

# Centurion Runners Newsletter

September 2014



**John Walker founder of the Centurion Running Club, a seasoned competitor, a coach, race organiser, physio and a great supporter of athletics in the Midlands, John 76 a tireless worker finally succumbed to a long term illness and passed away peacefully on June 19th 2014**

## Editorial

The Centurion Club mourns the death of its founder John Walker.

The Centurion Running Club which originally started life as the Centurion Jogging Club and was inspired by the jogging boom in the late 1970's which attracted many new people to running as a sport.

The normal training evenings on Tuesdays and Thursdays would see as many as 60+ runners starting out from the old sports centre in Cooks Lane.

John, always a great organizer, thought up many ways to encourage the newcomers including distance achievement badges ie: 5mile 10mile 15mile 20mile badges always proudly worn by the recipients. Also a 3 mile "road race" on some Tuesdays once a month for the more competitive types.

Trips to London's Hyde Park to participate in the Sunday Times National Fun Run, run as age group races from the very young to the very old with the best scorers from their respective club, organisation, or school etc: being counted as winning teams. The Centurions acquitted themselves very well on their second visit to Hyde Park finishing in about sixth place out of hundreds of teams. This was always a great day out.

The club had its first taste of success when John got a couple of teams together for a 6 x 2.9 mile relay race around the Silverstone motor racing circuit organised mainly for jogging clubs by the very popular at the time "Jogging Magazine". The Centurion Joggers! won this race from a very good team of W&B AC veteran runners - I don't think they were amused "They're not Joggers" was commented, just because we had a future 1:50 800 metre runner and a future sub 50 minute 10 mile runner in our team.

On the wider scene John started the Centurion Grand Prix, a series of at the time six and three mile races to be run once a month from late autumn to spring. This attracted many hundreds of runners per event in the early days.

Along with organising the very first mass participation "Peoples Marathon" in the UK these were just some of John's other ventures.

Thanks to Neil and Wayne for the Articles etc:

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## Sutton Fun Run 1 June 2014 ....as a penguin

For the last few years I have threatened to undertake the Sutton Fun in fancy dress. Well, this year a few people called my bluff and looking to put a bit fun back into my running (no pun intended) I decided to run in fancy dress for Birmingham Children's Hospital (my favourite charity).

I chose a penguin outfit after one beat me at the Birmingham half the previous year, it (he?) sailed effortlessly past me at Cannon Hill Park and I vowed revenge....

Fast forward to May 2014...a training run (as a penguin...you need to test for chafing) with Di in Sutton Park one evening....a van gradually draws alongside, a policeman puts his head out the window and asks "I hope you have a good reason for being dressed like that?" after explanations and some laughs we get the blue lights in honour.

As for the day, well it was hot...I was a hot penguin (please...not in that sense). I had only done this run once before some years ago but was familiar with the route and aware of cardiac hill...so with some initial trepidation we set off amongst a throng of runners.

As my vision was somewhat impaired by my beak I had to take a lot of care as many people were walking in the first half mile...but with Di's assistance and my penguin senses at full power we pressed on without incident, apart from a young lady falling down right in front of us, her pride was hurt the most.

I got plenty of attention with comments ranging from go the penguin, to there's Pingu or do you want a fish. We caught up with some friends at about mile 2 and posed for photos and pressed on regardless. We did take some walking breaks and I drank lots of water. We also made it our mission to beat the whoopee cushions but couldn't compete with the dining room table and chairs that had the advantage of being on wheels (that's my excuse anyway).

We climbed cardiac hill, posing for a photo half way and I was hosed down by the fire brigade at the top, very refreshing that. It was then downhill most of the way back to the finish. We gave the Flintstones (in their car) a run for the money and I think we beat them....it can be very competitive amongst the fancy dress fraternity, I hadn't realised that before.

On the final mile a man said, everyone doesn't care about their finish time now as long as they beat the penguin...charming! I was then promptly shot by some kids with water pistols...I wanted to contact the RSPCP (think about it....)

