

The Centurion

September 2011



True Grit from Mark Carwardine in the Sphinx 5 miler

Editorial

Due to an annoying incident at a recent parkrun, I will no longer be acting as unofficial club photographer.

I was very sad to hear of the death of Colin Simpson - see tribute article in this magazine.

And, as the cross country season fast approaches, England expects every able bodied Centurion to do their duty and represent the club. I will be very disappointed if I cannot beat last

season's record of only one XC race. And, as many injuries emanate from the posterior muscle chain, here is a link to an interesting video from one of Lance Armstrong's coaches

www.youtube.com/watch?v=8IR4NoSp9_g&feature=related

This seems to have helped clear up a stubborn calf injury problem in double quick time.

Also found this video of how to instantly gain hamstring flexibility:

www.youtube.com/watch?v=Iz3683Pej1s

Just one pair of "Runners of the Month" this time as the committee takes a few months' rest.

Many thanks to Neil Wilkes and Mark Carwardine for their articles. For others of you who would wish to submit articles for the newsletter, my email is geoemm@tiscali.co.uk.

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The Editor



Who's this fit looking bunch?
Are they from another club?



79 Gary Turner 44:27
Northbrook 10k

Northbrook 10k Centurion Photos



3 Ian Mansell 33:50



8 Ian Satterthwaite 36:03



28 Marc Curtis 39:47



15 Mark Carwardine 37:30



187 Jane Plant 51:26



36 Tony Haden 40:43



40 Andy Rea 41:07



56 Wayne Muddiman 42:32



62 Seth Atkin 43:10 66



Janine Thomas 43:32



72 Theresa Wooley 44:06



75 Stuart Calderbank 44:22



105 John Curtin 46:28



109 Andy Matthews 46:43 163



Photos by Louis Satterthwaite
Denise Fitzgerald 4952

Arden 9, June 19th 2011



Centurion trio battle it out in the Arden 9

The Arden 9 is firm favourite on the list of local summer races. It always seems to take place on warm sunny day, although this year it was a little windy (get the excuse in early for a bad time). The race is organised by Hampton in Arden tennis club and, as always, it was well organised and marshaled (thanks to Gavin for rallying his troops).

A large number (20) of Centurions, resplendent in blue & white, were there to take part, with Neil P and Paul B leading the runners of their bikes and Hillary leading the support crew.

The course is a picturesque route from Hampton-in-Arden Tennis club through Catherine De Barnes and into Barston. At around seven miles the course turns into

West Midlands Golf club and circles the lake before coming out at the back of Hampton in Arden. Then it is up a nice steep hill and finishing on the grass back at the tennis club.

As the hooter sounded, Ian Mansell went into an early lead but was overtaken by a number of runners by the 1st mile post. For me, I had a good battle with the 2 Ian's (Mansell & Satterthwaite) and a guy from Coventry Godiva. Ian Sat passed me on the hill back into Hampton in Arden and I had nothing left to give. It was great to see 3 Centurion vests finishing one after the other. Even though I had nobody chasing me down, I was forced into a sprint finish by the support (I think I actually mean verbal abuse) from Hillary. Gavin Davies was

not too far behind and helped to secure the men's team trophy for Centurion that he presented to himself! Nice one Gavin; any chance of having a hold.

The race was won for the 2nd year in succession by Toby Spencer from Coventry Godiva in a new course record time of 46:25; he was nearly 3 minutes clear of the field. Our old friend Richard White was not too far behind in 5th place with 50:37, Richard said he could not keep with the leader from around 2 miles.

Overall, another great turnout for team Centurion and another trophy.

Well done to all involved.

