre, goes past the Town Hall and Wyndley Leisure Centre before entering Sutton Park at Boldmere Gate. You then go up to Jamboree Stone then down to Town gate before heading towards the exit of the park via Four Oaks gate after negotiating the renowned (well renowned in Sutton circles anyway) Cardiac Hill. This is a tough climb that stretches for ½ mile and can make or break your run if you are after a good time. You complete the route with a downhill section back into Sutton Town Centre.

The race started at 11.15am on the hottest day of the year so far, so everyone was grateful of the water stations around the route. It was good to see some Centurion supporters on route which kept me going along the way. I completed the race in 59 mins and 27 sec and was really happy to get under the hour mark.

After receiving my medal and grabbing a drink I ran back along the route towards the 7 mile mark to meet my family and wait for Jack to arrive. In due course he came into view and I joined him in completing the last 1 ½ mile. It was a delight to run that short distance with him and he managed to quicken up his pace and finished by sprinting across the line in a very respectable time of 1hr 40mins.

We have both promised to do it again next year and Jack has said that he will beat his time. He may want to run with me by then but we will have to wait and see.

Jack has since competed in the Sphinx 2k Fun Run finishing in 11<sup>th</sup> place and also the Northbrook 2k run finishing 17<sup>th</sup>. Maybe a budding Centurion of the future in the making, we will have to wait and see.

Author Andy Carwardine

## BMAC Road Relays

The ladies entered an over 35 team for the British Masters road relay in Sutton Park on 18th May. Unfortunately only 2 Ladies were able to compete due to previous commitments or injury. Theresa Woolley ran first leg in 22min 37sec. Alison Fergusson ran 2nd leg in 24min 48sec. This was Alison's first road relay & she enjoyed it so much, she wants to run any others that come along as well as x country. We need all the ladies in the club to run for their club, to represent Centurion. We need as many of you as possible to run in the Warwickshire road running league to get as many points for the club, as points will help us to get a good position in the league table.

**Author Mary Williams**

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### Steve Cowley and some of the elder statesmen of the Centurion Running Club



### A reunion on the occasion of Steve Cowley's wedding on 20th July

Left to right:-

Geoff Cumberbatch Malcolm Luckman John Spencer Steve Cowley Bob Taylor

Dave Harris John Twamley Alan Twamley Micky Hollis

There's a few years of service there - and a few extra stones

**Provided By John Twamley**



**Sorry lost the email that came with this photo someones brother I think.  
So I'll call him the Mystery Man!**

# Centurions run the Northbrook 10K

14 July 2013



## Emma Looks Deeeeeeeelighted

Centurions were well represented for the latest race in the popular Warwickshire Road Race League. The Northbrook 10K starts and finishes near the old Jaguar site at Browns Lane, Coventry. It takes in the surrounding country lanes and proved challenging for many club members with the predominantly uphill first 8K. This was coupled with little shelter from the sun on what proved to be a very hot day. The last 2K rewarded runners with a fast downhill finish and plenty of water to refresh some very exhausted runners.

First Centurion to finish was Eddie McGrath in 37:32.

Centurions will be present at the remaining races of the season including the Kenilworth half marathon on 1 September and the Rugby 10 miler in October with everything left to play for in terms of league standing.

Centurion Running Club is a friendly all abilities running club that meets at North Solihull Sports Centre Tuesday and Thursday evenings at 7pm.

**Author Neil Wilkes**

### Centurion finishers and times

37:32 Eddie McGrath  
37:35 Ian Satterthwaite  
38:12 Thomas Healy  
38:25 Gavin Davies  
41:51 Wayne Muddiman  
43:19 Andrew Carwardine  
44:23 Edmund Wallace  
45:22 Christopher Houghton  
45:59 Neil Wilkes  
46:16 Emma Donnelly  
47:01 Eric Robathan  
47:25 Theresa Woolley

48:47 James Houghton  
49:15 Adrian Lloyd  
49:26 Robathan Jeanette  
50:14 Gary Turner  
50:21 John Curtin  
51:00 Andrew Matthews  
53:15 Kevin Morris  
55:22 Diane Sylvester  
55:39 Paul Cornock  
57:37 Tanya Murphy  
59:04 Elizabeth Smith

## Double Marathon Success For Paul

Paul Davies reports "I did a marathon double over the weekend, (I know I'm mad) and was fortunate enough to win on both days!

To summarise

Saturday 27<sup>th</sup> I won the Round the Reservoir Marathon in 2h 59m and was the first person ever to get a sub 3 on that (trail) course.