We had another stop when we saw our respective families, sadly the beer had gone warm and I didn't get any, and then ran on in for the finish. The crowds were huge and I showboated a bit for the crowds (a poser penguin). We finished in 1:38, a bit down on my last attempt.

I have to say it was a very enjoyable day and a new running experience for me which made people smile and did a bit for charity at the same time too, can't be bad.

Many thanks then to everyone that sponsored me, wished me well, Di for gamely helping me and raising funds and Sam for supporting me with the idea.

Pingu aka Neil



## Kingsbury Park Run 7 June 14

Kingsbury Park Run arrived in July of last year enabled by Badgers Running Group.

The run on this Saturday was a special event with Adidas in attendance as well as 2012 Olympian Robbie Grabarz (bronze high jump), Paralympian Richard Whitehead MBE (Gold 200M) double amputee and elite athlete Amy Whitehead representing GB in the Commonwealth Games.

About an hour before the start the heavens opened with rain, thunder and lightning, which if it had continued may have stopped the event. The weather Gods were on side for once and it stopped raining long enough for everyone to get round.

Amy was out on the course encouraging the record attendance number of runners and all three were happy to

pose for pictures and chat to people. In addition there were random spot prizes.

Kevin, Emma, Richard and I ran most of the course together with the Two Castles race the next day we all took it reasonably easy.

The route is on tarmac roads, trails and pathways...it can get muddy, so be warned if you are thinking of doing it and check for cancellations before making a special journey if the weather has been bad.

Overall it's a very well organised and lovely run around the lakes and main routes of the Water Park with a coffee shop near the start/finish for runners and spectators to enjoy and a great playground for the little ones.

Neil Wilkes

## Two Castles 10K 8 Jun 14

The popular point to point 10K sold out in record time this year although WRRRL members were given the opportunity to join a waiting list which does work quite efficiently I've found (on past experience). I do understand that there were some members who still could not get in.

A dry and hot day saw some 21 Centurions line up at the start in the narrow exit road near the front of Warwick castle. Club runners were given priority for the front though there were still noticeable pockets of slower runners who had placed themselves too far forward.

The route is all on road and takes you through Leek Wooton. Support varies depending if you are near homes.

Certainly the start at Warwick was noisy and the end at Kenilworth castle very loud.

The miles tick by with some good long, low hills; coupled with the last (and biggest) hill make it a demanding run.

The biggest hill is about a mile or so from Kenilworth (the same one that greets you at mile 12 of the Kenilworth half Marathon) and then it's a nice downhill stretch for a good while before a sharp bend and upward slope before entering the castle.

The finish area is very tight with thousands of runners and spectators converging in one spot.

A T-shirt and medal awaited the finishers with a bus back to the start for those that need it.

## Centurion Finishers

**Paul Davies M45 32nd 0:38:00, Gavin Davies M45 68th 0:39:08, Dan Wren 195th 0:42:44, Wayne Muddiman M35 211th 0:42:53, Edmund Wallace 290th 0:44:20, Sharon Davies W35 317th 0:44:51, Emma Donnelly 387th 0:45:46, Neil Wilkes M45 490th 0:46:47, Eric Robathan M45 513th 0:47:04 Theresa Woolley W45 524th 0:47:11, Kevin Morris M45 576th 0:47:38 Jeanette Robathan M45 631st 0:48:12 Richard Booth M35 682nd 0:48:37, Andrew Matthews M45 681st 0:48:37, Mary Williams W55 836th 0:50:00, Paul Cooper M35 849th 0:50:05, Ian Cooper M35 853th 0:50:06 Denise Fitzgerald M45 964th 0:51:03, Tanya Griffiths 1841th 0:57:59, Richard King M45 2196th 1:00:53, Judith Mackay M55 3408th 1:22:08**



**Editors Note!** I had to warn the Marshalls of impending the disaster before they told these people to control their dogs, children and pushchairs, this is on the corner where the runners turn into the castle.