Author, Mark Carwardine

Centurion Finishers

10	Ian Mansell	M16-39	54.04	82	Neil Wilkes	M40-49	67.33
11	Ian Satterthwaite	M40-49	54.07	105	Stuart Mccullagh	M16-39	69.04
12	Mark Carwardine	M40-49	54.16	125	Kevin Morris	M40-49	70.59
24	Gavin Davies	M40-49	57.12	129	Paul Cornock	M40-49	71.46
34	Tony Haden	M40-49	58.41	143	Eric Robathan	M50+	73.25
47	Seth Atkin	M40-49	61.52	152	Richard King	M50+	74.34
51	Trevor Bacciochi	M16-39	63.02	175	Lee Kavanagh	M40-49	76.30
57	Chris McCann	M40-49	63.45	214	Maurice Byrne	M40-49	82.57
62	Preston Eckloff	M50+	64.24	233	Jennifer Jennings	F45+	88.46
72	Lee Taylor	M16-39	66.24	262	James Conway	M50+	105.28

Birmingham Running, Athletics and Triathlon Club

Midsummer 5km Series 09 June 2011 Race 1

Centurion race times

10	Joshua Fullard	M20	17.54
25	Jason Richards	M40	19.48
29	Andy Rea	M45	20.05
43	Gary Turner	M50	21.08
44	Janine Thomas	F35	21.12
55	Andy Matthews	M45	22.13
69	Louis Satterthwaite	M70	23.19
77	Kevin O'Malley	M65	24.46



5km WRRL and Warwickshire Championships 14th July 2011 Race 2

On an evening bathed in the most glorious July sunshine, amid the leafy glades of the Bournville environs, fifteen trained to a razor sharp edge super fit Centurions donned their tennis pumps, under vests and footy

shorts to compete in a footrace for the Warwickshire 5k Championships, with a spiffing run by young upstart Josh Fullard finishing first of the Centurions, with two Centurions managing to pick up gongs, with the lovely Theresa Woolley as F45

Champion and that awful rotter Louis Satterthwaite with an underwhelming show of athletic ineptitude as M65 Champion.

Author, Bertie Wooster

Centurion race times

26	Joshua Fullard	M20	18.06	
43	Trevor Bacchioci	SM	19.10	
45	Thomas Healy	M50	19.13	
51	Gavin Davies	M45	19.24	
65	Preston Eckloff	M50	19.52	
85	Edmund Wallace	SM	21.16	
90	Theresa Woolley	F45	21.22	1st F45
94	Debbie Bradley	F35	21.34	
100	Wayne Muddiman	M35	21.50	
120	Louis Satterthwaite	M70	23.11	1st M65
125	Kevin Morris	M40	23.39	
131	Paul Cornock	M45	24.06	
135	John Curtin	M60	24.17	
142	Kevin O'Malley	M65	25.07	



Brat 5km series 11th August 2011 Race 3

Centurion race times

13	Joshua Fullard	M20	18:21
40	Andrew Rea	M45	20:29
57	Janine Thomas	F35	21:39
82	Kevin O'Malley	M65	24:41
83	Emily Fullard	F17	24:45

Tribute to an Athlete: Colin Simpson

Colin Simpson who has died aged 82



Colin in action in San Diego at the USA Championships

Although many current Centurion runners may not have known Colin, I would like to present this tribute to him as he was a top performing member of Small Heath Harriers from which the Centurion club was indirectly born via John Walker and Helen Wright, along with Bill Gray and Pete Flynn with whom we used to train in the early days.

Colin was a great local athlete and supporter of athletics, a Secretary of Small Heath Harriers and a founder member of Midland Masters Athletic Club in 1972. I was privileged to first meet Colin in 1981 when Small Heath Harriers amalgamated with Solihull AC and which coincided with me joining Midland Masters AC for which Colin had the number of 001 having won the inaugural MMAC race. They are up to about number 4300 now.

Many thanks to Mike Wrenn and contacts for the condensed summary of Colin's achievements.

Colin first joined Small Heath Harriers in 1944 and was Warwickshire Mile Champion four times in the 1950s. He also won a silver medal in the World Masters Athletics Championships 1500 metres final, this along with gaining representative honours with the AAA and you begin to recognise a very talented and competitive athlete.

