

IS A DOUBLE CENTURION POSSIBLE?

I can say with confidence that no one has ever done two successive centurions back to back (ie 100 miles on day 1 followed by another 100 miles on day 2). The recognised world bests for the 48H walk are

294.114 km	Sayer Ann	Nottingham, England	11-13 April 1982
319.609 km	John Dowling	Nottingham, England	31 Jul – 2 Aug 1983

Both these were done in successive Charles Rowell Six Day races which were held in Nottingham from 1981 to 1985.

Great article which explains it at <https://runyoung50.co.uk/eleanor-adams-womens-six-day-races-a-history/>

The article discusses the 1983 edition and there is a cut and paste of the daily splits.

		DAILY MILEAGES						Total		
1.	G. Stenger	119.3	73.5	79.8	63.7	63.4	84.2	483m	1626y	778.799 km
2.	J. Dowling	115.6	83.0	67.0	62.7	73.1	59.1	460m	999y	741.211 km
3.	A. Fairbrother	90.5	65.3	70.1	64.1	72.1	89.4	451m	1029y	726.755 km
4.	D. Coffey	101.9	81.8	68.3	67.0	64.0	64.0	447m	53y	719.425 km
5.	M. Campbell	84.8	65.6	65.5	54.7	59.0	82.4	412m	164y	663.199 km
6.	M. Skagerberg (U.S.)	99.9	57.1	44.8	68.8	53.5	87.2	411m	612y	661.999 km
7.	E. Patterman (Austria)	99.7	40.2	73.3	57.4	57.5	82.7	410m	1497y	661.199 km
8.	Eleanor Adams	96.4	67.1	71.8	58.4	54.5	61.1	409m	1178y	659.298 km
9.	P. Collins (Canada)	100.6	60.4	61.4	44.2	61.7	75.5	403m	1462y	649.902 km
10.	R. Lawton	83.3	68.8	58.9	56.4	60.7	60.1	388m	409y	624.799 km
11.	T. Baker	73.6	57.6	56.9	56.9	59.7	60.1	364m	1530y	587.200 km
12.	A. Prawda (U.S.)	87.2	64.7	50.1	52.5	51.4	54.4	360m	696y	580.000 km
13.	G. Slack	70.6	60.6	51.2	54.7	48.2	61.1	346m	839y	557.600 km
14.	J. Czaja (France)	91.2	46.2	68.1	39.5	56.2	44.4	345m	1175y	556.298 km
15.	K. Leyshon	81.8	61.1	49.2	50.7	38.1	52.4	333m	541y	536.406 km
16.	Carmel Baker	73.1	47.4	45.2	48.1	52.1	60.4	326m	606y	525.200 km
17.	J. de Rocquefeuil (France)	75.1	47.2	39.7	50.2	49.5	59.9	321m	1094y	517.599 km

Of the ten other competitors, all except three were on the track on each of the six days, covering distances less than 300 miles.

This shows that John Dowling's splits for the first 2 days (he was doing the 6 day walk) were 115.6 miles followed by 83 miles. One can speculate that if John had not gone so far on the first day and if he was not competing in a 6 Day event, he could have done successive centurions in those first 2 days but that is just speculation.

I also checked Ivo Majetic's daily splits in his world best 6D distance of 786km. They were 133km, 158km (291km), 137km (428km), 124km (554km), 122km (676km) and 114km (786km). He set up his huge total with his second day total of 158km, but he was under 100 miles each day. See the race report in <http://centurions.org.au/newsletters/2018-n04-may.pdf>.

We would certainly acknowledge both as centurion walks if successive hundreds could be achieved. I now invite readers to see if they can prove me wrong with their own research!

In finishing, I have attached this article on John Dowling doing a centurion walk at age 71. he was indeed a legend of our sport. You can read all about John's exploits at : <https://www.vrwc.org.au/tim-archive/articles/wo-john-dowling.pdf>.

Magnificent seventies!

Pensioner breaks 100-mile walk record

SEVENTY-one-year-old John Dowling won a battle with fatigue in the lonely hours before dawn to break a world record – and help the bank balance of his favourite sports team.

He walked 100 miles in 21 hours 37 minutes – 401 laps of the Don Valley Stadium track – to raise cash for the Sheffield Eagles rugby league side.

For part of the walk he was joined by Eagles fans and the club hopes the com-

By James Collins

lined sponsorship will raise a five-figure sum.

"John was fantastic. I don't know how he does it," said Eagles player-coach Mark Aston.

"It was really tough at times but he came through it."

"At the start he was doing two-and-a-half minute laps but in the early hours he was down to more than four minutes. But he just kept going."

"I'm planning to get him in to talk to my players about the way he motivates himself

and battled through the pain barrier."

The Eagles are having the walk recognised as a record to add to the more than 30 distance marks John holds.

And a new honour is on the way for the Gleadless pensioner. The Eagles plan to make John their first honorary member.

"He deserves it," said Aston.

"We can't thank John enough. He's amazing."

"And we shouldn't forget his support team and the other fans who joined in the walk."



Lapping it up: John Dowling, aged 71, walked 100 miles in record-breaking time at Don Valley Stadium

Tim Erickson
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