



Centurion Runners Monthly

News Bite....

Month – September 15

Editorial

Hi all, and welcome to your September 15 Centurion News Bite. I will be taking a holiday in September so that means no Oct News Bite. Good news you may cry....but alas I will return for November with September and October's highlights.

Till the next time

Thanks to Dale Lyons,
Ed Wallace, Elizabeth
Smith, Louis
Satterthwaite and Paul
Davies (and apologies
Dale for not printing
your letter sooner)
must have been
missed by one of my
editorial assistants.....

Neil Wilkes 

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Dale Lyons Shares a letter to Hugh Brasher....Race Director Virgin London Marathon

Hi Hugh

Now the dust has settled on the 35th I wondered if there has been any further thought to the standard wheelchair entry and whether in the interests of all concerned it would be safer and more user friendly to have them start behind the elites in future. This would help to resolve at least 3 problems that I, and presumably the other wheelchairs had during the last marathon.

Firstly, being hemmed in with the masses was incredibly restricting especially at the rear of the Red start because you just couldn't pass even on the flat. Secondly, a significant percentage of runners were on headphones (shouldn't they be banned?) and could not hear you approaching especially on the down-hills – the Charlton Hill for example was a nightmare half mile (see my previous feedback to you). There were many other less severe slopes where the wheelchair was seriously disadvantaged - they do not have any dedicated braking system like the elites. Despite my having two very loud horns attached I was crashed into twice by headphone wearing runners, the second time around 17 miles which damaged the steering and could have ended my race. Thirdly, being near the rear of the field the amount of bottle debris was a serious hazard especially to wheelchairs. I was thrown off line a number of times and into runners when the wheels snagged water and lucozade bottles for example.

Starting behind the elites would give the wheelchairs a head start and provide a respite from most of the problems already mentioned. It would be safer and easier and quicker for those few standard wheelchairs and may even encourage more to participate. What I'm respectfully suggesting is a more level playing field for the wheelchairs which at present they don't have. I noticed this year there were physically impaired runners who were given a head start to the masses so surely the standard wheelchairs should be afforded the same consideration?

I will be hoping to compete again in 2016 in a wheelchair as my ankle surgeon has strongly advised against competing on foot, with or without crutches. As one of the last 12 Ever-presents I expect this to be my 100th marathon after which I may retire and leave it to the 'youngsters' in the Group.

Yours in sport.

Dale

Thunder Run!

25th July 2015 - Catton park, Derbyshire.

Thunder run is a 24 hour race that can be run in teams of 8 or 3-5, in pairs or solo. The objective is to run as many off-road 10km laps as you can in the 24 hours. This year 6 centurions, James and Chris Houghton, Tanya Murphy-Griffiths, Ian and Paul Cooper and myself, joined friends from parkrun to take part in two teams of 8 along with Helen lane running solo. Tanya and me on 'surplus to requirements' and the others on 'winning lane.com'.

Most of us arrived on Friday to set up camp and try to get a good night's sleep. This made way too little sleep and some beers, very much a centurion camping trip then! The race started at 12 noon on Saturday. Having rained all day and night, Saturday was a beautiful day.

I was put on first leg to try to get ahead of the crowd to the base of the first hill (oh yes lots of hills) where the course turns and narrows. I averaged 6.28min/mile over that 1st half mile to make sure we didn't lose time walking up the hill. The advice from a chap the previous night about wearing spikes paid off and I was able to not fall over in the mud, unlike many others.

The course then loops back around campsite B, so the rest of the team could cheer us on. Before heading uphill again into the woods. Emerging out of the trees to a flattish section, then another steep energy sapping hill. The course has more trees, uphill and down hills before reaching a small lake. Running round the lake and heading back to the start/finish line through campsite A was great, the support was fantastic. Not before a final sneaky hill though.

Lap 1 complete in 48.02, I handed over to Tanya. I headed off for a shower, food and cheers the rest of the team on. Lap 2 for me started around 7.30pm, having said "I would be quicker as it would be cooler" the pressure was on. I still felt fine and the earlier mud had dried a bit so switched to trail shoes. No major incidents on this lap and I did finish quicker in 46.54. Again staying with the same order I handed over to Tanya, who then had a flyer finishing her second lap in 58 mins.

My plan before my night run at 3.45am on Sunday, was shower, massage, food, beer then sleep. All went very well apart from the sleep part, it just felt weird trying to sleep with others still out there running. Probably managed a hour before getting up at 2am to get things ready for lap 3.

At this point Helen was still going round, think by this time she had done 80km plus and was in 5th place. We were helping her out as much as we could at her 'pit stops'. But tiredness and loss of appetite was creeping in. I think she stopped for a sleep shortly after I went to start my 3rd lap.

My hand torch had broken on Friday night so I bodged it using a ring pull from a beer can to short out the battery, I was glad we had those beers! Lap 3 was bound to be slower in the dark, but it was so much fun. Finally got around in just under 51 minutes, by which point the sun was rising.

Fast forward a few hours and I am being 'dragged' out of tent after a nap and realising that I'm going to have to run again! I knew I'd run too fast on the earlier laps. Team captain, Steve, volunteered to pace me round lap 4, as I was pretty tired. I know I wasn't the only one. We swapped the last runner and me around to make sure I would get back before 12 so our last runner would get out before that cutoff time. It took me about 4km to get back into my running, then felt fairly good leaving Steve behind as I wanted make sure of the final lap before 12. My final lap was about 55 mins.