Sunday 28<sup>th</sup> On Sunday I ran the same race on the same course my legs were a little heavy but managed to win again with 3h 09m. Over 100 runners competed over the 2 days with 28 athletes doing both Marathons.

Sharon did two training runs, 17 & 13 miles respectively.



**I wait for a well earned post race massage**

### Rowheath 5k results

18 Ed McGrath M50 Centurion RC 17.48  
31 Paul Davies M50 Centurion RC 18.11  
44 Thomas Healey M50 Centurion RC 18.39  
48 Gavin Davies M45 Centurion RC 18.50  
80 Tony Haden M45 Centurion RC 19.56  
90 Andrew Carwardine M40 Centurion RC 20.08  
93 Edmund Wallace SM Centurion RC 20.12  
96 Wayne Muddiman M40 Centurion RC 20.15  
122 Sharon Davies F40 Centurion RC 21.48  
130 Emma Donnelly SF Centurion RC 22.13  
133 Eric Robathan M50 Centurion RC 22.28

139 Theresa Woolley F50 Centurion RC 23.02  
145 Jeanette Robathan M50 Centurion RC 23.21  
147 Lou Satterthwaite M70 Centurion RC 23.30  
153 Adrian Lloyd M65 Centurion RC 23.43  
159 Stuart Calderbank M65 Centurion RC 24.20  
170 Paul Cornock M50 Centurion RC 25.50  
180 Tanya Griffiths Sf Centurion RC 27.00  
182 Elizabeth Smith SF Centurion RC 27.40

### Stratford Summer Six Results

13 PAUL DAVIES MV 50 Male 35:01  
14 Ian Satterthwaite MV 40 Male 35:10  
15 Eddie McGrath MV 50 Male 35:36  
27 Thomas Healey MV 50 Male 37:21  
50 Tony Haden MV 40 Male 39:41  
61 Stephen Giblin MV 60 Male 41:04  
62 Edmund Wallace Male 41:08  
77 Andy Rea MV 50 Male 42:04  
84 SHARON DAVIES FV35 Female 42:32  
88 Christopher Houghton Male 42:43  
91 Neil Wilkes MV 40 Male: 43:08

102 Theresa Woolley FV 45 Female 44:19  
103 Emma Donnelly F sen Female 44:28  
106 Eric Robathan MV 50 Male 44:44  
116 Jeanette Robathan FV 45 45:36  
122 Gary Turner MV 50 Male 46:15  
128 James Houghton MV 50 Male 46:45  
129 Adrian Lloyd MV 60 Male 46:48  
146 Kevin Morris MV 40 Male 48:21  
172 Diane Sylvester FV35 Female 51:39  
203 Elizabeth Smith FV35 Female 55:07

# Thames Path Challenge

Towards the end of last year, I found myself looking for a new job which became my main focus in life. My running suffered, in fact it suffered so much that I stopped running all together. To be honest, I became lazy; as they say, the hardest part is getting out of the front door.

Luckily, I got myself a new job, located just a few miles from home which I was considering cycling to. At first, I was working shifts which entailed either a six am start or a ten pm finish. In November and December these were dark times and I never got the bike out at all.

One day, I decided to try walking to work. I checked for the shortest route using *endomondo* (an online GPS tracker) and found I would need to walk just over three miles. The next day, with a change of clothes in a backpack, I walked into work. I didn't push it and caught the bus home after my shift.

From walking to (and from) work now and again I moved on to walking in and out most days with the occasional use of the car to get all the spare clothes, dirty clothes etc. in the right places.

My shifts changed so that I was now working eight until half four which was much more conducive to walking, i.e. not having to get up at silly o'clock and I started to add a little extra to my routes, coming home the 'scenic' route and the milage slowly began to creep up. One afternoon I went the very scenic route and ended up at The Griffin near Shustoke, a distance of around nine miles. My wife was good enough to pick me up on her way home after she had finished work. That worked very well. With walking into work (around three and a half miles) plus the walk to the pub (another nine) I was easily clocking up twelve and a half miles in a day. This was to become the normal routine for a Wednesday with the afternoon portion eventually getting up to seventeen miles.

After a while I wanted to test the fitness that I hoped I had gained from the walks and I signed up for the *Free Radio Walk for Kids*, a twenty six mile route around Birmingham; what used to be called the *walkathon*. On Sunday, May 19<sup>th</sup>, I set off from Rookery Park in Erdington, roughly following the number eleven bus route, clockwise around Brum. I started off slowly as I wasn't too sure how I would fair but as the miles went by I started to feel more confident and by the end, I was walking a mile every thirteen minutes. The twenty six miles turned out to be nearer twenty four but I completed it in just over five and a half hours at an average pace of 13:13 or 4.5 mph. Best of all, I didn't feel difficult and I didn't suffer in the subsequent days.

