

Centurion Newsletter

June 2013



Ian Mansell and Theresa Woolley were duly crowned as the club champions for 2012 at the Centurion Runners Presentation evening

Editorial

Welcome to June edition of the Newsletter, Quite pleased that I was chosen as a Brueton parkrun monthly Sweatshop prize winner so many thanks to the Brueton team for that and Sweatshop for my £85 Nike Pegasus 29's.

The cross country season ended with the Centurion's narrowly avoiding relegation to division 3 due to illness and injury, but well done to the team for managing to stay up, it is essential that more of our athletes support the team manager and turn out for these races, there are no fun runners in the cross country leagues, running these will also help you reach your full potential.

Cookery section - being unimpressed by what the supermarkets serve up as "fresh baked bread" I have included for the more discerning gastronomes amongst my readers my own method of making beautiful home baked bread I have done my research so any queries will be welcome.

Note Club Clothing if you want to buy your favourite Centurion newsletter editor a present you can purchase Centurion club gear here: <http://centurion.pmconline.co.uk/>

The Views of the editor are not the views of the Centurion Running Club

Great Song Nieces daughter sings the Pixes "Where is my mind" <http://youtu.be/tF6OqVanRNY>

Editor Louis Satterthwaite

Runners of the Month – January

Ladies: Tanya Murphy
Men: James Houghton

Runners of the Month -- February

Ladies: Mary Williams
Men: Len Wallace

Runners of the Month – March

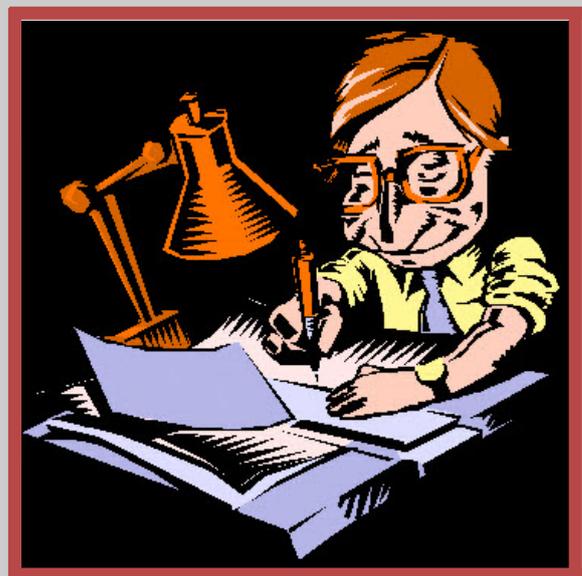
Ladies: Sharon Townley
Men: Kevin Morris/Tom Sharkey

Runners of the Month – April

Ladies Elizabeth Smith
Men Ian Satterthwaite

INDEX

Page 1 Club Champ	Photo by Louis Satterthwaite
Page 2 Editorial	Louis Satterthwaite
Page 3 Homemade Bread	Louis Satterthwaite
Page 4 Final Champ's League	Wayne Muddiman
Page 5 Grand Prix top finishers	Neil Prentice
Page 6 Teddy Hall Relays	Neil Wilkes
Page 7 WRRL Regency 10k	Neil Wilkes
1 short report by Gavin and 1 wedding	Paul Davies
Page 8 My racing year	Paul Davies
Page 9 My racing year	Louis Satterthwaite
Page 10 2013 Club Champs	Wayne Muddiman
BMAC Relays Short report	Andy Rea.
Page 11 BMAC Photos	Courtesy Brian Dale
Page 12/13 London Marathon	Emma Donneley
Page 14/15 Drug Abuse	sourced by Mark Carwardine
Page 16 Race Index	Chris Harrison



The Editor



New Shoes

My Nike Pegasus 29's

My best shot at bread making



This had just come out of the oven

Ingredients

Strong white flour 250 grams
Strong wholemeal flour 50 grams
warm water 180 ml

One teaspoon of yeast
Two teaspoons sugar
half a teaspoon of salt
lots of elbow grease

Step 1

Add one teaspoon of the sugar to the 200 ml of luke warm water and one teaspoon of yeast stir the mixture. Leave to activate in a warm room for about 10 to 15 minutes.

Step 2

Mix the flour the rest of the sugar and salt well in a large mixing bowl.
I warm this mixture in a preheated oven on its lowest heat.

Step 3

Add the activated yeast mixture to the mixing bowl of flour, mix well with a dessertspoon until it forms into one lump, If it is a bit to dry to form keep adding the tiniest amount of water until it does.
Note! If it is to wet the structure of the bread gets weak and collapses.

Step 4

Spinkle flour onto your kneading surface place the dough onto the surface
rub some flour onto your hands and start to knead. After a while keep stretching
and folding the dough over until it rolls into a nice smooth ball this takes about 10 minutes.

Step 5

Smear olive oil around the mixing bowl to stop the dough sticking, place dough in mixing bowl
cover bowl with cling film and leave to rise somewhere warmish for approx 2 hours or
But I find it best to make the dough the night before leave at room temperature it overnight.

Step 6

Turn the dough out onto a floured mixing surface and punch the gases out of the dough
then knead again for a short while, form the dough to fit into your bread tin try to pull the top
surface tight any folds underneath usually come out, place in lightly floured bread tin,
slashing across top of bread 4 or 5 times helps it to stretch and grow.

Step 7

Place in a preheated oven on its lowest heat switch oven off and leave to reprove for approx
20 minutes. Then remove bread from oven and keep at room temperature.
Turn oven up to about 175 degs takes about 10 minutes, when up to temperature place bread
in oven and leave to bake for 31 minutes this may vary according to the make or type of your oven.

All this eliminates the usual problems of rock hard crust with a damp soggy inside.

Louis Satterthwaite

Ian takes the Grand Prix Vets Crown



Top Club Championship point scorers of 2012 The Premier League

1 - Theresa Woolley	2,240
2 - Lucy McCann	2,070
3 - Emma Donnelly	2,030
4 - Mary Williams	1,755
5 - Jeanette Robathan	1,175
6 - Janine Thomas	1,010

1 - Ian Mansell	2,500
2 - Ed Wallace	2,200
3 - Thomas Healy	2195
4 - Marc Curtis	2135
5 - Tony Haden	2093
6 - Adrian Lloyd	2088

Centurion Grand Prix Series Top Placings

Senior Men

- 1 Ellis Cross MJ Tamworth AC 1040
- 2 Ian Mansell M Centurion RC 945
- 3 Ian Satterthwaite MV40 Centurion RC 910

Senior Ladies

- 1 Linda McDonald F Northbrook AC 1100
- 2 Angela Mensing FV40 Peel R.R. 1060
- 3 Zarinda Batstone F Coventry Godiva 1010

Vet Ladies

- 1 Angela Mensing FV40 Peel R.R. 1120
- 2 Theresa Woolley FV45 Centurion RC 1030
- 3 Jeanette Robathan FV45 Centurion RC 1010

Vet Men

- 1 Ian Satterthwaite MV40 Centurion RC 1050
- 2 Eddie McGrath MV45 Centurion RC 1020
- 3 Craig Watters MV45 Oak Park RC 1010



Centurion Club Ladies Champion Theresa also acquitted herself well in the Centurion Grand Prix series coming 2nd overall

Teddy Hall Relays

6th March 2013

Centurions have been attending the Teddy Hall relays for some years now. They take place every March in Oxford from the famous Iffley Road stadium where Roger Bannister ran the first sub 4 minute mile.

