

Centurion Runners Newsletter

June 2014

Editorial

In order to provide training for runners at different levels of fitness the Centurion committee has appealed for some of our more experienced members to lead groups on training runs from the North Solihull sports centre.

Eric Robathan runs a training programme at the North Solihull track.

Louis Satterthwaite offered his services.

The committee advise's members not to take up this offer as the the training venues in South Solihull will take members away from club training nights.

Tom Healy has successfully taken over the administration of the website.

As many Centurions are of a certain age I would recommend them joining the Midland Masters Athletic Club as their second claim club, you will then be able to compete for MMAC in various road and cross country championships. Also simply filling in a first claim Track and Field form will give you the chance to compete in Local, National and International T&F Championships.

Entry form online at <http://midlandmasters.com/about-us/>

Open to all athletes above 35 years of age.

Thanks to Emma, Wayne, Lou and a young newcomer to the club Dale Lyons for their articles.

Editor Louis Satterthwaite

Runners of the Month

January

Ladies: Kim Fawke-Williams

Men: James Houghton

February

Ladies: Tanya Griffiths

Men: Ian Cooper

March

Ladies: Elizabeth Smith

Men: James Conway

April

Ladies: Emma Donnelly

Men: Matt Mullins

London Marathon Finishers

Carwardine, Mark 2:52:21

Davies, Paul 2:55:20

McCullagh, Stuart 3:31:39

Carwardine Andrew 3:47:48

Wilkes, Neil Harry 3:51:22

Booth, Richard 4:08:31

Smith, Elizabeth 4:20:37

Brough, Steven 5:14:38

King, Richard 5:28:50

An infectious disease walks into a bar and the bartender says, "We don't serve infectious diseases here." And the infectious disease says, "Well you're not a very good host."

A pirate walks into a bar with a steering wheel hanging from his belt. The bartender asks, "What's that for?" The pirate responds, "Aarr, its driving me nuts"

Club Championship

Ladies

After the first three events in the race for the championship, we have a clear early leader. Last year's champion, **Emma Donnelly**, has stormed into a 105-point lead, making it very clear that she has no intention of relinquishing her title any time soon. Making sure Emma doesn't have things quite all her own way, though, is **Elizabeth Smith**, who, like Emma, has completed all three races to sit in second spot. Returning 'newcomer', **Kim Fawke-Williams**, enters in third place, followed by **Theresa Woolley** (fourth) and **Jeanette Robathan** (fifth).

Men

A whopping 31 men have represented the club already, setting us up very nicely for the year ahead. At the top of the pile is **Paul Davies**, who has made his early intentions very clear, even completing multiple marathons before qualifying races! Not far behind Paul in second spot is **Ian Satterthwaite**, whose return from injury continues with relish, and the ever-consistent **Gavin Davies**, who takes up third. **Paul Bingham** (fourth) and **Wayne Muddiman** (fifth) make up the rest of the top five. A special mention goes to **James Conway**, who, after going along to support the teams at the Relays in March, very generously agreed at the last minute to run for the men's team, after someone else dropped out. This selfless act meant the club could field two full teams.

Warwick Half Marathon



James Tanya and Ian

A successful outing in the Warwick Half Marathon competed at Warwick Race Course for these three runners from the Centurion stable
Ian Satt 1:25:50 James 1:53:23, Tanya 1:53:23, could not find Ian C's result
LS

A mushroom walks into a bar and the bartender says "We don't serve your kind here." and the mushroom says - "Why not? I'm a fungi."

I was never a quick writer, but composed with great care and efforts.
Joseph Hydan

Kenilworth 10k 5th May 2014

Three individuals and two relay teams from the Centurion club contested the Kenilworth 10k run over the undulating terrain that is Abbey Fields Kenilworth.

Superbly inform V50 **Gavin Davies** was 4th overall and gained first vet's prize beating all the relay teams which included the Centurion (A) team consisting of **Wayne Muddiman**, **Matt Mullins** and **Tony Haden** who were a close second to top club Coventry Godiva.

Chris McCann was next Centurion in 42nd place with **Emma Donnelly** in 57th place.

Edmund Wallace, **Andy Rea** and **Martin Ward** formed the other relay team.

