

# **A HISTORY OF ULTRA DISTANCE WALKING IN AUSTRALIA**

**With Particular Emphasis on the contribution of the  
Australian Centurions**

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## CENTURION ROLL OF HONOUR

1	Gordon Smith	1938	20:58:09
2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58
4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53
6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00
8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47
10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14
12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27
14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33
16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30
18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06
20	Geoff (Buck) Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53
22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48
24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09
26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22
28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12
30	Merv Lockyer	1996	23:45:51
31	Gerald Manderson	1998	21:37:31
32	Norm Morriss	1998	22:32:47
33	Yiannos Kouros	1998	22:55:23
34	Roger Le Moine	1998	23:04:51
35	Sue Clements	1998	23:58:40
36	Sandra Brown	1999	19:14:56
37	Herbert Neubacher	1999	21:03:07
38	Jill Green	1999	21:15:35
39	Carol Baird	1999	22:16:43
40	Gerrit de Jong	1999	22:51:24
41	Boyd Millen	2000	23:25:43
42	Fred Brooks	2001	22:31:15
43	Michael Harvey	2001	22:48:26
44	Lyn Lewis	2002	22:46:54
45	Karyn Bollen	2002	23:35:56
46	Charles Arosanyin	2003	23:35:31
47	Bob Lee	2004	22:44:44
48	Graham Watt	2004	23:59:23
49	Geoff Hain	2004	23:30:38
50	David Billett	2005	23:52:27
51	Deryck Skinner	2005	22:39:55
52	Jens Borello	2006	22:33:01
53	Patrick Fisher	2006	23:10:38
54	Catherine Cox	2008	23:54:28
55	Rudy Schoors	2009	22:01:45
56	Caroline Mestdagh	2009	22:40:27
57	Ian Valentine	2009	23:37:03

58	Michelle Thompson	2011	22:03:27
59	Mark Wall	2011	23:20:41
60	Eddy Goeman	2012	21:16:23
61	Justin Scholz	2012	22:09:03
62	Barry Loveday	2012	22:37:56
63	Sharon Scholz	2013	20:06:00
64	Steve Jordan	2013	23:13:33
65	Anyce Melham	2013	23:46:32
66	Peter Crump	2013	23:39:40
67	John Kilmartin	2015	21:11:56
68	Rob Robertson	2016	23:13:53
69	Sandra de Graaff	2016	23:45:32
70	Albertus van Ginkel	2016	23:46:36
71	Ivo Majetic	2017	21:30:55
72	Chris Burn	2018	22:08:09
73	Jantinus Meints	2018	22:25:34
74	Adrie Ros	2018	22:33:31
75	Colin Heywood	2018	22:46:53
76	Kim Janssens	2019	22:19:38
77	Marco Bloemerts	2019	22:42:30
78	Jurgen de Waart	2019	23:13:03
79	Martin Vos	2019	23:20:17
80	Gertrude Achterberg	2019	23:36:28

## A HISTORY OF ULTRA DISTANCE WALKING IN AUSTRALIA

It is unfortunate that the Australian Centurions did not come into being until 1971 as there has been a great ultra distance walking tradition in Australia dating back to the early days of competitive athletics. There have been many great Australian walkers who, in past times, competed over both the shorter international distances and over the ultra-distances upon which this history concentrates.

In particular, Victoria and New South Wales scheduled a number of 50 Mile Championships in the pre-Centurion era. Victoria was regarded as the premier walking State during this period and the records show that there were sixteen 50 mile events held in Melbourne between the years of 1896 and 1963.

A perusal of these race results show a number of competitors who regularly excelled over the 50 mile distance and who achieved sub 9 hour times on multiple occasions. Surely these walkers would have been worthy Centurions if the chance had presented.

Amongst the great names of the past are Jimmy McDonald, Alf Robinson, Gordon Smith, Jack Lewis, Jim Gaylor, Joe O'Farrell, Tom Daintry and Jim Gleeson. Of these, only Gordon Smith and Jim Gleeson had the opportunity to become Centurions.

It was only in 1971 when the Australian Centurions formed that regular ultra distance walks were held on an annual basis and the period since then has seen a healthy growth of this specialist sport within Australia.

## EARLY COLONIAL EXPLOITS

The 1800s saw the craze of pedestrianism sweep the world. Like other British colonies, Australia had its share of exploits, recorded in the newspapers of the time and probably, in modern terms, falling somewhere between running and walking.

The most famous exponent of pedestrianism in this era was William Francis King, known as the Flying Pieman. The following article, written by Paul Rea and published in a 1987 Readers Digest edition, captures the excitement of the times and the quality of his performances.



**This wood engraving of the Flying Pieman was made by J. R. Clarke, a well known Sydney artist of the day**

It is the mid-1840s, and the good people of Windsor, New South Wales, have never before seen such a sight. They have gathered by the hundreds to witness the start of this singular contest.

Four horses, fully rested and lightly fed, stamp impatiently as the coachman doffs his cap to wellwishers. The Windsor coach is in splendid condition, its leather harnesses carefully greased and oiled in readiness for the big race. But the real object of curiosity is not the coach. Hailed as the world's greatest pedestrianist, the Flying Pieman is famous throughout the colony. With his broad moustache, top hat with coloured streamers, open white shirt, blue jacket, red knee breeches, white stockings and leather shoes, he is a colourful character. At his side, he carries a staff with more flying streamers. Despite his reputation for performing amazing feats, few think him capable of beating the coach to Sydney, some 54 kilometres away. A man on foot outracing a horse-drawn carriage over such a great distance? Impossible. Wagers are placed on both sides.

Suddenly, the race begins. The horses lurch in their collars, and the Flying Pieman sets off with bounding, elastic steps. Observers follow on horseback. For most of the way, the Pieman trails just behind the coach, using it as a wind buffer and the horses as pacers. Then, several kilometres from the final destination, the Pieman makes his big move, sprinting round the coach and taking the lead by several hundred paces. Even though the coachman exhorts his horses to catch up, his efforts are in vain. The sight that greets the assembly round the Obelisk in Sydney's Macquarie Place is that of the resplendent Pieman. To the wonder of his many admirers, he crosses the finish line barely out of breath. Seven minutes later, the Windsor coach arrives. Its large animals are flecked with foam and perspiration. The coachman declares to all the futility of setting mere horses against a human deer...

THE FLYING PIEMAN was born William Francis King in London in March 1807. The eldest son of Francis King, a former paymaster of accounts at the Treasury, William was encouraged to join the Church. But to his parents' bitter disappointment,

William leaned more towards field sports and boisterous living.

After working in London for a short while, 22 year old William arrived in New South Wales in 1829. With a high spirited nature and an eye for athletics, William must have been a thoroughly likeable young man. He was befriended by no less a personage than Archdeacon Broughton - soon to become the first Anglican bishop in Australia - and given a post as schoolmaster at Sutton Forest near Bowral, NSW, well away from the temptations of town.

This job didn't last long. Next, William was employed for several years as a tutor, after which he returned to Sydney and worked as a barman, another stepping stone to full-time pedestrianism. As to what finally made William King give way to his eccentric tendencies, we must, alas, delve into the gossip of the time.

According to author James Tyrrell in *Old Books, Old Friends, Old Sydney*, the Pieman legend tells of a grim love episode involving a convict lass whose name is lost forever. Their love affair, being officially frowned upon, spurred William to plan their elopement. He booked passage on a barque bound for Tasmania, his luggage including a large box with holes. Inside, the lass was made as comfortable as possible. Then, for some reason that can only be speculated upon, William went ashore. When he returned, the barque was making its way out of the quay. The frantic lover grabbed a horse and rode madly along the harbour to South Head. But he was too late. The barque had already headed slowly out to sea. In the legend, a tragically changed man rides back to town. It is not long after that the Pieman enters the stage of colonial history as a jester, orator and athlete extraordinaire.

It became the Pieman's practice to stand proudly in a public place, his ribbons streaming, and speak on any subject his onlookers could get him started on. He continued in proper language for the first few minutes, but soon lapsed into an animated and colourful harangue which raised "Hurrahs" from the assembly and often caused him to depart hurriedly for some forgotten appointment.

Indeed, he soon became a well known character, particularly about the old cricket ground in Hyde Park, where he sold meat pies. It is said that William often wandered down to Circular Quay to sell pies to passengers boarding the ferry to Parramatta, then raced the vessel to its destination some 23 kilometres away, and sold pies to the same passengers as they alighted! His speed and endurance became famous through a series of extraordinary feats he performed for his own pleasure. Among them:

- He walked 2630 kilometres in five weeks and four days, out of which he had only nine days of fair weather.
- He walked the 23 kilometres from the Obelisk in Macquarie Place, Sydney, to the 16 mile stone at Parramatta, and back, twice a day for 6 days
- He undertook to carry a dog, weighing 32 kilos, from Campbelltown to Sydney - 53 kilometres between midnight and 9 a.m. He arrived with 20 minutes to spare.

As might be expected, the Pieman performed many feats simply to win bets for others. He derived very little personal profit from his exertions. In 1847, he travelled to the bustling river port of Maitland, in the Hunter Valley, where he was a popular favourite. Here he performed trifling exhibitions, such as picking up 100 cobs of corn, laid almost a metre apart, in 53 seconds. It was here also that the Pieman embarked on a feat of endurance in which he was, for once, unsuccessful. Without any advance preparation or training, he attempted to walk 309 kilometres in 48 hours without once breaking stride. He managed only 225 kilometres in 35 hours before his bruised and swollen feet forced him to stop.

Unwilling to accept defeat, the Pieman announced that after a few weeks' rest he would again attempt the task. This time, he trained by walking round the district explaining how he would accomplish the unprecedented feat. Wednesday morning, September 29, 1847, was set for the start. But on Tuesday night, some local lads taunted him with being afraid of failing again, and the Pieman resolved to begin that very night. Word spread and a large crowd had soon gathered at the racecourse. A tent was hastily erected for the timekeepers, who were to watch the Pieman and provide him with tea, coffee and eggs. The Pieman set a bristling pace, reeling off 107 kilometres in the first 12 hours, 167 kilometres in 24 hours and 253 kilometres in 36 hours. By 8 p.m. on Thursday, a huge crowd with banners and lanterns had assembled at the racecourse to witness the finish of this historic event.

On his secondlast round of the course, the Pieman slowed up to be joined by his many hundreds of wellwishers and friends. As he passed the grandstand, a brass band fell in behind. Suddenly, the Pieman stepped up the pace to a healthy 10 kilometres per hour, causing his admirers to trot and the band to straggle along in disarray. Thirty minutes later, the task was completed to a tremendous roar of cheering, the waving of banners and hats, and the salute of guns. The Pieman had walked 309 kilometres in 46½ hours, well under his 48 hour time limit.

"On first ceasing to walk quickly, it was with some difficulty that he balanced himself," *The Maitland Mercury* reported. "But having had some tea and a wash, he gradually recovered a good deal, and at length was making speeches to the crowd assembled around the stand." That night, the Pieman made a round of the town's largest hotels, treating admirers to his own special brand of energetic eloquence. At 3 p.m. the next day, he drove down a main street in a highly decorated gig, once more addressing wellwishers along the way. An account in *The Maitland Mercury* said: "During these proceedings, the crowd in the streets was greater than at any time since the general election "

Naturally, the Pieman's reputation preceded him. When he arrived by steamer at the new settlement of Moreton Bay (later to become the colony of Queensland), he caused a sensation. Among his feats was the beating of the Brisbane-to-Ipswich mailcoach - 38 kilometres - while carrying a 45 kilo carriage pole.

From all indications, it appears that the Pieman continued his wandering life until 1855, when he turned up at Sydney's Domain. On April 28, *The Illustrated Sydney News* reported: "He has been absent for the last few years from Sydney, wandering over the country and living a most unsettled life. He has lately returned to perform some of his arduous undertakings for the benefit of the community at large. We understand on Whit Monday he will perform the extraordinary task of picking up a hundred live cats placed one yard apart, a hundred live rats and the same number of mice at the same distance. We anticipate a crowded assemblage to witness such a curiosity. He is also open to walk a thousand quarter-miles in a thousand quarter-hours; a thousand half miles in a thousand half hours; and two thousand miles in one thousand hours, if anyone can be found to back Old Father Time against him."

This great Australian athlete and champion pedestrianist could not beat Old Father Time forever. In 1873, the Flying Pieman died homeless and destitute at the age of 66, in the Liverpool Asylum, but his amusing exploits and eccentric, good natured fun still bring smiles whenever they are recalled.

It was not long before others were trying themselves out with outrageous challenges, emulating the ones made famous by Captain Barclay in England.

Hugh Capel's Australian History Pages lists the following in his FEATS OF PEDESTRIANISM section: (<http://pandora.nla.gov.au/pan/41811/20060527/www.historypages.net/FPedestrianism.html>)

#### The Mudgee Newspaper, December 7, 1858

PEDESTRIANISM. – The astonishing feat of walking 1000 miles in 1000 consecutive hours, is now being performed at the Olympic Theatre, Melbourne, by Allan McKean. He commenced on Tuesday, and at midnight, yesterday, completed his 42nd mile. He walks at a quarter before every hour and a quarter after. The shortest time occupied by him in walking a mile was at ten o'clock on Tuesday night, when he accomplished the distance in eight minutes and forty seconds. – *M. Herald*.

#### The Mudgee Newspaper, January 18, 1859

THE GREAT WALKING MATCH AGAINST TIME. – On Monday night the 3rd inst., at 20 minutes past 10 the pedestrian, Allan McKean, accomplished his herculean task of walking 1000 miles in 1000 hours. For the last few days this event has caused great excitement in the sporting world, although there appeared to be only one opinion, namely, that McKean was possessed of sufficient powers of endurance to complete his task. The Olympic Theatre, which has been the arena on which this match was performed, was last evening crammed to excess, there being, as near as it is possible to form an opinion, between 500 and 600 persons present, every available corner being taken possession of. Allan McKean, it will be remembered, accomplished the feat of walking 1000 miles in 1000 hours at Ballarat a few weeks only before he commenced his second attempt in Melbourne, on Tuesday, November 23, at a quarter to 8 o'clock a.m., and it was generally thought that he had not allowed himself sufficient rest, but the event has proved that he did not overrate his capabilities. The shortest time in which he has walked a mile has been 8 min. 40 secs., and the longest time 26 mins. and 44 secs., that being during the period at which he was suffering a very severe sore on the sole of the foot. He completed his thousandth mile in fifteen minutes thirty-nine seconds, and appeared to be as little fatigued as when he had accomplished one-half of his allotted distance. Upon the completion of the 27th round, he was most loudly cheered, and it was some time before sufficient silence could be obtained for the result to be made known. – *Argus* of Tuesday.

The Mudgee Newspaper, November 8, 1859

PEDESTRIANISM. – A Miss Beverly Howard has accomplished the feat of walking 1250 miles in 1000 consecutive hours. The *Ballarat Times* says: - “Those who had seen the almost utterly helpless state to which the task of walking one thousand miles in (one) thousand hours rendered Allan McKean here, on Ballarat, expected to see Miss Beverly Howard creep or crawl rather than walk her last rounds; but it was not so: she was neither lame, nor halt, nor slow, but walked her last one and a quarter mile in 21 minutes and 45 seconds, or at almost a regular pace, with her body suitably thrown forward, but not bent, with a free motion of both hands and feet, and with no perceptible heaviness of step.”

The following article documents what might have been the first successful attempt to walk 100 miles in 24 hours in what might be construed as a proper walking gait rather than the 'go as you please' gait employed by many of the pedestrians of the time.

The Australasian, Saturday December 21, 1878, p.780.

W. EDWARDS, THE LONG DISTANCE CHAMPION WALKER.

W. Edwards, the champion long-distance walker, yesterday evening commenced his arduous undertaking to walk 110 miles in 24 hours. The place selected for performing the feat is the Melbourne Cricket-ground, an oblong walk having been constructed in front of the grand stand, and slightly encroaching on the green. The walk is composed of ordinary planking nailed to joists laid on the ground. A canvas covering is stretched on poles overhead, to screen the pedestrian from the sun.

The rink was measured yesterday afternoon by Mr. J. S. Jenkins, town surveyor for Richmond, who certified that it was 117yds. 1ft. 0½in. round, so that it takes 15 laps to make a mile, and Edwards will have to walk round the ring 1650 times before he completes his task.

Shortly before the time for starting Edwards emerged from the tent in the centre of the rink in his walking dress, which is rather a peculiar one, the tights being of black satin, trimmed with delicate white lace. He is a well-made young man, 26 years of age, 5ft. 7½in. high, and weighs in his walking dress 9st. 8lb. He appears to be in the perfection of condition.

Exactly at 6 o'clock he started off with a light springy step, going over the ground at a good pace, and with great ease. He made the first miles in 10 minutes and 10 seconds, and on finding the time he was making he eased a little, and did the second mile in 11 minutes 7 seconds, and was keeping on at that pace. His rule is to walk about 30 miles, and then take a rest for about 20 minutes.

At a meeting held on Thursday night, several gentlemen volunteered to attend at certain times throughout the 24 hours, so that there should always be some one present to attend to the scoring-book. Of the three gentlemen who were to attend for the first three hours, not one was present. Mr. Mount, who was on the ground, acted as starter, and took charge of the scoring-book.

The task will be concluded at 6 o'clock this evening.

The Australasian, Saturday December 28, 1878, p.813.

W. EDWARDS, THE LONG DISTANCE WALKER.

Edwards ... successfully concluded his task on Saturday evening, having six minutes to spare ... Although a heavy shower or two fell after midnight on Friday, the pedestrian had splendid weather on Saturday, but the attendance was meagre in the extreme, not more than 300 persons being present, and most of these were members of the club.

Commencing at 6 p.m. on Friday, he walked the first mile in 10m. 10s.; but easing up a bit in the second, he took 11m. 7s., and kept on at a nice swinging gait. The first 10 miles were done in 1h. 51m., the second in 1h. 52m., the third in 2h., the fourth in 2h. 21m., the fifth in 1h. 59m., and the sixth in 1h. 52½m.

Edwards rested for six minutes at the end of 50 miles, and when 60 were completed he rested for a longer time, and took some light food and refreshment. At 21 minutes to 9 a.m. he had completed 70 miles, and he did the next 10 in 2h. 3m. He rested for about 15 minutes at that stage, and then re-commenced walking, and by 11 minutes to 4 p.m. had accomplished 100 miles. There was then over two hours in which to do the last 10 miles, and so he consented to stand for the purpose of

being photographed. The remaining 10 miles were travelled at an average of about 12 minutes per mile, the last lap being finished at 5.54 p.m., or 6 minutes before the 24 hours had elapsed.

During the latter portion of the journey, he was frequently cheered by the spectators, and when he finished he received an ovation. He was not much fatigued, and after a slight rest walked into town. As a recognition of the pluck he displayed in continuing his task under such dispiriting circumstances, a subscription was started on the ground, and something like £15 was raised for him.

Australia also had its own ultra distance races, put on by the entrepreneurs of the time. The following reports on 6 Day events are taken from *Australian Sport Through Time*, 2003 Edition, Random House, Australia.

#### **SUNDAY 11 SEPTEMBER 1881 - A NICE WEEK FOR A WALK**

The growing sport of pedestrianism received a boost this week with the first ever six-day-go-as-you-please tournament held in Sydney. The event, which finished yesterday, was held on a piece of land near the Haymarket, enclosed by a large canvas tent, under the rules of Sir J. Astley Cooper, the great patron of athletics sports in England. With 16 laps to a mile, the competitors could either walk or run as they pleased. Nine competitors started the contest: Edwards, Baker, Williams, Swan, Le Petit, Reynor, Campbell, Cotton and Palmer. The first three are particularly experienced at the sport – Williams is a surprising stayer given that he is more than 50 years old.

The race started at 1 a.m. on the Monday morning. Edwards, Swan, Raynor, Baker and Campbell soon settled down to a lively pace, while Williams enlivened proceedings with his frequent bursts of running. By 9 a.m. on Tuesday, Swan had taken the lead having run more than 127 miles, a mile more than Edwards in second place. The weather for the first three days was not exactly suited for walking, but by Thursday, it was much more pleasant. By yesterday, the last day, Swan still had the lead and any hope of an exciting finish was dashed shortly after 9 p.m. that evening when Edwards retired after 423 miles and 3 laps.

The 26-year-old Swedish born Swan was declared the winner at 11 p.m., having completed 434 miles and 5 laps. He was still walking strongly at the finish and collected the first prize of £100 and a gold stopwatch.

#### **SATURDAY 17 MARCH 1883 - CLAIMS OF FOUL PLAY IN WALKING CONTEST**

William Edwards, the champion walker of Australia, has won the 6 day walking contest, covering 373 miles. His opponent, the American champion Dan O'Leary, covered 350 miles. However, he became ill and had to retire from the track so often that he had no chance of catching Edwards.

The distance travelled by the competitors falls a long way below expectations, as the backers of both men predicted at least 450 miles would be covered. O'Leary had walked more than 500 miles in nearly all his big matches and he believes his water was tampered with by treacherous attendants.

The match was originally scheduled to take place in Melbourne, but a suitable venue could not be found and so it was moved to the Exhibition Building in Prince Alfred Park in Sydney and a properly formed track was prepared there last week.

However, a day after the start of the race, the Sydney track was measured by the City Surveyor who found it to be 10 inches under the alleged distance. The necessary alteration was made and scores adjusted accordingly.

About 4000 people were on hand to witness the start at 5 minutes past midnight on Monday morning and during the week, a steady stream of visitors paid for admission to watch the walkers.

#### **THURSDAY 22 APRIL 1886 - CHAMPION WALKING MATCH**

A large section of the 6000-strong crowd rushed onto the track to congratulate both New Zealand champion Edwards and the Australian champion Scott after their six day walking match ended at the Exhibition Building in Melbourne today.

The track was 12 laps to the mile and Scott, the winner, covered 424 miles and 8 additional laps while Edwards covered 406 miles and 4 additional laps. The two athletes appeared on the stage to rapturous applause from the crowd. The organizer, Mr Spofforth, congratulated Scott but said he would have liked to have seen him pushed further so the public might have a better idea of his speed and quality. However, it must be said that a six day contest is more a matter of endurance than one of speed.



There were also shorter distance 'walking' events during this period, principally over 50 Mile, 12 Hours and 24 Hours. For instance, the 1926 NSW 50 Mile Championship race booklet quoted the Australian Professional Track Walking Record for 50 Miles as owned by one W. Hackford at 8:35:00, set in Sydney on 24 October 1885.

Finally, my thanks to Richard Keam for drawing my attention to the book *Australian Etiquette*, published in 1885, which listed in an appendix the most notable pedestrian events from the year 1810 to 1884. This list reads as follows:

### WALKING, COLONIAL

- ? 1 mile, F. Woodhouse (Victoria) 6 min. 40 sec. (year unknown)
- ? 7 miles, F. Woodhouse (Victoria), 55 min. 30 sec. (year unknown)
- 1840 Hunt walked from Macquarie Place to Parramatta in 2 hours 51 min.
- 1847 Flying Pieman started to walk 192 miles in 48 hours, he not being allowed to stop for one minute; in the first 24 hours, he did 102 miles but lost the match; afterwards he walked 192 miles in 46 hours 30 min. At Maitland, he accomplished the great feat of walking 1000 quarter miles in 1000 quarter hours. At Singleton he walked backwards half-mile in 6 min. ; ran one mile 7½ min.; wheeled a barrow 1 mile, 15 min.
- 1848 Flying Pieman beat the coach from Brisbane to Ipswich by one hour, carrying a carriage pole 100 lbs. weight.
- 1869 21 miles, G. Davis, 2 hours 54 min. 34 sec.  
Baker beat Hamilton, 7 mile walk, £100 : 1 hour 41 sec.
- 1870 W. Lyell beat Baker, 2 miles walking championship of the colonies
- 1871 F. Hewitt, ½ mile, 1 min. 53¼ sec, the fastest on record
- 1878 Edwards walked 111 miles in 24 hours at Bathurst  
Miss Von Hillern walked 100 miles in 26 hours 4 min. 47 sec., in America
- 1881 50 miles, Raynor, 8 hours, 44 min. 26 sec.  
122 miles, Hogarty (NZ), 24 hours
- 1880 113½ miles, W Baker (N.S.W.), 24 hours
- 1883 Scott (N.Z.) beat Edwards in a 24 hour match, by 7 miles, at Wellington, N.Z., October 4.  
Scott beat Edwards in a 48 hour match by 1½ miles; distance covered 192½ miles.
- 1880 Baker beat Taylor, 24 hour match, easily.
- 1881 Willie Frank (12 years old) won one hour's handicap  
Raynor won 50 mile walking match.  
Assenheim beat Weanor, 50 mile match.  
Swan beat Edwards, 48 hour match, £200.  
Willi Frank (12 years old) did six miles within one hour.
- 1882 J. Assenheim won 48 hour match, doing 174 miles, Sydney.  
Edwards won six days' tournament, 432 miles, Melbourne.  
Assenheim beat Wright, £30 to £20, 12 hour match, N.S.W.  
Miss Phillips beat Mrs Wallace, 6 days, £200, doing 281 miles.  
Assenheim beat Raynor, 2 miles; time 15 min. 15½ sec.  
Bradley beat Lambert, 7 miles, £100 and championship N.Z.  
Murphy beat Willi French, £50, one mile; time 7 min. 42 sec. Melbourne.  
W. Swan beat Miss Phillips, giving her 30 miles start, in six days' go-as-you-please, 12 hours a day; 321 miles 6 laps to her 321 miles.
- 1883 W. Edwards beat D. O'Leary, six days' match, £400, Sydney  
J. Ormes beat W. McLaren, 2 miles, £20, Sydney.  
W. Edwards beat three men, 6 days' match, doing 472 miles, N.Z.

There is really no way to verify these performances at this time so they will be noted when known but will not be counted in the ranking lists at the end of the book.

## EARLY ULTRA DISTANCE WALKING, 1896 – 1904

Although these early colonial exploits were certainly valid feats of endurance, they cannot be verified as true walking performances. They form part of what is called the Age of Pedestrianism.

I take my starting point from around 1890. By this time, amateur athletics clubs had been formed in South Australia, New South Wales, Victoria and New Zealand and amateur sport had become a valid alternative to the world of professional athletics.

Within a few short years, the amateur clubs were holding their own State Championships and by 1893 the Amateur Athletic Associations had entered into a memorandum of understanding to hold Australasian Championships every 2 years.

The first such event was held in Melbourne in November 1893. The second carnival was held in Christchurch in New Zealand in January 1896, followed by the third Australasian Championship meet in Sydney in 1897. All these meets included 1 and 3 mile track walks.

1896 saw the first modern Olympic Games, also espousing the ideal of 'amateurism'.

1897 saw the formation of the Amateur Athletic Union of Australasia as the body to govern the sport in Australia and New Zealand.

It was quickly realised that consistency of judging was needed to control amateur sport and the early Australasian Conventions formulated comprehensive competition rules to govern the various events. The 1900 Convention adopted the following definition of walking to aid walk judges and meet officials

1. *That a racing walker must have contact with the ground with one foot during a stride, and with both feet at the end of a stride.*
2. *That the heel of the front foot must touch the ground before the back foot leaves it.*
3. *That as the heel of the front foot touches the ground the leg must not be bent, its knee must be locked.*
4. *That the body and head must be kept upright*

It was against this backdrop of activity that the first verifiable Australian ultra distance walks were held and it was Victoria which led the way.

**April 21, 1896**

**50 Miles Victorian Championship, Sydney Road, Melbourne**

The first recorded amateur ultra distance walking event was in Melbourne in 1896. It was over a distance of 50 miles and was won by James (Jimmy) McDonald. This was in fact the first Victorian roadwalking Championship ever held. Victorian Track and Field Titles had been held since 1892 but these featured only 1 Mile and 3 Mile Track Walks.

Born in Auckland in 1867, Jimmy McDonald learned rowing in New Zealand and achieved some success with the Ponsonby Rowing Club, Auckland. Once he moved to Australia, he joined the Yarra Yarra club about 1890. He was included in the club's crew that won the Victorian champion eights of 1891-92-93. During this period, the club boasted one of the most formidable eights ever brought together in Australia.

During his rowing career, he started in 23 races for 18 wins, 3 seconds and a third. Only once did he finish out of a place.

A versatile athlete and blessed with almost unlimited stamina, he turned his attention to pedestrianism in 1892, joining Hawthorn Harriers and becoming a foundation member of the Melbourne Amateur Walking and Touring Club.

He soon gained State honors as a member of Victoria's winning team in a five mile cross country championship in Sydney. But it was in walking that he achieved his greatest heights and this culminated in his great victory in a 50 mile walk in the Sydney Road in 1896 when he established an Australasian record of 10 hrs 9 mins 40 sec.

- |    |                 |          |                             |
|----|-----------------|----------|-----------------------------|
| 1. | McDonald, James | 10:09:40 | Australasian Best (Amateur) |
| 2. | Ashworth, H P   | 10:38:00 |                             |
| 3. | Miller, W       | 10:58:00 |                             |
| 4. | Haines, F       | 11:08:00 |                             |



*This photo was taken at Mt Martha in 1907 and is from the archives of the Melbourne Walking and Touring Club. It shows J McDonald, A.I.Green and W.E. Briggs.*

**April 9, 1904** \_\_\_\_\_ **50 Miles Victorian Championship, Scotch College (Track)**

These figures stood unsurpassed until McDonald lowered his own time on April 9, 1904 on the Old Scotch College ground when he walked 50 miles in 9 hrs 43 mins 2 sec. Reports of the time state that he had a 7 minute refreshment break at the 25 mile mark, and that he was the only finisher. In this event, his intermediate distances for 15 miles upwards were also recognised as Victorian State records.

1. McDonald, James      09:43:02      Victorian State Record (Track), Australasian Best

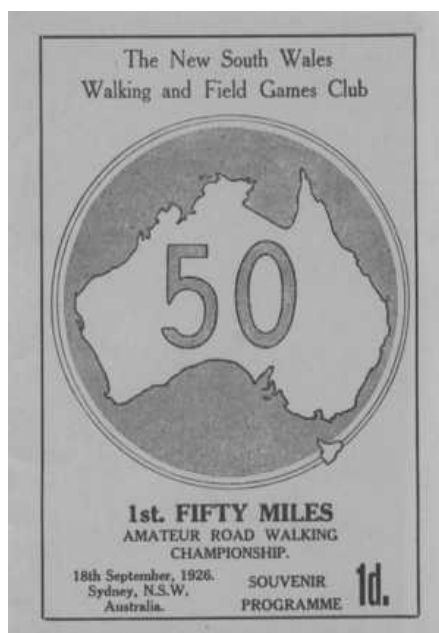
Amazingly, given the interest in long distance walking overseas, no further similar races were held until the 1920's and thus his time stood uncontested for nearly 20 years.

His interest in the sports of rowing and walking never waned but as time went on, walkers saw more of him as an official than did the oarsmen. When the Victorian Amateur Walking Club was formed in 1921, he immediately joined as an official and was, for many years, one of the Vice Presidents of the club.

It was not until the late 1920's that enough interest was raised for further 50 mile events to be held and it was the New South Wales Walking and Field Games Club (now known as the New South Wales Walking Club) who led the way with numerous 50 mile events being scheduled from 1926 onwards.

**September 18, 1926                      NSW 50 Miles Road Walk Championship, Sydney to Blacktown and Return**

The inaugural event boasted Fifty Miles Amateur Road Walking Championships of the Amateur Walking Union of Australia (the precursor of Racewalking Australia), the N.S.W Amateur Athletic Association and the N.S.W. Walking and Field Games Club so 3 separate titles were on offer.



The race was governed according to the following Definition of walking

*Walking is a progression of steps, from heel to toe, in which contact with the ground is maintained, i.e., the heel of the foremost foot must reach the ground before the toe of the other foot leaves it.*

This is how the Australian Centurions govern their events to this day. Although the formal rules of racewalking have progressed, the basic rule of what constitutes 'walking' has not changed.