I needed something a bit more challenging. I looked at a few 50km walks but that distance is only a little more than what

I had done, easily, and

I finally went for a 100km, or sixty two miles, challenge, which I am sure will tax me.

The walk that I shall be doing on September 14<sup>th</sup>, is run by a company called action challenge and involves a walk along the Thames from Putney Bridge to Henley-on-Thames. To secure my place I had to pledge to raise £400 for a charity. After checking the different charities available and talking to my wife who has had experience with this charity, I decided to support macmillan cancer support. I signed up.

To help with the fund raising, I set up a just giving page ([justgiving.com/kevbaldry](http://justgiving.com/kevbaldry)) and started a blog ([kevb62.blogspot.co.uk](http://kevb62.blogspot.co.uk)) to record my preparations. I have found a training plan which is similar to the running plans with, typically, a long walk at the week ends and speed/tempo sessions midweek.



I have recently been persuaded to start running again and managed a PB in the recent Two Castles 10k race so all that walking must be having some benefit. Where the training plan calls for aerobic exercise, I can run and better still these usually fall on a Tuesday and Thursday (club nights).

As well as the walking (and running) I have the fundraising to do. I have accommodation to sort out (having to find somewhere that will let me roll in in the wee hours of Sunday morning). I want to provide live updates / log / tweet my progress, so need to sort out batteries for the phone and loads of other bits and pieces. The walk could be the easy part ! Please check the blog to see how I'm getting on and if anyone fancies joining me on a training walk (I can do all speeds) just let me know.

