



VRWC 24 / 12 / 6 HOUR ENDURANCE WALKS
INCORPORATING THE 29th AUSTRALIAN CENTURIONS
100 MILE QUALIFYING WALK



ENTRY INFORMATION – at 10 September 2013

NAME	EVENT	STATE	PERSONAL INFO
BAIRD, Carol	24H Walk	ACT	Carol Baird (C 39) became a centurion with a time of 22:16:43 in 1999. This was the start of a wonderful career which saw her set and then break all the Australian women's ultra walking records over a number of years, eventually improving her 100 mile time to 20:31:24. She then turned to running with immediate success and set a number of W55 Australian records, eventually finishing with a 24H run total just shy of 200km. In 2009, she travelled to England to become a British Centurion with a time of 22:34:05. Four years later she returns for another 24H Walk.
BENNETT, Peter	24H Walk	QLD	We are excited to have Peter Bennett (C 24), arguably Australia's top ultra distance walker, competing with us in Melbourne. With an amazing 216km to his credit for the 24H walk (Rouen France) and the holder of the Australian 100km walk record (10:51:35), he is a class act. He has 17 centurion walks to his credit so far (100 miles walked within 24 hours) - will this be his 18 th ?
BILLETT, David	24H Walk	SA	David Billett (C 50) is both an accomplished runner and a Centurion walker. His 100 mile walk was achieved in 2005 at Coburg. Run PBs include 182km (24H Run - 2007) and 602 km (6 Days - Colac 2005). This will be his first ultra walk for a couple of years but his easy long striding technique always holds him in good stead.
CARTER, Ken	6H Walk	VIC	Ken Carter is a regular walk competitor, having best times of 32km for the 6H, 58km for the 12H and 60km for the 24H. Good luck Ken!
CRUMP, Peter	24H Walk	SA	Peter is an exciting addition to the field. A regular walker with the SA walking club with a 50km PB of 4:59:14 (2010), he has the background and credentials to do well.
HOWORTH, Sandra	12H Walk	VIC	Sandra has walked at the Coburg 24H on a number of occasions and has bests of 38.4km (6H) and 103 km (24H).
JORDAN, Steve	24H Walk	VIC	Steve Jordan (C 64) qualified as a centurion earlier this year with a time of 23:13:33 after some 12 attempts. It was a fitting outcome for someone who never gave up the dream. Now a far superior walker to several years ago, he will be a strong competitor at Middle Park.
KILMARTIN, John	6H Walk	VIC	John, from country Victoria, has not officially done any ultras before but he has a good background in long walks and has been putting in plenty of work in preparation for the 6 Hour walk event.
McGOWAN, Tony	24H Walk	VIC	This will be Tony's first ultra so he has indeed jumped in the deep end. A resident of Wangaratta, he has been getting advice from Justin and Sharon Scholz and that is a good recommendation!
RICHARDSON, Saul	24H Walk	NSW	Saul had his first ever long walk at the 2012 Sri Chinmoy 24H in Sydney, completing a good first up 128.8km. Since then he has been a regular in the various ultra walk classics and has improved his PBs to 43.266km (6H), 78.911km (12H) and 139.028km (24H).
O'NEILL, Karyn	24H Walk	VIC	Karyn O'Neill (C 45) successfully walked 100 miles in the Coburg 24H in 2002. She walked the 12 hour event in 2003, ran 141 km in 2004 and has walked well in excess of 100km at Coburg every year since. In 2011, she excelled with a second centurion walk (162.092 km), showing she has lost none of her form.
SCHOLZ, Justin	24H Walk	VIC	Justin Scholz (C 63) burst onto the ultra running scene a few years ago and has quickly risen through the ranks, with current run PBs of 77km (6H), 120km (12H) and 204km (24H). He walked 100 miles in 22:09:03 in Adelaide in July to become centurion C63. Earlier this year in Sydney, he raised the bar considerably from a walks perspective, passing the 100 mile mark in 19:43:21 and completing an amazing 189.678 km for the full 24 Hours. This is the second biggest 24 Hour distance ever done in Australia.
SCHOLZ, Sharon	24H Walk	VIC	Sharon Scholz (C 65) won the 24H run at Coburg in 2008 in her very

				first 24H attempt – her distance an outstanding 184 km – and she has improved steadily since then, as evidenced by her current PBs of 71.9km (6H), 131.3km (12H) and 224.8km (24H). This year she turned her attention to ultra walking, becoming centurion C63 with a wonderful performance in Sydney, going through the 100 mile mark in 20:06:00 and breaking the Australian records for 12 Hours, 100km, 100 miles and 24 Hours. Her final distance was 187.653 km, the third greatest ever achieved in Australia. An exciting addition to our field.
	TIMMS, John	24H Walk	VIC	John is a very experienced runner at all distances from 24 hours to 1000 miles and has a best 24 Hour run of 170.7 km (1994). Regular Colac 6 Day runner and a regular supporter of our Coburg event. Has been dipping his toes into ultra walking the last few years and completed 142km to come 2 nd in the 2010 Coburg 24H walk. Will give an honest account of himself in our walk.
	TUTTY, Peter	24H Walk	NSW	Peter comes from a running background, having completed marathons and ultra runs in the past. He has recently joined the ACT racewalking club and has reduced his 20km walk time to a good 2:17:11. He plans on completing 100km but anything is possible!
	WHYTE, Robin	24H Walk	NSW	Robin Whyte (C 29) is a three times Australian centurion (1996, 1999, 2000) and the holder of a whole swathe of age group walking records. He has a 100 mile walk best of 20:37:12 and has walked 100km in 12:09:59. He is intending to cover 100km this weekend and is well known for his even paced walking.

24 Hour Walk	BENNETT, Peter (C24) (QLD)	BAIRD, Carol (C39) (ACT)
	BILLETT, David (C 50) (SA)	O'NEILL, Karyn (C45) (VIC)
	CRUMP, Peter (SA)	SCHOLZ, Sharon (C63) (VIC)
	JORDAN, Steve (C64) (VIC)	
	McGOWAN, Tony (VIC)	
	RICHARDSON, Saul (NSW)	
	SCHOLZ, Justin (C61) (VIC)	
	TIMMS, John (VIC)	
	TUTTY, Peter (NSW)	
	WHYTE, Robin (C29) (NSW)	
12H Walk		HOWORTH, Sandra (VIC)
6H Walk	CARTER, Ken (VIC)	
	KILMARTIN, John (VIC)	