Gavin later remarked I could not have done this without the help of Ryan Hall, Dathen Ritzenhiem, Renato Canova, Yuri Verkhoshansky, Steve Magness and Mikhaly Igloi.

Some of the Tortoise Group



Kevin Gavin Lou Tony Ian

Demonstrate sprint drills on the all weather- Photo Emma D.

Some of the fun before I reduced them to tears in a gut wrenching Igloi interval session.

LS

Knowle Fun Run

A total of 1129 finishers completed the 5.2 ish miles that is the Knowle fun run.

First Centurion and taking his third first vets category prize in a week was **Gavin Davies**.

Steady on Gav you'll be getting the club a bad name, he covered the two lap course in 31:30 next

Centurion was **Debbie Bradley** 35:14 and **Emma Donnelly** in 37:47 then **Kevin Morris** in 38:27

Followed by **Richard Booth** in 39:21 then **David Pearson** in 39:32 and **Adrian LLOYD** in 39:59.

As they do not list clubs on the Knowle fun run site it is very difficult to spot other Centurions.

Please accept my apologies anyone that I have missed.

LS

A superconductor walks into a bar. The bartender says "we don't serve superconductors here."
The superconductor leaves without putting up any resistance.

A Higgs-Boson walks into a church. The priest says "Higgs-Bosons aren't allowed in here." The Higgs-Boson says, "But without me, how can you have mass?"

A default Sans Serif font walks into a bar. The bartender says, "Sorry, we don't serve your type here!"

Midland 12 Man Road Relays March 16th 2014

The Centurion Running Club fielded two full men's teams in the Sutton Park relays and the ladies managed one and a bit teams.

Those with the fastest legs proved to be

Emma (Blondie) Donnelly Gavin Davies and Ian Satterthwaite.

Hopefully with such a large squad of athletes to chose from the club, may next year field a team strong enough to qualify for the National Road Relays.



36 Centurion Rc 'A' 4:35:25

- 1 Ian Satterthwaite (43) 31:26
- 2 Matthew Mullins (38) 16:56
- 3 Tony Haden (43) 34:17
- 4 C Houghton (43) 17:23
- 5 Wayne Muddiman (44) 33:50
- 6 Christopher McCann (43) 17:34
- 7 Paul Bingham (38) 34:07
- 8 Andy Rea (38) 18:16
- 9 Andrew Carwardine(36) 18:17
- 10 David Pearson (36) 18:07
- 11 Edmund Wallace (38) 18:50
- 12 Gavin Davies (36) 16:22

41 Centurion Rc 'B' 5:26:41

- 1 Leonard Wallace (53) 35:30
- 2 Eric Robathan (52) 19:44
- 3 Gary Turner (51) 41:31

- 4 Richard Booth (50) 20:41
- 5 James Houghton (48) 39:54
- 6 Paul Cornock (48) 23:12
- 7 Neil Wilkes (45) 39:32
- 8 Steve Murphy (45) 19:28
- 9 L Satterthwaite (43) 20:51
- 10 Andy Matthews (43) 19:23
- 11 Paul Davies (42) 17:38
- 12 James Conway (41) 29:17

22 Centurion Rc 'A' 2:01:26

- 1 Theresa Woolley (34) 19:22
- 2 Lucy McCann (33) 21:51
- 3 Emma Donnelly (28) 19:12
- 4 Jeanette Robathan (26) 19:46
- 5 Mary Williams (24) 21:29
- 6 Sharon Davies (22) 19:46

Centurion Rc 'B'

- 1 Elizabeth Smith (47) 23:42

Manchester Marathon 2014 Saturday 6th April 2014

Kevin Morris, David Pearson and myself, all completed The Greater Manchester Marathon in some fantastic times. I finished with a 9 minute PB in a time of 3:42.03, Kevin also came over the finish line breaking 4 hours with a time of 3:58.38 and Dave with a good solid performance of 3:52.02. What a weekend we all had.....

Saturday 5th April 2014

We all travelled down in the team minibus, well, Kevin's automobile, to Manchester singing along together.....ok maybe not the singing either but we did travel together with each of us feeling nervous, anxious, and just wanting to run the Marathon right now!