Relay teams consist of 4 people and can be mixed as well. The legs this year were 3.6 miles long and last year they were 4.4 miles so there can be some variation. Change over takes place on the track with a baton and every runner starts and finishes on the track after running onto the streets of Oxford, along the river Thames, past the boat houses and then back onto the streets before returning to the stadium.

So it was 12 Centurions that met for this years relays. Most travelled down from the North Solihull Sports Centre thanks to Adrian's 'bus' that was myself, Adrian....obviously, Wayne, Teresa, Chris , Mary and Gavin who we picked up enroute and Len and Ed following behind. Seth, Stuart and Preston met us at the track in Oxford. The journey down was straightforward and after some conversation about the origins of Teddy Hall (Edward Hall and part of the University) we marvelled at Chris's' historical knowledge of the event when he announced that Edmund Hilary completed the first sub 4 minute mile.....

Upon arriving Chris sorted the teams and Centurions practiced baton changes until we became well rehearsed and secure in the knowledge that we could knock a few seconds off....ok I lied a bit, most of us just played with the batons. And so the 13:30 start arrived, the teams (in no particular order) were as follows;

A Mixed Vets Preston, Chris, Teresa and Mary

B "young guns" Men's team (probably get done on the trade descriptions act) Wayne, Myself, Ed and Len

C Men's team, Adrian, Gavin, Stuart, Seth

Everyone acquitted themselves well, and most set off a little too fast if they were honest caught up in the excitement of running on the track past the stadium, only to struggle a little after leaving the stadium with a small slope out onto the streets of Oxford. The pavements are not closed so when you are on the streets you have some pedestrian avoidance to take into account and some road junctions, which although marshalled cannot stop the traffic, this just adds to the overall adventure though.

The winning team was RAF Men A with a combined time of 1:12:53, Centurion teams finished in 60th in 1:34:38 (Young guns), 101st in 1:42:46 (C Men's team) out of 153 finishing men's teams and (mixed vets) 19th in 1:40:03 of 48 mixed vets teams.

After showering and watching all the runners come in we walked to the Edward Hall where students provide jam sandwiches, biscuits, sweets, tea and coffee and the awards were made. It was a long queue to get in but worth it in the end though.

We set off back sometime around 5 pm, less Gavin who had defected to Knowle and Dorridge for an earlier lift and Ed and Len who stayed on to meet up with a friend. We arrived back before 7 pm, I think everyone that I spoke to had really enjoyed themselves and there had been a strong turn out of Centurions to make the club proud and to promote us outside of the west midlands. It was my first time doing this event and I would recommend it to anyone regardless of ability, it really is just about taking part. I know some of the die hards return year after year as they enjoy it so much. Thanks then to Chris for organising and Adrian for bus driving duties!

For more information about this event you can visit the Teddy Hall relays website at <http://ouccc.org.uk/>

Author Neil Wilkes



Centurions compete in first Warwickshire road race league race of 2013

There was a large turn out of 26 Centurion running club members for the first race of the 2013 Warwickshire Road racing League, the Regency 10k in Leamington Spa. This bodes well for the club in the upcoming 10 road races across the county which end in October this year.

It was a cold but sunny morning that greeted Centurions for the 9:00 am race start from Newbold Comyn near the centre of Leamington Spa. The route takes in paths around the Comyn and golf course and then loops back into the town and along the river before a finishing near Jephson Gardens by the river.

There were some great individual performances including several personal best times amongst club members.

Race Times

36:06 Paul Davies
36:10 Ian Satterthwaite
37:29 Thomas Healy
37:42 Eliot Ward
39:04 Gavin Davies
40:55 Wayne Muddiman
41:18 Matthew Mullins
41:34 David Pearson
41:36 Edmund Wallace
41:58 Andy Rea
42:09 Leonard Wallace
44:57 Neil Wilkes
45:34 Emma Donnelly
45:59 Theresa Woolley
46:53 Eric Robathan
47:15 Kevin Morris
48:07 Adrian Lloyd
49:30 Jeanette Robathan
51:34 Ian Cooper
52:11 Paul Cornock
52:04 Richard King
52:39 Richard Booth
52:41 Steven Brough
53:35 Tanya Murphy
54:59 Elizabeth Smith
65:11 Gary Turner



Ed and Dave push on near the finish

Gavin Davies writes

Oh I do like to be beside the sea side ! Porthcawl parkrun event number 2 Saturday 14th April
Super spot for a parkrun starting on Porthcawl's sea front parade following the coast road on an out and back course.
124 runners turned out for their 2nd running on a very windy day with wild seas crashing against the sea wall throwing spray over parts of the course. To add to this the course has long hills which gave great views across the bay even though very challenging.

Matt Wells, Bridgend AC came in first in an excellent 16:40, I managed 12th in a respectable 19:23
I would highly recommend if you find yourself in the South Wales, Swansea area

Paul and Sharon in the Vancouver marathon and their wedding on Salt Spring Island

Paul writes My time in the marathon was 2h 56 minutes and Sharon got 1h 41m for the half.
The wedding was fantastic, weather great, cruise lovely.



Paul Davies racing year 2012

January 2012: I Ran my first marathon of the year, (39th overall) and one that I'd won in the past and this time managed 9th with a decent time of 2 hours 50 minutes. Mark Carwardine was a place behind pushing me all the way. Good to get the first one of the year done.

February: Next up was the Cotswold Marathon, another that I had previously won, and this time I managed 3rd (with a faster time from when I won it) of 2 hours 54 minutes, but I was still the first Vet.

March: This Month I ran the Ashby 20 miler which was well supported by Centurions and I ran it in a time of 2 hours and 4 minutes, securing 20th place. My PB for this course

April: Mark Carwardine and I went to battle again, with many other Centurions at the London Marathon. Met all before at the Hotel, enjoyed a good race and managed 2 hours 47 minutes but couldn't catch the ever improving MC!