The Race Rules could just as easily be published for a race today.

1. Walking on footpaths is not allowed
2. Accepting outside pace or being shielded from the wind will disqualify.
3. Competitors must wear their proper athletic costume, also sweaters, if desired, and number (back and front) throughout the race.
4. Alcoholic and other similar stimulants are not allowed, unless sanctioned by the Medical Officer, or other responsible official.
5. Each competitor will be allowed not more than two attendants.
6. Each attendant must wear the badge supplied, and keep behind the competitor he is attending.
7. The Judges have power to disqualify a competitor whom they consider to be walking unfairly or interfering, either by himself or through his attendants, in any way, with another competitor.
8. Competitors must make their own arrangements for requirements for self and attendants on route. The Committee will, as far as possible, arrange for the care of competitors, but accepts no responsibility.
9. The Medical Officer or Referee has power to order any competitor to retire from the race.
10. Each competitor shall be at least 21 years of age, and be certified as physically fit by a physician.

11. Non-compliance with any of these Rules will cause disqualification.
12. The settlement of any matter or question arising shall be in the absolute discretion of the Committee of the controlling Club.

The event started at the Clock Tower, G.P.O., Martin Place in Sydney at 6.30 a.m. on 18<sup>th</sup> September 1926 and progressed to a half way point in Blacktown before retracing its steps to finish back at Martin Place.

An entry list of 26 walkers included the cream of Australia. Some of the better known walkers included

- Victorian Jack Lewis, both a Victorian 25 Mile walk and Marathon run champion
- SA 7 Mile Champion H. Wyatt
- Queenslander R. F. McMurdo, holder of the record for the Brisbane to Southport 50 Mile walk – 10 hours 15 mins
- Queensland walker T. Byrnes (3<sup>rd</sup> in the Brisbane to Southport 50 Mile walk in 1921)
- George Parker, NSW champion and record holder over most distances and 1920 Olympic silver medallist
- NSW 20 Mile walk champion A. Harper
- NSW walker R Hingston, the holder of the Bathurst to Orange Walking record – 36 miles in 6:34:03.
- Former English long distance walker H. Barrett, now resident in NSW
- Former NSW 20 Mile champion Gordon Smith, one of the most consistent long distance walkers in the State

The various records of the time were quoted as follows

WORLD and ENGLISH	Amateur	Track	7:52:27	J. Butler	England	13/06/1905
		Road	7:57:53	H. Ross	England	
AMERICA	Professional	Track	7:54:16	J. Hibberd	England	14/05/1888
		Track	9:29:22	G. Gillie	USA	11/05/1878
AUSTRALIA	Amateur	Track	8:10:54	J. Meagher	USA	10/04/1882
		Track	9:43:02	J. McDonald	VIC	09/04/1904
		Road	10:09:40	J. McDonald	VIC	21/04/1996
	Professional	Track	8:35:00	W. Hackford	Sydney	24/10/1885

The Special Information in the Race Booklet is of particular interest

- Station 2BL will broadcast race progress at 7.50am, 11am, 12 noon, 1pm, 3pm, 4.30pm and the result at 7.45pm.
- Flags will mark Turns (Red), Miles (Blue) and Kilometres (White).
- The Hon. Medical and Ambulance Officers will be available in case of necessity.
- Supplies of Hot Milk, Marmite and Tea will be available to competitors at Depots in Marrickville, Kogarah, Hurstville, Belmore and Bankstown. A car with foodstuffs, etc., will patrol the course.
- A bottle of Evagreen Eucalyptus and a tin of Tiger Brand Slave will be supplied to each competitor.

The race was won by Victorian Jack Lewis with NSW walker Gordon Smith second. The winning time was claimed as a new Australasian record although, being a road event, it could not really be forwarded as an official record. It was simply an unofficial road best time.

1. Lewis, Jack	VIC	9:20:24 (Australasian Best)
2. Smith, G. A.	NSW	
3. Barrett, H. W.	NSW	
4. Pollard, W. S.	NSW	
5. Duck, E. J.	NSW	
6. Drake, L. J.	NSW	

The following interview with H. W. Barrett in 1962 details the problem-ridden process of manually measuring this course (*The First Fifty Years – A history of the New South Wales Amateur Walking Club* by J. M Edwards).

*The Club's first 50 Mile Road Walking Championship was scheduled for Saturday September 18<sup>th</sup> 1926. The proposed course was from the G.P.O. Sydney to a point past Bankstown and return. It was, however, necessary to measure the course to ascertain the accurate mileage. A measuring wheel was procured and at 8 a.m. on Sunday morning August 22<sup>nd</sup> 1926, six of the club members met at the G.P.O. in Sydney. These members were Drake (the then Secretary of the club), Campbell, Barrett, Kingston, Winstanley and Pollard. They set off, one of their number pushing the wheel, while the most practical and methodical member of the group, Laurie Drake, carried a notebook to note each quarter mile, half mile and mile land mark. All went*

well until we reached Sydenham Station, a distance of nearly 8 miles. At that point, we knew that everything was in order and that the measuring wheel had accurately recorded each yard, and every point had been carefully noted by Laurie Drake.

When about 2.5 miles further on, between Arncliffe and Rockdale, Drake informed us that the measuring wheel was becoming erratic. We carefully tested the wheel and made the discovery that it had gone wonky. We therefore turned the wheel to cause it to rotate in the opposite way and pushed it in that position as we retraced our steps for 2.5 miles when we came to near Sydenham Station where we knew the wheel had last recorded correctly. By inserting a match stick into the wheel recorder, we found it recorded correctly. So we again proceeded until we came to the place where we had discovered the incorrect recording. We had, however, lost nearly two hours of time and had traversed five miles not included in our schedule. Furthermore, after the insertion of the match stick at Sydenham Station, our progress was very slow, as we had to inspect the recorder from time to time to ascertain that it was continuing to measure accurately.

In consequence, it was near 5 p.m. When we reached Hurstville, having taken 9 hours to measure just over 12 miles, although we had walked over 17 miles. We had a quick snack at Hurstville and then we proceeded to the Stony Creek Road. Darkness had now fallen, as as none of us had thought to bring a torch, it was necessary every now and again to carry the wheel to a street light whereby we could inspect the recorder of the wheel. We eventually reached Bankstown Station about midnight and we still had to go further to complete the measurement of the 25 miles. This was done to the satisfaction of Laurie Drake who was very exacting, and who had carefully noted the position of each quarter mile in his notebook.

On arriving back at Bankstown Station, we found that the last train had gone and that it was necessary for us to walk to get back to the city. At that hour, the roads and streets were deserted. However, we managed to keep cheerful. Nearing Ashfield, Winstanley, the elderly member of our group, pushed ahead with the wheel under his arm. Suddenly, as we walked down the middle of the road through Ashfield, the silence and emptiness of the street were disturbed when we saw by the light of the glaring street lights, a policeman come from the footway and take hold of Winstanley's arm in a tight grasp. Winstanley was trying to explain how he came to be walking with the wheel under his arm in the early hours of the morning to an unbelieving policeman, when the rest of us came up and satisfied him that Winstanley's story was correct.

On arrival in the city, our party broke up, each having to walk to his home. Campbell and Barrett lived on the north side of the harbour. So both walked together to Circular Quay and caught an all night boat. Campbell lived in Crows Nest so Barrett had to walk the remaining 4 miles to Chatswood on his own, reaching his house just as the sun started to rise.

#### **October 30, 1926                                  NSW Amateur Walking Club 50 Miles Track Walk, Kogarah**

Not content with a road based 50 mile walk, the NSW Walking Club also put on its own Track Championship over that same distance and it was won by R. Hingston, who had been a well known Sydney walker before the First World War, regularly winning 1 Mile Walk classics at major meets. He also held the Bathurst to Orange walking record – 36 miles in 6hr 34min 3sec. He had retired from walking in 1913 but dusted off the shoes specifically for these long events. His time of 9hr 36min 45 1-5sec was forwarded as a new Australasian Track Record, breaking McDonald's 1904 time by over 6 minutes.

1. Hingston, R	NSW	9:36:45.2 (Australasian Record)
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#### **September 3, 1927                                  NSW 50 Miles Road Walk Championship, Sydney to Camden**

The second NSW 50 Mile Championship event, organised once again by Barrett, saw NSW walker Gordon Smith win easily in the new Australasian best time of **9:17:32**. This was the first of a string of 50 mile wins for Gordon, culminating in his successful 100 mile walks in 1937 and 1938. His many performances remain competitive even by today's standards. There were 11 starters of whom 10 were from NSW.

1. Smith, G. A.	NSW	9:17:32.4 (Australasian Best Time)
2. McMurdo, R. F.	QLD	9:34:09
3. Barrett, H. W.	NSW	10:10:41
4. R. F. Winstanley	NSW	10:50:40



Alas, the full results are not known but the following newspaper cutting gives some details

*In winning the 50 mile road walking championship of N.S.W. last Saturday in 9hr 18min 32 2-5sec, G. A. S. Smith clipped 2min 51 3-5sec off the Australasian record. The contest was over a course from Sydney to Camden, and at the finish the winner was enthusiastically cheered.*

*Smith was faster throughout than last year. Harper retired before 15 miles, Stone at 19 miles, Darke at 25 and Kingston at 30. At 27 miles, Smith was ahead of the best previous record by 2min 23sec, and he established new figures from there right to the finish. The best previous figures were: 30 miles 5.24.29 Barrett (1926); 35 miles 6.27.02 Barrett (1926); 40 miles 7.24.6 Lewis (1926); 45 miles 8.26.9 Lewis (1926); and 50 miles 9.20.24 Lewis (1926). Smith also shifted various kilometres and "hours" records.*

The Annual Report of the Queensland Amateur Athletics Assn for 1927/28 reported as follows on second placegetter R. F. McMurdo.

*"It is with pride that we record one of the finest athletic performances ever registered by a Queensland representative. We refer to the win of R. F. McMurdo (Rocklea Harriers) in the Marathon Championship of Australia and New Zealand, held in Sydney on August 27 1927. There were 25 starters, including many proved Marathon runners in this historic race, Tasmania, New South Wales and Queensland being represented. McMurdo ran a heady race and, finishing strongly over the last mile, won comfortably from H. Hayden (NSW) in 3 hrs 6 mins 23 secs.*

*With only a week's rest after his gruelling marathon, McMurdo finished second in the 50 miles Walking Championship of NSW, his time being 9 hrs 34 mins 6 secs, only 17 minutes slower than the winner G. A. Smith (NSW). All members of the Association join in extending to Mr. McMurdo heartiest congratulations on his wonderful performances, and trust that he will long continue to be a tower of strength to the Association."*



*The start of the 1927 NSW 50 Mile Championship. Winner Gordon Smith is fourth from the left in the front row.*



**1927****NSW Amateur Walking Club 50 Miles Track Walk, Sydney Sports Ground**

Once again, the NSW Walking Club hosted its own 50 Mile Track Championship, this time at the Sports Ground in Sydney and it was English walker H. W. Barrett who took the honours. Barrett, born in London, had arrived in Australia in 1913. His first walking race (two miles) was in 1911 at the London Fire Brigade Sports Meeting at the age of 16½ years. He was 17½ when he walked from Barking to Southend (England), 50¾ miles in 11 hours 37 minutes. He competed in the London to Brighton walk (52 miles) in 1922, his time being 10hrs 28min 45sec. Since coming to Australia, he had tried on many occasions to win the NSW 20 Mile championship but his best placings had been second to Gordon Smith in 1923 and 1924. At last he had a major race victory to his name.

1. Barrett, H. W. NSW 10:01:48

Retirees: R Hingston, R. F. Winstanley, L. J. Drake, W. T. White

The press report was as follows

*While trains and cars sped along Anzac Parade to Randwick, the leading members of the N.S.W. Amateur Walkers' Club decided their 50 miles championship. R. Hingston (holder), H. W. Barrett, R. F. Winstanley, L. J. Drake and W. T. White started. Drake dropped out after 15 miles, then Winstanley, White and Hingston followed at intervals, leaving Barrett to carry on, with only his wife, a few officials and the caretaker to view him. He finished at 10.4 pm, covering the distance in 10 hours 1 minute 4 seconds. Perhaps he overstepped his schedule between 20 and 40 miles but, whatever the cause, he had to stop for massage, &c., during that period.*

**1928****NSW 50 Miles Road Walk Championship, Penrith to Rooty Hills and return**

The course for the third SW 50 Mile Championship in 1928 was from Penrith Railway Station, via Station St to High St, east to the main door of the Commercial Hotel, then west along the same route along High St and the Great Western Highway to a point on Emu Plains, then about 123 miles to Rooty Hill, return the Showground and do one lap of the trotting track. Accommodation for officials, competitors, etc was arranged for the previous evening (20 each at the Royal and the Red Cow Hotels) for 4/- each for bed and breakfast, which was served at 6 a.m.

Gordon Smith was victorious once more but in a slightly slower time. Again, full results are not available. Out of 11 starters, there were 7 finishers.

1. Smith, Gordon NSW 9:24:08  
2. Barrett, H. W. NSW  
3. McKay, J

**1929****NSW 50 Miles Road Walk Championship, Sydney to Penrith**

Again in 1929, NSW hosted a 50 mile event and again and once again Gordon Smith was the winner. There were only 2 finishers.

1. Smith, Gordon NSW 9:28:49  
2. Barrett, H. W. NSW 10:18:19

The press report of the race reads as follows

*Chatting with Mr. Barrett after the 50 miles race of last Saturday, he said: "The conditions were ideal, it was neither too hot nor too cold, although the wind at times was a trifle strong. The track was good. I made no special effort until after 20 miles, but between 25 and 50 miles I may have done better had there been someone to race with." I may add that H. W. Barrett, who is 34 years of age, was at one time a prominent member of the Woodford Green (Eng) A.A.C.*

Evidence seems to suggest that a 1930 staging of this event was also scheduled. A brief cutting in the archives of Bert Gardiner state that "H. Campbell, who is an old East Sydney man, has come from Perth for the contest and he must feel confident of success to travel so far." This was of course the famous H.C. Campbell whose name is now remembered in the annual Canberra 20 Mile racewalk event. Unfortunately the results of this event are not known.

The History of the New South Wales Amateur Walking Club (1962, J. M. Edwards) states as follows

*These long races continued, and to quote results for all of them would result in a race book rather than a history, but some of the races just prior to World War II do need to be mentioned.*

Unfortunately, the records of the New South Wales Amateur Walkers Club were lost in a pavilion fire in the 1970s so the details of these additional races remain unknown. I will return to the famous races of 1937 and 1938 later in this book.

When the Victorian Amateur Walkers' Club drew up its winter racing fixture for 1928, two new events were included on the program – a 50 Mile roadwalk from Melbourne to Frankston and Return on 25 August and a 24 Hour Test event at the Amateur Sports Ground in Melbourne on 8 September.

In recent years, the longest race on their yearly calendar had been over 25 miles and, such was the success of the 1927 edition, the committee decided that, if sufficient financial assistance could be obtained, they would carry through with these 2 new events.

As it turned out, the scheduling of 2 such events proved overly optimistic and the calendar was eventually amended to show one ultra distance walking event for the year, a 10 Hour Race at the Motor Drome. This led to the following press release in Queensland where there was at least one disappointed walker!

*Tom Byrnes, the Queensland endurance athlete, is down in the dumps. He intended to compete in the Victorian 12 hours' endurance event for walkers. Now 'tis said that the event may not be held. Byrnes is a regular competitor in such events and thinks nothing of journeying 1000 miles or so to take part. There was some talk originally of a 24-hours' test and this event interested Byrnes most. "Twenty five miles would be no test at all," he writes. "It is a mere sprint, and one hardly gets warmed up. But in regard to a 24 hours' test I would willingly walk to Melbourne for the privilege to taking part."*

*Byrne is well over 40 years of age, is more than 6 feet tall and weights 12.0 in hard condition Tom and his friend Harold Parcell, a former marathon champion, train all the year round, and go on long jaunts together. On returning from a 20-mile walk, they don the gloves and set to for a few rounds. Parcell, Byrnes infomres me, boxes very well.*

#### **Sept 22, 1928                      10 Hours VAWC Championship, Olympic Park (Motor Drome)**

So, after a break of 24 years, Victoria finally scheduled another long distance walk over a compromise 10 hours. The venue was the Melbourne 'Motor Drome'. This was a sloping concrete track used for cycling and other sports that had been erected around the outside of the Olympic Park grass track in the 1920's.

Jack Lewis was the favourite, having won the 1926 NSW 50 Mile Championship in the fine time of 9:20:02. Lewis was a Warburton based forest ranger and a former Victorian 25 Mile champion (1922) and a former Victorian marathon champion. He was known as 'the Grecian marathon runner' and, in fact, showed Greece as this country of representation in his various races.



*Jack Lewis, the famous Victorian walker, as represented in caricature*

A newspaper of the time described him as follows

*“He is a fine type of athlete, bronzed like a statue. He lives a healthy life in the Warburton district where he is one of the local rangers. Walking to him is a pleasure and 50 miles in the mountains is regarded as nothing more than part of his daily exercise. In the pre-war days, as a mere lad, he made a name for himself as a Marathon runner. Since then he has developed into an endurance athlete.”*

Lewis did not disappoint, starting slowly but coming home strongly through the field to easily win. His 50 mile time was a new Victorian best, some 18 minutes better than Jimmy McDonald’s 1904 time. However, the motor drome was not regarded as a proper track so McDonald's Victorian Track Record was not challenged.

The press reported as follows on the second half of the race

*Pretty, in third place, was only 50 yards behind Cavell and had created the greatest surprise of the day, for previous to this event, he had restricted his activities to short distance events. In the next 2 hours, Lewis covered a little less than 10 miles. Pretty began to accelerate and passed Cavell. At 40 miles, Lewis had been walking for 7h 25mins and had 112mins in which to break G Smith's Australian record for 50 miles. It meant cutting off a full minute from his average time per mile at this stage and, although he quickened and beat Smith's time for the event of this year by 13 secs, he failed to beat the record by 6 mins. However, the effort seemed to freshed him for in his last 5 miles, the times became faster as he went on. His times for the last 5 miles were 11.50, 11.49, 11.44, 11.08 and 10.55.*

Results were as follows

1. Lewis, Jack	53 mls 350 yds	(9:24:04 for 50 mls)
2. Pretty, Jack	50 mls 950 yds	(9:52:22 for 50 mls)
3. Cavell, Herbert	50 mls 590 yds	(9:55:33 for 50 mls)
4. O’Keefe, David	45 mls 600 yds	
Retired:	Wilson, George	25 mls
	Kerrison, E	31 mls
	Walker, Don	25 mls
	Gardiner, Bert	28 mls
	Scully, Frank	30 mls
	Winstanley, Ted	32 mls
	Burman, A	30 mls



*Jack Pretty leads Jack Lewis in the 1928 Victorian 50 Mile Championship*

The next year, the Victorian Amateur Walkers' Club committee, although acknowledging the success of the 10 Hour walk, decided to revert to their original plan and scheduled a 50 mile event from St Kilda to Frankston and Return. This was the first of a number of 50 Mile walk events held in Victoria, alongside the NSW ones and Jack Lewis continued his dominance with convincing wins in both 1929 and 1930. The second of these resulted in the distance being covered in less than 9 hours for the first time in Australia.

**July 20, 1929**

**50 Miles VAWC Championship, St Kilda to Frankston and Return**

1. Lewis, Jack	09:24:31
2. Cavell, Herbert	09:52:28
3. Kilby, Frank	09:55:28
4. Scully, Frank	10:11:00
5. O'Farrell, Joe	10:38:40
Retired:	Herb Tanner, Don Walker
Handicap:	1 G Kilby (80 mins), 2 F Scully (55 mins), 3 J Lewis (Scratch)

The press report read as follows

*The Victorian Amateur Walkers Club held its 50-mile road championship today. The event started from the St. Kilda Town Hall at 6.50 a.m. The course extended to a point just beyond Frankston and return. From the start, Kilby and Tanner went to the front and kept together for the first 20 miles which were covered in 3 hrs 36 mins 20 secs. At the half way mark, Kilby, who over the last 5 miles had walked very well, was a third of a mile ahead of Tanner who seemed to be tiring. With 40 miles covered in 7 hrs 28 mins, Lewis was 1½ miles ahead of Kilby while Cavell, who was now walking particularly well, was only a quarter of a mile further back in third. Over the next 3 miles, Cavell caught and passed Kilby and at 45 miles, was leading him by 1½ minutes. At this stage Lewis was 21 minutes ahead of Cavell and had no difficulty in finally winning.*

**Oct 11, 1930**

**50 Miles VAWC Championship, St Kilda to Frankston and Return**

The 1930 staging of the event saw a record list of 30 nominations (but only 7 started!). The handicaps of the principal walkers gives some indication of the expected placings : J. Lewis and A. Robinson, scr; E. Winstanley, 10 min; W. Kilby, 25 min; J. Oberon, V. Jones, 55 min; H. Cavell, R. Blackley, 60 min; R. Barlow, 80 min.

Although Lewis was the obvious favourite, Ted Winstanley was considered by many as a serious threat. He was a proven distance walker who had taken a surprise 2<sup>nd</sup> place in the 1923 Victorian 25 Mile Championship as a 19 year old novice walker (with a time of 4:25:27). Since then, he had gone on to win the 1925 and 1926 Victorian 25 Mile titles. Marrying in 1926, he had retired from walking and had only returned to racing early in 1930 and had done well enough to win the Victorian 50 km title that year.



*Ted Winstanley in action*

At 6.45 am, the signal was given and the 7 contestants set out from the south gate of St Kilda Town Hall. Lewis stood out, dressed in black knickers and a white woolen sweater which showed his admirable physique to good effect. As the title holder, he was the centre of attention.

Winstanley surged through the 25 mile turn-around in a very fast time of 4:22:10 and was leading by about 150 yards from Robinson who was about 400 yards ahead of Lewis. Alas, he soon tired, Robinson retired and Lewis came over the top and won by nearly 10 minutes. But there was no doubting that it was Winstanley's game efforts that had led to the new record.

With his win, Lewis become the first Australasian walker to beat the 9 hour mark and his performance set new road standards for all distances and marks from 32 miles onwards. Of the 7 starters, only 3 finished.

1. Lewis, Jack	08:58:07	New Australasian Best
2. Winstanley, Ted	09:07:15	
3. Oberon, Jack	09:46:58	

Retired:	Robinson, Alf	31 miles
	Blackley, Herbert	24 miles
	Wilson, George	22 miles
	Cavill, Herbert	22 miles

*"I thought that I would win today," Lewis said after his finished his long walk. The record breaker said that he regarded Winstanley and Robinson as his most dangerous opponents, but that all the same he was content to play a waiting game, as he had set himself a schedule to break the record for the course which he established last year.*

*Lewis said that he was very surprised, however, to find that he had also broken the Australasian record for the distance. He paid a tribute to his opponents for their sportsmanship along the road. He was sorry that Wilson, the South Australian, had been forced to retire but said that, in his opinion, Wilson made too much use of his arms for long-distance walking , thus unnecessarily tiring himself.*

*The winner had only a short preparation for today's big test, but during the last few days has regularly walked 50 or more miles each day around the hills at Warburton, where he is employed as a forest ranger. "If people walked more, even if only for pleasure, they would be far healthier and have less doctors' bills to pay," Lewis said with a smile.*

Two significant events occurred in 1931. The first was a historic walk from Sydney to Melbourne. The second was yet another track walk over the 50 mile distance.

### **Sept 3-14, 1931                      Sydney to Melbourne Solo Walk by Alf Robinson**

Alf Robinson and Rupert Blackley were amongst the best Victorian long distance walkers of the day and set themselves the challenge of walking from Sydney to Melbourne. They set off from Sydney on September 3, 1931, accompanied by J Watts on a bicycle. Rupert was forced to retire at the halfway mark but Alf went on to complete the distance of **563 miles in 12 days 13 hours and 45 minutes**. That performance probably stands today as the best walk performance on record. Of course, in those days the footwear was primitive and the roads were of poor calibre. The following article appeared in the Melbourne Herald of Tuesday September 15, 1931:

*Arriving at Melbourne Post Office at 8.55 PM yesterday, A. E. Robinson, the Victorian long distance race walker, completed his walk from Sydney to Melbourne in the record time of 12 days, 13 hours, 45 minutes and covered 563 miles. The previous best time was 13 days 6 hours.*

*Robinson, who was accompanied throughout the journey by J. Watts, a masseur, who rode a bicycle, said that he felt quite fresh but was badly in need of a good meal.*

*"After I have a good meal", he said, "I intend to go to bed and remain there all day tomorrow."*

*Yesterday, on the last stage of his walk, Robinson came from Tallarook, 55 miles from Melbourne. He had intended to reach Kilmore on Sunday evening, but blinding rain had forced him to stop at Tallarook at 7 PM. He left there yesterday at 4.15 AM.*

*Often he had been forced, he said, to complete a day's stage on nothing else but dry biscuits, and heavy drenching rain and bleak winds had brought on cramp incessantly. Robinson will compete in the 50 km walk at the Showgrounds on Saturday week. He intends to make a further attempt at the distance in 10 days.*



Three of the greatest Victorian long distance walkers in actions in 1931 at Albert Park Melbourne - Jim Gaylor (far left), Alf Robinson (third from left) and Joe O'Farrell (far right)

**Oct 17, 1931**

**50 Miles VAWC Championship, Melbourne Show Grounds (Track)**

The second significant event in 1931 was a 50 mile track walk held at the Melbourne Showgrounds. The event had been put on the track to allow Jack Lewis to attack his various State records. Ted Winstanley was also in the field and expected to provide stiff opposition. No one gave much credance to young Jim Gaylor who had been talked into participating simply to help Lewis in the early stages of the event. But it was Gaylor who took the lead at the 9 mile mar, held off several strong challenges by Winstanley and eventually won, setting new Victorian records for all distances from 15 miles to 50 miles. His 50 mile time of 8:49:33 beat Lewis's State record by a massive 32 mins. Winstanley eventually fell back to third place behind Lewis with all 4 finishers below the previous record.

1. Gaylor, James	08:49:33	New Victorian Record
2. Lewis, Jack	09:01:55	
3. Winstanley, Ted	09:04:05	
4. Blackley, Rupert	09:20:27	
Retired:		
	Robinson, Alf	
	Kelly, Tom	
	Wilson, George	
	Lescum, Frank	
	Cecil, Dick	

The newspaper report reads as follows

*Behind the record-smashing fifty mile walk of Jim Gaylor, of the Collingwood Harriers, in the Victorian Walkers' Club championship at the Showgrounds on Saturday, is a remarkable story of grit and perseverance of a true Australian in the battle of life.*

*The casual person, picking up a newspaper and reading of Gaylor's record-breaking walk, naturally assumes that he is a great athlete who enjoys the best of training facilities, regular hours of sleep and regular food. Only his immediate friends and a few walking enthusiasts know that he is having an uphill struggle against heavy odds.*

*Gaylor, who is aged 21, has been out of regular work for a long time. But he is not an idler. He has a 3cwt truck that he pushes all around Melbourne and suburbs, hopeful that somebody will employ him to shift furniture or goods of any kind. It is an unenumerative occupation that yields him very little. He has a small room in North Richmond. Some weeks he does not earn enough with his truck to meet the rent but he makes it up somehow by other kinds of work.*

*When a man is down he accepts anything if he is a trier. Gaylor tries from daylight till dark – no hour is too late for him;*

no distance too far. Good friends give him odd jobs,. One is Mr Ted Drayton, a Sunshine potter. Gaylor has often walked to Sunshine early in the morning for a job, worked there all day and then walked home.

The one neat suit that he wears when not doing hard work was acquired from 'saved fares' – to use his own expression.

Gaylor refuses charity, but will go anywhere for work. He left home because he could not contribute to its support. At times, he has lived on sixpence a day. For three weeks, he existed on toast.

Lately however, he has been getting a better spin but he has no regular meals. He considers the enforced dieting has helped to harden him while the constant walking everywhere in search of employment, added to his own natural zeal for the sport, has helped to make him an extraordinarily talented walker as far as natural ability is concerned.

It has also made him hardy. Just how hardy was proved by his recent performance in the 50 km walk on the final day of the Show. On the Tuesday, he suffered from an attack of ptomaine poisoning and on the Wednesday was compelled to keep to his bed. On Thursday he got up and went for a 20 mile walk with the object of shaking the sickness off him. However, he was ill again on the Friday and was forced to take things quietly. Thought still very sick on the Saturday he walked in the race and finished third.

Frank McLure, his team mate and co-worker in odd jobs, said that Gaylor's performance in that race was a superhuman effort considering his condition.

Gaylor is not big but he is solid with the chest of a Sandow. Since he has been walking at the age of 16, he has put on over two stone in weight. Great breathing capacity is a big asset to him in walking.

While walking to victory in the 50 mile race on Saturday, Gaylor drank more than 20 cups of water. After each drink, he inhaled and exhaled air freely, thereby working up perspiration. He defies the recognised canons of athletics.

Mr. T Ready, a North Richmond chemist, said Gaylor possesses some rare electrical properties in his body. "This electricity keeps him on the move all the time" he added. "He seldom seems to want rest, yet is always as fit as a fiddle.

Gaylor never feels cold, though he wears only a shirt next to his skin. He could not stand a singlet on his body.

Gaylor thought that he would do the 50 miles of Saturday's race in 10½ hours. He worked on no particular schedule. "After the first few miles, I just let myself go flat out, and I never felt better" he stated.

The time occupied was 8 hours 49 minutes 33 seconds. He won by ¾ of a mile from the celebrated long distance walker J. Lewis – a feat in itself that stamps the winner as an exceptional athlete.

In addition to winning the Victorian walking title, Gaylor broke all Victorian records from 15 to 50 miles, and his time for the 50 miles is the best ever recorded in Australia.

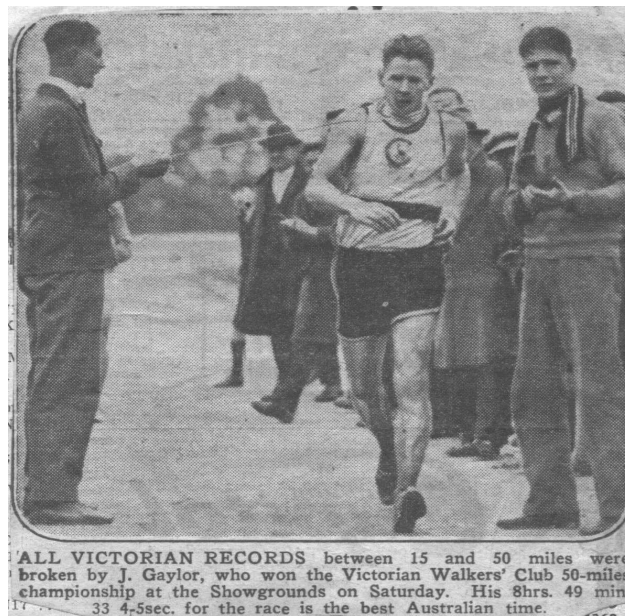
It was truly a wonderful performance for this plucky lad, on top of his hardships.

Until recently, he did not know what massage was, but Jim Cox, one of the Collingwood Harriers club's most ardent enthusiasts, took him in hand and has been attending to his legs. Gaylor intends to keep on walking, to create new records and to make good in life. He is worthy of every encouragement by athletic officials.

Gaylor may be destined to create world records. Regular employment, proper training and careful coaching may place him in the world's highest class of walkers.

Undoubtedly privation has been the means of making him a champion. He walks to live, as well as to conquer. It is related that on one occasion when he entered for a walking event in Oakleigh, a distant outer suburb of Melbourne, he walked there, competed in the race, and walked home again, covering nearly 20 miles more than the distance of the race.