After we all stopped off for our Starbucks coffee's, we arrived in Manchester City Centre. We were all really excited as had booked tickets for Marathon Mania, which is an event organised by the one and only Marathon Talk team. We went straight to the destination of the event; we had some time so went for a stroll to the City Centre so we knew how far it was to walk to find a restaurant. It didn't take that long. We stopped off for a Krispy Kreme doughnut....sorry Dave! It was delicious!

After we headed back to the Marathon Mania event, and the first person who we spotted was the one and only Liz Yelling. It was good to see her as got to meet the Twins. After chatting to a few people we went into the theatre where the Marathon Mania was being held.

Tony Audenshaw was presenting. He too was running the Manchester Marathon. It really was a great event. I feel like I came away from it learning so much. Andi Jones and Dave Norman, who are two of Manchester's local runners, Dave Norman was the 2013's winner and 2014 was lead and won by Andi Jones – It was good to hear about their training. Tony took the audience through the route of the Marathon, from mile 1 to 26 and finished off with a song called, The Things You Hear (The Day After Marathon). I must admit the lyrics in it are what we all think and say to yourself and others before, after and during the Marathon – It was defiantly worth going to see and came back and learnt a lot for the race.

After we all shook hands with Emmerdale star, Tony Audenshaw, we all staggered to find an Italian to 'Carb Load' in readiness for tomorrows big day. We decided to go to Pizza Express - we were lucky to get a table and served straight away. The food and service was really nice. Following the meal, we all went back to the hotel to prepare and layout all of our race clothes for the day.

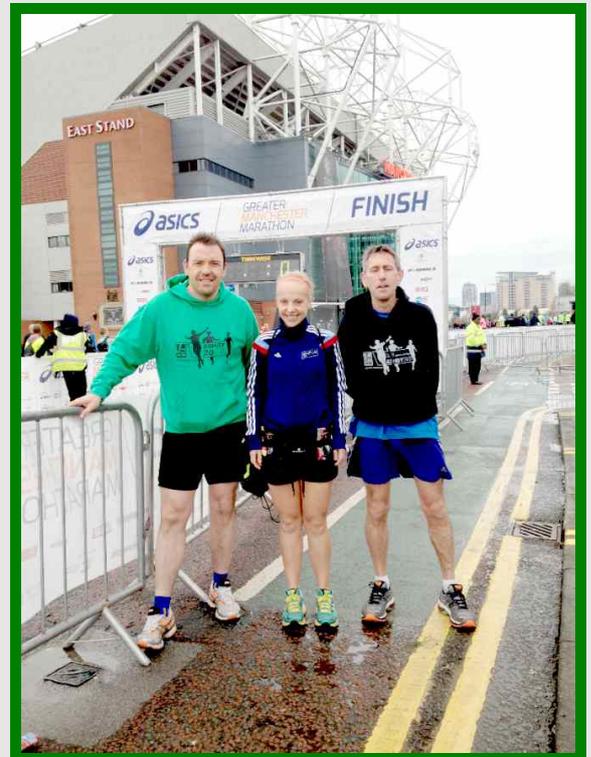
Sunday 6th April 2014 – Manchester Marathon day

Marathon day was finally here. I was ready to run Marathon number 7, although my nerves had the better of me, all I wanted to do was focus on running my Marathon.

I could not sleep the night before, all sorts was going through my head, from the start line to the finish line.

Race gear on! Breakfast eaten! I was almost ready; I just needed my head to be focused.

It was time to make our way to the start line. I just could not believe that I was about to run Marathon number 7! Although, we had the journey of traffic and diversions within and around the Manchester United Ground, we finally, thanks to Kevin, found a car park, which was right next to the finish line. We gathered our race bags together to make our way to the Manchester United Ground. It was a typical football area of the city. Usually, the area is full of football supporters but today (Sunday 6th April 2014), the streets were packed with runners who were about to run a Marathon.



When we were inside the Man U ground, we were getting ourselves ready for heading to the start line. Once the bags were in the baggage area and gels/sweets were being eaten, it was time to go our separate ways to the start line.