May: My Birthday month (nearing 50!) saw a mini-break in Windermere, and my 4th marathon of the year to date. This was another sub 3 with 2 hours 52 minutes and I was 3rd overall, 1st VET and won trainers and some..... ginger-bread! I was presented my trophy by Joss Naylor who is a mountain running legend! I also ran my local 10k in Bromsgrove in this month and was 2nd with 37 minutes 34 seconds (hilly course).

June: Must have had too much Ginger-bread at Windermere as my 5th marathon in very hilly Tenby saw me miss out on a sub 3 by 23 seconds. 'Gutted' but it was extremely hilly although I still managed 7th and 1st vet! No more ginger-bread for me!

July: First of 3 marathons in July was Boddington (11 laps) and I was back in the sub 3s with a 2 hour 57 minutes and was 6th overall (5th male) and first Vet. Marathons 7 & 8 were 2 in 2 days round a reservoir in Northampton. I was 2nd on the first day even after going the wrong way and running 29.5 miles! Day two I was 2nd again but only because a 'fresh' Mr Carwardine turned up and beat me! These were trail runs and I ran 3 hour 18minutes (over the 26.2 miles) and 3 hours 31 minutes on the 2nd day but this was a challenge I wanted to accomplish. Not in the league of 10 in 10 days as Leon & Lorna Gold had done, but tough enough! I was the fastest runner over the 2 races.

August: This time I went to Guernsey for my 9th marathon of the year. A nice scenic course but the mile counters went from 26 down! Strange! Another sub-3 with 2 hours 55 minutes and 5th overall, 1st Vet. Started/finished on the Athletics track which is always good.

September: My 10th marathon this year was one I don't want to remember. Although I managed 2 hours 59 minutes, the weather was atrocious and I had to be treated by St Johns at the end of the race for hyperthermia! I don't know how I did the last 4/5 miles. This had a bad effect on me, as I nearly suffered again later in the year. It was incessant rain that just didn't stop and fierce winds. 7th overall and 1st Vet but I still won't be going back.

October: In this month I ran 2 marathons to help me get over the trauma of New Forest hyperthermia. The first (Chester) was one of the best organised marathons I've experienced, and this was only its 3rd year. You run in and out of Wales and again start/finish on the track. I managed 2 hours 52 minutes and was back on track although I couldn't keep up with Ian Mansell who enjoyed his best and London qualifying marathon. Marathon number 12 for the year was in Amsterdam and slightly slower, probably because I had trawled the red-light district (only joking) with 2 hours 55 minutes. Good flat marathon but a little repetitive. This was more pleasing as it was also my 50th Marathon. Now I want to get 50 sub 3s and eventually 100 marathons.

November: This was another 'very wet & windy' at Rutland Water one and I thought the hyperthermia had returned but I managed to avoid it...just! Mark C again ran and left me on 16 miles and I came in at a very wet & cold 3 hours 9 minutes.

December: The last marathon for 2012 (marathon number 14 for the year and 52 in total) was the Luton Marathon (4th time I've ran this one) and I managed 2 hours 58 minutes and was happy to end the years marathon running dry and with a sub 3 and 20th overall. With the marathons in the bag, I ran the Sneyd 10 miles along with many other Centurions (so I could eat more over Christmas). I managed 1 hour and 59 seconds (40th) in a very strong field.

The Editors racing year 2012

January: There was an indifferent start to my racing year only managing 38:30 for the Godiva New Year 5. But did 5 race's in the month best being X country race at Wyken Park and a 22:23 5k at Brueton park.

February: Was a big disappointment missing the last X country race at Wolverhampton and several other races due to a very bad cold Just 1 run this month a slow 23:32 5K round Brueton park.

March: Was spent recovering from the cold, I did a slowish 39:32 Centurion Grand Prix 5 but improved 4 times on the Brueton park runs culminating with a fast (for a V71) 21:54 5K.

April: I again ran 5 races with a much improved Centurion Grand Prix 5 run at 37:12 but I picked up a stiff calf muscle through doing 200 meter reps on a hard surface, this dropped me down to a 23:07 Brueton parkrun and a 23:19 in the MMAC relays on a tough course at Donisthorpe.

May: Managed four runs this month the best being the dreaded Sutton park relays in 22:48 and a 22:03 5k my best ever on the new Brueton parkrun summer course.

June: Going well ran 6 races and the start of my track racing season on June 10th ran a 1500m 6th best V70 time of 6:05.9 2012 in UK and 1st V70 at the MMAC T&F Champ's, a so so BRAT 5k in 23:35 and a reasonable 22:12 Brueton park 5k and ran my first as a V72 22:50 and a V70 record in the York parkrun nearly 2 laps of the racecourse and it does seem a long way when you can see all the course.

July: Raced 5 times this month most satisfying for me being a 3000m track race at Worcester in 13:09.4, 4th best V70 UK time, but spent all of the race eating Adrian Lloyds dust. Only other half decent run being a 22:31 Brueton 5k on the 28th must have been the twinge I had earlier on in the month.

August: Again did 5 runs two at the Cannon hill parkrun best was 22:24 followed by a better run in the Brat 5k 23:10 which was faster than my best time in the previous year.

September: Start of a good month for me, little did I know what was lurking around the corner. I ran my first 10k road race for over 5 years with a 3 minute positive split (sound's better than ran I the second 5k 3mins slower than the first 5k) 48:13 Yuk! But I was picked to represent the Midlands Area in the Inter Area Masters T&F match finished 3rd V70 in the 1500m at 6:10.1 behind top V70 John Bachelor on 5:30.1.

I then ran a 6:06 1500m in the Midland Vets T&F Cup final I led for the first 3 laps great feeling that! But was beaten into 2nd place by a new V60 I also dragged myself round a 2k walk race for the points (if you want to do something that's really tough try a walking race).

All this plus a 22.06 parkrun.

It could not last! the Gods ceased to smile upon me I came down with shingles which is a like having toothache all over you also feel sick and fluish. But always look on the bright side of life de da de da de da.

October: Just one run this month crawled around Brueton parkrun in 25:12.

November: Ran three times at Brueton fastest being 24:12 before being struck down with achilles heel problem, must have been the result of the shingles certainly not through hard training.

December: Did not finish one race this month struck down with fluish cold.

Summery: Not a bad "years/9 months" racing at least 46 races the most I have ever done in my life, with a 5k and my three 1500 races all faster than the previous year, thanks to my Calf injury cure, proving that if you want to still be running when you are a geriatric you need to do your own research.