His success continued into his veteran years. In August 1972 an elite squad of Americans arrived on a European tour. At Crystal Palace Colin, representing GB, finishing second in the 800m, 1st Brit.

In 1975, at the first World Veterans Athletics Championships held in Toronto, Colin was 2nd in the M45 800m & 1500m. In 1979, at the 3rd World Athletics championships held in Hanover, Colin gained two more World medals: 2nd in the 10,000m and 3rd in the 1500m. For those who associate Colin just with the track, it may come as a surprise that, in August 1976 at Rugby, Colin was 3rd M45 (1st Brit) in the World veteran 10km road race.

Even now, I feel you will not be getting a full picture of Colin's participation in the full range of running events. From the 1979/80 MVAC newsletters I have listed the events in which Colin competed. No doubt this will not be a fully comprehensive list but certainly demonstrates his versatility and enthusiasm: National Vets cross-country, Sparkhill 5, MVAC 3 x 5km RR, World Vets 10km road (Bolton), BVA F T&F, World T&F (Hanover), 5 mile road, MVAC 10 mile road, Tipton 10, Leamington to Banbury AP 20, MVAC 10km X-C handicap, MVAC X-C champs, Sparkhill 5, MVAC 3 x 5km RR, 1st Peoples Marathon, Nuneaton 10, 3 Towns 20 km.

The last races I have found recorded for Colin are the Midland and British Masters track championships of 2004. He was still winning! If you remember back to the first date of Colin's participation in running it spanned over 60 years.

Asics Arden 9

To my shame this was my first time running this race as organised by our one and only Gavin Davies. I will be back for more. This is a lovely race with a great start area for racers and spectators from Hampton in Arden Tennis Club. It was well organised and great fun.

The day was sunny but a bit on the windy side and it definitely clouded over and went cooler towards the end. I was told that previous years it was blazing hot so

invariably it seems good weather blesses this race.

The route takes you out into the wonderful countryside including Barston, Catherine De Barnes and Bradnocks Marsh. Runners pass close to the local Golf Course and around a fishing lake where there were a lot anglers who just looked on balefully as a stream of runners passed them sedentary at the bank.

Towards the finish there is a sting in the tail with a fairly steep hill coming back into Hampton, the reward is the downhill afterwards and a noisy enthusiastic finish area. Goody bag and medal were great and to continue a theme cakes could be purchased in the bar area.

I thoroughly recommend this race

Neil Wilkes

Run Boston

I was lucky enough to take a week's holiday in Boston, USA, late August with Sam and my daughter Louise.

Whilst researching the city on the Internet, I came across an organisation called Run Boston, which specialised in one to one bespoke running tours of Boston. Having read the testimonials, I decided to book a tour on the first morning of the holiday so I could get our bearings for the week and keep up some decent training for my impending Berlin marathon.

At 6:00 a.m., I was met by Wayne who runs for Boston Athletic, a sub 2:40 marathoner and all round great guy (apologies - am turning all American). Wayne was a genuinely friendly man who was combining his passion for running with meeting new people - sadly he got me, but I think he was ok with that in the end.

Seriously, I enjoyed 2 hours in his company and he took me on a guided tour as requested, showing me some history: a long stretch of the Charles River (named after King Charles by John Smith who got it on with Pochahontas fame... I was listening but added the Pochahontas bit myself).

I was amazed at how many people in Boston run, in fact I was staggered; even at 6:30 a.m., many runners were out on the Charles River, which has a cycle and footpath both sides. Wayne told me it was quiet as many were on vacation.

(Louise and I sat at Starbucks outside one evening counting runners along the main route to Boston harbour; we reckoned an average of 4 runners per minute were passing at 8pm in the evening).

Back to the run... My idea to start at 6 a.m. the first morning was based upon my body thinking it was 11 a.m. UK time. However, it was not that easily fooled and, after setting off at about 8:15 minutes per mile pace, I soon tired and we probably averaged between 8:30 and 9 minute miles. I set the pace; Wayne adapted to what I needed... in fact he was happy to run slower by his standards as it fitted his training. (This being a guy who could qualify for the Boston marathon every year if he chose to). On the subject of the famous Boston marathon, we ran the last mile of the route with a great commentary from Wayne having experienced it 4 times. I posed for a picture at the finish - as close as I'll ever come to running it, I guess.