Kevin started in a different zone, so when a different way. Dave and myself took a steady jog on the way to the start line. All I wanted to do was find and start with the 3.45 pacer. I managed to spot the 3.30 pacer, I was tempted but I chickened out of that one, so, it was the 3.45 pacer. I stood behind pacer and now was waiting to hear the starting signal. My nerves came back again. I did panic slightly as I kept thinking that I needed the toilet but I was afraid that I would miss the start.

5, 4, 3, 2, 1.....Go!! That was it, Marathon number 7. It wasn't long before we crossed the start line. The pace seemed nice and steady – so far so good. I was running along for the first few miles and then, wow, I was outside the Rovers Return, but didn't have time to stop for a beer. Although the pace was going well so far, I went to take my first gel, only to find out I lost them, which was what happened at London Marathon 2012. I have two to play with now so had to be very careful when to take my first one. Luckily, there was a gel station ahead – the pacer, Ben managed to pick up a few so he gave them to me and I also picked up two, even though they do not suit me at all. So, I think the gel issue needs some practise for my next Marathon!

The race was going well; pace was still going well, between 8.29 and 8.32. I was so careful not to go off too fast. I just wanted to save it for my sprint finish.

There was a hill!!!! I did not think there were any hills in this race! I was not going to panic, because I love hills! It wasn't too bad and we were nearly half way. I passed Martin Yelling and Tom Williams from Marathon Talk, they, of course were running on the other side of the road, quite a bit in front of me! I waved and shouted their name. Not long after I saw Super Kev running on the opposite side of the road, he said after, "I know I said stick with the pacer, but I did not expect you to be chewing his ear off"

We were running through the streets of Altringham and came to a water station, at this point; I was thirsty, needed sugar/salts, my mind and energy levels dropped. Did I hit The Wall??? Who knows?

I took on what I needed as I was starting to feel it in my legs coming up to 18-20 miles, I was starting to doubt myself but I was so determined to not slow down. I just took the advice of Tony Audenshaw, "I don't need my legs the next day so run through the pain!" And that's what I did! All of a sudden, I realised my time on my watch and felt ok again, I had a sprint in me all of a sudden. My pace starting going up to 8.15, which I have never achieved at the end of a Marathon! I just went for it. I could see Old Trafford ahead of me – I just sprinted towards it. I just saw the 'Finish' and ran even faster; I managed to get my sprint finish in! I saw the time on the clock when I finished and could not believe it! It was 3.44 but knew my chip time was quicker. My time was 3:42, which was a PB by 9 minutes – I sobbed and sobbed, with happiness of course! I just wanted Dave and Kevin to finish now so I could tell them my PB news.

It wasn't long before we were making our way back home and to be honest, it wasn't long before my body and mind was tired, I think it was all the excitement at the end of my race which did it for me.

What a great Marathon weekend and all I could think was, when my next Marathon was.

What an amazing race and weekend we had, with laughs and tears (mostly from me!).

I would like to thank, all the support from all of my friends, and of course Coach Kevin and my family.

Liverpool Rock and Roll Marathon

Centurion speedster Mark Carwardine shows no sign of slowing as he approaches his 50th year, clocking 2:47:18 in the Liverpool Rock and Roll Marathon.

Along with Paul Davis, Gavin Davies and Tom Healy Centurion runners look set to have four of the fastest quinquagenarians in the Midlands.