Club Championships – 2013

Ladies

The two-way battle continues at the top of our leader board, with **Emma Donnelly** and **Theresa Woolley** continuing to chase each other. Emma remains in the lead, following a very strong performance at the Regency 10K, despite suffering from a chest infection. Theresa is just twenty points behind Emma, though, so the fight goes on in earnest. **Sharon Davies** (nee Townley) set herself up for her upcoming marriage to fellow Centurion, Paul Davies, by romping home as first Centurion lady at Regency. This has put Sharon in third place in our championship table, with **Mary Williams** sitting in fourth spot. Mary continues to recover from her winter accident and, for once, she is resisting her usual stubbornness!! **Jeanette Robathan** enters in 5th place, while fellow new entrants, **Tanya Murphy** and **Elizabeth Smith** make up 6th and 7th positions.

Races Included in the Club Championship

Midland Cross Country League (Jan-Feb & Nov-Dec)

Midland 6-Stage Road Relays (March)

Warwickshire Road Race League (April – September)

Midland 4-Stage Road Relays (September)

Men

Determined to copy the leading ladies, **Thomas Healy** and **Gavin Davies** continue to make up the top two in the men's competition. After edging Gavin out at the Regency 10K, Thomas has extended his lead to 20 points. Moving up a place to sit in third spot is **Wayne Muddiman**, closely followed by **Andy Rea** and **Len Wallace**, who each also moved up one place. Adrian Lloyd (8th), Ian Satterthwaite (9th) and Ed Wallace (11th) are this quarter's highest climbers, with each climbing three places. There are ten new entries, following a fantastic Centurion turnout at Regency. The highest of these is **Paul Davies**, who has begun his assault by coming in at number 14.

Races Included in the Club Championship:

Birmingham and District Cross Country League (Jan-Feb & Nov-Dec)

Midland 12-Stage Road Relays (March)

Warwickshire Road Race League (April – September)

Midland 6-Stage Road Relays (September)

BMAC MASTERS, RELAYS, TIMES + RESULTS

65+ TEAM CAME 11TH OUT OF 16

A. LLOYD	22.45
J. TWAMLEY	24.49
L. SATTERTHWAITE	23.48

45+TEAM CAME 22ND OUT OF 26

C. McCANN	19.20
D. PEARSON	19.35
M. CARWARDINE	19.03
A. REA	20.33
N. WILKES	21.07
A. MATTHEWS	22.44

35+ TEAM CAME 19TH OUT OF 33

I. SATTERTHWAITE	17.08
E. McGRATH	17.13
T. HEALY	18.10
G. DAVIES	18.05
A. CARWARDINE	20.04
M. MULLINS	19.23
T. HADEN	19.14
W. MUDDIMAN	19.13

Well done to all who ran on sat, quickest man of the day was Ian Satterthwaite at 17.03 with Eddie McGrath only 5 secs behind also good to see Mark Carwardine back after a lengthy injury lay off cruising round in a modest (for him) 19.03.

Also a mention for first timers at sutton park relays Andrew Carwardine, Matt Mullins and John Twamley who I hope enjoyed the event and will be back for many more, once again well done & thanks for turning out,

ANDY REA.

The Centurions acquitted themselves well at the British Masters Road Relays
Photos Courtesy of Brian Dale



Virgin London Marathon 2013 by Emma Donnelly

My training for London Marathon started on New Year's Day 2013. It seemed like forever until I would be experiencing my first London Marathon, as I had begun working myself up to it long before then....

The Ballot

I entered the ballot for the London Marathon back in April 2012. I had completed the Milton Keynes Marathon which was gruelling due to the weather conditions. I had arrived home with all of my energy completely spent but I was still proud that I had completed the 26.2 miles that day! With that feeling in mind, I stayed up to enter the London Marathon ballot just after midnight. Five months later I found out that I hadn't been successful. It was the news I was expecting but that didn't stop the wave of disappointment that washed over me when I read the letter. I didn't let that last for long though, as soon as I could I handed my rejection slip to Neil, our club Chairman.

VLM Club Place

I applied for the club place in October and again, there was a wait to see if I had been successful. To say that I had set my heart on it would be an understatement.

The weeks leading up to me finding out if I had a place was unbearable, for me and for the family and friends who had to listen to me constantly talk about it (you know who you are and I am sorry!!).

I was lucky enough to receive a club place for the marathon and promised myself there and then that I would put even more effort into my training and preparation. I take my training very seriously and had been working solidly on improving my running technique and my speed for a number of months. I knew then that I wanted to complete the marathon in less than 4 hours so I had a lot of work to do, but I was determined; in just 16 weeks' time I would be completing one of the world's most famous running events and I was ready for the challenge.

Training

A training plan was set for me by my Coach, Kevin Morris. The weather did determine how many miles we were able to do as we had snow, hail, rain, everything apart from the weather conditions that you would want when training for a marathon. I remember one morning, we were about 13 miles into the run, it was around 8am, I just remember feeling the coldest I had ever been; I couldn't feel my hands. It was like Milton Keynes all over again but I kept visualising crossing the finish line at The Mall and ran through the pain!

Marathon Weekend

It was the perfect weekend, from start to finish. John Walker had organised a great weekend for us which started with a coach from Birmingham to the Expo. I had been incredibly excited on the coach journey there and as we collected our running numbers my excitement turned to emotion. The Virgin London Marathon music was playing and I had my running number in my hand and I have to admit I did shed a few happy tears; this moment had been a long time coming! We wanted to make sure we soaked up the atmosphere so we spent some time looking at the different stalls. I had my picture taken with Liz Yelling which was a great moment as she has been an inspiration to me. Believe it or not, I was speechless (but not for long!!). The coach journey to the hotel took us along some of the route; I looked out of the window the entire time, picturing myself running along the same streets in less than 24 hours' time.

As soon as I got to my hotel room I laid out my race gear; my number, timing chip, trainers, clothes and lucky charms. Then, we all met for a walk across Greenwich Park to see the red and blue starting pens. It was all starting to seem real now and I couldn't wait for the next day!! We took a few pictures of the Park and us in our Centurion uniforms and headed back to the hotel to change for dinner. We all knew that it wouldn't be a later night so we found an Italian restaurant close to our hotel. It was a lovely night but by the time we all left the restaurant I was more than ready to go back to my hotel room, get my race head on, get organised and get some sleep for the next day.



Marathon Day - Sunday 21st April 2013 – This is the day that I will never forget!

Today was the day when I completed my first Virgin London Marathon, the world's biggest marathon. I was completely filled with excitement. After a good breakfast and a group picture in the lobby of the hotel, we walked out into the street which was buzzing; there was a steel drum band outside the hotel and people were chatting excitedly to each other. As we walked towards our pens I began to feel more and more nervous; this was my 5th marathon but it felt like my first!