While walking to victory and fame on Saturday, he whistled merrily for most of the harrowing journey. Evidently he has the heart of a lion.



ALL VICTORIAN RECORDS between 15 and 50 miles were broken by J. Gaylor, who won the Victorian Walkers' Club 50-miles championship at the Showgrounds on Saturday. His 8hrs. 49 min. 33 4-5sec. for the race is the best Australian time.



**Oct 15, 1932**

**50 Miles VAWC Championship, St Kilda (10 mile lap)**

The 1932 edition of this event attracted a record field, although inclement weather was experienced. Wind, rain and cold greatly hampered the contestants in the early stages of the race and some entrants were forced to withdraw due to cramps. After lunch, the weather fined and the finish proved most exciting.

Gaylor was expected to win again but on this occasion he was upset by Joe O'Farrell who was better known as a track walker. On his first serious excursion into the ultra distance area, O'Farrell matched it with Gaylor as they led the field and raced neck and neck over the last 20 miles. It was only in the last couple of miles that O'Farrell drew away to win in an Australian best time of 8:38, finishing 6 minutes ahead of Gaylor whose 8:44 was also a personal best time. Third place was taken by Charles Dunning, a veteran English walker and a Mons medal winner.

1. O'Farrell, Joseph	08:38:32	<b>New Australasian Best</b>
2. Gaylor, James	08:44:34	
3. Dunning, Charles	08:57:31	
4. Grierson, Roy	09:02:25	
5. Cecil, Richard	09:53:45	
6. Hynes, John	09:54:35	
7. Leeson, Stan	09:54:58	
Retired:		
	Robinson, Alfred	
	Winstanley, Edward	
	Wright, Leslie	
	Lescum, Frank	
	Blackley, Rupert	

Mr Ted Winstanley donated a medal to the winner to commemorate the outstanding performance.



*Joe O'Farrell in action. "Putting his best foot forward."*

The following press cutting captures an amusing moment after the event and highlights the fact that O'Farrell and his brother were well known as jokers.

*Spectators at the finish of the 50 mile walking championship at St Kilda on Saturday received a mild shock after Joe O'Farrell had finished an easy winner and set up new Victorian and Australian road records.*

*O'Farrell was carried shoulder high into the St Kilda Town Hall by his jubilant friends, one of whom was his trainer W. Templar. Less than a minute later there was a remark, "My word, O'Farrell, in addition to being a champion walker, is a champion quick-change artist," as a smartly dressed young man looking in the pink of condition tripped down the steps of the St Kilda Town Hall. Even officials were dumbfounded. It was O'Farrell's twin brother, Aloysius who takes a delight in practising this form of deception.*

This marked the beginning of a fantastic period for O'Farrell. For the next 5 years, he was a regular winner of Victorian titles over all distances – 3 Mile Track walk in 1935; 5 Mile road walk in 1933, 1934 and 1936; 10 Miles road walk in 1933-1936; and 50 km road walk in 1935. He also set numerous Victorian records and featured prominently in the Australian roadwalking championships of the time.

Unfortunately, this marked the end of the 50 mile events in Victoria for the time being. It was not until 1947 that the St Kilda to Frankston and Return would be resurrected and O'Farrell and Gaylor would again battle over this classic distance.

## QUEENSLAND LONG DISTANCE WALKS IN THE 1920's

Like South Australia, little is known of the long distance exploits of the early Queensland walkers but various snippets indicate that there were a number of ultra distance walks attempted in the 1920's.

There were several parties of walkers who, on different dates in 1921, attempted to lower the the Brisbane to Southport record of 13 hours 28 minutes. The record eventually fell to R. F. McMurdo in October 1921 with a fine time of 10 hours 15 minutes. Third place was taken by another Queensland competitor Tom Byrnes. Byrnes, at 42 years, came 7<sup>th</sup> in the 1926 NSW 50 mile walk championship and McMurdo came 2<sup>nd</sup> in the 1927 NSW 50 mile walk championship.

Apart from these local walks, the Queensland walkers also travelled interstate to chase the ultra distanc walks, with some success. The following extract, dated 1927, is taken from *Athletics in Queensland*.

*Undoubtedly the performer of the year was walker R. F. McMurdo of Rocklea Harriers. The 1927 / 28 Annual Report recorded this tribute to his performances*

*"It is with pride that we record one of the finest athletic performances ever registered by a Queensland representative. We refer to the win of R. F. McMurdo (Rocklea Harriers) in the Marathon Championship of Australia and New Zealand, held in Sydney on August 27 1927. There were 25 starters, including many proved Marathon runners in this historic race, Tasmania, New South Wales and Queensland being represented. McMurdo ran a heady race and, finishing strongly over the last mile, won comfortably from H. Hayden (NSW) in 3 hrs 6 mins 23 secs.*

*With only a week's rest after his gruelling marathon, McMurdo finished second in the 50 miles Walking Championship of NSW, his time being 9 hrs 34 mins 6 secs, only 17 minutes slower than the winner G. A. Smith (NSW). All members of the Association join in extending to Mr. McMurdo heartiest congratulations on his wonderful performances, and trust that the will long continue to be a tower of strength to the Association."*

Tom Byrnes, a distance walker from Ipswich, also deserved special mention. He competed in the first Victorian Marathon Race, Frankston to Melbourne, in 1909, won by A Sime. He finished third in the Brisbane to Southport walk of 50 miles in 1921 and regularly travelled interstate to walk in the various 25 miles and 50 km State Championships.

In 1928, the following press cutting gives a flavour of the time and the hardness of the men of that era.

*Tom Byrnes, the Queensland endurance athlete, is down in the dumps. He intended to compete in the Victorian 12 hours' endurance event for walkers. Now 'tis said that the event may not be held. Byrnes is a regular competitor in such events and thinks nothing of journeying 1000 miles or so to take part. There was some talk originally of a 24-hours' test and this event interested Byrnes most. "Twenty five miles would be no test at all," he writes. "It is a mere sprint, and one hardly gets warmed up. But in regard to a 24 hours' test I would willingly walk to Melbourne for the privilege to taking part."*

*Byrnes is well over 40 years of age, is more than 6 feet tall and weights 12.0 in hard condition Tom and his friend Harold Parcell, a former marathon champion, train all the year round, and go on long jaunts together. On returning from a 20-mile walk, they don the gloves and set to for a few rounds. Parcell, Byrnes infomres me, boxes very well.*

## SOUTH AUSTRALIAN LONG DISTANCE WALKS OF THE PERIOD

South Australia had been one of the original States which competed in the inaugural Australian 7 Mile Walking Championship in 1923 and it had a proud history of walking that went back to the late 1800's.

When Australian Centurions Founder Len Mathews arrived in Adelaide from England in 1912, he founded Adelaide Harriers and Walking Club and organised amateur athletics in South Australia started from that point. When Len died in 1983, all his old historical materials were passed onto Jack and Ruth Webber. Ruth and Jack subsequently passed them onto the current Adelaide Harriers club secretary for safe keeping. But they seem to have been lost over time and now Ruth is unable to find out any details of their whereabouts or continuing existence.

Ruth does remember being told that the first walking events were held in North Adelaide but they soon shifted to Adelaide Racecourse and they continued at that venue until about 1919. I am aware of a 25 Mile walk in Victoria Park on September 27<sup>th</sup> 1913 and I believe that a number of long distance walks were held in the early decades of the twentieth century.

Of particular interest is a comment in a 1931 newspaper article on Sid Barber who had walked from Adelaide to Melbourne (see below). It commented that

*“He had previous experience of long distance walking, having covered 50 miles on an Adelaide to Darlington course in 1916 in 9½ hours. That was 12 minutes better than the official Australian record but, being a road time, not eligible for record status. “*

This remains a piece of outstanding research.

For now, I will restrict my attentions to Sid Barber's famous 1931 walking feat.

### **SID BARBER – ADELAIDE TO MELBOURNE, 1931**

Nowadays, our planning for any athletic endeavour is detailed and thorough – money is normally not an obstacle and supporters, coaches and family are ready to do what is required to ensure success. But this has not always been the case – in the midst of the Great Depression, a South Australian walker attempted what would test us even now – a solo unsupported walk of nearly 600 miles.

Sid Barber, a well known pedestrian of earlier times and widely recognised throughout South Australia for his comments on athletics under the name of 'Old Ped', set out at midnight on Monday 16 February 1931 from the Adelaide GPO in an attempt to walk from Adelaide to Melbourne in 11 days. With a total distance of 596 miles, he would need to average 52 miles a day.



*Sid Barber is bid farewell as he sets out from the Adelaide GPO at midnight on Monday 16 February 1931*

The scheduling of his walk in what is traditionally the hottest month of summer was a gamble. All he was carrying was a small swag and a water bag, and he hoped that passing motorists would take them ahead for him and leave them at towns where he had arranged to spend nights.

He covered 63 miles on his first day, stopping at Wellington on the Murray on the Tuesday evening. On the way, he had stopped for an hour by the road and had enjoyed a swim in Lake Alexandrina. He commented that he had filled his water bag 5 times and used it mainly by gargling.

After a rest in Wellington, he pushed on to Meningie (93 miles) where he arrived mid afternoon the next day. He then slept until about midnight before setting out on the lonely track through the Coorong where hot weather was expected.

Barber reached the half-way house at Salt Creek on Thursday night and left on Friday. He was then slightly behind schedule but hoping to make up time on the better roads.

At one time employed in the postal department as a letter carrier, it was while 'padding the hoof' that he got his liking for the 'heel and toe' sport. Now, aged 50 and with a career in amateur walking behind him, the President of the Plympton Athletics Club had trained for about 5 weeks for his big task, his preparation being 14-mile walks in the evening. He had previous experience of long distance walking, having covered 50 miles on an Adelaide to Darlington course in 1916 in 9½ hours. That was 12 minutes better than the official Australian record but, being a road time, not eligible for record status.

Messrs. Griffiths Brothers had offered to provide him with supply of tea and chocolate and these had been forwarded to various places.



*Sid Barber with his swag and water bag en route to Melbourne*

The Melbourne newspaper recorded his arrival in Melbourne some 2 weeks later

### ***NEARLY 600 MILES Veteran's Long Walk***

*Sunburnt, a little tired and nursing a blistered heel, Sid Barber, 50, a South Australian athlete, walked into Melbourne on Monday and so finished his 596-mile walk from Adelaide. He was 13½ days on the road.*

*Barber attempted to make the journey in 11½ days but a blistered heel and strong head winds at certain stages of his walk robbed him of the chance.*

*Although he is disappointed at his failure to do the journey in the time he set himself, Barber believes it is possible to make the trip with favourable weather.*

*With the exception of four occasions, he slept under the stars, hedges being his only shelter. His staple food was a pound of chocolate a day and billies of tea.*

It took 48 years before Barber's 11 day projection was realised and it was achieved by another well known South Australian walking identity, Jack Webber (C 2). Jack, then aged 64, set off from Melbourne on Wednesday 15 August 1979 and reached Adelaide on Saturday August 25. His performance set a new walk record for Melbourne to Adelaide with an epic 10 days 2 hours 30 mins. Jack regarded this as perhaps his greatest achievement and he had the privilege of being accompanied by former Olympian Marjorie Jackson over the last few hundred metres - amid a great throng of people - to the Adelaide Town Hall.

Presumably Sid Barber's 13 days still remains the record for a walk from Adelaide to Melbourne.

Gordon Smith of NSW still harboured thoughts of ultra distance walks and eventually opportunities appeared in 1937. In fact, two long walks were held in Sydney that year.

**Sept 5, 1937                                      NSW 50 Mile Trial, Centennial Park, Sydney**

This was a relatively informal event, held in conjunction with the NSW 50 km walking championship. Although hampered by a blistered heel, Smith struggled on gamely to win his seventh 50 km title in 5hr 28min 3sec with W. Hall second and F. Gentle third. Not content with this feat, he went on to cover 33miles 1360yds in 6 hours – 483yd further than his previous best.

He had set out with the intention of beating his 50 mile best, but was forced to withdraw owing to his heel injury.

**1937    NSW 24 Hour Trial, Centennial Park, Sydney**

1937 also saw a unique event - a 24 hour walk. Smith was an immediate starter and the brief reports state that he completed a distance of 110 miles 831 yards for an Australasian best. This was the first time that a walker had bettered the 100 mile standard within 24 hours in Australia and Smith was retrospectively awarded the honour of the First Australian Centurion when the Australian Chapter of the Centurions was formed in 1971. As an aside, research by the Australian Centurions did not uncover this 1937 result so the Centurion Honour Board lists 1938 as the year of his membership. This was in fact his second Centurion walk.

- |                  |                     |
|------------------|---------------------|
| 1. Smith, Gordon | 110 miles 831 yards |
|------------------|---------------------|

Now onto 1938 when, in the space of one month, Smith completed 12 hour and 24 hour walks and shattered all existing records. His 12 hour walk resulted in new State records for 50 miles and 100 km and 12 hours. His 24 hour walk broke his own NSW State record set the previous year.

**Sept 17 1938    NSW Amateur Walking Club 12 Hour Walking Trial, Centennial Park**

The first event was a 12 Hour Trial put on by the NSW Amateur Walking Club and staged in Centennial Park in Sydney. Along the way, he bettered his own 50 mile best time of 9:16, set in 1927 and went on to set a swag of new records. The final result showed him winning the event by over 5 miles.

- |                  |                     |   |
|------------------|---------------------|---|
| 1. Smith, Gordon | 65 miles 781 yards  | (50 miles in 8:50:25, 100 km in 11:21:30) |
| 2. Barrett, H    | 59 miles 1367 yards |   |
| 3. Bebert, J.    | 57 miles 781 yards  |   |
| 4. Gentle, M.    | 54 miles 414 yards  |   |
| 5. Stannett, M   | 53 miles 1514 yards |   |

Sealed Handicap results: M Gentle 1, H Barrett 2, J Bebert 3, G. A. Smith 4, M Stannert 5.

The following newspaper article recorded his feat as follows

*Sunday 18.09.1938  
SMITH SETS NEW RECORDS  
Walked 65 Miles in Twelve Hours*

*At 7:30 a.m. yesterday, G.A.Smith, State 50 km champion, started to walk in Centennial Park. He stopped 12 hours later. He had covered 65 miles 781 yards, broken two records and probably set a third.*

*Smith, who was engaged in a 12 hours time trial, displayed the best form of his career. He left the mark with five others and, walking continually throughout the day over a two-mile lap course, finished at 7.30 last night.*

*He soon left the others behind and made the pace so hot at the beginning that D. G. Stead was forced to retire after covering 18 miles, suffering with cramp in the leg.*

Smith increased his lead with every circuit, and set new figures on two occasions and probably made a third one.

The first record came when he slipped past the 50 mile mark in 8:50:25, reducing his own 1927 figures by 16:35. He covered 100 km (62 miles 245 yards) in 11:21:30, setting a new State record for the distance.

With this added encouragement, he increased his pace to see the time out. This is the first occasion on which the event has been held in New South Wales and Smith's distance will be considered for record recognition.

He was remarkably fresh at the finish and said that he could have gone further. He will have an opportunity to do this on October 15, when he will attempt a 24 hour trial.

Smith finished with a lead of 5 miles 1174 yards from H. Barrett who was also walking strongly while J. Bebert, M. Gentle and M. Stannett finished in that order. Smith's times for intermediate distances were: 10 miles 1:40:45; 20 miles 3:24:40; 30 miles 5:10:35; 40 miles 7:00:25; 50 miles 8:50:25; 60 miles 10:53:01; 100 km 11:31:30

## WALKED FOR 12 HOURS



HIS AVERAGE SPEED was nearly 6 m.p.h. for 12 hours, so Gordon Smith, New South Wales 50 mile and 24 hour walking champion, could be excused for wiping the perspiration from his brow during the New South Wales walking marathon on Saturday, in Centennial Park

**Oct 15-16 1938**

### **NSW Amateur Walking Club 24 Hour Walking Trial, Bankstown Oval**

His second ultra distance walk of 1938 was just as astonishing. This time the NSW Amateur Walking Club used the hard asphalt track around the Bankstown oval and Smith improved by over 3 miles on his 1937 centurion performance.

Five men and a girl started walking the event at 10:37 a.m. on Saturday 15 October. All were members of the NSW Amateur Walking Club. The girl, Miss Mary Stoddart, a stockily built 22-year-old, had a reputation as a bush walker and hoped to establish a record for a 12 hours walk. Amongst the men, S. Sheedy was expected to drop out after 20 miles, it being his intention to establish a new NSWARWC record for that distance. The other contestants, all of whom hoped to stay on the track for the full time, were – G. A. Smith, D. D. Stead who was third last year, H. W. Barrett, an English walker who had previously competed in the London-Brighton walk and other events, and E. Mitchell.

Only a handful of officials and relatives and friends of the competitors were present to see the start. The men were initially bareheaded but there was a call for panama hats at around 11.30 a.m. from Mitchell and Stead. Sheedy and Barrett distained the head protection. They were refreshed at intervals with cups of tea, cocoa and glucose. Timekeepers and recorders worked in relays.. Sheedy completed the first 5 miles in 45 min, 43sec with Smith and Barrett 4 laps back. Walking strongly, Sheedy reached his 20 mile mark in 3 hours 6 mins. 32 secs. to break the record by over 2 minutes and then retired. Smith began to draw away from the 48 year old Barrett while Stoddart walked her own race at the back of the field. Stead dropped out in the 143<sup>rd</sup> lap and Mitchell in the next, after covering about 38 miles. At a steady pace, Stoddart went round and round the track until she reached the 50 mile mark in 12 hours 16 minutes 45 seconds. Not surprisingly, she suffered from blistered feet and fatigue.



Barrett began to suffer from an ankle that was becoming worse with every step. He rested about 11.45 p.m. and had his ankle massaged with methylated spirits. He had then covered 58 miles and Smith was approximately 5 miles ahead of him. He made a gallant effort to continue, although in considerable pain, until he was persuaded to give in when he had done 78 miles. This left Smith on his own for the remainder of the race.

There was a large crowd at the ground at midnight, after the closing of the Bankstown picture theatres, and when the public realised it was illegal to charge for admission on Sundays. There was also a large number present at the finish. After the race, Smith paid tribute to his masseur who he said was a key factor in his success.

1. Smith, Gordon                      113 miles 1309 yards (New Australasian Record)

Again, the newspaper report says it all

*Mon 17.10.1938*

*WALK RECORD IN 24 HOURS TRIAL  
G. A. Smith's Effort NEARLY 114 MILES*

*Gordon A. Smith, of Summer Hill, set what officials of the New South Walkers Amateur Walking Club claimed to be the first official Australian record for a 24 hours road walking trial during the weekend by covering 113 miles, 1309 ½ yards at Bankstown Oval.*

*Apart from tiredness and several blisters on his feet, Smith showed little sign of his gruelling experience and finished his walk strongly. Smith averaged more than four miles an hour. Last year he covered 110 miles, 871 yards on the Centennial Park Circuit.*

*There was a large crowd at the ground at midnight, after the closing of the Bankstown picture theatres and there were a large number of people present at the finish yesterday morning.*

*Smith continued on his lone walk through the night and was given an ovation when he passed his previous best distance of 110 miles at about 9:45 am. He had then walked round the track 450 times in 23 hours, 12 mins 45 secs. He was suffering from the heat and frequently placed a panama hat filled with water on his head. He was given a great reception at the finish.*

*Smith attributed his fitness to careful massage treatment. He had three-quarters of an hour's massage by his trainer, Mr Victor Revelle, before he started, and said that his muscles were in fine condition. After the event he was again massaged on the limbs.*

## THE PERIOD 1947 – 1967

With the onset of the Second World War, the walking clubs ceased activities and matters of much greater importance were considered. It was not until 1947 that the Victorian Amateur Walkers' Club again featured a full season of road racing and walkers had the chance to revisit the 50 Mile walk distance.

For a considerable period of time, competitors were consistently above the 9 hour mark and no one was able to achieve the pre-War heights achieved by Jim Gaylor, Jack Lewis, Joe O'Farrell and Gordon Smith. Indeed it was not until 1956 that a New Zealand walker finally broke their times.

### **Oct 11, 1947**                      **50 Miles VAWC Scratch Race, St Kilda to Frankston and Return**

At the end of the 1947 winter season, VAWC featured a 50 Miles Scratch Race over the familiar course from St Kilda to Frankston and Return. Jim Gaylor was a courageous second behind James Purtell and Joe O'Farrell was sixth. Both Jim and Joe contested the 50 mile event with enthusiasm that belied their age.

1. Purtell, James	09:17:40
2. Gaylor, James	09:32:05
3. Merrifield, Jack	09:32:10
4. Koch, Harry	09:42:30
5. Grierson, Roy	09:55:30
6. O'Farrell, Joseph	10:00:50
7. Goble, Norman	10:20:40
Retired	Philpotts, Alex

### **Oct 16, 1948**                      **50 Miles VAWC Championship, St Kilda to Frankston and Return**

The 1948 event was a VAWC Club Championship, alongside Club Championships over the shorter distances of 1 Mile, 3 Miles, 5 Miles, and 20 Miles. Again, pre-war walkers were to the fore and Norm Goble, already an old stager, took the honours. Jim Gaylor was a retiree on this occasion, one of the few times that he had ever failed to finish a race.

1. Goble, Norm	09:21:24
2. Busst, John	09:39:26
3. Purtell, James	09:45:09
4. O'Farrell, James	10:04:16
5. Medcalf, William	10:09:31
Retired:	Gaylor, James Kelly, Thomas Philpotts, Alex

### **Oct 15, 1949**                      **50 Miles VAWC Championship, St Kilda to Frankston and Return**

Again the event was won by one of the old stagers, Bill McKinna, who had started his career in 1931 as a member of Footscray Harriers. The long distance walking scene in Victoria was the domain of the older walkers. There were younger walkers coming into the sport but they restricted their activities to the higher profile shorter races. Jim Gaylor and Joe O'Farrell remained good supporters of the event as the photo below shows.

1. McKinna, William	09:21:12
2. Roche Harry	09:28:31
3. Goble, Norman	09:39:01
4. O'Farrell, Joseph	09:58:55
5. Gaylor, James	10:04:56
Retired:	Kelly, Thomas O'Grady, Fred Barling, Clifford



*Jim Gaylor, the holder of the Victorian 50 mile road record, and Joe O'Farrell, the holder of the 50 mile track record, captured by the cameras moments before the start of the 1949 50 mile event.*

**1950 50 Miles VAWC Championship, St Kilda to Frankston and Return**

The 1951 event saw only 3 starters, a number which must have caused some concern for the VAWC committee. John Busst, who had been second in 1948, went one better on this occasion. Jim Gaylor recorded his 5<sup>th</sup> finish from 6 starts. He had won in 1931, come second in 1932 and 1947, come fourth in 1949 and taken third here.

- |                  |          |
|------------------|----------|
| 1. Busst, John   | 09:41:00 |
| 2. O'Grady, Fred | 10:00:56 |
| 3. Gaylor, Jim   | 10:34:56 |



*This photo, shot at Albert Park during 1950, features Len Chadwick, Norm Goble, Jim Gaylor and Tom Kelly in the back row while Fred O'Grady and John Busst kneel in front*

**Oct 13 1951**

**50 Miles VAWC Championship, St Kilda to Frankston and Return**

Again, it was an older club member who won, again in a time well over 9 hours. John Busst took his third placing in 4 years (1 first and 2 seconds) while Jim Gaylor attempted his last long race. Unfortunately Jim failed to finish but his contribution was already locked in and he had nothing to prove. Jim eventually died in 1999 at 89 years of age. He had continued his association with VAWC for over 70 years and was one of the most respected of its many life members.

1. Chadwick, Len	09:15:35
2. Busst, John	09:19:23
3. Mackay, Clive	09:35:46
Retired:	O'Grady, Fred Barling, Cliff Hellyer, Leslie Goble, Norman Gaylor, James

**Oct 11 1952**

**50 Miles VAWC Championship, Albert Park (5000m lap)**

In 1952, a change of venue took place and the VAWC 50 Mile championship was contested around Albert Park Lake. This was a tough course of 5000m so 16+ laps were needed to complete the imperial distance. The number of retirees indicated the toughness of the day and Les Hellyer, who had failed to finish in 1951, took first place on this occasion. Les was a young walker on the rise and went on in 1955 to set a new Australian best time for the 50 km distance with 4:51:04.4. Veteran Fred O'Grady took second place, the same position he had finished in 1950.

1. Hellyer, Leslie	09:33:54
2. O'Grady, Fred	09:42:23
3. McGregor, Lindsay	09:49:55
Retired:	Mackay, Clive Flint, Ronald Goble, Norman Cox, James Morrison, Frank

**Oct 16 1954**

**50 Miles VAWC Championship, Albert Park (5000m lap)**

With the special scheduling of a VAWC 50 km race to test out the course to be used for the 1956 Olympic 50 km in Melbourne, it was not possible to schedule a 50 Mile event in 1953 so competitors had to wait until 1954 for their next opportunity. Although the race was won by New Zealander Harry Tetlow, the club championship went to Fred O'Grady, his first win after his two second placings.

1. Tetlow, Harry (NZ)	09:48:58
2. O'Grady, Fred	10:58:03
3. Claughton, Bernie	11:18:28
Retired:	Hellyer, Leslie Cronnelly, Lancelot

**Oct 28 1956**

**50 Miles VAWC Championship, Princes Park, Carlton (2 mile lap)**

It was not until the 1956 VAWC 50 Mile Club Championship that the 9 hour barrier was finally broken and the race went to famous New Zealand walker Harry Tetlow. His time of 8:25 was a new Australasian best. Tom Daintry, then aged 45 and just moved from Queensland to Melbourne, was second in 8:46. Finally an Australian was back under the 9 hour mark. Held only a month before the Melbourne Olympic Games, the event attracted a good field.

The VAWC Annual Report for the 1955/56 Season reported as follows

*This gruelling race attracted five stalwarts who experienced almost perfect conditions for this type of event. The record for the 50 Miles Club Championship was held by Joe O'Farrell since 1932 when he recorded 8 hrs 38 mins for the distance over the old St. Kilda circular course of 10 miles each lap.*

*But Harry Tetlow of New Zealand came up with a performance which will take some equalling in the future. Taking the lead around the thirty miles post, he went on to win in the record time of 8 hrs 25 mins 37 secs. A feature of the race was that all starters completed the course.*

1. Tetlow, Harry (NZ)	08:25:37	<b>New Australasian Best</b>
2. Daintry, Thomas	08:46:02	
3. Waite, E (NZ)	09:10:33	
4. Busst, John	09:15:08	
5. MacGregor, Lindsay	10:35:47	

#### **April 18-19 1959                      VAWC 24 Hour Walk Relay, Olympic Park, Melbourne (1 mile lap)**

In 1959, the Victorian Amateur Walking Club staged a 24 hour relay in the streets around Olympic Park. The lap was a 1 mile loop which commenced in Swan St outside the velodrome, then proceeded to the Olympic Park Swimming Pool, turned left along Batman Avenue to the Anderson Street bridge, then turned along the path beside the Engineer's depot and back into Swan Street.

The event started at 3PM on Saturday 18 April 1959 and there were 2 contesting teams. The first team of 13 walkers included names like Noel Freeman, Ted Allsopp, Don Keane, Bob Gardiner, Ray Smith, Jim Gleeson, Harry Summers and Alan Hancock – the cream of the Australian walking scene (Freeman went on to take silver in the 1960 Olympic 20 km event in Rome). The second team included 20 walkers taken from the club's remaining members.

The winning team walked a total distance of **181 miles 20 yards (291.250 km)** in what must have been a world's best at that time. The second team walked **160 miles 590 yards (257.976 km)**

Distances walked by each of the walkers in the winning team were as follows

Ted Allsopp	19 miles
Gavan Breen	8 miles
N Brown	7 miles
Noel Freeman	28 miles
Bob Gardiner	9 miles
Jim Gleeson	12 miles
Alan Hancock	15 miles
L Hehir	11 miles
Don Keane	10 miles
Norm Norris	15 miles
Ian Saunders	11 miles
Ray Smith	15 miles
Harry Summers	20 miles

#### **Oct 15 1961                      50 Miles VAWC Championship, Albert Park (5km lap)**

Five years later in 1961, another 50 mile race was scheduled in Melbourne and a new force was uncovered in Australian long distance walking – Jim Gleeson.

Jim became a racewalker in 1958 after Frank McGuire kidded him into the sport. He wanted to be a marathon runner but finished up as a marathon walker instead. This was Jim's first attempt at a really long walk and he recorded 8:42 – the one of the best ever times by an Australian.

I was able to talk to Jim Gleeson about this race which he still remembers well. Conditions were hot and this was his first 50 miler. Frank McGuire told him to stay with Tom Daintry as he had done the distance previously. Rod Bambery took off 'like the Spirit of Progress' and was more than a mile in front when he 'hit the brick wall'. Jim remembers going past him a few laps later. Rod was game enough to struggle on and finish in third place behind Jim and Tom.

Here is how the VAWC "Heel and Toe" reported the race

*The winter season concluded with the first 50 mile championship held by the club since 1956. Interest in the event was extremely high and the field of 9 starters (6 of whom did a magnificent job in finishing the course) was one of the largest on record. In addition, as our good Secretary points out, it was one of the youngest fields ever to tackle the distance. Many brave young hearts were sadly deterred in the very first lap of the lake (at the unearthly time of 7a.m.) when an ardour-dampening shower drenched the field. However, the first of the*

retirements did not come until the 16 mile mark, and not one competitor retired after the half way mark (maybe the competitors of today are not so 'soft' after all).

Jim Gleeson walked strongly throughout and came home a comfortable winner by almost a whole three mile lap – Jim's time of 8:42:29 was the second best on record for the road event. Title holder Tom Daintry and youthful Rod Bambury staged an enthralling battle throughout the race with Tom's experience gaining him a narrow advantage of 400 yards at the finish. Frank Harris won a very even handicap with fourth place in 9:48:20, while Varel Newmark and style awared winner Doug Johns showed amazing freshness during the final lap and finished the course only 20 seconds apart. All finishers beat 10 hours for the distance – and this too is surely a record.

1.	Gleeson, James	08:42:29
2.	Daintry, Thomas	09:15:25
3.	Bambery, Rodney	09:17:39
4.	Harris, Frederick	09:48:20
5.	Newmark, Varel	09:51:48
6.	Johns, Denis	09:52:08

Retired: Naismith, Brian  
Rimmer, John  
Tarr, Alexander

### 13-14 April 1962                      NSWAWC 24 Hours / 100 Mile Walk, Sydney

In 1962, NSW Amateur Walkers Club decided to put on their own 24 hour event but atrocious weather thwarted the hopes of any competitor finishing the course. However, several good performances were recorded. The VAWC Heel and Toe Magazine records the event as follows

*The 'winner' both for distance and time, was 48 year old George Buck, who only started walking to help his son Len. George covered 65 miles in 17 hrs, 45 mins in a wonderfully game effort. Forty three year old Les Wade made it a veterans finish by lasting our 57 miles in 16 hrs 29 mins while Olympian Ron Crawford strolled 55½ miles in 11 hrs 40 mins. Logan Irwin completed an even 50 miles, and club secretary John Ferguson saw out 41½ miles, ending at 4AM. Barry Kendall's 41½ miles was a sterling walk also. Peter Waddell never misses an opportunity to stretch his legs and 28 miles was a comfortable amble for him.*

1.	Buck, George	65 miles	17:45
2.	Wade, Les	57 miles	16:19
3.	Crawford, Ron	55 ½ miles	11:40
4.	Irwin, Logan	41 ½ miles	
5.	Kendall, Barry	41 ½ miles	
6.	Waddell, Peter	28 miles	

### 2 July 1962                      53.2 Miles Adelaide to Murray Bridge, South Australia

Not to be left out, The South Australian Amateur Walking Club decided to schedule its own long distance walk and 1962 saw the inaugural Adelaide to Murray Bridge walk was held. Unlike the flat NSW or Victorian courses, this course saw walkers climb out of Adelaide and then negotiate the many long rolling hills as they made their way east. It was not a course for the faint hearted. The race officially started from the Adelaide Town Hall and finished at the Murray Bridge Town Hall

Six walkers fronted the start for the 53.2 mile event at 5:35AM on 2<sup>nd</sup> July 1962 but, of the starters, only Col Bailey and Jim Forrest completed the course, the other 4 dropping out at various points along the way. Final results were

1.	Col Bailey	9:13:24
2.	Jim Forrest	9:45:55
	Peter Whitham	Retired at 40 miles
	John Corrie	Retired at 30 miles
	M Parrott	Retired at 25 miles
	B Carter	Retired at 10 miles

Col Bailey broke several road bests along the way:

- A new South Australian 25 mile best of 4 hours 1 minutes (beating the current record by 9 minutes)
- A new South Australian 50 km best of 5 hours 7 minutes (beating the current record by 9 minutes)

- **A new Australian 50 mile best of 8:37:40**, beating the 1932 record of 8:38:32, held by Victorian Joe O'Farrell.

