



Centurion Runners Monthly News Bite....



Month - June 15

Editorial

Happy June everyone, nearly half way through the running year already. We are really into the mad season of Warwickshire Road Race League Races stacked up with barely a week between some...so let's rise to the challenge Centurions and make the club proud. I hope to see you at as many that I can make and cope with.

Now, on with the News Bite....on the menu today we have starters, mains and desert....all for you delight and delectation. I've not lost the plot just yet....just keep reading and the theme will become clear....I hope!

Thanks to Tom Healey,
Bob Paulsen, Dale
Lyons and Mark
Cawardine for pictures
and articles.

Neil Wilkes 

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STARTERS

Centurion Grand Prix Series 2015-16

There were two out right winners of the GP series, and female vet. Well done to the winners and runners up and thanks to all the runners who attend to help keep this event vibrant and alive.

The Grand Prix cannot take place without the hard work and dedication of a great team of volunteers, Ed Wallace Race Organiser, Mick Hollis course management, refreshments Eileen's Hatfield and Bond, results Neil Prentice...I have named but a few, (and apologies to those I've not named) there are many more so please thank them when you see them (you know who they are if you run the series), without the team we wouldn't have the excellent event that is organised six times each year.

Points - 5 Mile Ladies 2014/15

- 1 Eleanor Fowler** F Nuneaton Harriers AC
- 2 Val Carter FV45 Birchfield Harriers
- 3 Vici Richardson F Royal Sutton Coldfield

Points - 5 Mile Ladies Vets 2014/15

- 1 Val Carter FV45 Birchfield Harriers
- 2 Jeanette Robathan** FV50 Centurion RC
- 3 Jane Hunt FV50 Knowle & Dorridge RC

Points - 5 Mile Men 2014/15

- 1 Richard White** M Halesowen
- 2 Jonathan Carter M Unattached
- 3 Conor Smith MJ Bromsgrove & Redditch AC

Points - 5 Mile Male Vets 2014/15

- 1 **Virgil Barton** MV40 Mercia Fell Runners
- 2 Andy Lane MV45 UK Netrunners
- 3 Eric Fowler MV50 Nuneaton Harriers AC

Points - 5 Mile Male Juniors 2014/15

- 1 **Conor Smith** MJ Bromsgrove & Redditch AC



Richard white and Eleanor Fowler



Jeanette Robathan

Sutton Fun Run - 31 May 2015

The annual Sutton Fun Run took place on Sunday 31 May 15. This was my fourth event over the years....last year was my penguin outfit debut for the Children's Hospital but this year I wanted it to be a hard training run in readiness for the rock n roll Liverpool Half Marathon on 15 June (I will report on this – a new race for me from this American Company).

“You eventually tackle the infamous cardiac hill”

The weather Gods gave us rain. First ever wet Fun Run I believe. Thousands of runners lined the Parade for the start. The route takes you through the main centre of Sutton Coldfield and out to the park, near Town Gate then along Monmouth Drive and back into the park where you eventually tackle the infamous “cardiac hill” and you are then rewarded a mile or more mostly downhill finish.

Support is brilliant and the people of Sutton Coldfield really get behind the event. It's a popular run for sponsorship and fun runners abound – but this route is a real challenge if you want it to be and the hills are there to test you. I would always recommend this run so give it a try next year if you can, you won't regret it.

Results are not available until Friday so I can't confirm who took part or times...I did see Andy Cawardine who I tried to interview on route but I couldn't keep up with him....I'll see you at the end he said but wasn't there with the tea and cake I requested....next time Andy!

Apologies to any Centurions running I didn't see...I will publish results next edition.

Neil Wilkes

MAIN COURSES

THE WHEELS STAYED ON FOR 26.2 – A ‘WHEELIE’ GOOD RUN

LONDON MARATHON REPORT SUNDAY 26th APRIL 2015

Then there was twelve! Thirteen Ever-presents started the 35th London marathon after fourteen had survived from last year. Dave Fereday succumbed to lack of training through illness and Pat Dobbs our fastest senior was ‘felled’ by an errant water bottle at the Cutty Sark only 6 miles in.

Generously, London Marathon presented the EPs a bright orange ‘T’ emblazoned with ‘**35 AND COUNTING**’ at the Green Start. Unfortunately I had to get to the Red Start and that’s when the trouble started. Officials first barred the way until I was escorted in my Bromakin wheelchair to the Red start. Arriving in Greenwich Park I was then ‘arrested’ by the Marathon ‘Police’ whose said they had no record of my race number or my wheelchair entry. Obviously I was a ‘rogue’ wheelie and in addition the wheelchair’s front wheel was illegal and a danger to the runners! The start time was getting perilously close and my demeanour bordering on the fragile. But with Geordie calm and reasoned argument, common sense prevailed and I was shepherded into corral 8 about 5 minutes before the off at 10.10 am. Not the most auspicious or calming start to my 35th London I can tell you.