Our team ended up with 25 laps (95th) the other team 27 laps (42nd) and Helen a brilliant 12 laps for 8th place.

It was a great weekend, although very tiring, great event, great comradery. I would definitely recommend it, anyone who might think about it let me know.

Centurion times : (official)

	Lap 1.	Lap 2.	Lap 3.	Lap 4.
Chris	52.02.	51.37.	55.21.	
Paul	59.16.	59.31.	65.34	
James	53.37.	54.02.	56.55	
Ian	63.22.	66.07.	72.20	
Ed	48.05.	47.07.	51.13.	55.07
Tanya	62.35.	58.07.	79.41	

Ed Wallace



The Teams



54321 no, not the well-known song by Manfred Man (younger generation please look it up) but the 54321 Marathon

Sunday 9th August Sharon and I ran the Salisbury 54321 marathon (me) and half (Sharon).

There were also distances of 33k or 50k and the event was also for walkers.

The route itself is fantastic, passing 5 rivers, 4 big hills, 3 large country estates, 2 castles and 1 cathedral. (Hence the name 54321)

The course was very varied, with stiles, gates, and mostly off road and very hilly.

I had studied the map and even taken notes which was a good job as the course wasn't as well sign-posted as you'd expect. Very few Marshalls on the course made it even more complicating, but we both managed to get round without going off-route.

The last to finish (marathon walk) took over 9 hours but that involved a lot of site seeing/picture taking.

I was 6th overall with 3h 25m which taking into account the course profile I was happy with.

Sharon was 7th woman in the half with 1h 55m which again although slower than normal is about right due to the course and nature of the run and also from over-indulging in an Italian restaurant the night before!

This run is well worth doing, although having said that I will not be returning now I've done it once.

Paul Davies

Coventry autumnal 5

19 Aug 15

On what turned out to be a very wet race Centurions were out in force for the Coventry Godiva Autumnal 5. The route was contained within the confines of War Memorial Park and provided a fast almost flat course that consisted of one small lap and two larger laps of the park perimeter.

Some great individual performances contributed to the Clubs standing in the Warwickshire Road Race League.

- 15 Paul Davies Centurion RC M50 29:19 M
- 61 Tony Haden Centurion RC M45 32:25 M
- 63 Lee Caves Centurion AC M35 32:50 M
- 70 Edmund Wallace Centurion RC SM 33:07 M
- 79 Gavin Davies Centurion RC M50 33:52 M
- 91 Andy Rea Centurion RC M50 34:17 M
- 104 Andrew Carwardine Centurion RC M45 34:59 M
- 123 Sharon Davies Centurion RC W40 35:52 F
- 138 Neil Wilkes Centurion RC M45 36:38 M
- 148 Eric Robathan Centurion RC M55 37:11 M
- 149 Andrea Burnett Centurion RC W40 37:18 F
- 158 Jeanette Robathan Centurion RC W50 38:15 F
- 165 Alison Fergusson Centurion RC W45 39:07 F
- 174 Adrian Lloyd Centurion RC M65 40:20 M
- 178 Theresa Woolley Centurion RC W50 40:44 F
- 184 Tanya Griffiths Centurion RC W35 41:11 F
- 187 Michael Pinnock Centurion RC M50 41:39 M
- 195 Mary Williams Centurion RC W60 42:29 F
- 199 Paul Cornock Centurion RC M50 43:19 M
- 207 Sophie McEvoy Centurion RC SW 44:09 F
- 208 John Savin Centurion RC M60 44:12 M

Such Fun!



Adrian Lloyd goes all out in the 800 metre track race

A couple of us chronologically but not physically challenged Centurion members have been experiencing the delights of competing in track and field events in the Midland Veterans league via our membership of the Midland Masters Athletic Club.

The league consists of three divisions Northern, Eastern and ours the Southern division. Each area division compete in four separate meets over the course of the summer, culminating in The Grand Cup Final where all the clubs compete against each other according to how well they have done in the league - so that you have A,B and C finals. These sometimes take place within the same race.

Adrian Lloyd and myself have been competing in the league on and off for several years. Adrian, to his credit, has competed in virtually every track event asked of him over the last couple of years including the 100 mtrs, 200 mtrs, 400 mtrs, 800 mtrs, 1500 mtrs and the 3k, always gaining valuable points for the MMAC T&F team.

Races are run in most age groups so you can find yourself up against some of the best T&F age group runners in the country and sometimes world class.

These events are amazingly well organised with up to 3 or 4 events being competed simultaneously, but on the other hand it is the athletes responsibility to make sure they are in the right place at the right time as I found to my cost at my very first appearance where I totally missed starting in the 3k track race.

I also found out that the hardest thing to do is race walking. These races are usually held over the 2k distance and I think I finished last in the two races that I stumbled around.

I had more success over the 1500 and 3K distance but found that my best points scores for the MMAC came in the 100 and 200 metre sprint events with to date two second places, one third place and one fourth place. My other events have been a very dismal 400 metres and one less than

illustrious long jump. Also three poor and one good run (I don't know where that came from) as part of the 35+ age group sprint relay team.

So to sum up, T&F is great fun, full of team spirit and at the same time totally humiliating if you have a bad run and I love it!

Author Louis Satterthwaite

And finally.....

Good luck to everyone running the Kenilworth half on 6 Sep....remember to keep a bit in the tank for that last hill!

That's all folks!