Now I really was tiring; I haven't mentioned the humidity... It was very humid for me, even this early in the morning. The picture of me in front of the state House sitting down is because I needed the rest!

A few more sites taken in, including Samuel Adams' grave (Sam Adams beer is excellent by the way, Harpoon isn't bad either), and we neared the finish after a detour to Fenway Park, home of the Boston Redsox baseball team. (Bostonians are really crazy about

baseball as I found out when I went to see them play their biggest rivals NY Yankees... think Blues verses Villa and you get the idea... Redsox lost 5-2 unfortunately).

I was actually relieved when we finished; originally I wanted to do 13 miles but made it 12 as I had a days sight seeing to contend with.

I bade farewell to my genial guide and felt confident enough to venture out on my own over the coming days, whereupon I got lost one day under the interstate but also took in Bunker Hill, Charleston and a few sites we hadn't seen. I also ran the afternoon of Hurricane Irene which was, unsurprisingly, wet and very windy, having down graded to a tropical storm.... I managed to bruise my left ankle after the wind blew my right foot into it.... probably serves me right.

However, I was not the only mad runner... Wayne went out in the morning of Irene and I saw plenty of runners and walkers when I was out. My running adventures stopped after that as a virus kicked in (which I suspect I picked up on the flight out). I was tired just walking after that.

All in all, we had a great time; the running scene in Boston is excellent, and with a Starbucks on practically every corner - paradise!

Neil Wilkes

We Survive a Rather Wet and Windy Brueton Parkrun

The Brueton park run has been in place for one year now and I was determined to run but could not have imagined that it would be in some of the worst weather that a fine English summer's day could throw at us.

113 brave souls turned out to compete over the 5 kilometre course in the beautiful setting of Brueton Park. And with 23% of the runners scoring PB's the

weather provided no excuse for my relatively low key performance. But running the parkrun cannot compare to the dedication needed to turn out week after week and organise the officiating marshalling timekeeping etc: that needs to be done to keep this great event going; so a big thank you to all the parkrun team. I, for one, am especially grateful as it is over my favourite

distance of 5k. And to quote from a visitor who usually runs in the London parkruns:

"We don't have all this great equipment in the runs I usually participate in"

A nice compliment to the Brueton parkrun team I thought.

Author, Louis Satterthwaite



52nd Brueton parkrun 16/07/2011 w

Picture of a drowned rat courtesy of Larry Chambers

Midsummer 5

Wednesday, 29 June 2011

There had just been a heavy rain shower to cool things down as runners set off on the Midsummer 5 around War Memorial Park in Coventry. There was a healthy number of Centurions present, who acquitted themselves well that evening.

The course is predominantly flat with a slight incline about half way into each of the two laps around the park. I have always found this race to be a fairly fast 5 mile, so if you are looking for a PB I think this is a pretty good bet.

Part way through the race we had some light rain but, fortunately, it didn't get as awful as the earlier torrential downpour.

There was some great support at the finish line, a medal and, best of all, home made cakes supplied courtesy of Sphinx AC - thank you!

Neil Wilkes

Centurion Finishers

Mark Cawardine	29.51	Jason Richards	32.17	Eric Robathan	38.03
Tom Healey	30.57	Andy Rea	32.30	John Curtin	38.27
Marc Curtis	31.07	C McCann	33.18	Adrian Lloyd	40.30
Tony Haden	31.41	Janine Thomas	34.35	Deane Langford	46.34
Trevor Bacciochiocci	31.50	Neil Wilkes	35.20		

Stratford Summer 6

Saturday, 2nd July 2011

The Stratford Summer 6 starts and finishes in the picturesque village of Wilmcote, near Stratford on Avon. The actual start is from Mary Arden's Farmhouse (note - wonderful cakes are on sale inside the shop area supplied by the local WI) worth turning up for those alone.