“Ten minutes after the Gun the front wheel crossed the start-line but not before I was herded aside by three, yes three Rhinos”

Ten minutes after the Gun the front wheel crossed the start-line but not before I was herded aside by three, yes could it get My team of and Ellen past but did photo?

The Red most testing wheelchairs. mile near Village is a rise. Imagine steep hill thousands of to wall and a wheelchair



three Rhinos – any worse? Janet, Dick then flash they get a

route is the especially for Why? At 2.5 Charlton steep hill and if you will a packed with runners wall standard with no

brakes to speak of. Both my klaxons are going full volume (one a 140 db Horn) and me screaming “wheelchair = keep left”. Not a recipe for calm or a lower heart-rate. Then the reverse up the other side when I’ve little momentum and wondering whether to stop and drag it up! I just made it approaching Woolwich where all three routes Red, Green and Black converge occasioning much ribald jeering by the runners.

What are most taxing features for standard wheelchairs in this marathon? **Firstly** we are nudged in with the masses on the most difficult route unlike the elite wheelchairs who get an hour’s free start on the rest of the field. **Secondly** trying to pass the 20% or so runners on headphones who can’t hear your horns or screams makes passing almost impossible. **Thirdly** the increased London numbers (37,541 finishers is a record) critically restricts the opportunities for overtaking. Not until the Embankment at 24 miles did passing become easier. **Fourthly** the casually discarded water and Lucozade bottles are real obstacles for three or four wheels. But apart from these minor issues its plain sailing!

It’s worth noting that these problems could be the reason for only 5 or 6 standard wheelchairs taking part out of the 12 that were scheduled. My pre-marathon attempts to get the Marathon management to change to an easier route i.e. Green or Black for the wheelchairs fell on stony ground.

“All along the route crowds are baying and screaming at fever pitch, the noise is quite painful at times but it spurs you on nevertheless”

All along the route crowds are baying and screaming at fever pitch, the noise is quite painful at times but it spurs you on nevertheless. More and more bands and groups side-line the course. Traditional and big band jazz; silver bands; pop groups; reggae spots; Scottish pipe bands; steel bands; drumming groups (one under the Blackwall Tunnel approach vibrated through the wheelchair like an electric shock!) and I probably missed a few!

This year changes to the route through the Isle of Dogs and Docklands and into Canary Wharf made the geography difficult to figure at times. Not that many of the fun-runners noticed. I passed a kaleidoscope of costumes and outfits e.g. a Bottle of Fullers Beer; two Rhinos; a Rocket Ship; a Telephone Kiosk: a 12ft Giraffe!; and various Supermen, Elvis's, Men in Tutus, men as Large Women (scantily clad) and of course the Wolverhampton 2 man Bobsleigh Team – they're not all locked up yet I can assure you. Yet all this carnival hoo-hah has an altruistic motive too with over 70% of runners sponsoring good causes and charities.

I've now past Tower Bridge, the last real test for me and the wheelchair and onto Commercial Road, towards the City and East End; over halfway with the Capital Radio mobile home belting out the latest pop. Across the carriageway in the opposite direction are the fast guys going through 21 miles – show offs! The last 10km is where the marathon really starts it is said. At 15 miles my right wrist starts to ache but with the supports I'm not too worried until at 17 miles I fear for a possible DNF (did not finish). A head-phoned runner crosses in front of me and I crash into the barriers bending the fragile steering rod with the watching crowds shocked into silence. Gently I ease the rod close to the original position and nurse the delicate mechanism the last 9 miles home – another moment of "will I make it"? Offers on the inclines to push me I decline until at 20 I'm being pushed up a rise by one of the Ever-presents – thanks Steve (Wehrle). It must have exhausted him – he was 20 minutes behind me at the finish!

Through Canary Wharf, past the Tower of London and under Blackfriars Tunnel. I get up my speed to over 10 min. milling (i.e. 7+ mph) as the running thousands slow, walk, stop and move to the fringes of the Embankment nearing Waterloo and the Hungerford Bridges. My team and eldest daughter Kyla are there but I'm too busy avoiding runners passing the 25 mile mark. I wheel into Parliament Square jammed with the cheering masses, passing Big Ben, Churchill and the Cenotaph. Finally only Birdcage Walk and spectator crossings to negotiate then I give HM The Queen a wave as I pass the Palace and fizz down The Mall.

Flashing through the finish line in 4:36:16, it's my fastest London for 10 years! My legs aren't aching or tired at all! The top half however is a different story and feeling the effects of the 26.2 mile push. Of the 12 EP finishers I'm 4th overall – last year I was 14th out of 14 so another reason to celebrate! Chris Finill our fast guy was first in 2:52 and last, our only Irishman Ken Jones in 6:53 but he made it under the wire.

“Don't I get another for the wheelchair?”