Col's personal comments from his diary add some flavour to what would otherwise be a dry report.

*It was a fine, mild mid-winter's morning and warmed considerably as the day wore on. We all stuck together as a bunch until Glen Osmond and, as we headed up into the hills, the less fitter walkers began to drop back. Jim Forrest, Peter Whitham and I stuck together until reaching 'the Devils Elbow' and the steep climb began to take its toll. Whitham dropped off and Forrest stuck with me until Crafers where I slowly moved away. (Please keep in mind that this race was entirely on the old road, most of which has now been superseded by the freeway) By the time I reached Stirling I was feeling superb and was by then, well out in front. It was about there I had my last drink until I reached the 40 mile mark in the afternoon, and this very nearly brought me undone. I had moved so far away from the others that the grub waggon had forgotten all about me and concentrated on those remaining, who were up to thirty minutes behind at that stage. As I came out of the hills past Kanmantoo and began walking through the flatter country of Monarto, the heat really built up and, with my face caked with salt, my mouth parched and my body screaming out for water, I was in big trouble. When the chief Judge, Claude Knight, came along I told him I would have to pull out if I didn't soon get water, and within 10 minutes I had my water, right at the 40 mile peg. It was then I learnt of my actual time because up to then I had no idea how fast I was going. I realised that I had blown my pre-arranged schedule to bits and my time was almost an hour faster than I had expected at that stage. I was now in unknown territory, never having walked that far before. I must admit, I was feeling really stuffed by then, I had well and truly hit that fabled wall, but fortunately the water and a few salt tablets got me going again and my mile rate began to pick up. I didn't eat anything because I feared it would upset my stomach. When they told me I was in sight of a 50 mile record I really got stuck into it again. I had no idea what the record actually was, or even who held it, that was never in my mind, but it gave me the incentive I needed to finish strongly. I learnt many valuable lessons from that walk, namely to keep walking through adversity and never give in, and to think positively, not to mention continually reminding yourself of all the darned hard training you put in over many months. The fact that I walked so much of the race alone didn't seem to worry me until the last 10 miles when I began looking over my shoulder, because I had no idea how far Forrest was behind me, but I needn't have worried. I went into the race weighing 122 lbs and finished weighing 114 lbs. Fortunately it wasn't a windy day because good burst of wind and they would never have seen me again.*

Col commented recently as follows:

*At the time I was living out in the country, 23 miles from Adelaide at a little place called Kangarilla and I did all my training alone on rough, unlit bush roads. I would arrive home from work just before dark and hit the road training - regardless of the weather - in the dark: 10 mile Tuesday, 20 mile Wednesday, 10 mile Thursday, race on the Saturday and a good long walk Sunday. Every third Sunday. I would do a 35-40 mile country circuit, up hill and down dale which took me anything up to seven hours. It was time on my feet that counted and back then you could train reasonably safely on the roads, unlike today. I had an old 1939 Chev sedan at the time and measured all my walk routes thoroughly to know exactly how far I was walking. I did three months of solid, relentless training for that walk; my wife called herself a 'walking widow', because I thought about little else for the whole three months, but in the end it was worth it.*

### **Oct 14 1962                      50 Miles VAWC Championship, Albert Park, (5km lap)**

Col Bailey's new Australian 50 Mile best did not last long. The Victorian 50 Mile walk, held 3 months later in Melbourne, saw Jim Gleeson improve his best time by 27 minutes to set a new Australian best time of 8:15:19. It would take 13 years before another Australian would better that time. Col Bailey made the trip to Victoria but was forced to retire after a persistent hip problem sent him lame around the half way mark.

1. Gleeson, James	08:15:19	<b>New Australasian Best</b>
Retired:	Breen, Gavan	
	Bailey, Colin (SA)	
	Norman, Mark	
	Newmark, Varel	
	Daintry, Thomas	
	Pomeroy, Alan	

Here is how the VAWC "Heel and Toe" reported the race

*Showing tremendous grit and determination, Club 50 mile champion Jim Gleeson annihilated the Australian best-time on record by retaining his title in 8 hrs 15 mins 19 secs at Albert Park on October 14<sup>th</sup>. Jim becomes*

*the first Australian to better 10 mins per mile for the gruelling journey of more than 16 laps of Albert Park lake.*

*The half-way mark saw only two of the seven starters still on their feet, with Gavan Breen retaining the lead he had set up in the second lap. However, after being  $\frac{3}{4}$  mile behind Gavan at 23 miles, Jim's experience in this type of event asserted itself and by the 50 kilo. Mark, reached by Gavan in 5 hrs 3 mins, Jim was only 5 mins down, and was gaining hand over fist. The 36<sup>th</sup> mile saw Jim stride past the fading Gavan with the fastest lap of the race, and Gavan's ultimate retirement was in the 42<sup>nd</sup> mile. Jim was after Harry Tetlow's record of 8 hrs 25 mins and held his form splendidly to clock a phenomenal 8 hrs 15 mins 19 secs.*

*Jim describes the race as his hardest ever, but it must also be his most satisfying. He trained very hard for the event – one Saturday, he walked at least 20 miles in the morning, finished second in a two miler at Mentone, and then set off for another spin in the afternoon. Jim's performance is a fine example to all his clubmates of what can be achieved through patient and consistent hard training.*

## **27-28 April 1963                      QAWC 12 Hour Walk, Brisbane**

On 27-28 April 1963, 25 year old Sid Bray competed in a 12 hour race at the Lakeside Motor Racing Circuit north of Brisbane. The race, beginning at 10PM, was organized by the Queensland Amateur Walking Club. Sid was the sole finisher, completing **59 miles 1365 yards**. While well short of Gordon Smith's 1938 Australasian record of 65 miles 781 yards, it was still a very commendable distance.

I first met Sid in 1973 when I travelled to Brisbane with the Victorian team to compete in the Australian 50 km title. Even then Sid was already a long standing member of the locally based walking club. He is still going strong, currently holding the position of Patron of QRWC.

When asked about this walk recently, he said that he cannot recall the names of the other walkers in the 12 hour event which was put on specifically to allow him to do a 12 hour walk. The other walkers were only there to support him.

The photo below, Brisbane newspaper "The Courier Mail", shows Sid taking breakfast on the fly while then QAWC President Keith Campbell attended him. Keith, like Sid, is still involved in the local Brisbane athletics scene. You just can't keep good men down.





**Oct 12 1963**

**50 Miles VAWC Championship, Albert Park (5000m lap)**

Jim Gleeson was again successful in the 1963 VAWC 50 mile event in another dominant performance which Heel and Toe recorded as follows:

*Victorian 50 km champion Jim Gleeson earned himself a place in Australian walking history at Albert Park on 12<sup>th</sup> October, when he scored his third successive victory in the VAWC 50 mile championship. Jim clocked a most creditable 8.23.05 to equal the three in a row record set in 1928-29-30 by the famous Jack Lewis (to whom the people of Warburton have recently erected a special memorial).*

*With 6 other enthusiasts, Jim set off at 7 a.m. on a cool overcast morning at a restrained 10.15 pace. Varel Newmark and Alan Hancock held a narrow lead over Jim and Gavan Breen for the first 15 miles (covered in just under 10's). However, when Alan retired at 22 miles, Jim, Gavan and Varel came together in approx 4 hrs 10 mins. From this point Jim began to apply the pressure and, walking each 5,000m lap in just over 30 mins, drew steadily away from Gavan with Varel further back in 3<sup>rd</sup> place. With 4 laps to go, there seemed a remote chance that Jim might even get down to his 1962 record of 8.15.19, but the strength-sapping wind took its toll and Jim was content to complete the course in his own time, recording 8.23.05 – the second fastest ever walked in Australia. Gavan had 3 slow laps between 31 and 40 miles but responded nobly to the company of Lyn Jenkins and Norma Marks over the final 4 laps – amazing what a bit of feminine influence will do – Gavan maintains he wouldn't have broken 9 hrs without it. As it was, Gavan timed a most heartening 8.49.27 and, by finishing the course, won the Open Fastest competition the hard way by 3 pts from Noel Freeman.*

*Varel Newmark has proved himself a most courageous competitor over the past few years, and walked a steady race to greatly improve his best time to 9.19.47 – good enough to win this championship several times in times gone by. A tribute to Varel's fitness was the astonishing way he belted out his last lap in 30.32 – his fastest for the race! Fred Redman walked comfortably for 22m in 4 hrs 15 mins, and Peter Tierney completed 19m in 3 hrs 22 m – a good effort with little training. Irwin Saunders created something of a record by retiring twice during his 19m in 3 hrs 37m – Irwin's condition was similar to that of a punch-drunk boxer – he just couldn't stop walking (all to his credit).*

*A word of appreciation must go to all those stalwart officials who cheerily worked through a long, cold day to stage the race, including Alf Robinson, Norm Goble, Roy Grierson, Tom Daintry, Fred O'Grady and former 50 mile champion John Busst.*

1. Gleeson, James	08:23:05
2. Breen, Gavan	08:49:27
3. Newmark, Varel	09:19:47
Retired:	Hancock, Alan
	Tierney, Peter
	Redman, Fred
	Saunders, Irwin

Unfortunately, this was the last 50 mile walk held at that time in Victoria. (Further ones were scheduled in 1964 and 1965 but were cancelled as the requisite 6 starters were not forthcoming).

Jim's VAWC 50 mile wins in 1961-1963 had whetted his appetite for long distance walking. He won the Victorian 50 km titles in 1963 and 1964 and subsequently completed many other long distance walks. In 1964 he finished third against 8 seven man teams over 62 miles in Darwin in hot humid conditions that even rocked the hardy Territorians (see report further on). He also completed a number of historic walks such as from Melbourne to Portsea and from Richmond to Sorrento. In 1968 he won the Lake Burley Griffin 20 mile in Canberra, one of the first winners of this annual event.

He ended his career with thirty five 50 km finishes to his credit. This probably still stands as a best ever statistic for an Australian. His career included various VAWC club titles and numerous placings at all levels of racewalking in Australia.

**Oct 5 1963**

**56 Miles Adelaide to Murray Bridge, South Australia**

Seventeen year old State champion Dean Knight put up a tremendous effort to win the second edition of the South Australian distance classic. On this occasion, the course had been altered and the total distance was now 56 miles of big hills. Dean's time of 10.30.04 was superb for one so young, although it was felt in some quarters that he should not have tackled such a great distance at his age. Regardless of such arguments, there could be no doubting his stamina and courage. Veteran Jack Webber covered 40 miles in the very hot conditions before retiring.

1, Knight, Dean	10.30.04	
Retirees:	Webber, Jack	40 miles
	Corrie, John	50 km
	Starr, Bill	
	Williamson, Bob	
	Maddern, Bill	
	Gould, Bill	

### **August 29 1964                      50 Miles NSWAWC Championship**

In what was a solo performance, 71 year old Harry Barrett completed an inspirational solo 50 mile walk in 11.46.21, during which he braved a thunderstorm and soaking rain.

1. Barrett, Harry            11.46.1

In September 1961, The Northern Territory News sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, they extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. With baton-changes every 5 miles, the Army team passed the 50 mile mark in 9:03:00 and finished in a time of 11:11:00. The winning women's team covered their 42 miles in just on 9 hours.

This event gave a unique opportunity to some of the best Victorian walkers as the newspaper sponsored first one walker in 1964 and then teams of walkers in 1965-1967.

### **Oct 3 1964                              100 Km Darwin 'Big Walk'**

Jim Gleeson was the first walker to benefit from the Northern Territory News sponsorship.

A week after successfully defending his 1964 Victorian 50 km title, he flew to Darwin to compete by invitation in the gruelling race against eight teams of relay walkers (7 walkers per team). He left Melbourne on a 58°F day and reached Darwin late at night on a Friday after an unexpected diversion via Katherine due to storms. It was wet season and the conditions could only be compared to a sauna. He was billeted with Frank Scully, got to bed at about 10PM, was up again at 4AM the next day to drive down to the starting point some 60 miles from Darwin for a 7AM start. The starting temperature was 92°F and the humidity registered a massive 87%. Jim was to walk singlehanded against his rivals who only did a mile or two at a stretch before handing over to a fresh walker. The course was over laps of 8,333 km (5 miles) and a boomerang was used instead of a relay baton!

From the start, the temperature rose higher and higher, and after only 20 miles, it seemed the fair skinned Victorian couldn't last out much longer – his skin was a deep red and the cruel sun was effecting even the local walkers. Jim held 3<sup>rd</sup> place most of the way and was doing a magnificent job at about 11 min miles. As the day dragged slowly on, Jim still refused to give in and kept plodding stoutheartedly on, earning the intense admiration of all who followed the marathon race.

Very very tired, Jim was still only 6 mins behind the Navy team at the finish in the late afternoon, the race being won for the second time by the Army team in 10.36.10. Jim's time of 11.03.35 was a heroic exhibition and was marked by a handsome trophy presented to him after the race. Although on the point of collapse, Jim stood as the crowd roared and clapped continuously for nearly 10 minutes. His sterling achievement was described by the organizers as 'a superb athletic performance and classic example of endurance and plain old-fashioned guts'.

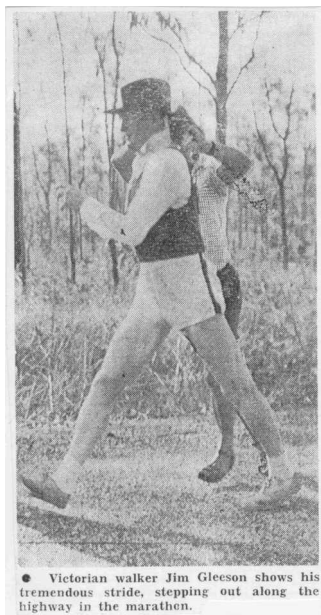
However, the fine performance was not without its aftermath. He received second degree burns to his face, arms and legs and was taken into the Darwin hospital by Frank Scully the next day to have his burns attended.

### **Sept 25 1965                              100 Km Darwin 'Big Walk'**

In 1965 Jim was again invited to go to Darwin along with Bob Gardiner (3 time Olympic representative and one of our greatest 50 km walkers ever) and they formed a 2-man relay team to compete against the other 7-man teams. Conditions were similar to the previous year with temperatures of up to 95 degrees.

Bob took off like a steam train doing the fastest 5 mile leg. Jim was just over 2 mins slower than Bob for his 5 mile leg.

Bob powered on, doing quick times for his next 2 legs of the journey. By the time 30 miles had been covered, they were miles ahead of their nearest rivals. Bob's next leg was the slowest that he had ever done, the heat and humidity taking their toll. Bob had to retire and spent the next few days in Darwin hospital getting over sunstroke. Rather than retire, Jim decided to continue on and walk the remaining 30 miles alone. He did that and finished the race in 11.01.14, just over a mile ahead of the Army team which finished second and another mile back to the R.A.A.F team in third place. Again another performance to write home about.



*Jim Gleeson strides out in the 1965 Darwin Big Walk*

## **1966, 1967 Darwin 'Big Walks'**

In 1966 Bob Gardiner, Ted Allsopp and Jim went up again to Darwin for the 100 Kilos walk and competed as a 3-man team. They won, of course, and they recorded the fastest time ever of 9 hours 2 mins (a record that still stands today).

In 1967 Ted Allsopp, Harry Summers and Jim went up for the last time. They won again in a time of 9 hours 6 mins. The following article in the N.T. News sums up the atmosphere well.

*A rain soaked Harry Summers crossed the finishing line on Saturday afternoon at Gardens Oval No. 2 and gasped, "where's me stubbie . . . someone get me a stubbie."*

*Harry had just completed the last leg of the 100,000 metres relay walk for the Victorian team which successfully defended the Jack Feeley Challenge Cup.*

*Note that the Victorians' win detracted from the Territory team's performance They finished only 51 mins behind the Victorians and at one stage were only three minutes behind.*

*Jim Gleeson, Victorian walker, summed up the Territory team's effort by saying: "They are very, very good. They have improved a lot and so have their styles."*

*The final leg of the race for the Territorians was walked by Walkathon winner Robert McFarlane.*

*The Victorians said that when the rain came towards the end of the race, they took full advantage of the cooler conditions. Harry Summers, walking in the race for the first time, felt the heat and humidity so much that at one stage he was on the verge of collapse.*

*Ted Allsopp said that Summers had looked so ill that he had had to go into a hotel and sit under a fan to cool off. But this did not deter Summers who came into Gardens No. 2 looking a mixture of red and white but still able to wisecrack as he made his way around the oval to finish the race.*

## **September 29-30, 1967**      **South Australian 24 Hour Walk Relay**

At 5PM on Friday 29 September 1967, 4 members of the South Australian Amateur Walkers Club set out to walk as a relay team for 24 hours. This was the first time this had been attempted in Australia as far as the walkers knew and the Adelaide Harriers Track was chosen as the venue. The walkers, Eddie Folland, Bob Mee, Len Hart and Brian Carman, had set 150 miles as their target.

Late on Friday evening they were well ahead of their target but just after midnight, Eddie suffered an acute attack of stomach cramps and they had to work hard from then on to maintain their advantage. Despite severe cases of blisters, sore feet and other assorted problems, the 150 miles came up in 22:35:59 and the team was able to put in some speedy 2 mile legs during their last hour to record **158 miles 1276 yd.**

With this done, they threw out a challenge for the next year. Was any other club going to attack their record?

It is not known if any challengers were forthcoming. I think not!

With such a history of ultra distance walking, it was only a matter of time before someone would come up with the idea of forming a Centurion branch in Australia and this was the case in 1971.

## NEW ZEALAND ULTRA WALKING COMES OF AGE

It was Harry Tetlow in the 1950's who led a lone long distance walking charge on the New Zealand front. As previously discussed, he travelled to Australia in October 1954 and won the Victorian Amateur Walkers Club 50 Mile championship in 9:48:58. He returned in 1956 for a second win, his time of 8:25:37 setting a new Australasian best. When fellow Lower Hutt Athletic Club team mate Norm Read won the 1956 Olympic 50 km walk the following month, the profile of long distance walking was raised in New Zealand. An annual New Zealand 50 km championship was held from 1956 onwards and walkers were more in the public eye.



*Harry Tetlow and Norm Read in action – New Zealand's first ultra walkers of note in the modern era*

Through the Taranaki Race Walking Club, Tetlow and Read organized a series of annual 50 mile walks, from Hawara to New Plymouth, from 1964 until 1970. One further 50 mile walking event was held in 1976 before all went quiet .

Norm Read was the dominant walker in these early events and, in 1965, he reduced Tetlow's New Zealand Best on Record time to 7:49:52. This time still stands today as an Australasian Best.

The winners of these 50 mile events were as follows

1964	Norm Read	8:15:58
1965	Norm Read	7:49:52 ( <b>Australasian Best on Record</b> )
1967	Norm Read	8:41:05
1968	Norm Read	8:24:35
1969	L. Diack	8:32:58
1970	D. Warner	8:55:29
1976	Norm Read	8:34:14

## AND WHAT OF THE WOMEN

Unfortunately women do not feature in any of these early ultra distance walking results. The prevalent thinking of the day was that long distances were dangerous for women and they were effectively 'banned' from such events.

Although there was an offshoot of the Victorian Amateur Walking Club which was called the Victorian Womens Walking Club, distances were of the order of 880m and 1 mile. There were no opportunities for women to pursue thoughts of long walks.

The one exception to this rule seems to be **Miss Mary Stoddart** who on 15-16 October 1938, completed 50 Miles in 12 hours, 16 minutes and 45 seconds in the NSW Amateur Walking Club 24 Hour Walking Trial at the Bankstown Oval in Sydney. She remains a lone pioneer in an otherwise male domain.

It was not until the 1970's that women started to break the barriers and the first of those to question the long standing norm was **Lillian Harpur**.

Lillian walked in South Australia from 1970 until 1983. I remember Lillian well as she held many Australian Titles over the shorter distances of 3000m and 5000m and was renowned for her fighting spirit and never-say-die attitude. Many times she staggered over the line in complete exhaustion - a trait that few of us can develop - the ability to push ourselves to the absolute limit. During the period from 1971 to 1976 she was pre-eminent and from 1976 onwards, she had many great battles with the up and coming Sue Cook. Overall in the 1970s she placed in national championships on 17 occasions and had 6 Australian Championship victories.

However, her greatest walks were over the longer distances, and were generally unacknowledged and unrecognised. Lillian came to Australia in 1970 from Ireland and in her very first season at the age of 22 and with a young baby, she completed the SA 50 km event in **5:27:11**. This still stands as the fastest 50 km time by an Australian woman. When I asked Lillian how she had done such a feat in her first season of racewalking, she acknowledged that she had a background of trekking in the dales of Ireland. The officials of that era in SA refused to acknowledge her long walks and never put her performances in the results. Thus the papers never record her performances and the official results never mention her. How tunnel-visioned many people were just a short while ago.

Lillian did not carry on with the distance events under such adverse circumstances, only completing the occasional one. What a shame! If she could walk so well over the 50 km distance in her first season, what could she have done if she had had the motivation to keep going. An indication her potential is to be seen in her 30 km time of **2:47:13**, achieved on 23 Aug 1981 in the SA State Championship. She was in fact second overall to Peter Fullager and finished just ahead of George White. Now a 30km time of that is equivalent to breaking the 3 hour barrier for the 20 mile distance.

Unfortunately Lillian was forced to retire from competition in 1983 after suffering a brain haemorrhage. She still competes occasionally in the Veteran movement but has never fronted for a Centurion event. I have no doubt that she would have achieved the 100 mile distance and feel disappointed both that her time has come and gone.

Since then a number of women have taken up the challenge. The trend setter was **Carmela Carrassi** who set new Australian standards for all distances from 50 miles to 24 hours and was the our first lady Centurion.

The baton was then taken up by **Carol Baird** who bettered Carmela's records and is currently our outstanding female ultra distance walker.

Now we acknowledge that women are able to compete on a par with men in ultra distance events. But it has been a long battle by women to achieve that recognition.

## AUSTRALIA'S FIRST CENTURION

As discussed previously, Gordon Smith of NSW became Australia's first Centurion walker by completing the 100 miles distance in 20:58:09 at the Bankstown Oval in Sydney in October 1938. Gordon went on to record nearly 114 miles within the 24 hour limit.

Gordon joined the 2/19 Battalion as an intelligence sergeant at the outbreak of World War 2. In February 1942 when Singapore fell to the Japanese forces, he was listed as Missing in Action. By 1943, this had been amended to 'Prisoner of War'. He was one of the unlucky prisoners who was transferred to Sandakan in Borneo. In what was one of the darkest episodes of the Pacific Theatre of the war, he and the other prisoners in that camp endured forced labour, beatings, torture, starvation and illness. In 1945, two groups of about 500 of the fittest prisoners were marched out of the camp to Ranau in what became known as the Sandakan Death Marches. He died on 8 March 1945. Of the 2345 Australian and British POWs who were imprisoned in this infamous camp in January 1945, only six survived. It is bitterly ironic that Australia's best long distance walking exponent should have died in such circumstances.

When he died, his wonderful performances of 1937 and 1938 were temporarily lost and it was not until the early 1970s, when the Australian Centurions were formed, that he was posthumously granted the title of the first Australian Centurion. At the time of awarding him Centurion membership, the Chapter had not been aware of his 1937 24 hour walk in which he completed 110 miles. So the official Centurion records show his 1938 walk as the first Centurion walk on Australian soil. But newspaper cuttings of the time confirm that his first 100 mile walk performance was in 1937. We would not know the actual 100 mile time but a total distance of 110 miles must mean that he would have passed the 100 mile mark in a little under 22 hours. This awaits further investigation.

**C1. Gordon A. Smith      20:58:09      Bankstown, Oval, Sydney      15-16 October 1938  
(Completed 113 miles 1390.5 yds in 24 hours)**

Gordon was one of the most consistent competitors in NSW for a long period from the early 1920's right up to the outbreak of war. The following list shows just how consistent he was over this extended period.

1922	NSW 20 mile title	2 <sup>nd</sup>
1925	NSW 20 mile title	2 <sup>nd</sup>
1926	NSW 20 mile title	2 <sup>nd</sup>
	NSW 50 km title	2 <sup>nd</sup>
	NSW 15 mile title	1 <sup>st</sup> in 2:20:45 (New State road best time)
	NSW 50 mile title	1 <sup>st</sup> in 9:17:32 (New Australasian record). Course was from Sydney to Camden
1928	NSW 20 mile title	1 <sup>st</sup> in 3:23:23
	NSW 50 mile title	1 <sup>st</sup> in 9:24:08
	New state record for 15 miles	(2:18:15)
1929	NSW 50 km title	1 <sup>st</sup> in 5:10:27
	NSW 50 mile title	1 <sup>st</sup> in 9:28:49
	NSW 15 mile title	1 <sup>st</sup> in 2:08:10
	NSW 20 mile title	1 <sup>st</sup> in 3:15:31
1931	NSW 20 mile title	1 <sup>st</sup> in 3:07:49 (new State road best time)
	NSW 50 km title	1 <sup>st</sup> in 5:07:02
	NSW 15 mile title	1 <sup>st</sup> in 2:11:40
1932	NSW 50 km title	1 <sup>st</sup> in 5:35:08
1934	VIC 50 km title	3 <sup>rd</sup> in 5:01:32
1935	NSW 50 km title	1 <sup>st</sup> in 5:08:30
	AUST 50 km title	2 <sup>nd</sup> in 5:11:52
1936	NSW 30 km title	1 <sup>st</sup> in 2:56:15
1937	NSW 30 km title	1 <sup>st</sup> in 2:55:06
	NSW 50 km title	1 <sup>st</sup> in 5:28:03
	NSW 20 km title	2 <sup>nd</sup> in 1:55:03
1938	NSW 50 km title	1 <sup>st</sup> in 5:18:15

With such a background, it was not surprising that he would one day try for longer distances if the opportunity was offered...and the rest is history.

## 1971 - THE START OF THE MODERN ERA

The Australian Centurions base their existence on the lead given by the British who have had a Centurions club for many years. The Australian Centurions Chapter was formed in 1971 due to the hard work of 4 Australian-based people

- Tom Daintry who has been an Australian race walker for many years (now deceased)
- Brian Parkinson who was involved in racewalking as an official
- Fred Redman who had been a Centurion in England and who came to Australia in the sixties (now deceased)
- Len Matthews, another expatriate Brit who was also a British Centurion (now deceased).

These people put up the initial money to have the medallions and certificates made, and promoted the idea of an annual 100 mile/24 hour race. However, the first question to be decided was – had anyone previously completed the Centurion distance in Australia?

Len Matthews was able to find out that the previous record on Australian soil was 20:58:09, done by Gordon Smith in 1938. The race was now on to see who would be the first athlete to become a modern day Australian Centurion. While Len set to work to get the ball rolling in Adelaide, Brian, Fred and Tom set to work to put together a race in Victoria. The task for both groups was the same – to identify key candidates and get them to the starting line.

### 21-22 August 1971                      Adelaide Harriers Track, Adelaide, South Australia

**C2.     Jack Webber     57            22:44:53            (Completed 104 miles 1238 yards in 24 hours)**

Len Matthews had his ideal candidate firmly targeted – Jack Webber. Jack had been for many years the South Australian walking champion over many distances and had attempted some longer walks. At 57 years of age, Jack was ready to take on a much greater challenge.

The first race date for the modern era was set – August 20-21 1971 with the venue being the Adelaide Harriers Track which was a cinders track set in parkland just south of the main Adelaide city area. The rest is history – Jack completed the walk in 22:44:53 without any major difficulties and became the first Australian Centurion under the new governing body. The only other starter was a young South Australian walker by the name of Tim Thompson who reached a distance of 47.75 miles before retiring.

### 23/24 Oct 1971                      Edwards Lake Athletics Track, Reservoir, Victoria

**C3.     Jim Gleeson     40            18:33:58            Completed 122 miles 215 yds in 24 hours (AR)**  
**C4.     Clarrie Jack     26            20:39:45**  
**C5.     Stuart Cooper   20            21:36:53**

The Victorians were not far behind. The Victorian Amateur Walkers Club had selected the Edwards Lake Track in Reservoir as a suitable venue. It was a recently laid rubber bitumen track set amidst parkland. The date was set for 23-24 October, barely 2 months after Jack's walk. Alf Robinson, the President of VAWC, had been busy getting a good field in place. Although top walkers like Ted Allsop had declined the challenge, Alf had been successful in getting Jim Gleeson to the line as his '*top gun*'. Jim had won various VAWC 50 mile races, and had competed on a number of occasions in the Darwin Ultra-walk. Jim also held the best time for an Australian over the 50 mile distance, namely 08:15:19, set in 1963.

There were 9 starters, an indication of the healthy state of Victorian walking at that time. But competitors were unprepared for the weather conditions thrown at them during the race. At the start of the race at noon on the Saturday, the wind was blowing at 52 miles per hour. This went on for 6 hours into the race and then the competitors had squally periods of rain until the early hours of the Sunday morning when the weather became hot (typical Melbourne weather, I hear you say).



By the 50 mile mark, the field had been reduced to 5 walkers. The 50 mile splits for the main contenders show the competitive nature of the event

Jim Gleeson	08:31:27
Tom Daintry	09:28:41
Stuart Cooper	09:34:24
Clarrie Jack	09:37:22
Fred Redman	11:02:54.

Unfortunately founders Fred Redman and Tom Daintry retired before reaching the elusive 100 mile mark. That left 3 walkers to take the ultimate honour – Centurion membership.

Jim Gleeson powered through the changing conditions with no breaks at all and passed the 100 mile in 18:33:58 (a record that would stand until 1979). He went for the full 24 hours and set our current record of 122 miles 215 yards.

Next across the line was Clarrie Jack of the Glenhuntly Club. An experienced distance walker, Clarrie was not daunted by the distance and showed maturity in recording an excellent time of 20:39:45. Both Jim and Clarrie eclipsed Gordon Smith's 1938 time.

Although only twenty years of age, Stuart Cooper of St Stephen's Harriers showed that inexperience and lack of a distance background are not obstacles if you have a good style and a firm measure of determination. He too was successful in his first attempt. His time of 21:36:53 was well under the requisite 24 hours.



*Stuart Cooper, Jim Gleeson and Clarrie Jack after their successful Centurion walks in 1972*

With 5 Centurion badges awarded, the first year of the newly formed club had indeed been very successful.

The first Annual General Meeting of the Australian Centurions was held on Monday 24<sup>th</sup> April 1972 at the home of founder Brian Parkinson in Melbourne. The newly written constitution and rules were accepted by the meeting and, as per the Constitution, the following office bearers were authorised to take the reigns

- President: Jack Webber
- Vice President: Jim Gleeson
- Secretary/Treasurer: Brian Parkinson

Thus the Australian Centurions completed the process that they had started the previous year. They were now a properly functioning club with members and an Executive.