**Author Kevin Baldry**

## Forthcoming races

Sun	1 <sup>st</sup>	Sep	Little Aston 5 miles, Recreation Ground, Forge Lane, Little Aston, nr Sutton Coldfield. 11.00am
Sun	1 <sup>st</sup>	Sep	Wolverhampton ½ Marathon & 10k. (Times TBC)
Sun	1 <sup>st</sup>	Sep	Kenilworth ½ Marathon. Castle Farm Sports Centre, Fishponds Rd, Kenilworth 10.00am. FULL
Sun	1 <sup>st</sup>	Sep	Wilne 10k, Church Wilne Water Sports Club, Sawley Road, Draycott, Derby. DE72. 10.00am
Sat	7 <sup>th</sup>	Sep	Birmingham Big 5k, Cannon Hill Park, Russells Road, Edgbaston, Birmingham. 11.00am
Sun	8 <sup>th</sup>	Sep	Stratford Big 10k. Recreation Ground, Swans Nest Lane, Stratford. 9.30am
Sun	8 <sup>th</sup>	Sep	Lichfield 10k. King Edward Leisure Centre, Kings Hill Road, Lichfield. 10.30am
Sat	14 <sup>th</sup>	Sep	Gloucester Autumnal 5 miles, White Horse, Sandhurst Lane, Sandhurst, Gloucester. GL2. 3.00pm
Sun	15 <sup>th</sup>	Sep	Hatton 5 miles, Hatton Country World, Dark Lane, Hatton, near Warwick. CV35.
Sun	15 <sup>th</sup>	Sep	Tamworth 10 miles. BDSL
Sun	15 <sup>th</sup>	Sep	Lake Vyrnwy ½ Marathon, Mid Wales. 1.00pm. FULL
Sun	15 <sup>th</sup>	Sep	Bham Insurance Institute 10k/5k, Sutton Park. 10.30am. ONLINE
Sat	21 <sup>st</sup>	Sep	Relays, Sutton Park. Men 12 Stage = 12.00 noon, Ladies 6 x 3 miles = 12.20pm
Sun	22 <sup>nd</sup>	Sep	Ludlow 12k M/T, Ludlow Castle, Castle Square, Ludlow. 10.00am. ONLINE
Sun	22 <sup>nd</sup>	Sep	Walsall Rotary 10k/5k M/T, Arboretum, Broadway North, Walsall. WS1. 11.00am. ONLINE
Sun	22 <sup>nd</sup>	Sep	Shrewsbury 7 Bridges 10k, Quiarry Park, The Square, Shrewsbury Town Centre. SY1. 10.00am
Sun	22 <sup>nd</sup>	Sep	Shuttle 10k, Kidderminster AC, Stourport Sports Centre, Kingsway, Stourport. 11.00am
Sun	22 <sup>nd</sup>	Sep	Gt Black Country Runs 10k/5k, Somers Square, Halesowen. 10k = 9.00am, 5k = 11.00am.
Sun	22 <sup>nd</sup>	Sep	Waseley Wobbler 8 miles M/T, Waseley Hills School, School Road, Rubery, Bham. 11.00am
Sun	29 <sup>th</sup>	Sep	Kinver 10k, Leisure Centre, Enville Road, Kinver, near Stourbridge. 10.00am
Sun	29 <sup>th</sup>	Sep	Mark Perry 5k M/T, Hill Tavern Pub, Adams Hill, Clent, near Stourbridge. DY9. 11.00am
<b>Sun</b>	<b>29<sup>th</sup></b>	<b>Sep</b>	<b>Rugby 10 miles, WRRL.</b>
Sun	29 <sup>th</sup>	Sep	Robin Hood ½ Marathon, 9.30am. ONLINE
Sun	29 <sup>th</sup>	Sep	Stoke 10k, Hanley Park, Cleveland Road, Stoke on Trent. ST1. 9.00am. ONLINE
Sun	29 <sup>th</sup>	Sep	Teach First 10k, Sutton Park. 10.30am. TBC
Sun	29 <sup>th</sup>	Sep	Golden Gates 5 miles, Elvaston Country Park, Borrowash Lane, Elvaston, Derby. DE72. TBC
Sun	6 <sup>th</sup>	Oct	Bournville Leafy 10k M/T, Rowheath Pavilion, Heath Road, Bournville, Birmingham. TBC
Sun	6 <sup>th</sup>	Oct	Dirt Run 10k M/T, Top Barn, Worcester Road, Holt Heath, Worcester. WR6. 11.00am
Sun	6 <sup>th</sup>	Oct	Goose Fair 10k M/T, Leisure Centre, Newdigate Street, Kimberley, Nottingham. NG16. 10.00am
Sat	12 <sup>th</sup>	Oct	Relays, Sutton Park, TBC
Sat	12 <sup>th</sup>	Oct	Worcs Beacon Race 7 miles M/T, Rose Bank Gardens, Belle Vue Terrace, Malvern. 3.00pm
Sun	13 <sup>th</sup>	Oct	Tamworth 10k, Tamworth Castle. (10.30am?) ONLINE
Sun	13 <sup>th</sup>	Oct	Welcome Wobbler 10k M/T, Welcombe Hills Country Park, Stratford. TBC
Sun	13 <sup>th</sup>	Oct	Leicester ½ Marathon, Victoria Park, Victoria Park Road, Leicester. LE1. 9.15am. ONLINE
Sun	13 <sup>th</sup>	Oct	Bells of Pattingham 7 miles M/T, Village Hall Playing Fields, Pattingham, near Wolves. 11.00am
Wed	16 <sup>th</sup>	Oct	Derby Midweek 5k, Alvaston & Boulton Cricket Club, Raynesway, Derby. DE21. 7.20pm
Sun	20 <sup>th</sup>	Oct	Birmingham ½ Marathon.
Sat	26 <sup>th</sup>	Oct	Aldridge 5 mile Poppy Run, Aldridge Airport, Bosty Lane, Aldridge. 10.30am
Sun	27 <sup>th</sup>	Oct	Stroud ½ Marathon, Caincross Road, by Marling School Field, Stroud. Glos. GL5. 10.00am
Sun	27 <sup>th</sup>	Oct	Poppy Run 5k M/T, Kingsbury Water Park, near Tamworth. 11.00am
Sun	27 <sup>th</sup>	Oct	Cinder Path 10k M/T, by Visitor Centre, Town Gate, Sutton Park.
Sun	3 <sup>rd</sup>	Nov	Flying Fox 10 miles, All Saints School, Mile Lane, Standon, (off A519) Staffs. ST21. 11.00am.
Sun	3 <sup>rd</sup>	Nov	Conductive Education 10k, Cannon Hill Park, Russell Road, Edgbaston, Birmingham. 9.30am
Sun	10 <sup>th</sup>	Nov	Kingsbury Water Park 10k M/T, 10.30am. ONLINE
Sun	10 <sup>th</sup>	Nov	Mad Jack's 5 miles M/T, Attingham Park, Atcham, Shrewsbury. SY4. 11.00am.
Sat	16 <sup>th</sup>	Nov	Shakespeare Raceway 5k/10k, Long Marston Airfield, Campden Road, near Stratford. 11.00am
Sat	16 <sup>th</sup>	Nov	Shakespeare Raceway ½ Marathon, Long Marston Airfield, Campden Rd, near Stratford. 11.00am
Sun	17 <sup>th</sup>	Nov	Cannock Rotary 10k, near Visitor Centre, Marquis Drive, Hednesford, near Cannock. TBC
Sun	24 <sup>th</sup>	Nov	Heanor Xmas Pudding 10k, Shipley Country Park, Slack Lane, Heanor, Derby. DE75. 10.00am
Sun	1 <sup>st</sup>	Dec	Edwinstowe Trail 10k M/T, Cricket Pavilion, Forest Corner, Edwinstowe. Nottingham. NG21. 10.30.
Sun	21 <sup>st</sup>	Dec	St Giles Hospice, Rudolph Run 5k M/T, Tamworth Castle. 10.00am. ONLINE
Sat	14 <sup>th</sup>	Dec	Xmas Cracker 10k/20k, Moreton Morrell College, Moreton College, nr Warwick. 10 am. ONLINE
Sun	15 <sup>th</sup>	Dec	Telford 10k, New Visitor Centre, Telford Town Park. Sub 40 mins = 10.45, 40 + mins = 11.30am
Fri	27 <sup>th</sup>	Dec	Wheaton Aston 10k. TBC
Fri	27 <sup>th</sup>	Dec	Queens Head 5k, Queens Head Pub, Chesterfield Road, Belper, Derby. 12 noon