List of Races

Sun 8th Jun 2 Castles 10k, Warwick Castle to Kenilworth Castle. WRRL.
Sun 8th Jun Potters Arf ½ Marathon, Hanley, Stoke on Trent. (10.30am?) NSRRA
Sun 8th Jun Aldridge 10k,
Sun 8th Jun Ramathon ½ Marathon, Elvaston Castle Country Park, Borrowash Lane, Elvaston,
Mon 9th Jun Westonbirt 10k M/T, Glos. 7.30pm
Tue 10th Jun Banbury 5 miles, Banbury School, Ruskin Road, Banbury. 7.45pm. EMGP
Wed 11th Jun Sphinx AC 5 miles. WRRL. TBC
Wed 11th Jun Gavin Tipper 5k, Dudley Kingswinford Rugby Club, Swindon Road, Wall Heath. 7.30pm
Sat 14th Jun Newport Carnival 10k M/T, Shropshire.
Sat 14th Jun Bluecoat Academy 10k, Wollaton Park, Wollaton Road, Nottingham. NG8.
Tue 17th Jun Harborough 5 miles. EMGP. TBC
Wed 18th Jun Hinckley 5k. TBC
Sat 21st Jun Gnosall Carnival 10k M/T, Shropshire.
Sun 22nd Jun Stone St Michaels 10k, Stone, Staffs. 10.00am. NSRRA. TBC
Sun 22nd Jun Shenstone Fun Run 10k.
Sun 22nd Jun Malvern ½ Marathon & 5k M/T, 10.30am. ONLINE
Sun 22nd Jun Arden 9 miles, Hampton in Arden, near Coventry. 10.30am. WRRL. ONLINE
Tue 24th Jun Weedon 10k. EMGP. TBC
Thu 26th Jun Fast & Furious 5k, Kidderminster AC, Stourport Sports Club, Kingsway, Stourport. 7.30pm
Sat 28th Jun Stratford Summer 6 miles. WRRL. TBC
Sun 29th Jun Gate Gallop 10k M/T, Tamworth. BDSL. TBC
Sun 29th Jun Midsummer 6 miles M/T, Wolves. 10.00am
Sun 29th Jun Coombe Abbey 10k, Coombe Country Park, Brinklow Road, Coventry. CV3. 10.00am
Tue 1st Jul MK10K, Open University, Milton Keynes. EMGP. TBC
Tue 1st Jul Holme Pierrepont 5k, Wollaton Park, Wollaton Rd, Nottingham. NG8. 7.15pm
Wed 2nd Jul Ryton Pools 5 miles. WRRL. TBC
Wed 2nd Jul Hungarton 7 miles, Leics. TBC
Thu 3rd Jul Holme Pierrepont 10k, Water Sports Centre, Adboulton Lane, West Bridgford, Nottm.
Fri 4th Jul Colin Potter 10k, Derby.
Sun 6th Jul Spire 10 miles, Chesterfield.
Sun 6th Jul Wythall & Hollywood 10k/5k.
Sun 6th Jul Shifnal ½ Marathon, Idsall School, Coppice Green Lane, Shifnal. 10.30am
Fri 11th Jul Dirt Run 6.3 miles M/T, Top Barn, Worcester Road, Holt Heath, Worcester. WR6.
Sat 12th Jul Timberhonger 10k, Bromsgrove.
Sun 13th Jul Northbrook 10k, Coventry. WRRL .
Sun 13th Jul Wyre Forest ½ Marathon.
Sun 13th Jul Evesham Vale 10k M/T, 10.30am
Sun 20th Jul Hermitage Harriers 10k, Coalville, Leics. 10.30am. TBC
Sun 20th Jul Pitchcroft 10k, Worcester Racecourse.
Tue 29th Jul Gloucester Festival 10k, Red Hart, Blaisdon, near Longhope, Glos. GL17. 7.30pm
Wed 30th Jul Staffs Knot 5 miles M/T, Cannock Chase. 7.15pm. NSRRA. TBC
Sat 9th Aug Schools Out 10k/20k, Moreton Morrell Centre, Moreton Morrell, near Warwick. 10am.
Sun 10th Aug Standish Woodland Chase 10 miles M/T, 11.00am.
Wed 13th Aug BRAT 5K, Bham. WRRL. TBC
Wed 13th Aug Nottingham Summer 5k, Colwick Country Park, River Road, Nottingham. NG4. 7.30pm.
Thu 14th Aug Leicester City 5k, Victoria Park, London Road, Leicester. LE2. 7.30pm
Wed 20th Aug Coventry Godiva 5 miles. WRRL. TBC
Sun 31st Aug Belvedere 10k, Burton. BDSL. TBC
Sun 31st Aug Little Aston 5 miles, near Sutton Coldfield.
Sun 31st Aug St Giles Riverside 10k/5k, Burton Library, Riverside, Burton. DE14

An Elephant walks into a bar and the bartender says get out! your t'-runk

THE 34 LONDON MARATHON with CRUTCHES TO THE FORE!