The presentation of certificates to the new members was held at the VAWC Trophy Presentation evening. The Secretary wrote to the Australian Federation of Race Walking Clubs to apply for Associate Membership. The next race date was confirmed as being in late 1972 in Melbourne.

**21/22 Oct 1972                      Edwards Lake Athletics Track, Reservoir, Victoria**

**C6                      Tim Thompson                      26                      23:48:00**

The VRWC once again chose the Edwards Lake track in Reservoir and a small field faced the starter's gun. Jim Gleeson was there again and was keen to improve on his 1971 performance. However, being newly married and having work commitments meant that he was not as prepared as he would have liked and he was only able to record 19:16:14 for the 100 miles. He felt that if he had had a more thorough preparation, he could have done better.

Young South Australian Tim Thompson made the trip over, having been inspired by Jack Webber's performance the year before. Tim made up for a lack of preparation with a truly gutsy performance. It looked towards the end of the event as if he would not be able to finish, such was his condition. However, he staggered on with an ever slowing pace and finally crossed the line with only just over 10 minutes to spare. His feet were an absolute mess and he took some time to recover from the performance.

	1	Jim Gleeson	Vic	19:16:14
	2	Tim Thompson	Vic	23:48:00
	Retirees:	Fred Prowse	Vic	76 miles
		Fred Redman	Vic	50 miles
		Tom Daintry	Vic	46 miles

**15-16 Dec 1972                      Spreyton Racecourse, Devonport, Tasmania**

**C7.                      Dudley Pilkington                      53                      23:29:00                      (just over 100 miles)**

Unbeknown to the Centurions, one Dud Pilkington was to surprise all with his 100 miler in Tasmania later that same year. Dud was a returned serviceman and wharfie who had taken up walking to aid his recuperation from the effects of war injuries. During the sixties, he did various fund raising walks and was actively involved in various organisations. He eventually became associated with Graham Wright, a Public Relations officer from the Hobart Blind Institute. Dud decided to organise a fund-raising 100 mile walk at the local Spreyton Park Racecourse. Funds raised were for bulk buying of Talking Book Library materials.

He chose a December date to maximise the daylight hours used the opportunity to complete the 100 mile distance himself in a time of 23:29:00. This was ratified by the Tasmanian Amateur Athletics Federation and the performance was duly forwarded to the Australian Centurions Executive for consideration.

Two meetings were held during the first half of the year of 1973. As is always the case in any new organization, there were many decisions to be made and many loose ends to tie up. Some of the key notes in the minutes included

- The acceptance of the performances of both Tim Thompson and Dudley Pilkington.
- The decision that rest periods be allowed without limit at the discretion of the competitor. The line of thought was that the more rests taken, the smaller time remains to complete the event. This goes against the entrant in any case.
- The acknowledgment from AFORWC that the Australian Centurions would be granted limited associate membership with the right to attend AFORWC meetings but with no voting rights.

**28-29 Sep 1973**                      **Adelaide Harriers Track, Adelaide, SA**

**C8.                      Fred Redman                      62                      22:59:00**

The Adelaide Harriers chose to put on the 1973 event as part of their Jubilee Celebration and a lot of the organisational details for the walk fell to Jack Webber. While Jack was a starter, his efforts off the track robbed him of the proper mental and physical preparation and he failed to finish this time.

Another Centurion who hoped for a second finish was Dud Pilkington who travelled from Tasmania with a keen desire to complete a second 100 miler. Unfortunately he could only complete some 60 miles before being forced to pull out in the inclement conditions. The hot weather (it reached 33 degrees C) that day took its toll with only one person finishing out of the 11 starters. That finisher was Fred Redman, one of our founders and a British Centurion in his own right. Dud remembers walking the last lap with the 62 year old Fred along with Len Matthews who was at that stage a very old man but still so enthusiastic about walking. Fred had tried in both the 1971 and 1972 events and his perseverance was eventually rewarded with a successful finish.

Among other well known retirees that day was Chris Clegg (Cent No 11) who did around 86 miles but collapsed at the toilet block and could not continue.

1.	Fred Redman	Vic	22:59:00
Retirees:	Chris Clegg	USA	86.5 miles
	Dud Pilkington	Tas	60 miles
	Tom Daintry	Vic	
	Tim Thompson	SA	
	Jack Webber	SA	

On September 30<sup>th</sup>, all Centurions and founders met at the home of Jack Webber for the second Annual General Meeting of the Australian Centurions. At this meeting, a new position was created – that of Club Captain, to which Fred Redman was elected. The meeting also decided that we should rotate the 100 mile / 24 Hour Event with other States and try to have the walk held every 2 years or earlier if there is sufficient interest in the State concerned.

In October, Fred Redman was elected a Vice President of the British Fellowship of Centurions, an honour richly deserved for all he had done to further the ideals of Centurionism both in the U.K. and here in Australia.

The 1975 Centurion event was awarded to the New South Wales Race Walkers Club and a venue in Sydney was chosen.

**22-23 March 1975**                      **Epping Athletic Field, Epping, Sydney**

Peter Wilson, a NSW official and racewalking judge, organised the event well but, due perhaps to the lack of long distance walking expertise in Sydney, only one starter toed the line, namely Keith Heness of the Ryde Athletics Club. The start time was set at 9 AM on the Saturday morning and the lap was of 295 yards, requiring 596 laps to complete the 100 mile distance. Unfortunately, Keith was a relatively inexperienced distance walker and he did not finish.

Retirees:                      Keith Henes    NSW

At the next meeting of the Australian Centurions on 1 April 1975 at the home of Brian Parkinson in Melbourne, it was decided to approach the VAWC with a view to them incorporating a 24 Hour event later that year. This request was successful and another such event was scheduled for October at the George Knott Athletics Track, the home of the Collingwood Harriers and a newly laid rubber bitumen 400m track.

**18-19<sup>th</sup> October 1975**                      **George Knott Athletics Field, Clifton Hill, Melbourne, Victoria**

<b>C9.</b>	<b>Mike Porter</b>	<b>50</b>	<b>Frankston A. A. Club.</b>	<b>21:45:47</b>
<b>C10.</b>	<b>Stan Jones</b>	<b>50</b>	<b>St. Stephens Harriers.</b>	<b>22:04:59</b>
<b>C11</b>	<b>Chris Clegg</b>	<b>58</b>	<b>United States of America</b>	<b>22:34:14</b>
<b>C12.</b>	<b>John Harris</b>	<b>25</b>	<b>Queensland</b>	<b>23:18:15</b>

VAWC rose to the occasion. This period coincided with a golden period of walking in Victoria with a large number of active distance walkers. This led to the largest field yet seen for the Centurion event with 21 starters. The weather was cool to cold during the night hours of Saturday night with light rain on the Sunday morning before clearing for the remainder of the race. These ideal conditions helped all competitors and the race saw the amazing result of 5 finishers and a new Australian record over the distance of 50 miles.

The race was started by Cr. George Knott of the Collingwood City Council on the radio time 'pips' at 6.00 p.m, on Saturday, 18th October. Excellent facilities were provided by the Collingwood Harriers in their dressing rooms, shower and canteen facilities. The public address system was used extensively to acquaint competitors of their progressive times.

Although all Centurion performances are of great note, three of the finishers on this occasion deserve special mention.

- Tasmanian **Dudley Pilkington** still felt it necessary to finish a 100 miles in a Centurion race to verify his solo Devonport walk of 1972. On this occasion he was successful in a time of 22:59:07 (some 30 mins faster than his 1972 time). However, he developed haemorrhoids for the latter 9 hours of the walk and took 4 days to recover.
- **Stan Jones** did the physically impossible in finishing his 100 miles on that day. At that time, his son was ill and he drove across to WA, picked him up, drove him back to Melbourne and then did the 100 miler. This meant that he went for 5 days with literally no sleep - and the last 24 hours of this marathon was the worst of the lot (as we all know).
- **Chris Clegg** achieved the unique distinction of becoming a Centurion on three Continents. First in England 1947, then America 1971, and now here in Australia. Chris went on to complete a further Centurion performance 2 years later in Holland to become a quadruple Centurion, the world's only such. Then in 1979 at age 62, he completed a further 100 miler in England to round it off to 5 successful 100 milers. Thus, his final record reads as follows

• June 1947	Age 30	London to Brighton and back	21:39:42	C135
• Sept 1971	Age 54	Colombia, USA	22:46:14	C 7
• Oct 1975	Age 58	Melbourne	22:34:14	C 11
• June 1977	Age 60	Sint-Oedenrode, Holland	23:18:55	C 53
• June 1979	Age 62	Ewhurst, England	23:07:51	

On top of this, he completed the Rouen 24 hour walk in France and came 22nd out of 50 starters with a distance of 157.47km (at the age of 63).

Now that is a record of which anyone would be proud and which few could ever hope to match.



*Mike Porter finishes*



*Chris Clegg circa 1979*

The official race report by Centurions Captain Fred Redman is as follows:

*On forwarding the enclosed copy of results of our recent 100 miles walk I take this opportunity to write a few words of my own and to acknowledge our indebtedness to so many people.*

*This was a highly successful and satisfactory event due in no small measure to the work of a devoted and dedicated few. Our thanks are directed to and unstintingly given the Victorian Walkers Club, particularly to Alf Robinson for his management of the whole affair and to Bert Gardiner and Allan Minter for their painstaking and arduous task of lap recording. These three gentlemen were on call throughout the 24 hours and carried out their tasks almost without relief through the entire period.*

*To the Victorian Walkers Club and Collingwood Harriers in general we as Centurions owe a great debt. Being a non competitive organisation we are not in the business of promotion and indeed cannot be, not only because of our constitution but being few in number, we must rely entirely on the interests of walking clubs to put these events on for us.*

*We congratulate Mike Porter, Stan Jones, Chris Clegg and John Harris on their having earned the right of membership and in due course each will receive our certificate and badge for which in the normal way we would at this point call for donations from existing Centurions to defray the cost, since there cannot be in the usual sense an annual subscription You do not pay for something which is yours by right.*

*However, due to the generous support we have received from General Motors Holden these and other expenses are met on this occasion. Our grateful and sincere thanks are extended to them also.*

*Twenty five competitors faced the starter, Councillor George Knott for whom the field of honour was named, himself a former Australian Champion and Olympian.*

From the outset Ian Jack set a very fast pace obviously with the intention of assisting his brother Clarrie and Tim Erickson in their endeavour to crack Jim Gleeson's Australian 50 mile record. Tim and Clarrie pushed each other along for some 35 kilometres where Clarrie was forced to retire mainly due I feel to a very heavy seasons racing, which had sapped his strength rather more than he had imagined. This left Tim on his own to go on in fine style to add to his recent National 50 kilometre title a new Australian record of 8 hours 14 minutes 46 seconds for 50 miles. Congratulations Tim and we look forward in a year or two to welcoming you as a Member. Our President Jim Gleeson was on hand to congratulate Tim at his moment of triumph.

Following on Tim's retirement at this point focus of attention again reverted to that gallant band of walkers steadily progressing toward our coveted goal. At this point **Stan Jones** was out in front walking with purpose and determination We were told he had had his sights on this for the past five months and concentrated all his efforts in training to reach the peak of fitness and concentration demanded by the arduous task of competing 100 miles of walking within the period of 24 hours. This is the only way to achieve success, everything else in racing must be subordinate and used only as an adjunct toward that end. You cannot walk 100 miles just by thinking about it, some sacrifice must be made to really do justice to yourself and to your effort.

Stan of course had already unofficially some years ago made this journey and it says much for the spirit and calibre of the man to prove his worth in official competition and rightworthily has he done this.

**Mike Porter** at this stage was some laps behind in second place but also determinedly pressing on with the job in hand. Some weeks previously he had walked a particularly fine 50 miles which helped to give him the required confidence and so well did he walk as the race progressed that he was able to overhaul a slightly tiring Stan Jones in the closing stages and to wrest victory from the latter's grasp.

**Chris Clegg**, the third man to finish achieved the unique distinction of becoming a Centurion on three Continents. First in England 1947, then America 1971, and now here in Australia.

**Dudley Pilkington** from Tasmania, already a Centurion came next a very popular performance, all present without exception were pleased to see him complete his second hundred miles in such excellent company. His first of course was accomplished in 1972 alone in Tasmania and though there was absolutely no question about this, his walk on that occasion being officially controlled by the properly constituted Tasmanian authority he himself felt some obligation to come over and prove to us his worth. Not necessary of course but "Dud" as he prefers to be called is that kind of man. We respect him the more for it and congratulate him on a magnificent effort made under some physical duress.

The fifth to finish and fourth new Centurion was **John Harris** of Queensland. Many years junior to the others he found his early fast pace a sap on his strength and energy as the miles built up and indeed was only able to finish at all because of his stubborn determination to become Queensland's first. He tired visibly in the later stages of the race but never lost his style and cheerful disposition. A good effort John and though you were heard to say "NEVER AGAIN" I am sure that this was only a natural reaction. The number of times this plaintive cry from walkers has been heard over the years is countless, and does not signify. We are all gluttons for punishment. May you be the first of many from the Sunshine State. You are now our ambassador there.

This report would not be complete' without reference to a very gallant performance by **Bill Dillon**, a truly amazing effort, glorious in failure and only a matter of time before Bill too will become a worthy addition to our steadily growing band. I am certain that Bill would have completed his 100 on this occasion but unfortunately running out of time as he was, he made the right decision to retire when he did and so avoiding unnecessary, further punishment although he still looked good. Bill was conned into the race only a few weeks before and I am sure did not know what he was letting himself in for. Only inexperience proved his undoing, but nothing is surer now that when he tries again, as try he will, he will convert this wonderful initial effort into success.

Bill was ably assisted by his family and I believe they too must want success for him.

Finally, I must add a word of thanks and congratulations to Alf Robinson for compiling the enclosed list of times which must be of tremendous value to every competitor and a record they will proudly keep as an ever constant reminder of a marvellous day. To the ladies too for a magnificent show, our congratulations and thanks for complementing our event with an equally fine effort of their own.

Results were as follows

1.	Mike Porter	50	Frankston A. A. Club.	21:48:47	
2.	Stan Jones	50	St. Stephens Harriers.	22:04:59	
3.	Chris Clegg	58	USA	22:34:14	
4.	Dudley Pilkington	56	Tasmania	22:59:07	
5.	John Harris	25	Queensland	23:19:15	
Retired:	W, Dillon	38	Glenhuntly A.A.C	119.2 km	17:43:32
	<b>T. Erickson</b>	<b>24</b>	<b>Ivanhoe Harriers</b>	<b>50.0 Miles</b>	<b>8:14.44.2 (AR)</b>

K. Piscopo	26	New South Wales	64.8 km	8:46:02
G. Breen	40	Melb. University A.A.C	54.0 km	7:10:31
W. Sawall	32	Ballarat Harriers	51.6 km	5:37:22
C. Martin	40	Collingwood Harriers	50.0 km	5:25:27
T. Daintry	64	Collingwood Harriers	42.4 km	5:35:05
D. Oliver	39	Frankston A.A.Club	40.0 km	5:44:25
G. Ross	62	South Australia	39.2 km	6:01:27
C. Jack	30	Glenhuntly A.A.Club	35.2 km	3:28:27
I. Jack	30	Glenhuntly A.A.Club	33.2 km	3:25:53
G. Ellis	24	Glenhuntly A.A.Club	18.4 km	1:57:03
A, Johnson	40	Melbourne Harriers	18.4 km	2:26:09
S. Cooper	24	St. Stephens Harriers	14.8 km	1:43:30
M. Wall	19	Box Hill A.A. Club	13.6 km	1:20:32

The year of 1975 finished with a change of Executive. As per the constitution, Jack Webber stood down after his term as President and Jim Gleeson moved up from the Vice Presidency to take the reigns of Presidency. Clarrie Jack as the next Centurion in line, was elected to the position of Vice President.

At this time, Brian Parkinson had to move to Papua New Guinea with his work and so Mike Porter took over as Secretary/Treasurer.

**09-10 Oct 1976****Kensington Olympic Sports Field, Adelaide, SA****C13 Tim Erickson 25 22:10:27**

The South Australian Amateur Walkers Club organised the next Centurion walk, choosing the newly laid Olympic Sports Field track at Kensington, in suburban Adelaide. The track was of tartan construction and, in retrospect, the soft synthetic surface proved a major deterrent to a successful event. Of the 7 starters, only one finished.

As well as the Centurion walk, Centurion Tim Thompson was to make an attempt on the World Endurance Walking Record which was quoted in the Guinness Book of records as being 308.05 miles in 5 days. Tim had put in many miles in preparation for this challenge and he had recently won the 50 Mile City of Mordiallic Cup at Mentone Track in Melbourne in a best time of 8:48:06. He started his attempt 24 hours before the 24 hour event was due to start. Unfortunately, Tim suffered feet and joint problems with the spongy track surface and was forced to retire after completing 136.4 km in 27:43:43. Thus he stopped soon after the 24 hour event got under way.

With regard to the Centurions Race, Tim Erickson was the big gun in the field. In 1975, he had set a new Australian Record for the 50 mile distance and he was the current Australian 50 km champion. On this occasion he was keen to add to his trophies and take Jim Gleeson's 100 mile record. The starting gun was fired at 6 PM on the Saturday. Tim's first 50 miles was covered in 9:09 so he was on target. However, he too had feet problems and was forced to slow. In the end, he was content to simply finish the distance and join the select Centurion fellowship.

Claude Martin had also recently completed the Mentone 50 mile event in second place behind Tim Thompson. On that occasion, Claude had recorded a time of 9:27:27 and he was confident of a good 100 mile performance in Adelaide. However, he suffered like all the rest and was forced to retire in the early hours of Sunday morning, a few miles short of the 50 mile mark. This left Tim alone on the track for the remainder of the time.

1	Tim Erickson	Vic	22:10:27	
	Retirees: Claude Martin	Vic	76.4 km	10:43:42
	Mark Wall	Vic	50.0 km	05:30:15
	Col O'Brien	SA	50.5 km	06:02:48
	George Ross	SA	40.4 km	06:02:03
	Stan Malbut	SA	20.0 km	02:06:18
	Tom Daintry	Vic	19.6 km	02:35:19



**08-09 October 1977**      **George Knott Athletic Field, Clifton Hill, Victoria**

<b>C14.</b>	<b>Claude Martin</b>	<b>42</b>	<b>22:42:53.6</b>	
<b>C15.</b>	<b>Bill Dyer</b>	<b>16</b>	<b>22:50:33.5</b>	<b>(Youngest centurion ever)</b>

Once again, the VAWC put on a 24 hour event and chose the Collingwood Harriers track, the successful venue used in 1975. The weather was fine and warm throughout, with a stiff gusting breeze being a hazard to the tiring walkers in the final hours.

The main starter was **Claude Martin** who had tried unsuccessfully in Adelaide in 1976. Claude had just completed a successful winter season of walking and was confident of success in his second attempt.

He started out confidently but was shadowed by a young **Bill Dyer**; they were never separated by more than a handful of laps. The 50 mile splits (10:32:24 for Claude and 10:42:04 for Bill) indicate this fact. The last few hours of the race proved very interesting with a strong Bill Dyer gradually closing the gap on his older opponent. Claude was, however, able to rally, just holding out the fast finishing youngster.

Interestingly, many years later in 1987, Claude became the first person in Australia to complete the double - 100 mile walk and 100 mile run. He completed his 100 mile run on the Aberfeldie Track at Essendon (Victoria) on Australia Day in 1987 and was only a few minutes slower than in his walk.

Bill Dyer's performance was remarkable given that he was only **16 years of age** at the time. Bill had showed promise over long distances at an early age. The Little Athletics Association hold an annual 6 hour relay to raise money for the Melbourne Royal Childrens Hospital and Bill decided to walk it in 1975 when he was aged 14. He walked for the full 6 hours and finished with 50 km exactly. Not bad for a 14 year old doing his first 50 km!

In 1977 his coach Alan Johnson decided to have a go in the Annual Centurions Race which was being held in Melbourne. Bill went along once again for a walk with no clear expectation of how far he might go. He started at a conservative 3 minute per lap pace. It is history now that while Alan stopped at the 50 km mark, Bill did not. When nightfall came and Bill was still walking, he realized he was serious. As he said to me when I asked him about it: 'I realized that I wanted to become a Centurion at some stage and this seemed like the right time'. He got one of the bystanders to ring his mother to bring down changes of clothes and some food and drink - he had nothing of this nature onhand. So with a group now supporting him, he walked through the night and on into the next day to finish in 22:50:33. Those who watched the race were astounded at Bill's maturity and how he just walked through the tough patches with determination.

Bill did not seem to suffer any adverse effects from his centurion effort. Perhaps it was the exuberance of youth or just the fact that he was a natural born endurance athlete. Over the next few years he continued to improve and develop over all distances and represented Australia as a race walker on a number of occasions.

Subsequent investigations confirmed that Bill was the youngest person ever in the world to have walked the 100 mile distance within 24 hours. Unfortunately the Guinness Book of Records did not have a suitable category to recognise Bill's outstanding feat and it remains one of the most under-recognized of endurance records.

Centurion Tim Thompson won the 50 Mile City of Mordialloc Cup which was held on the same day. This was the second year in a row that Tim had won this event.

1.	Claude Martin	42	22:42:53.6	
2..	Bill Dyer	16	22:50:33.5	(Youngest centurion ever)

1977 marked the end of another 2 year cycle and, in accordance with the constitution, the Presidency and Vice Presidency moved on. Jim Gleeson stepped down from the Presidency and Clarrie Jack moved up from the Vice Presidency to take over the reigns of the Club. Stuart Cooper took on the Vice Presidency. Mike Porter retained the position of Secretary/Treasurer.

07-08 Oct 1978

**380m Circuit, streets of Gosford, NSW****C16. John Smith 40 18:49:20**

NSW once again nominated to host a 24 hour event, choosing the country town of Gosford. Peter Wilson was once again the organizer and he was helped by the Gosford Walking Club and Frank Overton in particular.

The original course selected was a 400m grass track at Adcock Park but continuous heavy rain over the days preceding the race rendered it unusable. A fallback course had been measured and it was decided to postpone the start and to use this alternate course. Thus this event was held on a lap of 380 m in suburban streets. This change led to some initial chaos with competitors having to make last minute changes with respect to feeding tables, tents, etc. However, it was eventually sorted out and the race started at 13:30 in pouring rain.

The rain continued unabated until 4.30 AM on the Sunday morning. The street circuit was poorly lit during the night and there were occasionally cars parked in the way of competitors. But it was not as bad as it sounded and the event continued.

Of the 15 starters, only one was successful. Englishman John Smith chose his 40<sup>th</sup> birthday to attempt his second Centurion race. He had previously completed the 100 mile road walk from Leicester to Skegness in 1964 to become British Centurion Number 359. Since coming to Australia, he had won many NSW State Titles and was a very popular local finisher.

Robin Whyte walked the first half with John Smith and was well on schedule for a successful finish until he withdrew for an hour's rest in the early hours of Sunday morning. He did not return to the track and thus missed his window of opportunity. It would be nearly 20 years until he tried again, this time successfully.

Centurion co-founder Tom Daintry put in a valiant effort to reach the 50 mile mark in 10:32 but his 67 years of age worked against him and he was forced to stop. There is no doubt that Tom would have achieved a Centurion membership in his own right if he had had the chance to attempt it at an earlier age.

Keith Hennes was back once again, having tried and failed in 1975. Once again, he put in a good effort, reaching the 50 mile mark but, like fellow NSW walker, Eddie Dawkins and Queenslander John Harris, he was forced to retire at that mark.

1.	John Smith	NSW		100.00 miles		18:49:20
Retirees:	Robin Whyte	ACT	110.96 km	68.95 miles	292 laps	13:39:44
	Tom Daintry	Vic	80.56 km	50.06 miles	212 laps	10:32:35
	Keith Hennes	NSW	80.56 km	50.06 miles	212 laps	11:16:16
	Eddie Dawkins	NSW	80.56 km	50.06 miles	212 laps	11:35:29
	John Harris	QLD	80.56 km	50.06 miles	212 laps	11:36:59
	Mark Wall	Vic	70.30 km	43.68 miles	185 laps	
	Tim Thompson	SA	66.12 km	41.08 miles	174 laps	09:04:13
	Paul Dorsett	NSW	61.94 km	38.48 miles	163 laps	08:49:59
	Frank Overton	NSW	61.56 km	38.25 miles	162 laps	09:18:40
	Kevin Worden	SA	55.86 km	34.71 miles	147 laps	
	Graham Strachan	NSW	52.82 km	32.82 miles	139 laps	
	Tony Smith	NSW	36.48 km	22.66 miles	96 laps	
	Bill Dyer	Vic	33.82 km	21.01 miles	89 laps	

The year of 1979 saw a flurry of activity on the ultra-distance walking scene.

**15-25 August 1979**                      **A New Record for Melbourne to Adelaide**

The first momentous occasion was provided by Jack Webber of South Australia. Jack set off from Melbourne on Wednesday 15 August 1979 and reached Adelaide on Saturday August 25. His performance set a new walk record for Melbourne to Adelaide with an epic 10 days 2 hours 30 mins. Jack regarded this as perhaps his greatest achievement and he had the privilege of being accompanied by former Olympian Marjorie Jackson over the last few hundred metres - amid a great reception - to the Adelaide Town Hall. Geoff Peters, soon to become a Centurion himself, took two weeks of work to accompany Jack, providing massages each night and attending to all his needs throughout the day.

**03-04 Nov 1979**                      **George Knott Athletic Field, Clifton Hill, Victoria**

**C17. Ian Jack                      34            17:59:30            (AR)**  
**C18. Terry O'Neil                23            21:13:08**

This event was put on by VAWC and saw 5 serious starters and 2 eventual finishers in Ian Jack and Terry O'Neil but this race was wonderful for a number of reasons. Clarrie and Ian Jack, identical twins from local Melbourne club Glenhuntly Harriers, provided a memorable occasion for all those present.

Clarrie was keen to take the 50 mile record of his training partner Tim Erickson and powered through the first 50 km in 5:01:48 to be well on target. He continued on unabated to finish the 50 mile distance in 07:57:57 for a new Australian Record.

Once Clarrie had retired, attention was redirected to his brother Ian who passed the 50 mile mark in 9:09:50 and then started to speed up. Without any breaks, he just powered on in automatic mode. His 100 mile time was an incredible 17:59:30 for a new Australian Record, breaking the fine time set previously by Jim Gleeson. His second 50 miles had been done in 8:49:40, some 20 minutes faster than his first 50 miles.

Overshadowed but undaunted, young Melbourne walker Terry O'Neil kept his mind on the job and was rewarded with membership number 18.

Bill Dillon and Mark Wall both put in good efforts although Bill Dillon was bitterly disappointed with his performance. We were soon to hear more of Bill.

1.	<b>Ian Jack</b>	<b>Vic</b>	<b>100 miles</b>	<b>17:59:30</b>	<b>(AR)</b>
2.	Terry O'Neil	Vic	100 miles	21:13:08	
Retirees:	Bill Dillon	Vic	54 miles	11:51:00	
	<b>Clarrie Jack</b>	<b>Vic</b>	<b>50 miles</b>	<b>07:57:57</b>	<b>(AR)</b>
	Mark Wall	Vic	50 miles	10:54:19	

50 mile splits were as follows:

Clarrie Jack	07:57:57
Ian Jack	09:09:50
Terry O'Neil	10:14:29
Bill Dillon	10:46:56
Mark Wall	10:54:19

**23-24 Nov 1979**

**Duncan McKinnon Reserve, Glenhuntly, Vic**

**C19. Bill Dillon 41 20:51:06**

Bill Dillon had been suffering from a virus on the earlier race at Clifton Hill and was successful in getting the VAWC to put on another 24 hour event for him 3 weeks later. He felt that he had put in such a good preparation that he wanted to put in a proper effort. On this occasion, he was successful. He passed through 50 miles in 9:41:31 for an excellent first half and slowed slightly but still finished with an excellent 21:51:06.

1 Bill Dillon Vic 20:51:06

Once again Adelaide was the focus of ultra-distance walking in 1980 and two events in particular caught the public attention.

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**31 July – 6 Sept 1980                      Another record for Jack Webber**

Once again, we saw another example of Jack Webber's extraordinary capacity for endurance events. It saw him create a world record (Guinness Book of Records) in an unforgettable performance around the Adelaide Harriers track, covering a staggering **1062.25 miles** (4269 laps) in **38 days 2 hrs 30 mins**, an average of more than 27 miles per day - at the age of 66!

Jack started at 9 AM each day, walking a marathon a day for 38 days to complete his 1000 mile target. Then he continued on for a further 62.25 miles to finish his endurance event just as Geoff Peters started his on Saturday 6 September.

**6-7 Sept 1980                                      Adelaide Harriers Track, Adelaide, SA**

**C20.    Geoff (Buck) Peters            53            23:34:10**

Jack Webber had chosen the old cinders track at the Adelaide Harriers in preference to the tartan track at Kensington for the 1980 Centurion event and, as explained above, he had coordinated the finish of his endurance walk with the start of the 24 hour event.

He had been training up local walker Geoff Peters. In fact, Geoff had walked many miles with Jack during this marathon performance and this set him up for his own successful Centurion performance. The race started at midday on the Saturday and Geoff walked honestly to get in with some 25 minutes to spare.

1.        Geoff (Buck) Peters            SA            23:34:10

## 1981-1993

For various reasons, the Australian Centurions ceased as an active organisation around 1980. We had always relied on State based walking clubs to run our events for us and this stopped with the 1980 event. We were all busy people and had plenty of other things to occupy us. Although we still looked upon ourselves as Centurions, it was left to someone else to do the work. Thus we went into hibernation.

During this long period of inactivity, there were a number of 24 Hour walks attempted throughout Australia and three performances which we retrospectively recognised when we reformed in 1994. These were as follows:

### **October 1983**                      **Box Hill Athletics Track, Melbourne, Victoria**

Mark Wall was still keen to attain Centurion status and a once off 24 Hour event was arranged at the Box Hill track in Suburban Melbourne in October 1983. Clarrie Jack (C 4), Bill Dyer (C 15) and Michael Harvey were starters but not serious ones so it was no surprise that Mark was soon left on his own as a solo walker. He reached the 50 mile mark in 11:35:50.7 but then retired. It was his last attempt for the time being and it would be many years before he achieved this elusive goal, first in England in 2009 and then in Australia in 2011.

Retirees:	Mark Wall	VIC	80.800 km
	Clarrie Jack (C 4)	VIC	36.400 km
	Bill Dyer (C 15)	VIC	24.000 km
	Michael Harvey	VIC	6.800 km

### **13-14 Dec 1986**                      **Kingsley Reserve, Wanaroo, WA**

**C21.    Jim Turnbull                      50            23:38:53**

Bronwyn Salter was a well known runner / walker in Western Australia who had already completed the 100 mile run within 24 hours. In 1986 she decided to try to complete the run/walk double and organised a 24 hour walk/run endurance race to be held on a grass 400m track at the Kingsley Reserve in Wanaroo. As well as a small number of runners, she cajoled walker Jim Turnbull to accompany her and help her through. Jim was a local walker who had completed a number of 50 km events (Jim was the current WA 50km champion) so was reasonably experienced over the longer distances. With judges in place from the Western Australian Walkers Club all was set.

As it turned out, Bronwyn had leg problems and was forced to retire and it was left to Jim to come through for an unexpected finish. He had done little preparation for the event, being only brought in as a helper for Bronwyn. However, his 50 km background obviously saw him through in a fine solo performance.

### **28-29 May 1988**                      **McGilvrey Oval, Perry Lakes, WA**

**C22.    George Audley                      52            23:28:48**

George Audley took up fun running in 1981 at the age of 45. By 1988 he had already amassed an enviable record of ultra-distance runs. He was now an experienced and well known ultra-distance exponent who had succeeded in most of the big ultra challenges including the ultimate for an ultra runner, finishes in the 1987 Sydney to Melbourne run of 1060 km (6<sup>th</sup> over the line and 2<sup>nd</sup> Australian – 08:01:34) and 13<sup>th</sup> in the 1998 event (07:21:16).