The race takes you out of the village for about a mile and then takes in a loop of the country lanes out to Aston Cantlow

and back. The steep downhill in the first mile becomes an even steeper uphill on the return last mile and pushes those tired legs to the edge.

This year the weather was warm and sunny but not overpowering (this is an evening race). There were pockets of support along the route, but mainly it was a quiet and a peaceful run. The usual sea of club vests was present and another great turn out from Centurions,

although I have a feeling there were more Kenilworth Runners present - they seemed to surround me at least.

This race is a particular favourite of mine and I would highly recommend it. It is nice for spectators as well, as mine enjoyed cake and then sat outside one of the two pubs in Wilmslow watching the runners head to the finish.

Neil Wilkes

Centurion Finishers

Ian Satterthwaite	35.18	Seth Atkin	41.47	Denise Fitzgerald	50.03
Mark Cawardine	36.24	Theresa Woolley	43.32	Maurice Byrne	53.55
Tony Haden	38.43	Neil Wilkes	44.37	Denise Wilson	56.11
Andy Rea	39.58	Gary Turner	45.22	Eric Langford	56.35
Janine Thomas	41.31	Eric Robathan	46.46	Deane Langford	56.36

Mark's Half

The Kenilworth race proved to be the ideal setting for Mark Carwardine to achieve his best ever Half Marathon race time of 79:42 and by finishing 12th overall was placed first over 45 vet proving yet again that if you stick to your training plan and get the distance in (not at snails pace) you can rattle out some decent race times. I only wish I had the same commitment as Mark - you need it if you're a Blues Supporter!

Ever reliable Marc Curtis was next Centurion coming home in 1:29:47

followed by Doug Talbot with a race time of 1:30:33 who would probably have wacked out a much faster time except for his recent injury.

Theresa Woolley cantered in as first Centurion lady and 3rd FV45 in a race time of 1:33:00 followed by fast improving Seth Atkin who recorded 1:34:47. Next Centurion to finish was 20 year old Lee Taylor who I know has been struggling with injury problems for sometime now in a respectable 1:35:55.

Not to be outdone that old warhorse Andy Rea in 106th place carved out a race time of 1:37:07.

There was also a good result for Janine Thomas in nailing 2nd LV35 place in a race time 1:40:45

Sixteen Centurions competed over the sawn off marathon distance with varying levels of success.

Report, Louis Satterthwaite
your lovable Editor

Centurion Finishers

12 Mark Carwardine	M45	01:19:42	144 Janine Thomas	F 35	01:40:45
55 Marc Curtis	M 35	01:29:47	156 Kev Baldry	M 45	01:41:42
58 Douglas Talbot	M sen	01:30:33	171 Neil Wilkes	M 35	01:43:12
73 Theresa Woolley	F 45	01:33:00	173 James Webber	M sen	01:43:24
80 Seth Atkin	M	01:34:37	276 Paul Cornock	M 45	01:52:33
95 Lee Taylor	M sen	01:35:55	307 Kevin Morris	M 35	01:54:53
106 Andrew Rea	M 45	01:37:07	385 Richard King Male	M45	02:00:47
141 Chris McCann	M 35	01:40:31	486 Sharon McBeth	F 45	02:16:30

Kenilworth Half from Neil's Perspective

As many of you probably already know, Kenilworth was moved forward a month this year due to the Coventry half muscling in and taking the same date. This is a great half marathon that takes runners out into the Warwickshire countryside, through Beusale and Haseley Knob, and back to sports centre in Kenilworth.

The morning started with heavy rain (those that ran Kenilworth 2 years ago will have memories of what 13 soaking miles can be like here) however, fortunately, the rain stopped in time for the 10 am start.

There was one change to the organisation this year, which involved

collecting your race number at the sports hall on arrival, along with a disposable timing chip. The intentions were entirely admirable, presumably for a more accurate finish time; however, queues were quite long for the numbers and, due to overcrowding, runners were urged to leave the sports centre once collected.