A marathon official guides me through the runners and I get a young lady to hang the medal – much bigger than last year. “Don't I get another for the wheelchair?” I ask innocently, but no dice. A warm welcome and drinks await at the Age UK reception where my support team now include my Grand-daughter Anna and her friend. I get lots of hugs and well dones. Then it's off across the West End to Covent Garden for a proper drink and quality nosh, naturally in the wheelchair. Will I back in 2016 for the 36th – what do you think, I'm only a youngster?

RACE RESULTS AND STATS. The Ever-presents are now down to 12 with Dave Fereday a DNS (did not start) in addition to Pat Dobbs DNF (did not finish) at about 6 miles.

My overall position was 23,361st and 42nd in my o/70 age group (why not a o/75 group?) A record finishers total of 37,541 (over 14,000 behind me - wow!)

Dale's time 4:36:16 – 1st half 2:11. (6 mph) 2nd half 2:25. (5.42 mph) Average speed 10.53 min mileing 5.70 mph.

Sponsorship for Age UK including Gift Aid should generate over £800 thanks to generous support from my family, friends, runners, Rugby Rotary Club, Sutton Park Probus Club, Fircones French class and West Midlands Inner Wheel clubs (District 6), Wheelchair by Bromakin Wheelchairs, Loughborough.

Check out the Ever-presents on our website www.everpresent.org.uk it's a cracker and organised by Webmaster Mike Peel a restin Ever-present.

Dale Lyons aka The Galloping Gourmet 29/04/2015.

London Marathon – Marks View

“London Marathon weekend always gets the butterflies going”

London Marathon weekend always gets the butterflies going, even if you are only watching it on TV. This year I was lucky enough to take part in my 6th one, this year was the 35th running of the event. A number of Centurions were doing the event and were scattered far and wide across London but all coming together at Blackheath on a chilly Sunday morning in April. A number of us gathered at the Centurion London Marathon base - The Clarendon Hotel. Pictures were taken nervous hugs given and we all disappeared off to our various start points. I have travelled with Paul and Sharon Davies, James & Chris Houghton (our on course support). James was really ready to go after 24hrs of tips from the Marathon Master Davies.

Paul and I met a few old friends at the Good for Age start - Richard White, Ian Gower & Marc Curtis. We assembled at the start of the Red start zone, foot on the line and ready. As usual the marathon route was lined with people for the whole 26.2 miles. The weather at the start was rather cool but the rain abated at the conditions slowly improved, a little windy but near perfect running conditions. Paul & I stuck together until nearly 16 miles and then 2 marathons in 3 days started to tell on Paul and I edged away. The further into the race I went the stronger I was getting, with a 1:23 1st half I pushed on. In the last 7.2km I was able to pass 112 people and recorded my fastest 5k from 35 - 40k. Have to finish in 2:45:04.

A number of great performances all round. Paul Davies again went under 3hrs. James had a fantastic 1st marathon I think exceeding his expectations for a very well-paced 3:59:61. Sharon & Eric PB'd and Tanya also completed her 1st marathon. Do we all want to do it again next year? Oh yes!

Mark Cawardine

Desserts

Chocolate Sundae 5K

Thanks to my friend Bob for this article on a rather unusual running event from the USA.

THE YANKS LOVE THEIR ICE CREAM. FROM THE KITCHEN SINK TO A SUNDAE.

The 2nd annual Chocolate Sundae 5k run was held on May 2, 2015 at Seminole State College, Lake Mary, FL. Almost 1000 runners participated. This run is known as, "America's coolest run".

The 3.1 mile course started in the courtyard of the college and then wound around the roads and neighbourhood surrounding the campus. Very lovely and comfortable course.

After crossing the finish line, everyone was given a finishers medal in the shape of a silver spoon with a sundae and a cherry on top. After receiving the medal (see picture), we made our way through the crowd to the ice cream tent to receive our free ice cream sundae. A nice treat to end a morning run. Bottles of water and bananas were available.

"I hate running but I love desserts"

One running shirt caught our attention. "I hate running but I love desserts". (See picture). There were awards for the top 10 males and females. For the females, the youngest at age 10, took 10th place and 1st place was taken by a 13 yr old at 20:57.2 (6:45/mile pace).

For the males, the youngest at age 8 took 5th place at 21:58.3 with a pace of 7:05/mile pace. 1st place was taken by a 20 yr old at 20:47.8 with a 6:42/mile pace.

The 1st place female winner was only 10 seconds behind the 1st place male winner. Overall it was a very nice comfortable run. All proceeds from the run benefit the Arnold Palmer Women and Children's hospital of Orlando.

UPDATE: Disney's Marathon Weekend 2016. 5k, 10k and half marathon sold out in 45 minutes.

Story submitted by:

**Renee and Bob Paulsen
St. Cloud, FL.**



And finally.....

On a 12 mile run along the Fazeley Birmingham canal late May I swallowed four flies, my all-time least favourite personal best, can you beat that?

That's all folks! 🦋