## Arden 9 – John Walker Memorial 23 June 14

Centurion Running Club members were out in large numbers for the Arden 9 road race which starts and finishes at Hampton in Arden Tennis Club and is one of a number of races that form part of the Warwickshire Road race League.

However, this was no ordinary race for those taking part. John Walker, founding member of Centurion Running Club in 1970's, and heavily involved as both a coach and athlete had sadly passed away on the Thursday and everyone present from the club was running in his memory.

Centurion runners wore a picture of John and a lovely speech was given before the start of the race explaining what had happened and the contribution that John had made to the running community and his own personal achievements. Much applause was given and Centurions were afforded the honour of lining up at the front of the race if they so wished.

It was a hot day but every runner gave their all in memory of John over the undulating 9 mile route. Encouragement from other participants spurred runners around the pretty roads of Hampton in Arden and the surrounding countryside.

After the last runner crossed the line, a team photograph was taken before the awards were given. It's fair to say John would have been very proud of the club that day as those members were proud of him.

### Neil Wilkes

#### Centurion Finishers

13 53:38 Mark Carwardine M45-54, 17 54:52 Paul Davies M45-54, 26 55:51 Ian Satterthwaite M35-44,  
36 56:56 Thomas Healy M45-54, 43 57:58 Gavin Davies M45-54 52 59:26 Tony Haden M45-54,  
62 60:46 Wayne Muddiman M35-44, 76 61:50 Stuart Mccullagh M35-44, 82 62:18 Dan Wrenn M SEN,  
96 63:40 Christopher Houghton M SEN, 118 65:38 Andrew Carwardine M45-54,  
124 65:57 Sharon Davies W35, 127 66:01 Emma Donnelly F SEN, 140 67:48 Edmund Wallace M SEN  
150 68:26 Neil Wilkes M45-54, 156 68:37 Kevin Morris M45-54, 169 69:38 James Houghton M45-54,  
177 70:18 Jeanette Robathan F45-54, 180 70:32 Adrian Lloyd M55+, 181 70:41 Andy Matthews M45-  
54,  
190 71:53 Mary Williams F55+, 223 74:24 Gary Turner M55+, 230 75:07 Paul Cooper M35-44,  
254 77:40 Colin Corden M55+, 266 79:33 Tanya Griffiths F SEN, 276 80:14 Sheena Lewis F45-54,  
309 85:42 Kevin Tomkinson M SEN, 356 97:47 Alison Giblin F45-54, 364 108:14 Sonia Corden F35-44,  
366 109:56 James Conway M55+.



## Stratford Six Saturday 28th June 2014

17	PAUL DAVIES	35:47	MV 50	100	Emma Donnelly	43:09	F sen
18	Ian Satterthwaite	36:05	MV 40	116	Eric Robathan	44:48	MV 50
36	Thomas Healy	37:29	MV 50	119	Jeanette Robathan	45:05	FV 45
37	Gavin Davies	37:41	MV 50	127	James Houghton	45:50	MV 50
53	Tony Haden	38:49	MV 40	133	Leonard Wallace	46:08	M sen
57	Wayne Muddiman	39:22	MV 40	174	Lucy Greswell	49:47	FV35
68	Chris Houghton	40:41	M sen	175	Alison Fergusson	49:50	FV 45
79	Edmund Wallace	41:44	M sen	177	Maurice Byrne	49:59	MV 50
84	Sharon Davies	41:57	FV35	187	Tanya Griffiths	50:42	F sen

### Ryton Pools 5mile July 2nd

29:44 Paul Davies  
 30:06 Ian Satterthwaite  
 31:51 Thomas Healy  
 33:18 Wayne Muddiman  
 34:04 Christopher Houghton  
 34:15 Edmund Wallace  
 35:06 Andy Rea  
 35:10 Sharon Davies  
 37:15 Kevin Morris  
 37:17 Eric Robathan  
 37:33 Emma Donnelly  
 37:58 James Houghton  
 38:43 Jeanette Robathan  
 39:25 Adrian Lloyd  
 40:24 Mary Williams  
 40:27 Colin Corden  
 41:30 Alison Fergusson  
 42:03 John Curtin