13th April 2014

Despite the vagaries of a new STAR (Scandinavian Total Ankle Replacement) ankle replacement and a serious lack of training, me and my NHS adapted crutches lined up with 13 Ever-presents on Blackheath's Green Start for the 34th London (my39th). Between marathons we had lost our EP legal eagle Jeff Gordon "just too much training" he said - he is after all in his '80's. In glorious sunshine, a light breeze and an ideal temperature of 14c I crossed the start line in 3.5 mins. with about 37,000 and hoping to finish after 26.2 miles in the Mall under the 8 hours cut-off. This year, only 11 Ever-presents had lined up for the pre-race photo minus 3 laggards, sporting our 'T' shirts kindly donated by AgeUK sporting 'DONE EVERYONE SINCE '81'. I was just ahead of the Huddersfield Brass Band, 31 strong going for the fastest 'Band in a Marathon' Guinness record and a host of other weirdos (Wolverhampton Bob-sleigh Team; a fibre-glass War Horse; a 42 kilo Fridge-man; a walking Telephone Box; a Bagpuss twice my size; a Bridge & Groom, and a 'Virgin, Virgin' Michael Owen looking rather nonplussed after I told him I'd done every London.

I nursed the ankle until I passed the 10 mile mark in 2:48 (Mo and the elites were long finished) and 'speeded up' to 16 min. miling feeling good. By then I'd been passed by 3 Rhinos and a lifesize tiger! A South African runner turned and shouted "I bought your book!" Then Denise Lewis our Golden Girl heptathlete nobbled me for a TV interview on Tower Bridge around 12 miles (3:20) and I naturally mentioned my charity AgeUK. Then a crutching lady from Scotland passed me in a surgical boot, what cheek – I'd have my revenge at 22 miles though! Then along Commercial Road into London's East End with the fast guys flying through on the other carriageway – show offs!

The 'Death Zone' of the London is the Isle of Dogs aptly named, between 15 and 19 miles – littered with St. Johns helpers and knackered runners where the infamous 'Wall' intervenes. The Galloping Gourmet was going well however, passing through the East End at 20 miles encouraged by the Steel Bands, the massed banks of charity groupees and volunteers, dodging the ½ filled lucozade and water bottles, and the cheering crowds buoyed with marathon fervour and booze – a real festival atmosphere the TV can't replicate.

Hey what's this? I'm speeding up to almost 4 mph and ignore the growing heel blister but then have to stop to give my team of Janet, Dick and Ellen a hug at 22 miles. I do my fastest mile, at 23, over 4 mph and even manage a 'negative split' in 93 marathons (faster 2nd half). I pass a disconsolate trombonist on her own "where's your band" I ask "miles ahead" she cries! On the ground I see a disembodied band music holder. The crowds had heard about the Ever-presents and chanted me all the way to the finish with Da-yul! Da-yul! Da-yul!

Onwards past 25 mile at Embankment and across Parliament Square a runaway pedestrian ahead is chased along the route by a sprinting Bobby to be apprehended by Green Park in a pincer movement. The lady in question looked rather flushed Up Birdcage walk the sign reads 'Only 800 metres to go' so the crutches get another gear and spectators still 4 deep!

I eventually raced in crutch-aided, in 7hrs. 12 mins. 39 secs well inside my target time and actually enjoyed it. That is until I crossed the line and after being hung with the best London Marathon medal ever both achilles seized, the heel blister burst and the toes bled – a relatively small price to pay for a lovely day and the right result. The 'Bleed Out' diet seems to have worked!

All the other 13 Ever-presents headed me home and I even managed to raised some funds for AgeUK as I might need their support soon! Roll on 2015 – in a wheelchair perhaps?

Run Stats. Overall position 35,519th Age category 70+ 131st. Behind me (at the cut-off) 248 runners (including Batman!) Winner = Wilson Kipsang 2hrs.4 mins. and a bit -just ahead!
p.s. Prior to the Marathon I was the guest of the Road Runners Club at the Excel Exhibition to sell The Real Marathon Men book and apart from getting Ronnie O'Sullivan's autograph and meeting the winner of the 1982 London Hugh Jones (he remembered my London triple!) I did sell lots more books than expected. I've a few left at £7.99 revised edition dale@5rhg.co.uk