It was time to make our way towards the pens, I was speechless from that moment on as I could not believe what I was about to do, I kept saying it over and over again! After finally getting through the crowds and the barriers we were right where we wanted to be to start the race. There was a minute silence before the race which was one of the most moving experiences I have ever felt; a place that seconds before was full of chatter, buzz, laughter and music fell completely silent. Then a minute later, the loudest cheer I have ever heard erupted and I think everyone there felt the goose bumps.

The clocks were counting down to start.....

I was trying to contain my emotions before the race even though it was difficult; I needed to be focused. It was incredibly congested at the start which I had been warned about but it still required a lot of concentration to keep from tripping on other runner's feet. The crowd was moving quickly and it took until around the five mile mark before I settled into the race. I focused on the 3hr 45 pace maker because I was determined to finish as close to this time as possible. I increased my speed after 8 miles which was more a result of the emotion, adrenaline and the cheers from the crowd than a tactical decision. The support for the marathon was phenomenal and hearing people I don't know shout my name – which was on my shirt – spurred me on. I didn't think that the full 26 miles would be lined with crowds but it was; there were cheers and claps all along the route.

When planning for the London marathon I had always imagined the moment that I would run across Tower Bridge. Even though this incredible landmark is only 13 miles into the race, whenever I pictured myself running, it would always be across this bridge. A year before, when I had visited London for the Olympics, I had even done a trial run across the bridge to see how it would feel. Nothing could have prepared me for the emotion I felt when the tall towers of the bridge came into sight. I could feel the tears stinging my eyes as I ran closer to it and when I saw my parents and sister waving frantically at me halfway across, and heard their cheers of support, the tears began to really fall. They had chosen that spot to stand because they knew how much it meant to me and I could see that they were just as emotional as I was at that moment.

My pace quickened across the bridge and I was still focused on getting my PB however when I got to the 18 mile mark I started to struggle, my body hurting, my head struggling to focus. However, I had the image of crossing the finish line in my head and I held my head up and carried on. Mark Carwardine was at the 20 mile mark – thank you Mark, it was good to see a familiar face at that point! It was getting warmer which wasn't ideal for the runners so I needed to make sure I was drinking water at every station and kept my focus on the finish line. At 22 miles there were more Centurion supporters who I was happy to see, their loud cheers certainly encouraged me!! I can't explain what I was thinking during the last few miles, it was so hard to keep going but I was still determined to finish under 4 hours, despite the pain I was in at this point.

The sight of Big Ben was one of the most welcoming sights I have ever seen because I knew there wasn't much further to go. Even though I had no fuel left in me, I found myself speeding when I heard my sister and parents shouting my name just before the 25 mile mark; I didn't expect to see them again that day and hearing their voices was just what I needed. Emotions took over me once again and I immediately forgot about the pain and focused on the finish line, on what I had been thinking about for months on end.

I saw Buckingham Palace and tears stung my eyes once more, and as I turned onto the Mall, all I could think about was sprinting like I had imagined I would. I don't know where the strength came from, but I picked up my pace. Pain is temporary but Marathon Pride is forever! They are true words and I am proud to say that I completed the Virgin London Marathon 2013 in 3 hours and 52 minutes and 47 seconds!

I spent a lot of time and energy training and looking forward to the day and it exceeded my every expectation. I had tried to visualise every aspect of that day; the crowds lining the street, the sound of the cheers, the feeling as I crossed the finish line however I could never have imagined how special the day would be to me.

I had so many encouraging messages from my family and friends and I was grateful for every single one of them; this was a huge day for me and it meant so much. My coach also deserves a big mention; without his dedication, encouragement and patience I would have never been ready to complete the marathon – massive thank you Coach!

I came into this sport from an International and National ice skating background and will not be turning back. It's no more ice for me, only tarmac from now on!

Report Emma Donnelly

Drug Abuse Sourced by Mark Carwardine

There was a time in my teens when I thought the Olympics beckoned. They didn't, but for a year or two I enjoyed the delusion. Advice from old lags on the club and county circuit was concise and uncontroversial: put in the miles, go easy on the beer, give yourself a competition-day energy boost. Onto my tongue would go a single tablet of Dextrosol, and I would jog to the start line with every expectation of a record. Apart from the few who toned up with a fag, everyone did the same. So far as I could tell, the glucose made little difference. The best athlete always won. They were days of innocence, when sport was "pure" and Corinthian. The amphetamine-related death of the English rider Tommy Simpson in the 1967 Tour de France had yet to happen, and it was beyond imagining that an amateur running for charity could die from the effects of a dietary supplement. Tragically and notoriously, that is what happened to 30-year-old Claire Squires in last year's London Marathon. It was a bleak moment in a long, disturbing story that is likely to have many more dark twists before it's done. Elite athletes, even the honest ones, now tweak their engines with go-faster dietary supplements - pills, capsules, powders, gels, liquids, bars- designed to squeeze out every last ounce of usable energy. And we all know what the dishonest ones do. Where the professionals lead, the amateurs will follow. Energy drinks, dietary supplements and sports medicines area vast global market, said to be worth more than the music and film industries combined. Search online for "sports supplements" and see what you get: around 100m results. Here you will find everything from sugary water to anabolic steroids and human growth hormone; from the entirely ineffective to the potentially lethal. Some sellers risk jail ~ simply by offering their stuff for sale. But these are the mean streets of the cyberworld. Elixir, panacea, snake-oil or poison? There is nothing to tell you which is which. On my desk stands an unopened tub of a powdered energy supplement called Jack3d, whose ingredients include an amphetaminelike substance known usually as DMAA (1,3-dimethylamylamine); It has many aliases. Among those recorded by the UK's Medicines and Healthcare products Regulatory Agency (MHRA) are methylhexanamine, dimethylamylamine, geranamine, geranium oil and cranesbill. The adjective most often applied to this market is "confusing". One fact, however, is certain. Whatever you call it, DMAA is a stimulant that can push a runner through the barriers of exhaustion and dehydration, and thus put a lethal strain on the body. This is what caused the tragedy of Claire Squires, an innocent victim utterly opposed to the use of performance-enhancing drugs. Jack3d had already been implicated in the deaths of a man in Australia, and of two American soldiers. In August the MHRA banned it from sale in Britain. and yet, seven months later I was still able to buy it online through the small-ads website Gumtree, and to order ... some more from a British website accessed via Amazon. This might suggest that the MHRA's policing of the marketplace is somewhat less than eagle-eyed, and that sellers are either ignorant of the law or contemptuous of it. Though it has a big stick to wield - penalties range from up to two years in prison to an unlimited fine - the MHRA, a government agency, has yet to prosecute anyone. But it's likely that these last few Jack3d merchants are minnows cutting their losses, not criminal masterminds. The seductive promise of turning a hollow chested ten stone weed (L Satt) into a lantern-jawed super-hunk is a huckster's dream. Masculine anxiety is ruthlessly preyed upon. Online advertising urges anyone of less than alphasomeness to "unleash the beast" with testosterone promoters. The tone is macho hyper-guff "In order to excel, to break free from the limits placed upon us, to transcend the status quo, extreme measures and excessive efforts are necessary." Weaklings of the world, you have nothing to lose but your inferiority. Nothing better illustrates the ethos of the business than the names of the products. In this context, set against Ripped Freak ("theworld's only hybrid fat burner!"), Animal Rage Sunday Times. inc and Grenade Thermo Detonator, Jack3d seems almost whimsical. Images on websites show crude masculine ideas of male and female physical perfection. The girls are shiny of hair and pert of bottom. The men are monsters, their pumped up hawser-veined bodies distorted into living cartoons, like dogs bred to satisfy some bizarre breed specification at Crufts. Body builders in general, however, are willing partners in their Faustian pact. They know they are messing with their **BMMMA CLARK B**

