

## AUSTRALIAN CENTURION DETAILS

44. **Lyn Lewis (14/08/1955)**  
22:46:54  
13-14 April 2002  
Coburg Harriers Track, Coburg, Vic

**Lyn Lewis**, a resident of Wamuran in Queensland, was known on a couple of fronts. Firstly, she had been a racewalker for a number of years. She had competed in the Open Womens 10 km roadwalk at the Australian Federation of Race Walking Championships held in Brisbane in August 2000, finishing 4<sup>th</sup> in 58:31. In 2001, she had competed in the World Veteran Championships in Brisbane in July and came 7<sup>th</sup> in the W45 5000m track walk (28:02) and 9<sup>th</sup> in the W45 10 km roadwalk (59:06).

But she was better known as a top woman ultra distance runner, having competed in nearly 30 events ranging into the multi-day classics. Perhaps her best performance was to have run 178.4 km in 24 hours.

With such a dual background, the quest for Centurion membership was an obvious one.

She showed her intentions in February 2002 when she walked 81.0 km in 12 hours in the Cabooltura 12 Hour event. With this ultra walk under her belt, she was a starter at the Australian Centurions Qualifying walk in Coburg two months later in April 2002.

The races started at 10AM on Saturday 13<sup>th</sup> and it was a wonderful sight to see the large number of walkers and runners circling the 400m athletics track over the next 24 hours. Early conditions were drizzly but the weather soon cleared and only one further shower late in the afternoon spoiled the otherwise good conditions.

At the end of the 24 hour race, 9 of the 12 run competitors and 9 of the 10 walk competitors were still circling the track. This is a very high finish ratio and indicates the support that the runners and walkers got from each other and their support crews as the race progressed.

In the 24 hour walk, Carol Baird, Lyn, John Harris and Karyn Bollen finished 1,2, 3 and 4 respectively and all walked in excess of 100 miles. For Carol and John, it was a case of once again while for Lyn and Karyn, it was a first time achievement and qualified them for Centurion membership.

The last few hours of the event proved an exciting period. First Carol Baird powered past the 100 mile mark in 20:31:34 to break her Australian residential ladies record. Then as the 23 hour mark approached, only a few laps separated Lyn, Karyn and John. First Lyn passed the 100 mile mark in **22:46:54** to become the first Australian woman to have run and walked the 100 mile within 24 hours. Then Karyn collapsed with only a few laps to go for her 100 mile. Her feet were a complete mess with blisters and a quick First Aid patch up was required before she could limp home. That let John Harris pass her in the dying minutes to reach the 100 mile mark in 23:34:50. Just over a minute later, Karyn passed the milestone in 23:35:56.



**Lyn in action at Coburg in 2002**

All 4 competitors continued to walk towards the 24 hour mark at varying paces and less than 3 laps separated them at the end. Lyn's final distance was 164.010 km.

1.	Carol Baird	ACT	182.657 km	C39	100 miles in 20:31:34
2.	Lyn Lewis	QLD	164.010 km	<b>C44</b>	100 miles in 22:46:54
3.	John Harris	QLD	163.677 km	C12	100 miles in 23:34:50
4.	Karyn Bollen	VIC	162.843 km	<b>C45</b>	100 miles in 23:35:56

With her walk, Lyn become the first Australian woman to have completed 100 miles within 24 hours in both running and walking mode. This is a very rare feat which until now had been restricted to only a few Australian men.

Lyn retired from ultra distance walking with that one superlative performance behind her.

Tim Erickson  
10 August 2011