### Northbrook 10k

42:52 Tanya Griffiths  
 63:17 Sonia Corden  
  
 36:13 Kim Fawk  
 34 37:39 Ian Satterthwaite  
 40 38:10 Thomas Healy  
 58 39:12 Gavin Davies  
 87 40:56 Tony Haden  
 103 42:03 Wayne Muddiman  
 143 43:49 Stuart McCullagh  
 148 44:04 Andy Rea  
 161 44:40 Edmund Wallace  
 181 45:25 Emma Donnelly  
 192 45:58 Andrew Carwardine  
 203 46:16 Neil Wilkes  
 208 46:25 Kevin Morris  
 221 46:56 Eric Robathan  
 226 47:12 Andrew Matthews  
 233 47:25 James Houghton  
 235 47:26 Christopher Houghton  
 239 47:33 Jeanette Robathan  
 263 48:23 Adrian Lloyd  
 265 48:29 Gary Turner  
 275 49:10 Mary Williams  
 291 50:16 Colin Corden  
 333 52:05 Richard Booth  
 347 52:46 John Curtin  
 361 53:48 Maurice Byrne  
 515 75:33 Sonia Corden



Kevins Killer Kick

# Birmingham Running Athletics and Triathlon Club

## Rowheath 5km 13 August 2014

Despite the closure of the roads tunnels in Birmingham there was still a good turn out of Centurions for this short but tough WRRL race.

Although the clouds looking threatening the rain held off until after the race and therefore the conditions were pretty good. The route takes in two 1.5 mile loops starting on the road near the pavilion and finishing on the playing fields.

A fast down hill start tempts runners to go off too quickly and it is soon payback time on the two hills that take you to the perimeter of the playing fields which you follow round to the start of the second lap.

There were some fine individual performances (see results below) and a great cheer squad with encouragement from Lou, Elizabeth, Mary, Neil P and Geoff (apologies if I missed anyone off).

### Neil Wilkes

<b>30 Paul Davies</b>	<b>M50 17.56</b>	<b>31 Ian Satterthwaite</b>	<b>M40 17.57</b>
<b>48 Daniel Wrenn</b>	<b>M20 19.02</b>	<b>51 Thomas Healy</b>	<b>M50 19.09</b>
<b>76 Wayne Muddiman</b>	<b>M40 19.52</b>	<b>82 Edmund Wallace</b>	<b>SM 20.05</b>
<b>86 Tony Haden</b>	<b>M45 20.15</b>	<b>104 Sharon Davies</b>	<b>F40 21.04</b>
<b>110 Andy Rea</b>	<b>M50 21.10</b>	<b>113 Andrew Carwardine</b>	<b>M45 21.16</b>
<b>125 Leonard Wallace</b>	<b>SM 22.00</b>	<b>133 Richard Booth</b>	<b>M40 22.31</b>
<b>138 Neil Wilkes</b>	<b>M45 22.41</b>	<b>140 Emma Donnelly</b>	<b>SF 22.47</b>
<b>141 Jeanette Robathan</b>	<b>F50 22.55</b>	<b>145 Adrian Lloyd</b>	<b>M65 23.31</b>
<b>147 Stuart Calderbank</b>	<b>M65 23.39</b>	<b>156 Colin Corden</b>	<b>M55 24.18</b>
<b>170 Tanya Griffiths</b>	<b>Fsen 25:41</b>	<b>187 Sonia Corden</b>	<b>F40 35.17</b>

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## Master Athlete Research Appeal

My name is Jessica Coulson. I am a researcher at Manchester metropolitan University and currently we are undergoing a research project looking at bone health in master athletes above the age of 60 years old.