27. GYM-GOER

"A friend told me ephedrine would give me loads of energy. I got 100 tablets for £20 through the post. One tablet didn't really do anything, so the next day I took two. I started taking them an hour before I went to the gym so I would have a bit of energy when I was working out. It made me focus a lot more on the exercise and it felt like I was working hard, because I got really, really sweaty. I don't know if it was just a placebo effect, but it made me feel like I could keep running for that bit longer before I had to have a rest. Normally I feel like I can't do it and want to give up. It did make me feel shaky and it made my mouth really dry as well. When you're exercising that's a pain. But the effects didn't last long. I'd looked up ephedrine on line so I knew in the long term it could be bad for my heart, but I wasn't planning on taking it for ever. I took it for four or five days a week for about a month and exercised almost every single day, but after that I thought, 'What's the point? They're bad for me and they're not doing anything.' That's what made me stop taking them." bodies but they are prepared to accept the risk. It's a different matter for the ordinary fitness enthusiasts: the weekend squash and tennis players, the fun-runners who might like to push themselves up to a charity halfmarathon, or who simply want to look better on the beach. Globally, drugs in sport are policed by the World Anti-Doping Agency (Wada) and in Britain by UK Anti-Doping. To help athletes stay clean, the UK Anti-Doping website has a link to Global DRO (Global Drug Reference Online), where they can check any substance against Wada's banned list. This is fine for elite sportsmen but for the innocent at large it is of very limited use. It relates only to sporting regulations, not the wider issues of safety and the law. Why is this industry so hard to police? The problem is that the legal and regulatory system is complex and multilayered. The Misuse of Drugs Act places amphetamines, for example, firmly on the wrong side of the law. Possession can mean up to five years in jail; the maximum for dealing is 14. But it's not hard for a chemist to develop something that works like an amphetamine, but which legally is not one. This is what happened with Jack3d. The MHRA is responsible for ensuring that medicines are efficacious and safe, but dietary supplements are classified as foods, not medicines, so they are regulated by the Food Standards Agency (FSA) instead. Only if the MHRA intervenes and rules that a substance is a "medicine" - as it did with Jack3d - is there any likelihood of control. Even then the power is limited. The MHRA is not the Home Office. It cannot ban a substance outright; it can only order its removal from shops and British websites. And it is always a step or two off the pace. It bore down on Jack3d only because of an inquest verdict, but it was like plugging has a "borderline medicines" team that monitors websites, but it often has to rely on tip-offs, "What usually happens," the spokesman says, "is we get these supplements referred to us by a member of the public or a doctor." Last year the alarm was raised by the Royal Sussex County Hospital at Brighton, where two young men had been brought in with jaundice and liver damage so bad that one was considered for a transplant. They had taken a "workput aid" called Celtic Dragon, which contained what the MHRA describes as "a steroid-type substance" Also last year, in High Wycombe, a 28-year-old man fell victim to the "fat-burner" DNP, or 2,4-Dinitrophenol. This time the belated warning came from the FSA: "This chemical is not suitable for human consumption." This presumably disqualified it as a medicine and so placed it beyond the reach of the MHRA. More than a year earlier, in September 2011, the Journal of Medical Toxicity in the US one hole in a colander. Jack3d is now back on the market as Jack3d Micro, with a different formulation that the MHRA says currently contains nothing medicinal. Another company has replaced DMAA with "acacia rigulata extract", which the MHRA identifies merely as a "novel food". Others have pulled similar tricks - and nobody knows the implications until the next coroner's verdict. "That's one thing the industry is notorious for," Says an MHRA spokesman. "These companies are constantly developing new derivatives, so it's very fast-moving." The MHRA can be proactive. It had reported a total of 62 recorded deaths from DNP. But this, too, still remains easily available on the internet. Celtic Dragon was one of 127 products in which the MHRA last year found dangerous ingredients such as steroids, stimulants and hormones. Four substances in particular - DMAA, ephedra, yohimbine and synephrine - are now high on its worry list. Ephedra (also known as ephedrine) is sold as a "fat-burner". Like DMAA, it works like an amphetamine and carries all the same risks. Yohimbine is a herbal