In 1987, George ran the 100 mile distance in a brilliant 16 hrs 45 mins and now he had his sights set on something that would set a new standard. He wanted to walk 100 miles within 24 hours to match his 100 mile running achievement. Once Jim Turnbull heard about the attempt, he decided to line up also, but this time as a runner. Since he had already done the walk and George had already done the run, it remained to be seen who would finish first and claim the title as the first Australian to do a run/walk double.

The venue was a grass loop of 1 km at McGilvrey Oval at Perry Lakes in suburban Perth. History tells us that Jim finished his run in 21:54:36 while George finished his walk in 23:28:48. It was a personal success for both athletes. Jim had done little running in preparation for this event while George had limited walking in the legs.

It was only years later that George and Jim learnt that they had been beaten to the run/walk double by Claude Martin who had done his walk in 1975 and his run in 1987. So Jim became the second Australian and George the third to achieve this unique double.

Since then, George has continued on with a successful ultra-distance running career in which he has regularly placed in the Colac 6 day race, the Albany to Perth (560 km) and the GERALTON to Perth (434 km). He can be truly regarded as one of the hard men of ultra-distance running. George recently confided to me that he regards his 100 mile walk (done on the grass track) as one of the hardest events he has contested

Both Jim and George forwarded details of their performances to the Australian Centurions President but unfortunately, no action was taken until 1994 when we retrospectively verified and confirmed their performances and awarded them badges number 21 and 22.

### **29-30 Oct 1988                      Adelaide Harriers Track, Adelaide, SA**

**C23.    Stan Miskin                      63            22:59:48            Completed 167.117 km in 24 hours**

Stan Miskin was a Melbourne based Veteran walker and runner who had completed many ultra-distance running events during the 1980s. In 1988 he decided to walk rather than run in the annual Sri Chimnoy 24 Hour event being held at the old cinders Adelaide Harriers track in Adelaide. He successfully completed the distance and became our oldest Centurion, being 63 years of age at the time. He also became only the fourth Australian to both walk and run the 100 mile distance within 24 hours. Within a period of less than 2 years, we had seen Claude Martin, Jim Turnbull, George Audley and Stan achieve the run/walk double. No further athletes achieved this feat until Yiannos Kouros in 1998.

Stan did not even know that the Australian Centurion club existed at the time he did this feat. It was only after he saw a race report of our 1994 event that he contacted us in early 1995 and sent the relevant documentation to verify his performance. This created a difficult situation for us – should we recognise the performance or not?

After extensive investigation, it was decided to grant Stan Centurion membership (after all, it had been our own fault in that we had been out of circulation all these years) but to set a firm rule that no such dispensations will be made in the future. From now on, the onus would be on the competitor to contact us beforehand and forewarn us of the attempt. Only if one or more of our members is present and only if we can absolutely verify the correctness of the performance will we consider such applications.

Like George Audley, Stan was a well known ultra-distance runner. He ran his first marathon in 1978, aged 53 years, and caught the bug. By 1988, he had run 81 marathons (best time of 3:16), many 50 milers (best time of 7:39), had a best 24 hour running distance of 187 km and a best 48 hour distance of 241 km.

With ultra-distance runners of the ilk of George Audley and Stan Miskin joining the ranks of the Australian Centurions, it should have augured in an era of new blood but unfortunately the opportunity was lost. It was not until Yiannos Kouros completed the 100 mile walk in 1998 that the ultra-distance runners once again discovered ultra-distance walking.

### **October 1992                      George Knott Athletics Track, Clifton Hill, Victoria**

The Victorian Race Walkers Club scheduled a 24 hour walk as the last event on their winter walking fixture. It generated little interest and the results show that it only attracted one serious starter, Andrew Ludwig of Queensland.

Andrew certainly made his intentions clear – he covered the first 50 km in 6:04:56, reached the 50 mile mark in 10:06:47 and passed the 100 km mark in 13:13:53. The weather was atrocious with intermittent rain, especially tough for a Queenslander used to warm conditions. Due to the combination of cold wet weather and lack of support, Andrew retired in the early hours of the Sunday morning after completing 110.8 km (approximately 68 miles).

This event marked a particular low point for the Centurions. The VRWC had put on and run a 24 hour event but it had seen little interest or enthusiasm from the Centurions themselves.

Retirees	Andrew Ludwig	Qld	110.8 km (68 miles)
	Des Wildwood	Vic	50.0 km
	Bill Dyer	Vic	23.6 km
	Mark Donahoo	Vic	22.0 km
	G. Williams	Vic	22.0 km
	Bob Gardiner	Vic	20.0 km
	P Prasad	Vic	10.0 km



Ron Miller, the Secretary of the Victorian Race Walkers Club, was keen to hold a 24 hour event once again as a culmination to the Victorian winter walking season and approached a number of Victorian based Centurions with a view to reforming the club. The experience of 1992 showed Ron that simply putting on an event was not enough. What was needed was a reformed and enthusiastic Centurion Club. The first meeting was held on Saturday 14 May 1994 and positions were reinstated as follows

- President                               Stuart Cooper
- Vice President                        Tim Thompson
- Sec/Treasurer                         Tim Erickson

With this done, efforts were made to re-establish communications within the club and a regular newsletter was started. The Centurion event was indeed scheduled for October 1994 and the Victorian Race Walkers Club again helped us run it, as they had done so many times in years past.

#### 08-09 Oct 1994                               George Knott Athletic Field, Clifton Hill, Victoria

<b>C24.</b>	<b>Peter Bennett</b>	<b>38</b>	<b>19:42:54</b>
<b>C25.</b>	<b>Andrew Ludwig</b>	<b>28</b>	<b>22:26:09</b>
<b>C26.</b>	<b>Ken Walters</b>	<b>62</b>	<b>22:28:31</b>

This event saw 7 starters. Spectators were witnesses to 3 courageous performances resulting in Centurion membership and one wonderful performance that just missing out on the elusive 100 mile mark due to time constraints.

Melbourne turned on its usual fickle weather. The race started in cool windy conditions at 1 PM on Saturday. We were soon greeted with a burst of rain and threatening clouds omened a bad time for all. Unbelievably the clouds rushed across the sky during the course of the afternoon but any further rain fell in other places and we were spared. The wind, however, continued to blow and as night fell, the temperature plummeted and competitors were forced to put on layers of clothing to protect themselves from the bitter cold and wind. It was not until the early hours of the morning that the wind dropped and we were greeted with a much improved Sunday. At least those remaining had good conditions and even some sunshine for the final morning of the event.

**Peter Bennett** from Queensland took the lead from the gun and soon built up a considerable lead with a steady pace of 2:30 laps. His technique was perfect and he presented a picture of stylish walking as he powered through the miles. Peter had not trained for or prepared specifically for this event and general opinion was that he would not last at this sort of pace. When would he hit the wall? We kept waiting. He hit the 50 km mark in the very fast time of 05:11 and had a short rest. Then off again at about 02:45 laps. This was maintained until he reached the 50 mile mark in 08:46 (very fast). A short 15 min rest and then off again at about 03:00 min laps. Amazingly, he kept up this pace and his stylish technique throughout the second half of the race and actually sped up over the last 20 laps. He never showed any real distress (just general tiredness) throughout the race and finished with general exhaustion but no specific problems of any kind. Those of us who have watched many 100 mile races think his effort was one of the best we have ever seen and was what might be expected of a seasoned ultra-performer, not a novice to the game.

**Andrew Ludwig** of Queensland had tried the 100 miler 2 years ago but had succumbed to the elements at the 68 mile mark in the early hours of the morning. He came back prepared and determined to finish. As it turned out, he needed all this determination to help him through a tough hundred. He started off at a steady pace of about 02:45s and steadily progressed through to the 50 mile, slowing gradually to about 03:00 laps. A good preparation for the second half. However, at this stage, problems started to set in. A sore ankle soon spread to general leg problems, a sore knee and other sundry pains. Andrew was forced to forsake any game-plan and just concentrate on surviving a torrid second half. He adjusted this pace to vary between 03:00 and 03:30 per lap and had frequent short breaks to help him survive (for it was a survival effort at this stage). But to his credit, he never contemplated pulling out or giving up. He showed he is a worthy centurion by overcoming these difficulties and storming home and holding our a fast finishing Ken Walters.

**Ken Walters** has done it all - former Sun Tour rider, former top football umpire, medallist at the World Veterans Games and someone who has dabbled on the edge of ultra-distance racing. So we were not surprised to see Ken setting himself another goal - perhaps the ultimate one (biased view). He set off at 3:00 min laps and had a 30 min break at the

5 hour mark. Then back on the track and onto the 50 mile mark in 10:31:40. Another major break of 45 mins and he was off again for the second half. However, it was soon apparent that Ken was quietly suffering and he withdrew into himself as he battled the body in an effort to keep going. Opinion was that he was gone at about 60 miles and would not last much longer. But as the night ended, Ken was to be seen still on the track and looking more in control. A short break at the 20 hour mark and he stormed home with 3 min laps over the last 100 laps. He knew Andrew was within striking distance and he got to within 1 lap as the 2 reached the 99 mile mark. In what was perhaps the closest finish in any of our 100 milers, Ken stormed home to record the fine time of 22:28:31. However, the effort was apparent as Ken was helped back to his support tent. Like Andrew's performance, it had been a battle of mind and body and the mind had overcome the normal limits of endurance.

**Carmela Carrassi** came into this event as a complete newcomer to the sport of race-walking. With just over 12 months in the sport and one season behind her, she set out to have a go. She had a great support team consisting of her family and fellow members of the East Brunswick Athletics Club. She set off at a pace of just over 3:00 per lap and gradually slowed as she was forced to change from race-walking technique to brisk walking. She reached the 50 mile in 11:52 and it was apparent that her pace was just not fast enough to reach the 100 mile mark within the 24 hour limit. But that did not deter Carmela. She just kept going!. She had few breaks and maintained an almost continuous presence on the track. From the 300 lap onwards, she was reduced to lap times of over 4 mins - just not fast enough. She also suffered from blister problems and had stomach problems due to having to feed on the walk. So perhaps her inexperience cost her in these matters. However, she set new Australian standards for women in the distances of 50 Mile, 100 km, 24 hours and achieved the greatest distance walked by any Australian woman. Her final tally when the finishing gun went was 148.936 km or 92 miles 992 yards.



*The 4 finishers – Peter Bennett, Carmela Carrassi, Ken Walters and Andrew Ludwig*

**Harry Summers** had never tried anything over 50 km before this event and obviously thought it was time to add the icing to a great sporting career by trying the 100. He had prepared well and done all the necessary training including a 12 hour walk some 2 weeks before the event. He set off to his prepared plan which involved a short number of long breaks. He soon settled down to 3 min laps and kept this up till his first major break of 30 mins at the 6:30 mark. Then he backed off to 3:30 laps and progressed through to the 12 hour mark at which he had a further 15 min break. However, upon returning to the track, it was apparent that all was not well. Harry was suffering too much at too early a stage. His pace dropped and he was forced to make the ultimate decision. He was too far from home. He retired after completing 233 laps (55 miles 276 yards) in 12:48:18.

**Barry Brooks** of Ballarat is better known as an Ultra-distance runner, having competed in the Sydney-Melbourne Ultra-marathon as well as many other similar events. He came with lots of experience and soon showed that he was a serious contender for Centurion membership. He started off with 3 minute laps and maintained this consistently. He looked in control and his steady brisk walking gait was energy-efficient and covered the ground quickly. He looked good as he strode though the 50 km mark in 06:18:10 but was in trouble soon after as his right knee became aggravated. We all know you cannot cover that sort of distance with an injury and Barry made the wise decision to stop after completing 141 laps (35 miles 93 yards) in 07:18:10.

**Michelle Curran** from Queensland came into prominence some 5 months previously by completing some 68 miles in 18+ hours in an endurance walk between the Gold and Sunshine Coasts in Queensland. She was obviously keen to build on that performance and had been training for this event and hoping to become our first woman Centurion. She soon found, however, that the Victorian spring weather is much colder than that of Queensland and she struggled in the icy wind through to 100 laps before deciding to give it away and keep her effort for warmer conditions.

1.	Peter Bennett	Qld	38		19:42:54
2.	Andrew Ludwig	Qld	28		22:26:09
3.	Ken Walters	Vic	62		22:28:31
<b>4.</b>	<b>Carmela Carrassi</b>	<b>Vic</b>	<b>41</b>	<b>92 miles 992 yards</b>	<b>24:00:00 (AR)</b>
Retirees:	Harry Summers	Vic	58	55 miles 260 yards	10:31:55
	Barry Brooks	Vic	54	35 miles 93 yards	06:18:10
	Michelle Curran	Qld	23	24 miles 1514 yards	05:50:26

**1-2 April 1995**                      **NSW 24 Hour Track Championship, Woolongong**

Michelle Curren had advised us that she wished to try for a Centurion performance in the NSW 24 hour track championships held on April 1-2 at Beaton Reserve in Wollongong so Centurion presence was ensured to witness the race. There were in fact 2 walkers in the race

- **Michelle Curren** had tried unsuccessfully in last year's Centurion race and was keen to try to improve on her performances. She started well and hung on to record a **new Women's 50 mile record of 11:32:29**. However, this had taken too much out of her and she was forced to retire soon afterwards. To her credit, she returned to the track later and completed a total distance of 118:84 km (73.85 miles) for the 24 hours to improve upon her previous best of 112 km. So the elusive 100 mile mark still eluded the women.
- **Nobby Young** was well known in ultra-distance circles and had previously achieved the mark of 204 km in a 24 hour running race. He was known more recently for his walk around Australia (a total distance of 16,167 km) that he completed in 1994. He started off well (his walking style was in fact very good) and he reached the 50 mile mark in 10:44:14. However, he soon started to slow and, realising that he would not make the 100 mile cut-off, he decided to retire. He acknowledged after the race that the mark is in fact much harder than he had anticipated and this illustrates what we all know - it is a very hard mark to achieve, even for an active racewalker. It is one thing to do continuous days of walking with some 50 km per day but it is quite another to walk continuously for 24 hours at a sustained pace.

Retirees:	Michelle Curren	Qld	118.836 km
	Nobby Young	NSW	104.000 km

**14-15 October 1995**                      **Adelaide Harriers Track, Adelaide, South Australia**

The 1995 event was held in Adelaide at the Adelaide Harriers Track in South Terrace. Of the 3 official starters, only one actually fronted the line, namely Michelle Curren of Queensland. Michelle had competed in the 1994 Centurion race in Melbourne and had also competed in the NSW 24 hour Championships held in April in Woollongong. In that last race, she had broken the Australian Women's 50 mile record and had completed some 74 miles for the 24 hour period.

The race started at 12 noon in pleasant sunny conditions and although the night promised to be cool, conditions were generally favourable. Michelle set off at about 3:10 min laps. She kept this up till about the 25 mile mark but then started to gradually slow. She passed the 50 km in 6:47:56 but gave it away after completing 184 laps (73.6 km) in a time of 10:41:11. She was not far short of the 50 mile mark but realised that things were not going to plan and that she had fallen too far behind her planned time-splits.

Retirees:	Michelle Curren	Qld	73.6 km	10:41:11
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**13-14 April 1996****Coburg Harriers Track, Coburg, Victoria****C27 Carmela Carrassi 42 23:44:22 (AR) Completed 162.541 km in 24 hours (AR)**

Those who watched Carmela Carrassi complete 92+ miles in the 1994 Centurions Walk at Clifton Hill and set new Aust records were convinced that it was only a matter of time until she made the 100 mile. She chose the Victorian 24 Hour Track Championship at the Coburg Harriers Track in Melbourne in early 1996 as her next attempt. As this was a running event, Centurion members were present to verify her performance. On this occasion, she completed the full 24 hours and set **new Australian Women's Bests** for **50 miles, 100 km, 100 miles and 24 hours**. These performances were as follows

50 miles	11:12:20
100 km	14:16:27
100 miles	23:44:22
24 Hours	162.541 km

In 1994, Carmela had only been walking for some 12 months and was very much a newcomer to the sport. In the 18 months since that performance, she competed regularly in the Veterans and in the Victorian Walkers Club and this showed in her next performance. Whereas in 1994, she had problems with blisters and stomach upsets and a drastically slowing pace, this time she walked like an ultra veteran and always looked in control. She was an almost continuous presence on the track and only stopped to change shoes. She never slowed to slower to above 4 min laps and sped up over the last couple of hours to about 3:35 laps once again. Her style was impeccable.

Weather conditions were atrocious. It rained for most of the 24 hours of the race and during the night, the rain was so heavy and continuous that competitors were forced to fight their way through water that was several inches in depth. Add a furious overnight wind and you had conditions that will be talked about for some time to come. Carmela walked most of the second 12 hours out towards the second lane to avoid the water, thus adding considerable distance to each lap.

It was certainly a marvellous race to watch with 8 relay running teams matching it with the individuals over the 24 hour period. Thus there were always a lot of athletes on the track and a big crowd helping and spectating. Carmela was the only walker amongst the runners but she was well treated and certainly did walking a great service by her efforts.

The great Yiannis Kouros was dominant and the race was worth seeing just to view his performance. He held the world 24 hour track running record at 282 km and was hoping to extend that to some 306 km. However the atrocious weather conditions slowed him and he had to be content with ONLY 294.50 km (736 laps). He had broken his record by some 12 km in a performance that marks him as so far ahead of the rest of the world that he can be confidently called a 'superman'.

Final results were as follows

1.	Yiannis Kouros	736 laps	294.504 km	(runner)
2.	Helen Stranger	521	211.126 km	(runner)
3.	Joe Slrombolak	504	201.856 km	(runner)
4.	Peter Goonpan	446	178.731 km	(runner)
5.	Bill Hick	410	164.211 km	(runner)
6.	<b>Carmela Carrassi</b>	<b>406</b>	<b>162.541 km</b>	<b>(walker) (AR)</b>

**C28. Caleb Maybir 41 23:34:20**

Although we had our own 1996 Centurions event planned for Melbourne in October, the Queensland Race Walkers Club planned and put on their own event which was a fund-raiser for the Queensland Epilepsy Foundation. It incorporated a 24 Hour endurance walk, shorter walking races and a 24 Hour walk relay event. We gave this event our blessing, being of the mind that it was all good publicity for the club. Queensland based Centurions were present on the occasion to verify any Centurion performances. The event was held at the QE II Stadium in Brisbane, the site of the 1982 Commonwealth Games. Full results are as follows

**Caleb Maybir** had represented Queensland over both 20 km and 50 km on many occasions and had also represented his native Fiji in the Oceania Games so was a well known racewalker. He certainly had the credentials to attack the 100 mile distance and he became Australian Centurion Number 28 with a very gutsy performance. He started fast, passing 50 km in 6:13:06 and his 50 mile mark of 10:25:43 indicated that he had enough time up his sleeve to ensure success. However, he suffered badly in the second half of the race and it was only with the utmost determination that he was able to hold his form and finish in 23:34:20.

**Peter Bennett** carried on from where he left off in the 1994 Centurions Race in Melbourne. On that occasion, he astonished all by completing the 100 miles in 19:46 as a relative newcomer to the sport and with only a little distance work behind him. He did it once again with a performance that broke Ian Jack's 1979 **100 km Australian Record** of 11:19:10 by a fantastic 28 minutes. His time was **10:51:25**.

Peter showed that he is our best current ultra-distance walker and he must be rated a chance to break the other records if he sets his mind to it and has a go.

1	Caleb Maybir	Qld	100 Miles	23:34:20.7	
2	Michelle Curran	Qld	103.6 km	24:00:00	
Retirees:	<b>Peter Bennett</b>	<b>Qld</b>	<b>100 km</b>	<b>10:51:25</b>	<b>(AR)</b>
	Andrew Ludwig	Qld	68.0 km	7:49:45	
Walk Relay					
1	Queensland Walkers Club		295 km		
2	Redlands Athletics Team		224 km		

05-06 Oct 1996

George Knott Athletic Field, Clifton Hill, Victoria

C29.	Robin Whyte	54	20:37:12
C30.	Merv Lockyer	65	23:45:51

The annual Centurions 24 Hour walking event was held in Melbourne once again and the result saw the addition of two new members to our Centurion ranks.

Melbourne turned on its usual changeable weather. Saturday morning saw continuous rain that did not let up and it was still raining at the start time of 2 PM. The hope of a quick cessation was soon dashed as it rained steadily until about 10 PM. Thus the first 8 hours were walked in wet conditions with competitors having to negotiate puddles and try to stay warm as best they could. It eventually stopped and the cloud cover fell away to reveal a cold night with low mist. Luckily the rain stayed away after that and the rest of the race was walked in cool and overcast conditions (almost ideal conditions on Sunday morning).



*Merv Lockyer and Robin Whyte in action in the 1996 Centurions event.*

**Robin Whyte** is a walker of long standing, being a former Australian 50 km champion and Australian representative at World Championships over that distance in 1976. Robin had previously tried the 100 miler in 1978 at Gosford in NSW but had retired at the 70 mile mark. It had taken 18 years before he fronted once again and he was determined this time to complete the distance. He started at a brisk pace (2:45 laps) and maintained this pace till the 50 mile mark. By this stage he was gradually slowing towards 3 minute laps but he showed no real signs of trouble. At 90 km he took his only break for the entire race - a 5 minute break to change into dry clothes. Then he was off again and maintained a pace of between 3:00 and 3:30 for the rest of the race. He was determined not to stop, remembering what had happened last time in Gosford. Those present could see that the last quarter of the race was walked on guts as he was suffering intensely. But there was never any real likelihood of him retiring and it was a very pleased competitor who crossed the line just after 10:30 AM on Sunday morning. His feet were a mess with bloodied shoes and he had to be helped from the track - but this is a small price to pay and only a temporary inconvenience when compared with the great achievement of walking 100 miles inside 24 hours.

**Merv Lockyer** was the surprise packet of the weekend. At 65 years of age, Merv was not highly rated by those in the know - especially when it was known that he had sustained a heart attack some 5 years ago and had at one other stage had a plastic knee replacement operation on his left leg. But there were rumours of the long training sessions done and the strength of the man so we were interested to see how he went. He started off at a conservative pace of just over 3:00 per lap but just kept it going at between 3:00 and 3:30 per lap for some 80 of the 100 miles. Only in the dying stages of the race did he slow towards 4 min laps but by then, he was safe with enough time up his sleeve. He certainly struggled in the second half but amazingly, he managed to maintain his lap times. This is an indication of his sheer strength and determination. He suffered badly with his plastic knee joint and was forced on numerous occasions to stop briefly for a rubdown or take some pain killers. But he obviously had confidence in his own ability and his support team looked after him very well. He finished in good spirits and was able to walk from the track, not bad at 65 years of age and after 100 miles of walking.

**Peter Waddell** was one of the top walkers in the early sixties but had never tried this sort of race before. At 65 years of age, he thought it was time!. On this occasion he set his goal at 100 km and achieved it without any major problems.

1.	Robin Whyte	ACT	54	100 miles	20:37:12
2.	Merv Lockyer	Vic	65	100 miles	23:45:51
Retirees:	Peter Waddell	ACT	65	100 km	14:49:43
	Sydney Elks	Vic	71	30 km	03:36:29

### 15-21 November 1996                      Australian 6 Day Race, Colac

In a history such as this, it is fitting to record all ultra-distance walking feats, even those which do not fall within our Centurion circles.

This 6 day ultra-distance running event is known world wide as a unique event. The route consists of a tree-lined grass 400m track around the Memorial Square in the centre of Colac, a country town in Western Victoria. The race has been in existence since 1984 and has seen some inspirational performances over this extended distance.

Up till 1996, the only entrants had been ultra-distance runners. However, on this occasion, New Zealand's **Norm Morriss** (C32 - 1998) lined up with 17 runners in what was his first real experience of multi-day walking.

On the first day, when so many runners went off with a hiss and a roar, Norm was content to clock 126km for 15th place. But during days 2-4, Norm's plus-or-minus 100 km per day soon pushed him up through the field to 10th, then 9th out of 18 starters. On Day 5, things began well, with Norm squeezing into 8<sup>th</sup> place. By the day's end, Norm was still 10th but he was effectively out of the race. Day 6 saw him complete just one lap, after which "*disaster struck my leg. No amount of therapy helped - very frustrating to feel so good mentally and physically - except for my bloody leg !*" Despite rest, ice, heat, ultra-sound, strapping and a lot of swearing, Norm completed no further laps.

But Norm's accumulated **495.2 km** was enough for 13<sup>th</sup> place and his performance had set a new standard for Australian walkers.



**12-13 April, 1997****Coburg Athletics Track, Coburg, Victoria**

The Coburg 24 Hour Championship was the venue chosen by Carmela Carrassi in 1996 when she successfully gained her Centurion membership by walking 100 miles within 24 hours. The event was held again in 1997 with categories as follows

- Ultra runners
- Ultra walkers
- 24 hour relay teams

A large field assembled with 12 ultra runners, 4 ultra walkers and 9 relay teams.

**Carmela Carrassi** was back once again and keen to improve on her record breaking performance of 1996. She walked almost continuously for the full 24 hours (a trademark of her previous performances) and was ahead of schedule at all times. Starting off at about 2:45 pace, she gradually slowed to about 3:00 and was still maintaining 3:40s in the latter stages of the race. She **broke all her Australian records** on the way and finished with a fine set of results as follows

PERFORMANCE	1997		1996
50 MILE	<b>11:08:04</b>	<b>(AR)</b>	11:16:32
100 KM	<b>13:52:32</b>	<b>(AR)</b>	14:16:27
100 MILE	<b>23:09:03</b>	<b>(AR)</b>	23:44:22
24 HOURS	<b>166.600 km</b>	<b>(AR)</b>	162.541 km

**Peter Waddell** completed 100 km in 1996 in the Melbourne based Centurion walk. This year he was keen to improve on that and was a starter in this event. Unfortunately his preparation had been sporadic and his 12 hour split of 82.1 km (51 miles) which was not fast enough to guarantee him a 100 mile / 24 hour performance. He stopped to rest after completing 100 km and then returned to the track later and walked for the remainder of the 24 hour period. He finished with a final distance of 130 km (80.8 miles).

**Bev Car** watched Carmela's performance in last year's event and was inspired this year to have a go and see how far she could walk in 24 hours. Bev, 54 years of age, was not a veteran walker – she was a runner, doing distances from sprint to 10000 metres. The 10 km run was the furthest she had ever previously gone.

She started slowly but suffered an early setback: she made the mistake of wearing new shoes and blistered on the heels. She changed shoes and just put the head down and kept going, showing once again just how well suited women are to long distances. They seem on many occasions to absorb the pain better than men and can keep going well beyond the normal pain thresholds. She walked for the full 24 hours and completed a distance of 126.56 km (78.7 miles).

**Merv Lockyer** was keen to build on his Centurion performance of 1996 but suffered ankle problems early on and was forced to stop at 100 km (achieved in a bit over 14 hours). For most of this distance, he had walked with Carmela and the two had certainly helped each other to maintain a good even pace. Merv was not too disappointed as it was still a good workout and he came back on the track later and walked with Bev Car to help her along. I am sure that Bev appreciated the company.

Temperatures varied throughout the 24 hours. On the Saturday afternoon, it was 25 degrees and a blue sky. Competitors were hit with the full impact of the sun and found the first 5 hours very trying. The night was clear and the temperature dropped towards zero. Finally a clear morning ensued and Sunday was warm and sunny - an ideal end to the event.

The event was certainly full of interesting features. The indomitable Yiannis Kouros was trying for his world 24 hour running record of 293 km (done in this event last year) and was well ahead of schedule at the 12 hour mark. However, a knee problem forced him to slow and he finished up walking to a still incredible final posting of 266 km (165 miles). It was a case of Yiannis and then a 60 km gap to the next finisher.

The relay teams were each of 10 runners and each runner had to do a 30 minute stint. At each 30 minute mark, a new series of runners would come onto the track and the attack would start again. The only exception to this was the Coburg Little Athletics team which was allowed 20 runners each doing 15 minute splits. The winning relay team (The Traralgon Harriers) completed 386.49 km (240 miles) to set a new Australian record for 10 person teams.

So it was a great weekend in many ways. The event was superbly organized and the track is a good one for ultra-distance walking. The overnight lighting is comprehensive and the presence of masseurs and full canteen facilities makes it good for both competitors and officials and spectators.

Final results were as follows

1	Yiannis Kouros	266.18 km	
2	Helen Stanger	206.86 km	
3.	<b>Carmela Carrassi</b>	<b>166.60 km</b>	<b>(walker)</b>
4.	Peter Armistead	163.09 km	
5.	Ron Hill	161.46 km	
6.	Kevin Mansell	159.46 km	
7.	Peter Gray	144.40 km	
8.	Michael Grayling	142.94 km	
9.	Peter Richardson	135.20 km	
10.	Peter Waddell	130.00 km	(walker)
11.	Bev Car	126.56 km	(walker)
12.	Bill Hick	117.22 km	
13.	John Timms	106.00 km	
14.	Phillip Essam	103.30 km	
15.	Merv Lockyer	100.00 km	(walker)
16.	Oskan Turcan	50.00 km	

### 27-28 September 1997                      ANZ Stadium, Nathan, Brisbane, Queensland

The annual Centurions Club 24 Hour walking event was held this year in conjunction with the Queensland Racewalkers Club in Brisbane. Brisbane turned on a hot and sunny day and the start time of noon on Saturday meant that the field had to endure nearly 6 hours of sunshine and heat before the evening brought cooler weather. The cumulative effect of this was seen even during the first hours of the race. What had promised to be a very toughly contested race deteriorated quickly into one of survival. Plans soon fell by the wayside as walkers struggled to maintain pre-race plans and pace slowed. Although the night brought ideal conditions, the damage was done and the bulk of the field retired in the early evening hours. Caleb Maybir and Freddie Baker revised goals and decided to just keep going for the full 24 hours and were both rewarded with fine performances given the conditions. Results were as follows:

1.	Caleb Maybir	Qld	150.8 km	24:00:00
2.	Freddie Baker	Qld	124.0 km	24:00:00
Retirees:	Frank Overton	NSW	57.2 km	08:36:33
	Peter Waddell	ACT	51.6 km	07:35:33
	Paul Thompson	NSW	50.4 km	08:31:33
	Peter Bennett	Qld	50.0 km	05:23:34
	Andrew Ludwig	Qld	50.0 km	05:30:00
	John Harris	Qld	50.0 km	07:09:51

**Caleb Maybir** (C 28) completed 100 miles in 1996 in just under the 24 hour limit and was keen to improve on that performance. On this occasion, although he did not achieve the 100 mile distance, it was a fine performance. His feet suffered no ill effects and his feeding was well organised. Perhaps the only reason he did not complete another 100 miler was because the desire was not so great second time around. But taking the early heat into effect, it was still a creditable walk.

**Freddie Baker** is a veteran of 20 100 mile walks in his native England. He did his first 100 miler at age 23 and his last at age 60. Now retired, aged 65 and resident in Brisbane, he decided to try for one more 100 miler to become a Centurion on Australian soil. His preparation was limited and he was a few years out of formal training. He realised early on that his pace was not sufficient for the 100 mile distance but he had entered the event with the firm view of completing 24 hours of walking and this he did.

**Peter Bennett** (C 24) was keen to improve on his Australian best on record of 10:51:25 for the 100 km walking distance. He headed off at the requisite pace but slowed due to the heat and persistent back problems. He finally called it quits at the 50 km mark which he passed in 5:23, a good walk at any time.

**Andrew Ludwig** (C 25) toed the line once again but with very limited preparation. He was relatively open ended in his expectations and also walked through to the 50 km mark before calling it a day.