For our study we require 300 master athletes of such an age competing in sprints/middle or distance events. The study does not involve the athletes having to travel or change anything we simply send a small monitor known as an accelerometer for them to wear for 7 consecutive days, not at night, and then they send it back to us in the free postage envelope provided.

We have attending a few events such as the inter area match and the national track championships. I was wondering if the midland masters had any up and coming events that you may suggest or even if you have a current newsletter as such that we may be able to put a small article or advertisement in it to try and increase our participant number?

Please feel free to get in touch if you want any further information.

Many Thanks

Jessica Coulson

01612471207 Jessica Coulson <J.Coulson@mmu.ac.uk>

## Club Championships – 2014

The club championships run throughout the calendar year and are based on the club's three main race priorities; Cross Country, Team Relays and Warwickshire Road Race League (WRRL). Points are awarded based on the finishing position of each Centurion in each race (or leg times for the relays), with a sliding scale being used.

Full Race List:

- Cross Country (Birmingham League for the men and Midlands League for the women)
- Team Relays (March/April and September)
- WRRL (May/June-October) - highest six scores (out of ten races) are used

**At the end of the year, the club awards trophies to the top three men and top three ladies.**

### **Ladies**

### **The Story So Far**

With just four races to go, there has been plenty of activity in the women's competition, although not at the very top. **Emma Donnelly** remains at the head of the pile, but now with a much-increased lead (330 points, in fact) over her nearest rival. Climbing three places to second is **Jeanette Robathan**, with **Sharon Davies** shooting up five places to sit in third spot. Fourth place is being taken up by **Tanya Griffiths**, following a climb of three places. The top five is completed by **Mary Williams**, who, despite being currently out of running action, moves up four places. There are five new entrants this quarter: **Sonia Corden** (8<sup>th</sup>), **Alison Giblin** (12<sup>th</sup>), **Denise Fitzgerald** (joint-13<sup>th</sup>), **Sheena Lewis** (joint-13<sup>th</sup>) and **Judith Mackay** (15<sup>th</sup>).

### **Men**

Having lead from the start, **Paul Davies** continues to top the men's table, extending his lead to 125 points in the process. Still sitting in second place is **Ian Satterthwaite**, who refuses to let Paul get away from him. Climbing two places each are **Wayne Muddiman** and **Tony Haden** to sit in third and fourth, respectively. These two look set to take their individual battle to the wire. **Thomas Healy**, following his cycling mishap, jumps a staggering 8 places to complete the top five. Thomas isn't the highest climber, though, as **James Houghton** moves up twelve places to 14<sup>th</sup> and **Eric Robathan** up ten to 12<sup>th</sup>. Other very notable climbers include **Colin Corden** (up 9 to 17<sup>th</sup>), **Ed Wallace** (up 7 to 7<sup>th</sup>) and **Chris Houghton** (up 7 to 11<sup>th</sup>). There are nine new entries this quarter, the highest being **Stuart McCullagh** in 22<sup>nd</sup> place.

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### **Godiva Autumnal 5 Mile Race**

25 Paul Davies M50 29:15 M	27 Ian Satterthwaite M40 29:28 M
47 Thomas Healy M50 30:37 M	58 Tony Haden M45 31:50 M
59 Daniel Wrenn SM 31:57 M	63 Wayne Muddiman M40 32:15 M
72 Edmund Wallace SM 32:42 M	96 Christopher Haughton SM 34:05 M
104 Andrew Carwardine M45 34:24 M	110 Andy Rea M50 34:55 M
135 Neil Wilkes M45 36:29 M	137 Stephen Giblin M60 36:38 M
139 Eric Robathan M65 36:40 M	145 Jeanette Robathan W50 36:56 F
152 Adrian Lloyd M65 37:52 M	156 Theresa Woolley W50 38:22 F
158 Richard Booth M40 38:30 M	163 James Haughton M55 39:05 M
173 Colin Corden M55 39:45 M	177 Stuart Calderbank M65 40:27 M
182 Tanya Griffiths SW 42:05 F	202 Alison Giblin W50 49:13 F