Part 2

extract said to suppress appetite, reduce fat and turn gym-mice into sexual Olympians, but, as ever, there's a price. Possible side effects include panic attacks, heart attacks, hallucinations, seizures and kidney failure. Synephrine (also known as oxedrine) is another amphetamine like compound. In high doses it improves the muscle-to-fat ratio in cattle. In humans it puts potentially unsustainable strain on the heart. All are banned from open sale in Britain, but all can be found on Amazon and other websites. If Russian roulette is your thing, you're bang on the money. The lists of ingredients, real or imagined, make processed food products look like miracles of straightforwardness. I spend an unrewarding morning copying out long lists of unpronounceable polysyllables and checking them on Global DRO. But, since hardly any have been rated by World Anti-Doping Agency, the searches come up blank. So how can people reassure themselves that a supplement is at least legal and safe, if not actually efficacious? ~ Just off a roundabout on the outskirts of Fordham, in the Cambridgeshire fens south-east of Ely, is the headquarters of HFL Sports Science, a low cluster of buildings that looks much like a racing stud. This is not entirely coincidental. Newmarket is not far away, and HFL stands for Horseracing Forensic Laboratory. It was here that equine competitors at the London Olympics had their urine tested for drugs. Every year they test 10,000 samples for the British Horseracing Authority – greyhounds too, and sometimes even the racing camels that so excite gamblers in the Middle East. Until 2007 the lab also conducted drug tests for Wada, but then decided to concentrate »+ The Sunday Times Magazine 25 on what is now the mainstay of its business: testing sports supplements. Their aim is to minimise the risk of any sporting competitor failing a drug test as a result of contaminated supplements. Manufacturers pay good money to have their products screened here, so would not knowingly submit anything with an illegal ingredient. The risk they are insuring against is of accidental contamination. This can happen if there is a glitch in the supply chain, or by cross-contamination from other products. The testing, which involves gas chromatography, liquid chromatography and mass spectrometry, will detect levels of contamination as low as 10 parts per billion. "It's a phenomenally low level," says laboratory manager Paul Brown. "You're talking teaspoons in an Olympic swimming pool." HFL screens the products of more than 160 supplement companies - that is every batch of every product. Failures are rare - less than 1%- but no batch goes near a shelf until it has the green light. Certified products carry an Informed-Sport logo and are listed at the HFL-owned website informed-sport.com. This, definitively, is where to check if a supplement is safe. But what about efficacy? If I could resurrect my younger athletic self, would any of this make me run faster or jump any further? The man who speaks on sporting issues for the British Dietetic Association is Rick Miller, who - to stretch the equine connection a bit further - works with the Professional jockeys Association, a body of men and women with an unusual interest in weight-control. Does this involve any of the so-called "fatstrippers" or "fat-burners"? "No. The lads and lassies come to us sometimes and say they've used these things, but they know themselves they just don't work. They have just to eat sensibly and train very well." But he does agree that some supplements can be helpful if used correctly. The important thing is to avoid anything not certified by Informed-Sport, and to not expect miracles. The other iron rule is to take only the recommended dose. "The commonest mistake people make is to think more is better. Aird that typically leads to mega-dosing. Even with something very common like a multivitamin, which would be very safe in most circumstances, they can get to toxic levels in the body. We have people taking silly amounts of these pre-workout drinks, which are very high in caffeine or some of the stimulants. Then they end up in hospital with heart palpitations." With unregulated products the problem is all but unavoidable. You have no idea how much of the active ingredient they actually contain. "In many cases," says Miller, "it's very little, and the rest of it is a bulking agent like rice flour, or something like that. But in some cases it can be a huge amount." I ask him if my Dextrosol would have had any good effect. "Oh, certainly. Even just the taste of sugar, we believe, stimulates certain receptors in the mouth that increase dopamine release in the brain. You feel happier, you have a lower stress response, you run further." For the definitive verdict, I go to the very top.

ZACTAYLOR

29, PERSONAL TRAINER

"Most people who take supplements take whey protein, after a workout. But the pre-workout stuff, which is high in caffeine and gives you a pump, is increasingly common now, too. Personally, I just have a shot of coffee. I don't take anything now, I can get everything I need from food protein shake is about 20g of protein, but I could go and have my lunch, a chicken breast and salad, which is 20g of protein too. But people buy them because they think it will be a shortcut. Loads of people still take illegal supplements. I remember taking some 10 years ago and thinking, "Bloody hell, these are good." With any supplement, even the dodgy ones, once people see results they don't know when to stop. I reckon some gyms sell ephedrine behind the counter. If you look at 10 trainers, one of them is on something. I remember training with Daley Thompson, who won the gold in Olympic decathlon twice in the 1980s. I asked him about supplements, and he said: 'I eat what I want and just train a little harder.' It's totally true. Train a little harder than everyone else to get results."

RISK ASSESSMENT

Sports supplements are tested for banned substances at the HFL lab. The English Institute of Sport is the scientific arm of UK Sport, responsible for getting British Olympians to the start-line in prime condition. Its head of performance nutrition is Kevin Currell. "If you don't get that basic diet right," he says, "then anything else you do is kind of pointless. The first principle is to eat real food. Fresh. If possible, cook it yourself. Have that horrible cliché, the balanced diet - a third meat or other protein, a third vegetables, salad, and a third carbohydrate." Timing also matters. "Generally," he says, "you want to eat as soon after exercise as possible. That has a big effect on how fast you recover." Even for a champion, a good diet might be enough. Carefully chosen supplements or sports drinks might help in certain circumstances, but the unregulated stuff is the province of fools. "It doesn't come anywhere near our elite athletes." The more miraculous a product sounds, the less likely it is to work. So what is his advice to amateurs? The gold standard, he says, is the sports drink. Either an energy drink - primarily just sugar, salt and water - to keep yourself topped up during exercise; or a recovery drink - carbohydrate and protein - to restore yourself afterwards. "The carbohydrate portion replenishes the energy that you've lost during exercise, the protein portion will repair muscle, and there's the fluid to rehydrate. There's not a lot else I would recommend for an amateur, really." If you do insist on going beyond that, the first and only rule is to stick to informed-sport.com. But how can you know what will work for you? People with widely different physiques playing a wide range of different sports - some requiring explosive energy, some endurance and stamina - have very different needs. "There is no easy answer," says Currell. "I suppose the simplest advice is to go and see a registered nutritionist or dietician specialising in sport." But the best advice of all, surely, is personal example. I ask him if he runs. The answer is yes, but not until he's had a good swim and a bike ride first. He does iron-man triathlons - that's a 2.4-mile swim, followed by a 112-mile bike ride topped off with a marathon. So what does British sport's dietician-in-chief take to keep himself going? "A simple carbohydrate sports drink and my own home-made flapjacks." [tjs](#)
The Sunday Times Magazine ;