**Frank Overton** from NSW fronted for his first 100 mile attempt in many years. The last occasion was in 1977 in Gosford when he completed 61.2 km. He was determined to get as far as possible this time and perhaps complete the 100 mile distance. Unfortunately the early heat took too much of a toll and although the mind was willing, the body gave out. He was forced to give up at 57.2 km.

**Paul Thompson** from NSW was keen to experiment with the longer distances and came up with Frank with the intention of walking as far as possible. He completed just over 50 km.

**Peter Waddell** completed 130 km in the Coburg 24 Hour event earlier this year and was going to build on that event with a 100 mile performance. Unfortunately, his plans did not include the weather and he faltered in his efforts. He was forced to retire in the late evening with 51.6 km completed.

**John Harris** (C 12) became a Centurion in 1975 in his early twenties. He retired from racewalking in the mid eighties and little was seen of him after that. It was a pleasant surprise to see him toeing the line for this event. He had decided to try for 50 km and did that effortlessly on zero training. His easy walking action and relaxed attitude made for a good comeback performance.

### **16-22 November 1997                      Australian 6 Day Race, Colac**

1996 saw New Zealander Norm Morris complete 484 km for a creditable 13<sup>th</sup> place. This year saw a second walker take the challenge.

**Peter Waddell** from Canberra had attempted the 100 mile distance on several occasions over the previous couple of years and decided to try his luck on this occasion at a true ultra-distance event.

Like Norm (and almost all the runners), Peter began with his biggest daily distance. But it was ‘only’ 100km – which implies a wisely cautious beginning. Like Norm, Peter’s Days 2-4 were also impeccably balanced in the mid-90s. But, unlike Norm, he held together for the 6 days and so was able to pass his cumulative 484 km on day 6. His **540 km** (1350 laps) was a new Australian best for a walker over 6 days.

After day 1, he was in 15<sup>th</sup> place and he just kept going to a final placing of 9<sup>th</sup>.

His daily distances were 100.0, 92.8, 94.8, 95.6, 72.8 and 84.0 km.

**10-11 January 1998 Coastal Classic 12 Hour Event, Gosford, NSW**

NSW walkers Paul Thompson and Frank Overton worked with the Gosford Athletics Club to host a 12 Hour run/walk event which was held on the weekend of 10-11 January 1998 at Adcock Park in Gosford, NSW. The race started at 7.30pm and finished at 7.30am the next morning. The track was a certified 400m grass track.

The event saw 29 individuals (22 runners and 7 walkers) and 3 relay teams competing.

The walking section saw Centurion Caleb Maybir easily win. Walk results were as follows

1.	Caleb Maybir	91.681 km
2.	Frank Overton	89.666 km
3.	Peter Waddell	72.202 km
4.	Paul Thompson	72.500 km
5.	Greg Porter	62.947 km
6.	Judy Brown	14.025 km
7.	Peter McWilliams	7.795 km

**22-23 August 1998 Coburg 24 Hour Carnival, Coburg, Victoria**

Peter Waddell and Frank Overton continued their quest for Centurion membership with walks in this annual Victorian event. Unfortunately, once again, both fell short with distances as follows

8.	Peter Waddell	120.830 km
10.	Frank Overton	62.829 km

**19-20 Sept 1998 George Knott Athletic Field, Clifton Hill, Victoria**

<b>C31.</b>	<b>Gerald Manderson</b>	<b>54</b>	<b>21:37:31</b>
<b>C32.</b>	<b>Norm Morriss</b>	<b>57</b>	<b>22:32:47</b>
<b>C33.</b>	<b>Yiannis Kouros</b>	<b>42</b>	<b>22:55:23</b>
<b>C34.</b>	<b>Roger LeMoine</b>	<b>58</b>	<b>23:04:51</b>
<b>C35.</b>	<b>Susan Clements</b>	<b>44</b>	<b>23:58:40</b>

This year's race saw a large field of 20 entrants with 19 actually fronting the starting line. The race start time of 2 PM turned out well as this gave competitors a chance to get the tough night time hours over while still relatively fresh. The weather was kind. While it was windy and showery early, it never got really cold and a sunny Sunday gave competitors ideal conditions to help them through the tiring final stages.

The race saw a lot of firsts:

- A large international flavour with 2 English and 4 New Zealand walkers competing.
- The presence of 6 Centurions in the field guaranteeing a class event.
- An entry during the last week by ultra-distance runner Peter Gray. Peter was the youngest runner to complete the gruelling Sydney to Melbourne classic and has run many multi-day runs during a long career.
- An entry on the day from the great Yiannis Kouros who holds so many of the ultra-distance running records and is the only runner to have completed more than 300 km in a 24 hour period.

There were many talking points but perhaps the main one was whether Yiannis Kouros could convert from running to walking. With no real preparation, Yiannis simply turned up on the day and started walking...and kept on walking. Rumour has it that he did 10 laps walking the day before to prepare for it.

The race started with Gerald Manderson of New Zealand and Frank Overton of NSW setting a cracking pace. They kept it up for the first 50 miles with both passing that mark in just over 10 hours. At that stage, Gerald was some 2 laps

in front of Frank. However, Frank was feeling the pace and within another 2 hours had been forced effectively out of the race and off the track. That left Gerald on his own and he made the most of it. With a very consistent and strong performance, he walked right through to the 100 mile mark with only a couple of breaks of a few minutes duration. He powered through the 100 mile mark in a personal best of 21:37:31 and kept on to the 24 hour with another personal best of 177.665 km.

Fellow Kiwi Norm Morris was always only a short distance behind Gerald and walking consistently. Like Gerald, he had few breaks and just kept putting the laps in. The contrast between the 2 was stark. Gerald was short in stature, stocky with a quick business like gait. Norm was tall and lean with a long raking gait. It just goes to show that fitness, rather than build, is the main criteria to a good 100 mile walk. Norm finished a clear second in the fine 100 mile time of 22:32:47 and then stopped. He had achieved his goal of Centurion membership.

Behind Gerald and Norm, an interesting battle was developing. As others fell by the wayside, Centurion John Harris of Queensland and Victorian Yiannos Kouros were slowly making their way though the field while British Centurion Roger LeMoine was trying to hold them off and take the third placing. They finished with only 4 laps separating the 3 walkers. Yiannis was the first of the 3 to reach the 100 mile mark in the time of 22:55:23 and he then continued on to the 24 hour gun, completing 168.406 km. Roger was on his heels and completed his 6<sup>th</sup> 100 miler in 23:04:51. For Roger, it was especially pleasing given his limited training over recent years. John Harris had been about 30 minutes behind them at the 50 mile mark but walked a great second half to eat up the field. His 50 mile splits were 11:28 and 11:42. He walked 23:18 in 1973 and improved that to 23:10 some 25 years later. John had been some 13 years out of the sport and was only intending to walk 100 km but felt so good that he continued on.

While all this was happening, Sue Ramsey of England was staging her own personal struggle further back. At one stage she looked destined to just miss out on the magical 100 mile distance. She was slowing and projections indicated that she would fall a lap or so short. But she rallied in the final 2 hours and dug deep to finish in 23:58:40. We think this might be the closest anyone has come to the 24 hour limit – about half a lap to spare. It was certainly an exciting finish and Sue was obviously rapt with the result.



*The finishers – Roger, John, Yiannis, Gerald, Sue and Norm*

Behind Sue were a whole bevy of walkers with 9 others walking at least 100 km, indicating the depth of the event.

Here are profiles of some of the competitors:

**Gerald Manderson** (age 54) from New Zealand was definitely the gun in the field. He only took up the sport in 1995 and has been advised by Dudley Harris. His performances prior to this race were

Feb 1996

166 km in 24 hours

April 1996	157 km in 22:01 before retiring
Nov 1996	100 miles in 22:34:28
Aug 1997	107.3 km in 13:42:05 in the Rotarua 100 km event
	202.46 km in 28 hours
Oct 1997	175.6 km in 24:00:37
July 1998	176.97 km in 24 hours

He certainly built on this with another fine performance, his first ultra outside New Zealand.

**Yiannis Kouros** (age 42) was well known to all sports followers as possibly the best ultra-distance runner in the world. He held many world records including an amazing 300+ km in 24 hours. Lack of any walking preparation proved no barrier to a fine performance. He looked always in control and was never in doubt.

**Norm Morriss** (age 57) of New Zealand completed 100 miles in NZ in 1996 in 23:18 so was an experienced ultra-distance walker, having also completed the gruelling Colac 6 day event. However, he had a quadruple heart bypass earlier in 1998 and was only gradually getting back into walking. For Norm, this was an experiment to see how he had recovered. Obviously very well, judging from his performance.

**Roger Le Moine** (age 57) of England was both a British and Continental Centurion, having first completed the 100 miles in 22:04 in 1993 (C 802). A member of the famous Surrey Walking Club, he already had 5 100 mile performances under his belt before this race. This experience showed as he made the most of the occasion and completed yet another Centurion performance with only limited preparation.

**John Harris** (AC 12 – 1975) came to our Centurions race in Queensland last year after being many years away from the sport. This rekindled his enthusiasm and he completed a quick but intensive distance preparation. This proved to be sufficient to guide John to a second sub 24 hour 100 mile performance on the same track and in nearly the same time as he did 25 years ago.

**Sue Clements** (age 44) from England was keen to come out for our event the previous year but just could not fit it into her calendar. She was already a British Centurion (C950, 1996, 23:42:37) and recently completed the full 85 miles of the tough Isle of Man Parish Walk in 20:48:30 for a fine 23<sup>rd</sup> place. Her trip proved successful but by the barest of margins.

With 9 other walkers completing at least 100 km, the race was a great success.

#### 24 Hour / 100 Mile Walk Results

1.	Gerald Manderson	NZ	177.665 km	24:00:00
2.	Yiannis Kouros	VIC	168.406 km	24:00:00
3.	Norm Morriss	NZ	100 miles	22:32:47
4.	Roger LeMoine	UK	100 miles	23:04:51
5.	John Harris	QLD	100 miles	23:10:36
6.	Sue Clements	UK	100 miles	23:58:40
7.	Frank Overton	NSW	134.400 km	23:31:04
8.	Robert Radley	NZ	133.604 km	24:00:00
9.	Steel Beveridge	NSW	132:000 km	23:15:17
10.	Peter Waddell	ACT	120.000 km	22:22:57
11.	Fred Baker	QLD	110.400 km	20:01:36
12.	Peter Gray	VIC	101.933 km	24:00:00
13.	Paul Thompson	NSW	100.479 km	24:00:00
14.	Brian Glover	VIC	100.400 km	13:52:21
15.	Graham Watt	VIC	54.800 km	08:31:40

#### 100 km Walk

1.	Carol Baird	ACT	100 km	16:16:10
2.	Robin Whyte	ACT	24.4 km	03:01:36

#### 50 km Walk

1.	Dudley Harris	NZ	50 km	06:56:47
2.	Merv Lockyer	VIC	50 km	07:07:04

**9-10 January 1999****Coastal Classic 12 Hour Event, Gosford, NSW**

After the success of this carnival in 1998, Paul Thompson and Frank Overton decided to host a second edition, once again starting on the Saturday evening and using the same grass track in central Gosford in NSW.

A field of 23 athletes faced the gun with 4 of them being walkers. The weather was humid with a couple of light showers overnight but the grass track stood up well. Bill Walter set off at a fast pace and matched it with Frank Overton for the first few hours before slowing drastically. Frank had worked in setting everything up for the race and so did well considering his poor last minute preparation. Judy Brown did very well for a first up endurance in covering 64 km. Final results for the 4 walkers were

1.	Frank Overton	86.890 km	11 <sup>th</sup> overall
2.	Judy Brown	64.373 km	14 <sup>th</sup> overall
3.	Paul Thompson	57.600 km	16 <sup>th</sup> overall
4.	Bill Walter	42.200 km	19 <sup>th</sup> overall

**18-19 Sept 1999****Coburg Athletics Track, Coburg, Victoria**

<b>C36</b>	<b>Sandra Brown</b>	<b>50</b>	<b>19:14:56</b>
<b>C37</b>	<b>Herbert Neubacher</b>	<b>46</b>	<b>21:03:07</b>
<b>C38</b>	<b>Jill Green</b>	<b>57</b>	<b>21:15:35</b>
<b>C39</b>	<b>Carol Baird</b>	<b>50</b>	<b>22:16:43</b>
<b>C40</b>	<b>Gerrit de Jong</b>	<b>57</b>	<b>22:51:24</b>

The 1999 race saw a record field of 25 entrants with 23 actually fronting the starting line. We were very pleased to have 9 overseas competitors join us for this annual event. The race started at 2PM on Saturday 18 Sept and ended at 2PM on Sunday 19 Sept. The venue was the Coburg Athletics Track in Melbourne.

The pace was evident early with Sandra Brown of England setting a cracking pace of 2:30 per lap. Gerald Manderson of NZ (the 1998 winner) was keen to take up the challenge and shadowed her for the first 2 hours. However, he was soon forced to slow and Sandra was left on her own to dominate the race.

The 50 mile splits tell the story for the first half of the race with overseas competitors filling 5 of the first 6 places at that stage. Sandra's 50 mile time was a new Australian Open Record and was ahead of her own 100 mile world record split while Ann Staunton from Canberra, having her first ever ultra distance walk, broke the Australian Residential Record for 50 miles.

Sandra Brown	09:08:52	<b>(Australian Open Record)</b>
Gerald Manderson	09:58:28	
Jill Green	10:08:00	
Robin Whyte	10:15:08	
Herbert Neubacher	10:20:47	
Gerrit de Jong	10:43:04	
Ann Staunton	10:52:27	<b>(Aust Residential Record)</b>
Carol Baird	10:57:07	
Steel Beveridge	11:44:01	
Robert Radley	12:37:11	
Lachlan Wilkinson	13:45:25	
Kelvin Marshall	14:07:44	
Harry Berg	15:42:14	
Kathleen Berg	16:43:51	

Sandra's final 100 mile time of 19:14:56 was all the more amazing given that this was her 6<sup>th</sup> 100 mile walk for the year. She was only 14 minutes outside the recent world record she had set in winning the New Zealand Centurions 24 hour event in July and she finished relatively fresh.



Behind Sandra, attention was focused on Gerald Manderson (NZ), Jill Green (England) and Herbert Neubacher (Germany). Gerald was eventually caught by the more evenly paced Jill and a great battle developed between these two with Herbert only 3 laps adrift. For many hours, all three lapped consistently until Herbert finally caught and passed the other two at about the 15 hour mark. Then he powered away and Jill and Gerald were left to fight it out for third place. At the 19 hour mark, Gerald paid the penalty for his aggressive early walking and faded. Jill came home strongly for a clear third place while Gerald limped home in fourth spot. Herbert, Jill and Gerald all produced personal best times for 100 miles.

Robin Whyte of Canberra was next to finish, completing his second 100 mile finish in Australia (1996 was his first one). Robin was initially awarded a time of 21:41:20 but a review of the lapsheets showed that 2 laps had been missed later in the race and his 100 mile time was subsequently adjusted to 21:34:48 to put him ahead of Gerald Manderson at that point. As Ann Staunton faded from the efforts of her 50 mile record performance, her training partner Carol Baird came through strongly to be the 5<sup>th</sup> finisher. She set new Australian Residential standards for the 100 km, 100 mile and 24 hour distance along the way. This was only her second ultra distance walk and both she and Ann have big futures ahead of them as they mature in this tough discipline.

The only other walker to finish the 100 mile distance was Dutchman Gerrit de Jong. Like the other European walkers, he was both experienced and fit and had no trouble in beating the 24 hour mark. He had completed the British Centurion 100 mile event an amazing 18 times in the last 20 years. This gives readers an idea of his credentials.

### 100 Mile Finishers

Sandra Brown	England	100 miles	19:14:56	<b>C36</b>
Herbert Neubacher	Germany	100 miles	21:03:07	<b>C37</b>
Jill Green	England	100 miles	21:15:35	<b>C38</b>
Robin Whyte	ACT	100 miles	21:34:48	<b>C29</b>
Gerald Manderson	NZ	100 miles	21:36:09	<b>C31</b>
Carol Baird	ACT	100 miles	22:16:43	<b>C39</b>
Gerrit de Jong	Holland	100 miles	22:51:24	<b>C40</b>



*The 1999 finishers – Herbert, Gerrit and Gerald in the back row, Jill, Robin, Carol and Sandra in the front.*

Both Gerald Manderson (1998) and Robin Whyte (1996) had completed this distance in Australia previously but the other 5 finishers became new Australian Centurions with their outstanding performances. They were awarded badges 36 to 40.



Note that Gerald and Robin had their laps amended after the race and this reduced their finish times. However, the final positions stand. Full results were as follows

#### 24 Hour / 100 Mile Walk Results

Carol Baird	50	ACT	169.607 km	24:00:00
Robin Whyte	57	ACT	163.200 km	21:48:50
Gerald Manderson	55	NZ	162.400 km	21:49:07
Sandra Brown	50	England	100 miles	19:14:56
Herbert Neubacher	46	Germany	100 miles	21:03:07
Jill Green	57	England	100 miles	21:15:35
Gerrit de Jong	57	Holland	100 miles	22:51:24
Steel Beveridge	48	NSW	147.945 km	24:00:00
Robert Radley	42	NZ	146.649 km	24:00:00
Kelvin Marshall	35	VIC	127.430 km	24:00:00
Lachlan Wilkinson	40	ACT	118.150 km	24:00:00
Paul Tierenty	60	Belgium	72.400 km	10:02:38
Graham Watt	25	VIC	66.800 km	10:18:17
David Blackett	46	NZ	56.400 km	20:41:00
Peter Waddell	68	ACT	54.000 km	09:28:45
Frank Overton	51	NSW	32.800 km	04:47:38

Results for the silver medal distance of 100 km and the bronze medal distance of 50 km were as follows:

#### 100 Km Walk

1. Ann Staunton	35	ACT	100 km	14:43:27
2. Harry Berg	59	ACT	100 km	20:34:10
3. Kathleen Berg	56	ACT	100 km	20:39:38
Cornelia Neubacher	43	Germany	70.0km	11:52:04

#### 50 Km Walk

1. Peter Gray	35	VIC	50 km	06:58:29
2. Brian Hamer	47	VIC	50 km	23:14:23
Merv Lockyer	68	VIC	20.4 km	02:32:46

#### AUSTRALIAN RESIDENTIAL RECORDS

Ann Staunton	35	ACT	50 miles	10:52:27
Carol Baird	50	ACT	100 km	13:39:33
Carol Baird	50	ACT	100 miles	22:16:43
Carol Baird	50	ACT	24 hours	169.607 km

#### AUSTRALIAN ALL COMERS RECORDS

Sandra Brown	50	England	50 miles	09:08:52
Sandra Brown	50	England	100 km	11:33:24
Sandra Brown	50	England	100 miles	19:14:56

#### Jack Webber Trophy

#### Carol Baird

The Jack Webber Trophy (awarded to the most meritorious Centurion performance) was won by Carol Baird. In 1998 Carol completed a fine 100 km in her first ever long distance walk and in 1999 she made the final step and became Centurion Number 39. Her performance also set new Australian Residential records for 100 km, 100 miles and 24 hours.

**20/22 August 1999**                      **48 Hour Walk Maryborough Old**

48 hour and 24 hour ultra walks were held in conjunction with the Australian 48-hour running championships at Maryborough in Queensland in August 1999. The mens 48 hour walk had only one finisher in Peter Waddell with a total of 229.32kms. Peter walked 108kms in the first 24hrs and 121.32kms in the second 24 hours. Peter showed once again that age (he was 68) is no barrier to endurance performances.

Kerri Hall won the womens 48-hour with a total of 211.48Kms, less than a metre outside her record. She was well in touch with the record until developing massive blisters.

Men	48 Hour	Peter Waddell	229.32 km (630 Laps)
Women	48 Hour	Kerri Hall	211.48 km

A number of walkers competed in the 24 hour event. Amongst competitors was Centurion John Harris.

Men	24 Hour	Bob Burns	130.00 km
		John Harris	120.35 km
Women	24 Hour	Melanie Jonker	124.00 km
		Cheryl Minter	112.00 km

**15-20 November 1999**                      **Australian 6 day Race, Colac**

Once again a walker participated and on this occasion, it was New Zealander **Gerald Manderson (C31)**. As on previous occasions, it was shown once again that a walker could be competitive over such a long distance and he finished in 6<sup>th</sup> place overall (out of 17) with an aggregate distance of **622 km**. This beat the distance of 540 km which Peter Waddell had achieved in this same event in 1997.

Of course, as usual, Gerald did it tough with no support crew and very little in the way of spare clothes or shoes or prepared food supplements, etc. His daily totals were 120.8, 98.4, 111.6, 94.8, 74.4 and 122.4 km. He saved his last till best with a great final day and finished full of energy.

This was mooted as the last staging of this event due to manpower and cost related issues. This would be a shame as it is a unique event in the world ultra-distance calendar and one in which walkers have competed with success.

**8-9 January 2000****Coastal Classic 12 Hour Event, Gosford, NSW**

The third Coastal Classic 12 hour was held on Saturday 8th Jan-9th January at Adcock Park in Gosford, NSW. The race started at 7.30pm and finished at 7.30am the next morning. The track was a certified 400m grass track.

22 starters fronted for the gun with 19 athletes still on their feet at the twelve hour mark. The event was a combined walk/run with some competitors entering the walking section and others entering the running section.

The walking section saw Centurions Robin Whyte and Carol Baird in action and the final result showed both walkers covering nearly 100km.

- |    |                    |   |
|----|--------------------|---|
| 1. | Robin Whyte        | 98.12 km  |
| 2. | <b>Carol Baird</b> | <b>95.23 km (new Australian Residential 50 Mile Track record of 10:00:24)</b> |
| 3. | Greg Rowe          | 81.21 km  |
| 4. | Peter Gray         | 74.74 km  |
| 5. | Frank Overton      | 67.20 km  |
| 6. | Frank Thompson     | 58.00 km  |

Robin had this to say about the race:

*I was pleased. As usual did not feel that I had prepared for event. I had set a target of 96K - if I could stay on my feet. Carol Baird is quite unbelievable, I gained 4 laps on her between about 2.30 and 3.30 hours but from then on I feared she would overtake me. She was so positive all the way, whereas I was wondering how I was going to keep going from as far out as 8.00 hours to go. But somehow as nearly always I managed to keep going at a reasonable pace and in actual fact picked it up quite dramatically in the last hour.*

Robin was just outside his best ever 12 hour distance of 98.84 km. Carol was the big improver with a 50 mile time that beat Ann Staunton's Australian Residential Track record (set in the 1999 Centurion event) by an astounding 52 minutes. Anne's record was 10:52:27 while Carol completed **50 miles** in just over ten hours (**10:00.24**).

Carol Baird put on yet another a flawless walking performance to break her Australian Residential 100 km, 100 mile and 24 hour walking records in the 16<sup>th</sup> annual Coburg 24 Hour Carnival held 8-9 April 2000 at the Harold Stevens Athletics Ground at suburban Coburg in Melbourne. The venue was the Coburg 400 metre athletics track and Carol was one of a large number of runners and walkers participating in events that covered the 6 hour, 12 hour and 24 hour standards.

Carol's new records were as follows

<b>100 km</b>	<b>13:04:33</b>
<b>100 miles:</b>	<b>21:47:47</b>
<b>24 hours:</b>	<b>171.927 km.</b>

For Carol, this latest race capped off a very successful last 6 months.

In September 1999 in the Australian Centurions 24 hour endurance walking event (also held at the same venue), she set new Australian Womens Residential Walking Standards for 100 km (13:39:27), 100 miles (22:16:43) and 24 hours (169.607 km). In January in Gosford in New South Wales, she added the 50 mile walking record to her tally with a fine time of 10:00:24, walked on a grass 400 m track. On this occasion, she bettered her own 100 km, 100 miles and 24 hour standards.

She was one of 3 walkers competing in the event. Long time supporter **Peter Waddell** made the trip down from Canberra but was only able to complete 40+ km before being uncharacteristically forced out with problems. **Carmela Carrassi (C 27)**, our first Australian lady Centurion, was back for her first walk in well over 12 months. She was forced into a long break with foot problems that required an operation and a long convalescence. She entered the 6 hour event and was happy to complete the time on the feet. Her final distance was just over 40 km and she pulled up well from her outing.

Results in the 24 Hour section were as follows

1.	Brian Smith	200.730 km	
2.	Tony Collins	187.027 km	
3.	Shirley Young	176.810 km	(world running record for women 70+)
4.	<b>Carol Baird</b>	171.927 km	(walker)
5.	Howard Neville	160.450 km	
6.	Victor Hessell	136.800 km	
7.	Ron Hill	135.524 km	
8.	Rosemary Maries	116.860 km	
9.	Max Carson	115.700 km	
10.	Peter Gray	111.529 km	
11.	Raymond Carroll	106.571 km	
12.	Chris Newman	78.000 km	
13.	Isak Ketsakidis	53.200 km	
14.	<b>Peter Waddell</b>	41.130 km	

**C41 Boyd Millen 64 23:25:43**

This race saw a field of 13 walkers. The race started at noon on Saturday 02 Sept and ended at noon on Sunday 03 Sept. The venue was once again the Coburg Athletics Track in Melbourne.

Right from the gun, Michael Harvey went to the front and was already 3 laps ahead of the next placed walker after the first hour. Michael, after a long and illustrious international walking career, was keen to challenge the Australian ultra walking records and set out at the pace required to break Clarrie Jack's long standing 50 mile record of just under 8 hours.

Behind Michael, the other walkers were clustered closely together, matching their own pace to those around them. Over the next few hours, the field gradually separated but a group of 4 – Gerald Manderson, Carol Baird, Robin Whyte and Kelvin Marshall, continued to walk together at a very steady 20 laps per hour. It was not till nearly 6PM that the first break occurred and Gerald dropped off the back, almost certainly showing tiredness from the heavy ultra racing program of the previous 12 months.

But Michael could only maintain his pace until the 46 km mark and, abruptly, he dropped from 2:20 per lap to 5 minutes per lap. He was spent. To his credit, he took stock of the situation, kept moving, tried to take in the right sort of nourishment and modified his aims. He set off once again with all thoughts of records forgotten. The aim now was to keep going for as long as possible and just see what eventuated. He passed the 50 km mark in 5:16:36 and settled down to a long battle against self.

Saturday afternoon had been windy and cool but the promised rain had held off. As night fell and walkers faced the long 12 hours of darkness and cold, he was still there but looking decidedly tired. His inexperience over such distances showed as his pace varied from fast to slow but he kept at it. The 50 mile mark was passed in a good time of 09:06:38 but the end was in sight. Behind Michael, the field was still closely packed with 50 mile splits as follows

Michael Harvey	09:06:38
Carol Baird	10:21:43
Boyd Millen	10:25:59
Robin Whyte	10:24:58
Ross Jackson	10:37:24
Kelvin Marshall	10:55:24
Gerald Manderson	11:08:56
Ken Riches	11:32:42
Steel Beveridge	11:51:34

Michael set himself to reach 100 km and did so just after midnight in 12:08:52. With that goal reached, he retired from the race and Carol Baird became the new leader. Just before 1AM, she also passed the 100 km mark in a new Australian Ladies Residential record time of 12:57:47.

Soon after this, the heavens opened with heavy rain and strong buffeting winds. By the time it cleared some 40 minutes later, the damage was done. Walkers were cold and wet and there were still 5 hours to go to sunrise. Changes of clothes and nourishment was taken and walkers drew on their inner reserves to battle self doubt and tiredness.

While this was going on, the 2 competitors in the 100 km race had other thoughts on their minds and they ignored the rain to walk towards their own personal goal. Just before 2AM and in the drizzling rain, Ross Jackson completed a fine first up 100 km in 13:21:34. Then Ken Riches followed soon afterwards in 14:30:14. Now only the 24 hour walkers were left on the track.

As dawn broke at 7AM, only 4 competitors were still there. Perhaps not surprisingly, all were Centurions – Carol Baird, Robin Whyte, Boyd Millen and Gerald Manderson. They had faced this sort of challenge before and, once again, had been able to overcome tough cold night time conditions. With a weak morning sun and under clear skies, the pace quickened and flagging spirits regenerated. The end was in sight and the mood brightened.

The final results tell the story. Gerald did his calculations and realised that he was too far back to reach the 100 mile mark so he retired just after 9AM at 141 km. That left just a final 3 to triumphantly reach 100 miles and achieve yet another Centurion performance. First was Carol with yet another Australian Ladies Residential record and then Robin

followed by Boyd. Carol kept going to improve on her Australian Ladies Residential 24 hour record with a fine 175.060 km.



*Boyd Millen of England adds an Australian Centurion membership to his British (1995) and Continental (1999) Centurion memberships. Here he is finally crossing the line after 402 laps of the athletics track.*

Full results were as shown

#### **100 Mile Finishers**

Carol Baird	51	ACT	100 miles	21:26:10	C39
Robin Whyte	58	ACT	100 miles	22:29:32	C29
Boyd Millen	64	UK	100 miles	23:25:43	<b>C41</b>

#### **24 Hour / 100 Mile Walk Results**

1. Carol Baird	51	ACT	175.46 km	24:00:00
2. Robin Whyte	58	ACT	162.80 km	22:43:10
3. Boyd Millen	64	UK	162.00 km	23:32:05
4. Gerald Manderson	56	NZ	140.80 km	21:08:50
5. Michael Harvey	37	VIC	102.20 km	12:27:43
6. Steel Beveridge	49	NSW	100.40 km	16:48:55
7. Kelvin Marshall	36	VIC	84.40 km	12:02:02
8. Graham Watt	24	VIC	60.00 km	09:04:16

#### **100 Km Walk**

1. Ross Jackson	41	VIC	13:21:34 (went on to complete 104.4 km)
2. Ken Riches	47	VIC	14:30:14

#### **50 Km Walk**

1. Peter Gray	35	VIC	07:53:05
2. Spiros Galatis	71	VIC	08:55:10
3. Brian Glover	57	VIC	36.4 km

#### **Australian Records**

Carol Baird	51	ACT	100 km	12:57:47
Carol Baird	51	ACT	100 miles	21:26:10
Carol Baird	51	ACT	24 Hours	175.460 km

#### **Jack Webber Trophy**

The Jack Webber Trophy is awarded to the most meritorious Centurion performance. This year, it was once again awarded to Carol Baird for another outstanding walk.

**6-7 January 2001****Coastal Classic 12 Hour Event, Gosford, NSW**

The fourth annual running/walking of the Coastal Classic was held at Adcock Park, West Gosford, NSW. A field of thirty athletes greeted the starter and there was the usual mixture of those who have competed in every Classic, seasoned ultra & novice ultra athletes. Conditions were warm, the competitors appreciating a start time in the relative cool of the evening.

In the walk division, Carol Baird and training partner Robin Whyte started off together and Robin only started to drop behind after some 7 to 8 hours. Things might have been a bit different if Keith Knox had not missed the start by some 15 minutes. Keith is a long time NSW 50 Km walker and he had finally succumbed to the temptation and entered an ultradistance walk. He perhaps made the mistake of chasing too hard early in an attempt to bridge the gap to Carol and Robin. By the half way mark he had just about done it but started to fade alongside Robin soon afterwards.

Carol showed superb control and endurance to win once again with a new Australian Ladies 50 Mile Walk record. Her distance for 12 hours was also a big PB. Behind her, Keith just edged out Robin in a fine first up ultra walk. Robin for his part walked his usual consistent race and was rewarded with another fine finish.

It was also good to see John Harris (dual Australian Centurion) getting back into training and making the trip down from Brisbane for a surprise performance. His distance of 82km was a very good first up. Julie Schrag put herself into our ranking list for ladies by completing over 70 km in her first real ultra walk.