The start and route were, as ever, well organised and the marshals did a fantastic job with directions, water and traffic management. Centurions were out in good numbers with Mark Carwardine being first Centurion home and first in his age category and Theresa Woolley first Centurion lady -

congratulations both. Many other Centurions put in strong runs over what I would term an undulating route. Janine Thomas was taking part in her first half marathon and ran a strong race.

On towards the finish now and the last big hill at mile 12 is always a nasty shock, despite knowing it is there. Runners are rewarded with a downhill finish from there and a slight change to the finish area took runners along a path rather than the previous grassy finish.

An excellent technical t-shirt, tea, coffee and cakes were also available at the finish and a massage if you wanted it.

Neil Wilkes

We work out too much. We waste time. A friend of mine runs marathons. He always talks about this "runner's high." But he has to go 26 miles for it. That's why I smoke and drink. I get the same feeling from a flight of stairs.

Coventry Autumnal 5 results

Josh Fullard leads the Centurions home and takes the honours as first junior man with a superb run in the well attended Coventry Autumnal 5 mile race, putting a lie to the theory that the

parkruns are affecting the number of entrants in the established road races.

Next Centurion finisher was Gavin Davies. Good performances also by Seth Atkin with a massive PB. Edmund

Wallace in full marathon training mode was pleased with his performance, with Debbie Bradley returning to form after her recent lay off and fast improving new member Eric Robathan moving up the ranks.

Centurion Finishers

25	Joshua Fullard	U20	30:39	76	Chris McCann	M40	34:28
40	Gavin Davies	M45	31:40	95	Janine Thomas	M35	35:37
54	Andy Rea	M45	33:08	103	Kev Baldry	M50	36:27
57	Theresa Woolley	W45	33:15	115	Lucy Greswell	W40	37:29
64	Seth Atkin	M40	33:38	119	Eric Robathan	M50	37:47
68	Edmund Wallace	SM	34:06	125	John Curtin	M60	38:34
73	Debbie Bradley	W35	34:20				



Photos by



Dates for Your Diary

Sunday, September 11th	Lichfield 10K	
Sunday, September 11th	Stratford's Big 10K	
Sunday, September 11th	The Goodrich 10K Road Race	MMAC 10k Champs Wolverhampton
Saturday, September 24th	Midland Men's 6 Stage & Ladies' 4 Stage Road Relays	Sutton Park
Sunday, September 25th	Walsall Arboretum 10K	
Sunday, September 25th	Hatton 5	
Sunday, October 2nd	Coventry Half Marathon	
Sunday, October 2nd	Kidderminster Shuttle	
Sunday, October 9th	Bournville Leafy 10k	
Saturday, October 15th	National Men's 6 Stage & Ladies' 4 Stage Road Relays	Sutton Park
Sunday, October 16th	Tamworth 10k	
Sunday, October 23rd	Birmingham Half Marathon	
Sunday, October 23rd	Rugby 10 Mile	
Saturday, November 12th	Birmingham Cross Country League, Div.2, Race 1	Leamington
	Midland Women's Cross Country League, Race 1	Leamington
Saturday, December 3rd	Birmingham Cross Country League, Div.2, Race 2	Rugby
	Midland Women's Cross Country League, Race 2	Rugby
Saturday, January 14th	Birmingham Cross Country League, Div.2, Race 3	Sphinx
	Midland Women's Cross Country League, Race 3	Baggeridge Park
Saturday, February 11th	Birmingham Cross Country League, Div.2, Race 4	Wolverhampton
	Midland Women's Cross Country League, Race 4	Cheltenham

Runners of the Month: May 2011

Female: Theresa Woolley

Male: Marc Curtis

Also nominated: Mark Carwardine, Ian Satterthwaite, Jane Plant, Debbie Bradley, Ian Mansell, Janine Thomas, Maria Devlin.



Before

and
12



After