Forthcoming races

Sun 2nd	Jun	Friary Grange Leisure Centre 5k, Eastern Avenue, Lichfield. 11.30am
Sun 2 nd	Jun	Sinfin Classic 10k, Cricket Club, Elvaston Country Park, Borrowwash Lane, Elvaston, Derby. 10.30am
Thu 6 th	Jun	Gavin Tipper 5k, Dudley Kingswinford Rugby Club, Swindon Road, Wall Heath. 7.30pm
Sat 8 th	Jun	Newport Carnival 10k, Longford Hall Playing Fields, Longford Rd, Newport, Telford. 11.15am
Sun 9 th	Jun	Stoke on Trent ½ Marathon. 10.30am
Sun 9 th	Jun	7 Pools Run, by Visitor Centre, Town Gate, Sutton park. 11.00am
Sun 9 th	Jun	Aldridge 10k, Cricket Club, The Green, off Little Aston Road, Aldridge. 10.45am
Sun 9th	Jun	2 Castles 10k, Warwick Castle to Kenilworth Castle. 9.00am. WRRL. ONLINE
Mon 10 th	Jun	Westonbirt 10k M/T, Arboretum, Westonbirt, Glos. GL8. 7.30pm
Wed 12 th	Jun	Redditch 12k M/T, Visitors Centre, Arrow Valley Country Park, Battens Drive, Redditch.
Wed 12 th	Jun	Malvern 10k M/T, Welland Village Hall, Marlbank Road, Welland, near Malvern. WR13. 7.30pm
Wed 12th	Jun	Sphinx AC Summer 5 miles, War Memorial Park, Kenilworth road, Coventry. 7.45pm. WRRL.
Sun 16 th	Jun	Dorridge Fun Run 8 miles. 10.30am
Sun 16 th	Jun	Compton Hospice 5 mile Fun Run, West Park, Park Road West, Wolverhampton. 9.30am
Sun 16 th	Jun	Boddington 10k M/T, Boddington Manor, Barrow, near Cheltenham, Glos. 10.00am
Tue 18 th	Jun	Harborough 5 miles. Foxton Locks Top Park, off Gumley Road, Harborough, LE16. 7.45pm EMGP
Tue 18 th	Jun	Midsummer 10k, Shobnall Fields Leisure Centre, Shobnall Road, Burton. 7.30pm
Fri 21 st	Jun	Blakedown Bolt 10k M/T, Blakedown Sports Field, off Birmingham Road, Blakedown. 7.15pm
Sun 23rd	Jun	Arden 9 miles, Tennis Club, Shadowbrook Lane, Hampton in Arden. 10.30am. WRRL. ONLINE
Sun 23 rd	Jun	Shenstone Fun Run 10k, Village Hall, Shenstone, near Lichfield. 11.00am
Sun 23 rd	Jun	Midsummer 6 miles, Aldersley Leisure Centre, Aldersley Road, Wolverhampton. 10.00am
Sun 23 rd	Jun	Stone St Michaels 10k, St Michaels First School, Weavers Lane, Stone, Staffs. ST15. 10.00am
Sun 23 rd	Jun	Shrewsbury ½ Marathon, Quarry Park, The Square, Shrewsbury Town Centre, SY1.9am. ONLINE
Sun 23 rd	Jun	Malvern ½ Marathon & 5k M/T, 3 Counties Showground, Welland, Malvern. Both 10.30am
Tue 25 th	Jun	Holme Pierrepont 10k, Water Sport Centre, Adboulton Lane, West Bridgford, Nottm. 7.15pm
Thu 27 th	Jun	Fast & Furious 5k, Kidderminster AC, Stourport Sports Club, Kingsway, Stourport, 7.30pm
Thu 27 th	Jun	Holme Pierrepont 5k, Rushcliffe Country Park, Mere Way, Ruddington, Nottm. NG11. 7.15pm
Thu 27 th	Jun	Baggeridge 5k M/T, Baggeridge Country Park, Wodehouse Lane, Sedgeley, Wolverhampton. 7pm.
Sat 29 th	Jun	Timberhonger 10k, Sanders Park, Kidderminster Road, Bromsgrove. 6.00pm
Sun 30 th	Jun	Gate Gallop 10k M.T, Anker Valley Playing Fields, Moor Lane, Amington, Tamworth. 11.15am
Fri 5 th	Jul	Colin Potter 10k, Derby Rugby Club, Haslams Lane, Darley Abbey, Derby. 7.15pm. ONLINE
Sat 6 th	Jul	Bham & Black Country ½ Marathon, Wolverhampton. (Canal Path)
Sun 7 th	Jul	Shifnal ½ Marathon. Idsall School. Coppice Green Lane, Shifnal. 10.30am
Sun 7 th	Jul	Evesham Vale 10k M/T. 10.30am
Sun 7 th	Jul	Wyre Forest ½ Marathon M/T, Visitor Centre, Callow Hill, near Bewdley. 10.30am
Sun 7 th	Jul	RAF Shawbury 10k, Shawbury, near Market Drayton, Shropshire. SY4. (On A53). 11.00am
Wed 10 th	Jul	Droitwich 10k, Droitwich High School, Briar Hill, Droitwich.
Fri 12 th	Jul	Dirt Run 10k M/T, Top Barn, Worcester Road, Holt Heath, Worcester. WR6. 7.30pm
Sat 13 th	Jul	Pilot Inn 10 miles, Sellars Road, Hardwicke, Gloucester. GL2. 11.00am
Sun 14 th	Jul	Northbrook 10k, Jaguar Sports Club, Browns Lane, Allesley, Coventry. 10.15am. WRRL
Sun 14 th	Jul	Wythall & Hollywood 10k/5k, Wythall Park, Silver Street, Wythall. B47. 9.30am
Sun 14 th	Jul	Pitchcroft 10k, Worcester Racecourse. 11.00am
Sun 14 th	Jul	Norton 10k, Norton Parish Hall, Wadborough Road, Littleworth, Norton, Worcester. WR5.
Sat 20 th	Jul	Stratford Summer 6 miles, Mary Ardens House, Wilmcote, near Stratford. 7.30pm. WRRL.
Sun 21 st	Jul	Love Life Love Running 10k M/T, Birches Valley, Lady Hill, Rugeley. Staffs. WS15. 1.00pm
Thu 25 th	Jul	Gloucester Festival 7 miles, Pilot Inn, Sellars Road, Hardwicke, Gloucester. GL2. 7.30pm
Thu 25 th	Jul	Fast & Furious 5k, Kidderminster AC, Stourport Sports Club, Kingsway, Stourport, 7.30pm
Sat 27 th	Jul	Meerbrook 15k, Village Hall, Meerbrook, near Leek, Staffs. 10.00am. TBC
Wed 7 th	Aug	Halesowen 8-10k M/T, Nimmings Car Park, Hagley Wood Lane, Clent Hills, Halesowen.
Sat 10 th	Aug	Stourbridge Stumble 10k M/T, Mary Stevens Park, Heath Lane, Stourbridge. 6.00pm
Sun 11 th	Aug	Standish Woodland Chase 10 miles M/T, Glos. 11.00am
Sun 11 th	Aug	Hatton Darts Burton 10k, Burton on Trent. 10.30am. BDSL
Sun 11 th	Aug	Hermitage 10k, Coalville, Leics.
Wed 14 th	Aug	Staffs Knot 5 miles M/T. 7.15pm
Wed 14 th	Aug	BRAT 5k, Rowheath Pavilion, Heath Road, Bournville, Birmingham.
Wed 21 st	Aug	Godiva 5 miles, WRRL. TBC