# Club Championships 2013

## Ladies

There have been a whopping 7 races since the last newsletter update. **Emma Donnelly** and **Theresa Woolley** have competed in each one of them, swapping positions as they go. As a result, they continue to occupy the top two places, although the difference between them has increased. Emma has stretched her lead by a further 30 points, to now stand a quite substantial fifty points ahead of Theresa. After a series of strong races, **Jeanette Robathan** has moved up two places to third. The next three spots are separated by just 25 points. **Tanya Griffiths**, also moving up two places, currently heads this battle, but **Sharon Davies** (fifth) and **Elizabeth Smith** (sixth) will undoubtedly keep the pressure on for the rest of the season. There are 8 new entries this quarter, the highest of which is **Diane Sylvester**, who sits in seventh place.

## Men

It's a case of de ja vu in the men's competition, with the top four remaining the same since the last newsletter report. After a series of consistent races, **Thomas Healy** has slightly extended his lead over **Gavin Davies** to 35 points. These two have pulled away from third-placed **Wayne Muddiman**, who has also opened up a gap over **Andy Rea**, who remains in fourth. **Adrian Lloyd** has climbed three places to move into fifth, although he's being very closely chased by **Paul Davies**, who himself has moved up 8 spots after performing extremely well in the recent **WRRL** races. **Tony Haden** is the next highest climber, ascending 6 places to reach joint-twelfth, followed by **Eric Robathan** (up 5 to 14<sup>th</sup>) and Paul Cornock (up 5 to 17<sup>th</sup>). **Eddie McGrath** is the highest of 14 new entries, making his debut at joint-twelfth.

**Author Wayne Muddiman**

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## **Gavin joins the Centurion half ton team**

As Gavin Davies reaches his 50th year he will be joining the Centurion's team of high achieving V50s who could do well in national competition's. Happy Birthday Gavin

**LS**

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## **COVENTRY GODIVA HARRIERS**

### **AUTUMNAL 5, War Memorial Park, 21st August 2013**

20	Eddie McGrath	M50 29:20 M	127	Eric Robathan	M50 36:14 M
22	Paul Davies	M50 29:28 M	131	Emma Donnelly	SW 36:56 F
34	Thomas Healy	M50 30:20 M	143	Jeanette Robathan	W50 38:11 F
38	Marc Curtis	M45 30:37 M	150	Theresa Woolley	W50 38:42 F
42	Gavin Davies	M45 30:56 M	153	Leonard Wallace	SM 38:52 M
53	Tony Haden	M45 31:40 M	155	Andrew Matthews	M45 38:58 M
76	Wayne Muddiman	M40 32:54 M	172	Alison Fergusson	W45 40:29 F
82	Edmund Wallace	SM 33:12 M	177	Kevin Morris	M40 41:08 M
92	Andrew Carwardine	M40 33:57 M	183	Richard Booth	M40 42:17 M
96	Andy Rea	M50 34:13 M	191	Paul Cornock	M50 43:37 M
101	Christopher Haughton	SM 34:23 M	197	Tanya Griffiths	SW 44:31 F
118	Neil Wilkes	M45 35:50 M	205	Elizabeth Smith	W35 46:18 F