Results in the walking section were as follows

<b>1. Carol Baird</b>	<b>97.290 km (new Australian Residential 50 Mile Track record of 9:42:06)</b>
2. Keith Knox	93.101 km
3. Robin Whyte	92.490 km
4. John Harris	82.171 km
5. Julie Schrag	70.197 km
6. Geoff Andrews	43.200 km
7. Paul Thompson	43.200 km
8. Frank Overton	40.000 km
9. Greg Rowe	35.600 km

07-08 April 2001

Coburg Athletics Track, Coburg, Victoria

C42	Fred Brooks	67	22:31:15
C43	Michael Harvey	38	22:48:26

This annual race, hosted by Coburg Harriers, saw large field of over 30 runners and walkers competing in 3 separate races over 6 hours, 12 hours and 24 hours. The race started at 10 AM on Saturday 7 April and ended at 10 AM on Sunday 8 April. The venue was once again the Coburg Athletics Track in Melbourne and the weather was kind – it stayed mild and mostly overcast for the full 24 hours of the event.

There were 3 walkers in the 24 hour event and 3 excellent performances were seen.

**Michael Harvey** came into this race after a fine 100 km completed in the 2000 Australian Centurions 24 Hour event. In that race, he had gone out too hard and paid the penalty and on this occasion, he had adopted a different mindset that included finishing. Even after saying that, he still set off at a pace not normally seen in such events and reached the 50 km mark in 4:56. But from then on, he had to draw on strengths not normally tapped. With a good support crew, he dropped his pace, took regular breaks and was not far short of 100 km at the 12 hour mark. From then on, it was a hard slog but he always had time on his side and he reached the 100 mile mark in 22:48:26.

**Fred Brooks**, at the age of 67, had set himself the challenge of becoming Australia's oldest Centurion. He had watched Merv Lockyer complete his 100 mile in 1996 at the age of 65 and had been inspired to have a go himself. Fred had been a very good walker in England in the fifties and early sixties before migrating to Australia and putting his efforts to work and family. Now after over 30 years break from walking, he was back into his stride and walking confidently and strongly at an opening rate of 3 minute laps. During the whole 24 hours, his pace never really rose above 3:20 laps and his two 50 mile splits were quite even. He passed a tiring Michael Harvey with a couple of hours to go and stormed home in 22:31:15. Fred's performance also qualified for new Australian Ultra records for the 65+ group for 12 hours, 50 miles, 100 km and 100 miles even though he walked rather than ran!



*Michael Harvey and Fred Brooks in action in the 2001 event.*

The third walker was **Stan Miskin**, already an Australian Centurion (C 23 in 1988) and now 75 years of age. In the early 90's, he retired and moved from Melbourne to Queensland. In 2000, he sold up and returned to Melbourne and found himself living near Fred Brooks. So it was back into the training shoes - he had already been toying with the idea of a final big walk. In October 2000, he travelled to Adelaide and completed 120 km in the Sri Chimnoy 24 hour event. Then back to some more training and onto this event in April. His target - to break the Australian Ultra Distance



records for the 75+ age groups. Of course, these were running records and Stan would be walking - but they seemed achievable targets.

And Stan was successful in his aim. His final distance was **142.791 km**, blitzing the previous record of 132.8 km, held by Aussie running legend Drew Kettle. Along the way, he also broke Drew's records for 12 hour, 50 miles and 100 km. A fitting achievement at the age of 75!

Full results for the walk sections of the event were as follows. Of particular note was the performance of Karyn Bollen who walked nearly 80 km in a first up attempt in the 12 hour walk section.

**24 Hour Walk**

1. Michael Harvey	162.400 km
2. Fred Brooks	160.934 km
3. Stan Miskin	142.791 km

**12 Hour Walk**

1. Karyn Bollen	79.433 km
2. Ken Riches	78.670 km
3. Phil Essam	49.555 km

**6 Hour Walk**

1. Ken Carter	29.675 km
2. Belinda Essam	23.650 km

**20-22 July 2001 Australian 48 Hour Championship, Bribie Island, Queensland**

Queensland based Centurion John Harris contested his first 48 hour event in this event which was held on a 400m track on Bribie Island just outside Brisbane. John was content to have a good break and a sleep in the middle of the event and was well satisfied with his 221 km walk in the hot conditions. This was the second time in 3 years that this Australian Championship running event had been won by a walker. In 1999, Peter Waddell won with a distance of 229.32 km (Maryborough in Queensland).

1. John Harris	221.680 km
2. Kerrie Hall	204.405 km

**07-08 July 2001 New Zealand Centurions 24 Hour event, Auckland, New Zealand**

While not an Australian event, it is recorded here to acknowledge the performance of Carol Baird who won the womens section of the annual New Zealand Sri Chimnoy 24 Hour run/walk. For Carol, it was her 4<sup>th</sup> Centurion finish and another set of PBs and another set of Australian Ladies Residential records.

Carol's performances eclipsed her previous Australian records as follows

Carol Baird	Previous Aust Record	New Aust Record
100 km	12:57:47	<b>12:37:50</b>
100 mile	21:26:10	<b>20:55:46</b>
24 hour	175.460 Km	<b>176.728 km</b>

Overall the event had 9 runners and 18 walkers. Of the 18 walkers, 10 were from overseas - 7 from England, 1 from Germany, 1 from Aust and 1 from Nederland.

**25-26 August 2001 Malaysian 24 Hour Event, Genting Highlands, Malaysia**

Again, not an Australian event but another consistent performance from **Carol Baird (C 39)** who was one of a large number of walkers who made the trip to Malaysia for the first ever Malaysian 24 Hour endurance walk which was held at the Genting Highlands on 25-26 August.

The event was huge with over 180 starters in the 24 hour walk. The field included 20 international male walkers and 10 international female walkers. The event was fully sponsored by various Malaysian entities such as the Departments of Tourism and Sport and the organisers were able to fully fund the trip for selected overseas entrants. Carol had her trip fully funded and her husband Bob who accompanied her as her handler had a subsidised airfare and all accomodation costs covered in Malaysia.

The race was held in the Genting Highlands Resort which is at 5000' altitude about an hour's drive outside Kuala Lumpur. The course was very tough – steep ups and downs, sharp turns, rough sections of road, varying road surfaces (paving, cement, speedhumps) and the lap was 800m. The event was judged (but in a similar way to our events) and anyone given a report was docked a lap by way of penalty.

Overall, there were 9 men and 2 women who completed the 100 miles within 24 hours. Carol passed the 100 mile mark in about 23:15 - the slower than normal time reflected the toughness of the course.

As it was only 7 weeks since her successful New Zealand win, it was a remarkable performance and added a third Centurion award to her Australian and New Zealand ones. The first 3 places in the ladies event were as follows

1. Sandra Brown	England	182.032 km
2. Carol Baird	Australia	169.252 km
3. Sun Xiao Li	China	147.100 km

#### **18-24 November 2001                      Australian 6 day Race, Colac**

Once again a walker participated and once again it was New Zealander **Gerald Manderson (C31)** who had his first outing after a very quiet year. He matched his 1999 daily totals for the first 5 days and was just over 500 km at the end of day 5 when blistering forced him to back off. His final distance **of 551.6 km** was well short of his 1999 distance of 622 km.

**5-6 January 2002****Coastal Classic 12 Hour Event, Gosford, NSW**

Frank Overton and Paul Thompson (long time supporters of the centurion walks) braved NSW bushfires and held another successful Gosford 12 hour race. This fifth edition attracted 12 runners and 11 walkers.

As usual, there were some good walking performances. **Alex Crawford**, a long time NSW racewalker who comes from a racewalking family (his dad Ron was a top walker back in the 1950's) had his first ultra distance walk and performed strongly to just hold out Carol Baird with a distance of 97 km.

**Carol Baird (C 39)** put in another great walk, being just outside her current 50 mile record and just one km behind her distance of 97 km which she achieved in this event the previous year.

**Lachlan Wilkinson** had attempted the Centurion walk on a couple of occasions and performed well on this occasion, reaching what must be a PB for him of 85.402 km.

**Stan Miskin (C 23)**, at 76 years of age, showed no signs of slowing. Stan beat Cliff Young's 75+ AURA record – and Cliff did it running while Stan was walking. Cliff's record was 12:21:47 but Stan went through the 50 mile mark in under 12 hours and went on to record a 12 hour distance of 81.967 km – another AURA 75+ record for him.

**Val Chesterton** of ACT, at 61 years of age and having her first ultra walk, amazed all around her with a distance of over 50 miles. She had walked her first 50 km event the previous August and had been encouraged to attempt this race by fellow ACT walker Carol Baird.

1.	Alex Crawford	NSW	97.023 km
2.	Carol Baird	ACT	96.065 km
3.	Robin Whyte	ACT	91.834 km
4.	Lachlan Wilkinson	ACT	85.402 km
5.	Stan Miskin	VIC	81.967 km
6.	Val Chesterton	ACT	81.802 km
7.	Judy Brown	NSW	53.345 km
8.	Frank Overton	NSW	50.000 km
9.	Greg Rowe	NSW	46.400 km
10.	Paul Thompson	NSW	44.000 km

**2 Feb 2002****Caboolture Historical Village 12 Hour Dusk to Dawn**

This annual Queensland event saw a number of walkers toe the line. In particular, 3 walkers completed the 12 hour walk. They were

John Harris (C 12)	QLD	82.000 km
Stan Miskin (C 23)	VIC	74.837 km
Lyn Lewis	QLD	81.000 km

Lyn Lewis (who became an Australian Centurion 2 months later in April 2002) broke the event record for the 12 hour walk for women. The event was walked on a 500m gravel track and it rained for the first 4-5 hours. So the going was very slow and slushy.

**02-03 March 2002****Sri Chimney 100 km, Canberra**

Stan Miskin was off to Canberra a month later for the Sri Chimney 100 km. The cutoff mark is set at 16 hours and the 1.4 km loop has a few inclines so is not an easy task for walkers. To make it even tougher, the midnight start was mild and the next day had clear blue skies and hot conditions so all the runners and walkers had to do it tough for the whole day - with little or no protection from the heat and sun. The 2 walkers to complete the 100 km were Canberra walker Ann Staunton (held the Australian womens 50 mile walk record before Carol took it from her) and Stan. Stan's time

was just a few minutes faster than his 100km split at Coburg last year, a fine walk considering the course and conditions.

1.	Ann Staunton	ACT	15:11:00
2.	Stan Miskin	VIC	15:44:55

### **13-14 April 2002 Australian Centurions 24 Hour Walk, Coburg**

<b>C44</b>	<b>Lyn Lewis</b>	<b>46</b>	<b>22:46:54</b>
<b>C45</b>	<b>Karyn Bollen</b>	<b>47</b>	<b>23:35:56</b>

This event was a combined run/walk event with the Australian Centurions joining the Coburg Harriers as co-hosts. Some 50 competitors fronted the line with competitors split across the following divisions

24 Hour Run	12	24 Hour Walk	10
12 Hour Run	4		
6 Hour Run	23	6 Hour Walk	1

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. A computerised lapscore system was used and enabled a small number of dedicated enthusiasts to successfully run an event of this magnitude. 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 initial 12 running competitors and 9 of the initial 10 walking 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 Lewis, 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.

All 4 competitors continued to walk towards the 24 hour mark at varying paces and less than 3 laps separated them at the end.

#### **24 HOUR WALK**

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
5.	Geoff Tranter	ENG	157.788 km		
6.	Stan Miskin	VIC	141.537 km	C 23	
7.	Steel Beveridge	NSW	135.305 km		
8.	John Belfio	VIC	112.598 km		
9.	John Fenton	ENG	110.137 km		
10.	Graham Watt	VIC	97.200 km		

#### **6 HOUR WALK**

Bill Dyer	VIC	30.000 km	C 15
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#### **JACK WEBBER MEMORIAL TROPHY**

Was awarded to Karyn Bollen for the most meritorious Centurion performance on the day

## NEW AUSTRALIAN WOMENS RESIDENTIAL RECORDS

Carol Baird	100 Km	12:18:57
Carol Baird	100 Miles	20:31:24
Carol Baird	24 Hours	182.657 Km

Profiles of the walkers were as follows:

**Carol Baird (C 39)** completed her 6<sup>th</sup> Centurion finish in the last 3 years. She has now walked 100 miles within 24 hours 4 times in Australia, once in New Zealand and once in Malaysia. On this occasion, she broke her Australian records for 100 km, 100 miles and 24 hours with an awesome performance. Her splits were as follows

	2002 performance	Previous best
50 miles	9:47:31	9:42:06
12 Hours	97.550 km	97.290 km
100 km	12:18:57	12:37:50
100 Miles	20:31:24	20:55:46
24 Hours	182.657 Km	176.728 km

**Lyn Lewis (C 44)** was an accomplished ultra-distance runner and a former racewalker over the shorter distances. With such a dual background, the quest for Centurion membership was an obvious one. She was able to reach the 100 mile mark well under 23 hours to become the first woman in Australia 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.

**John Harris (C 12)** became a triple Australian Centurion, having done the hundred previously in 1975 and 1998. John had not done his usual preparation for such a tough event and he had to draw on all his reserves to reach the 100 mile mark in about 23:34:50.

**Karyn Bollen (C 45)** is a complete newcomer to the ultra scene. She competed in the 12 hour run in the 2001 Coburg 24 Hour event and walked most of the way to a distance of 79.4 km. Her walking on that occasion was so impressive that it was suggested she give the Centurion challenge some thought. She came back some 12 months later and produced a superb performance, overcoming horrendous blisters to reach the 100 mile mark in 23:35:56. It was a wonderful moment for Karyn, her supporters and the spectators as she crossed the line. She was awarded the Jack Webber Memorial Trophy for the most meritorious walking performance of the day.

**Geoff Tranter** is a very accomplished Centurion, having completed the British standard on 12 separate occasions. He is also a Continental, American and New Zealand Centurion. His best performance is an astounding 129 miles of walking within 24 hours in 1981 in England. He made the trip to Australia with fellow Birchfield Harriers walker John Fenton to try for the last Centurion badge to complete his collection. Unfortunately, he just failed, being just short of 98 miles at the time the final gun was fired. Geoff gave it a real go but was just not quite fast enough in the first 12 hours of the event. Don't be surprised if he comes back to have another go.

76 year old Centurion **Stan Miskin (C 23)** had a great day, breaking his AURA (Australian Ultra Runners Assn) 75+ records for 50 Miles, 12 hours and 100 km and just falling 1 km short of his 24 hour record. Of course, these are running records and Stan walks! Stan is already an Australian Centurion, having done his 100 mile walk in 1988 and he, like Lyn Lewis, is one of the few Australians to have completed the run/walk 100 mile/24 hour doubles.

NSW walker and ultra athlete **Steel Beveridge** came down a fourth time to try for Centurion membership but, once again, found himself short of the final target. He was able to complete 50 miles in the first 12 hours but faded in the second half of the event.

**John Belfio** entered the event with the hope of walking 100 km in 24 hours and was rewarded with a very good first up 112 km.

British Centurion **John Fenton** was our second overseas walker but on this occasion, it was not to be. He was not comfortable and struggled early to reach what must have been a personally disappointing 110 km. Like Geoff, we may well see John back again to put things to right.

Young Melbourne racewalker **Graham Watt** was back for his 4<sup>th</sup> walk in the Australian Centurion event. On the other occasions, he had reached exhaustion point in the 50-60 km range but this year he managed to get to the 97.2 km mark

before stopping for a massage and a rest. Unfortunately, he could not get going again after this and had to call it a day. This was a much better performance by Graham and indicated that he has the potential to go all the way if he sets his mind to it and trains appropriately.

#### **08-09 July 2002                      New Zealand Centurions 24 Hour event, Auckland, New Zealand**

Once again Carol Baird made the trip to New Zealand and improved on her 2001 performance to record 20:48:53 for the 100 miles. For Carol, it was her 7<sup>th</sup> Centurion finish and just outside her overall best. She continued on to record 167.200 km before retiring from the event. She was 4<sup>th</sup> overall and the first walker to finish

1. Carol Baird                      167.200 km                      (9:56:10 for 50 miles, 20:48:53 for 100 miles)

#### **19 - 21 July 2002                      Australian 48 Hour Championship, Bribie Island, Queensland**

John Harris returned to Bribie Island to defend his 2001 title. Although his 48 Hour distance was 9 km further than last year, he had to lower his colours to runner Tony Collins who took the overall title. Of the 4 finishers in this event, two were walkers – John Harris and Stan Miskin.

1. Tony Collins                      NSW                      253.335 km
2. John Harris                      QLD (Walker)                      230.307 km
3. Kerrie Hall                      QLD                      209.991 km
4. Stan Miskin                      VIC (Walker)                      205.113 km

#### **19 - 20 October 2002                      Sri Chinmoy 24 Hour Carnival, Adelaide Harriers Track, Adelaide**

The Sri Chinmoy 19th Annual Self-Transcendence Ultra Running Festival was held in Adelaide on October 19-20 2002. Once again the venue was the old Adelaide Harriers Track and Carol Baird and Stan Miskin were carrying the flag as walkers. Carol did yet another hundred (her 8<sup>th</sup>) and went on for the full 24 hours to be just outside her Australian best of 182 km set at Coburg earlier this year. Stan Miskin, at 76 years of age, also toed the line (Stan was a regular runner in this event throughout the eighties) and walked to a distance of 121 km.

Carol was 2<sup>nd</sup> overall, being beaten by only 1 runner (David Standeven) while Stan was 11<sup>th</sup>.

2. Carol Baird                      ACT                      179.811 km
11. Stan Miskin                      VIC                      121.695 km

Carol recorded intermediate splits of 10:11:01 for 50 miles and 21:13:27 for 100 miles.

#### **17-23 November 2002                      Australian 6 day Race, Colac**

Once again walkers participated with Gerald Manderson and Stan Miskin as official entries. Gerald, having his first outing after a very quiet year, was 20<sup>th</sup> with 410 km, well short of his 1999 distance of 622 km. It was his third finish in the event. Stan Miskin unfortunately blistered in day 1 and had to retire early on day 2.

20. Gerald Manderson                      NZ                      410.0 km
24. Stan Miskin                      VIC                      138.2 km

**4-5 January 2003****Coastal Classic 12 Hour Event, Gosford, NSW**

This year saw the 6th edition of the Gosford Coastal Classic being conducted at the usual venue of Adcock Park, West Gosford. Start time was 7:30 pm with 22 runners and walkers in attendance. Race conditions were almost ideal; only the humidity was slightly elevated.

In the walk division last year's winner Alex Crawford (in 2002 he won the event with a distance of 97 km) started at a pace worthy of a Elite Racewalking Championship. He held this pace till 30 kms where he had to retire due to an ankle injury he brought into the Classic. **Carol Baird (C 39)** and **Robin Whyte (C 29)**, using their vast ultra experience, let Alex go and stuck to their own race schedules. It paid off for them when he retired and they were left to fight out the walk section (as usual). On this occasion, it was Carol who led Robin throughout the race and who won with a distance of 94.813 km. Robin won the mens' walk section with 91.263 km, almost the same as his 2002 time. **Stan Miskin (C 23)**, after a conservative start, passed a number of the slowing runners and stormed home with a distance of 76.944 km (almost equaling his age of 77!)

Full results for walkers are as follows

1.	Carol Baird	ACT	94.813 km
2.	Robin Whyte	ACT	91.263 km
3.	Stan Miskin	VIC	76.944 km
4.	Judy Brown	NSW	58.400 km
5.	Paul Thompson	NSW	54.000 km
6.	Greg Rowe	NSW	50.000 km
7.	Frank Overton	NSW	40.000 km
8.	Alex Crawford	NSW	30.000 km
9.	Brian Hamer	NSW	24.400 km

**12-13 April 2003****Australian Centurions 24 Hour Walk, Coburg**

**C46 Charles Arosanyin 35 23:35:31**

This event was once again a combined run/walk event with the Australian Centurions joining the Coburg Harriers as co-hosts. A final starting list of 42 competitors fronted the line with competitors split across the following divisions

24 Hour Run	13	24 Hour Walk	13
12 Hour Run	1	12 Hour Walk	4
6 Hour Run	8	6 Hour Walk	3

The races started at 10AM on Saturday 12<sup>th</sup> in sunny conditions that intensified throughout the day. By the time relief was in sight on Saturday evening, competitors had endured some 8 hours of direct sun and heat. As day turned into night, it was a case of sunburnt bodies, blistered feet and heat induced exhaustion.

With the 6 and 12 hour events completed by 10PM, the 24 hour competitors laboured on through the hours of darkness and waited for the final surge of adrenaline which comes with the dawn. But come the morning, there was little left in tank for most and the run/walk home was more of a shuffle than a surge. The toll from the first day's conditions was now obvious and most finish times were slower than would be expected for such a prestigious event.

In the 24 Hour Run, Ian Valentine defied the odds and improved on his personal best by some 24 km. After an early battle with Allan Devine, he cleared away from the field during the night. It was only during the last few hours that the consistent Bill Beauchamp made up ground and started to bridge the gap. But the lead was too big and Ian recorded what must be his biggest win so far. Peter Gray made it 16 finishes in a row for this event with a creditable 4<sup>th</sup> place.

In the 24 Hour Walk, Australian record holder Carol Baird and England based Nigerian walker Charles Arosanyin staged a seesaw battle during the first half of the race. Only 3 laps separated them at the 80 km mark which was passed in just over 10 hours. But Carol once again showed her experience and pace judgement and maintained her pace during

the night as Charles slowed. With the walkers' main aim being the 100 mile target, Charles looked likely to miss out with 5 hours to go. But to his credit, he staged a spirited comeback and reached his goal in 23:35:31 to become Australian Centurion Number 46.

Karyn Bollen (C 45) stepped down from the 24 hour event to the 12 hour and recorded a good 82.131 km for her first outing since completing 100 miles in the 2002 Centurion event.

The event had an international flavour with 3 English and 3 New Zealand walkers competing against the local Australian talent.



*Charles Arosanyin in action*

#### **24 HOUR WALK RESULTS**

1.	Charles Arosanyin	ENG	161.600	C46	100 miles in 23:35:51
2.	John Harris	QLD	149.268	C12	
3.	Geoff Tranter	ENG	134.294		
4.	Stan Miskin	VIC	117.484	C23	
5.	Steel Beveridge	NSW	115.200		
6.	John Timms	VIC	111.037		
7.	Graham Watt	VIC	100.800		
8.	Fred Baker	QLD	100.800		
9.	John Fenton	ENG	98.840		
10.	Laurie Tinson	VIC	75.200		

1.	Carol Baird	ACT	166.890	C39	100 miles in 21:55:35
2.	Linda Law	NZ	109.116		
3.	Deborah DeWilliams	VIC	75.118		

#### **12 HOUR WALK**

1.	Michael Law	NZ	71.135		
2.	Ken Carter	VIC	58.250		
3.	Bill Kyte	VIC	52.400		

1.	Karyn Bollen	VIC	82.131	C45	
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#### **6 HOUR WALK**

1.	Graham Cleal	NZ	44.027		
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1.	Ellwyn Miskin	VIC	36.468		
2.	Ellen Zukowski	SA	30.991		



## **JACK WEBBER MEMORIAL TROPHY**

Was awarded to Charles Arosanyin for the most meritorious Centurion performance on the day

## **GORDON BURROWES TROPHY**

This is a Coburg Harriers trophy for the most meritorious performance on the day from their perspective. It is normally won by a runner but this year it was awarded to John Fenton.

Profiles of the walkers were as follows:

**Carol Baird (C 39)** completed her 9<sup>th</sup> Centurion performance in the last 4 years with another confident performance. But this was perhaps her toughest hundred yet as even she was effected by the trying early conditions. But a finish was never in doubt as she powered through in typical style.

**Charles Arosanyin (C 46)** is a native of Nigeria but currently lives in England and is a member of the famous Surrey Walking Club. Already a British Centurion (C 979 in 2001), he wanted to come out to our event last year but injuries intervened. This year it all fell into place and he was rewarded with a second Centurion badge after a gutsy display. His condition after the race indicated the effort he put in to drag himself back from the edge of failure and record a well deserved Centurion finish.

**John Harris (C 12)**, already a triple Australian Centurion (1975, 1998 and 2002) made the trip down from Brisbane with two thoughts in mind – support training partner Fred Baker and see if he could get yet another hundred himself. He walked consistently but was just not fast enough on this occasion and had to be content with membership of what he has now dubbed ‘the nineties club’.

**Geoff Tranter** is a very accomplished Centurion, having completed the British standard on 12 separate occasions. He is also a Continental, American and New Zealand Centurion. His best performance is an astounding 129 miles of walking within 24 hours in 1981 in England. Last year he made the trip to Australia with fellow Birchfield Harriers walker John Fenton to try for the last Centurion badge to complete his collection. Unfortunately on that occasion he just failed so he was back again this year to put things right. But there is one thing that the English cannot prepare for – a hot Melbourne day. Geoff’s plans were turned upside down in the Saturday heat and his disappointment at what he saw as his failure was obvious. But from our perspective, it was a gutsy walk that deserves commendation.

**Stan Miskin (C 23)** walked the first 6 hours with his wife Ellwyn (who was doing the 6 hour event) and then headed off himself into the familiar 24 hour territory. At 77 years of age, there is no slowing Stan down and his 117 km left many younger competitors in his wake.

NSW walker and ultra athlete **Steel Beveridge** came down yet again to try for Centurion membership but, once again, found himself short of the final target. He was able to complete 50 miles in the first 12 hours but started to tire soon after this point. He eventually gave it away and went for a sleep and his final distance of 115 km was thus down on some of his previous distances.

Ultra runner **John Timms** is well known for his Colac 6 day appearances and his numerous 24 hour running races. I am sure his presence in the 24 hour walk surprised a few of his compatriots but John showed a very good walking form as he matched it early with Carol Baird. A lack of serious walk training meant that he was forced to take a few breaks as the race progressed but his final 110 km was very good and indicated that he could be a serious threat in future events if he sets his mind to it.

New Zealander **Linda Law** has previously walked 137 km in 24 hours in the New Zealand event but found on this occasion that the best of race plans can unfold under adverse conditions. Her final distance of 108.8 km does not reflect her potential and I am sure that she will soon have the right conditions and put it all together for the result she wants.

Melbourne racewalker **Graham Watt** was back for his 5<sup>th</sup> walk in our annual Centurion event and he improved from a previous best of 97.4 km to 100.8 km. Graham was a last minute addition to the field but he showed maturity in his walk, moderating his pace early and hence getting further this time. He showed that he is now ready to move up into the big league and seriously tackle the hundred.

**Freddie Baker** is a legend in Centurion circles. A former secretary of the British Centurions, he has 20 Centurion finishes to his credit. At 70 years of age and now living in Brisbane, he was keen to add an Australian badge to his collection and had been training with John Harris in preparation for this event. Unfortunately, things did not go to plan and he suffered badly with leg problems and had to adjust his expectations and settle for a 100 km distance.

British Centurion **John Fenton** was yet another of our overseas visitors but the hot Saturday conditions took so much out of him that he could not improve on his 100 km achieved in last year's event. He was very disappointed as his final distance of 100.8 km did not really reflect his preparation nor truly reflect his worth.

**Deborah DeWilliams** was a first time competitor who is just dipping her toes into the long distances and she made an impressive start, recording 75 km in 12 hours before being forced to retire. She was well up early but started suffering stomach problems at about the 5½ hour mark. It was a great performance to actually keep walking for such a long time and knock such a distance out when interspersed with frequent toilet stops and stomach cramps. I expect that Deborah will get a lot further in her next event.

**Laurie Tinson** was also a first time competitor doing his first ultra walk. He decided 6 months ago to have a go and looked good early, walking with a smooth and efficient action. He was up in third place in the walk for most of Saturday but started to suffer as the day wore on and he eventually called it quits after just over 10 hours and 75.2 km. With such a good first up walk, he certainly has the potential to nail the hundred with a bit more walking in the legs.

#### 26-27 July 2003                      British Centurions 24 Hour Walk, Newmarket, England

For the second time, an Australian competed in this most prestigious of events but, like Robin Whyte in 2001, **John Harris (C 12)** also failed to finish. Although he had previously completed three hundreds in Australia, John struggled from the start, stopping soon after the 40 mile mark. He came back onto the track later to complete a distance of 66 miles.

45    John Harris                      66 miles

#### 4-5 August 2003                      Malaysia 24 Hour Walk, Genting Highlands, Malaysia

**Peter Bennett (C 24)** made the trip to Malaysia as the officially sponsored Australian representative. Peter was hoping to do well, having been in pretty good shape during the year. He walked in the Australian 20 km championship in Brisbane in April, walked the Canberra 20 miler in June and had his final hitout winning the Queensland 30 km walk title in mid July in 2:48:50. But then big trouble as he hurt his back at work only a couple of weeks before flying out. Despite intensive treatment he went over carrying a major injury and in other circumstances, would not have even fronted for the race. And he nearly pulled it off with a superb performance - he zoomed through the first 100 km in under 13 hours but as time went on, his back got so bad that he was forced off the track at the 15 hour mark. He finally returned some 3 hours later and limped along for the remaining 6 hours, finishing just 3 miles below the 100 mile mark.

9    Peter Bennett                      157.430 km

#### 23-34 August 2003                      Gold Coast 24/48 Hour Carnival

Although this volume does not focus on running performances, it is only appropriate that a special mention is made of the running performance of **Carol Baird (C 39)** who was the overall winner in the Queensland 24 Hour Running Championship. Along the way, she broke 5 Australian Records in the W50 age group - 50 miles, 100 miles, 100 km, 12 Hours and 24 Hours. Her 100 mile run time was 19:29:12 and she completed 188.645 km for the full 24 hours. This was Carol's first running performance after completing 8 100 mile walks over the past 3 years. She becomes the second Australian lady (after Lyn Lewis) to achieve the 100 mile walk/100 mile run feat.

On the walking front, there were two competitors. **Stan Miskin (C 23)** competed in the 48 hour race, finishing with 182 km while **Steel Beveridge**, a regular in our own Centurion events, walked in the 24 hour event and completed 134.614 km.

#### 4-5 October 2003                      Sri Chimnoy 24 Hour Championship, Adelaide

Once again **Carol Baird (C 39)** entered as a runner and finished third overall and the first lady. In hot conditions she completed 180.919 km (100 miles in 20:52:52) to clock up her tenth hundred (8 walking and 2 running). **Stan Miskin (C 23)** walked a distance of 114.620 km to finish 13<sup>th</sup>.

**16-22 November 2003                      Australian 6 day Race, Colac**

This event saw 78 year old **Stan Miskin (C 23)** as the oldest in the field and the only walker. He acquitted himself superbly, meeting the 65 km per day criteria to finish with a wonderful 482.539 km.

10. Stan Miskin                      482.539 km

**10-11 January 2004****Coastal Classic 12 Hour Event, Gosford, NSW**

Event coordinators Frank Overton and Paul Thompson must have been pleased to see a record field taking part in the seventh annual Gosford Coastal Classic which continues to be amongst the best carnivals on the annual ultra calendar. The overall winner was David Criniti who smashed the men's race record with a wonderful 142.495 km and he was one of a number of top performances.

**Carol Baird (C 39)** and was the first woman runner to finish with a fine 103.767 km. **Robin Whyte (C 29)** was the first male walker but had to be satisfied with 82.530 km. **Stan Miskin (C 23)** had been set the challenge to do a weight for age performance – complete 78 km within the 12 hours at 78 years of age. Unfortunately, like the other competitors, he had to face warm overnight conditions and a dry sandy grass track that was not conducive to fast walking. His 70.700 km was still a fine performance and he continues to defy Father Time.

Walking results were as follows

1.	Robin Whyte	82.530 km
2.	Val Chesterson	71.524 km
3.	Stan Miskin	70.700 km
4.	Adam Gould	66.153 km
5.	Judy Brown	59.201 km
6.	David Drayton	51.200 km
7.	Sandra Howorth	50.000 km
8.	Paul Thompson	30.000 km

**17-18 April 2004****Australian Centurions 24 Hour Walk, Coburg**

<b>C47</b>	<b>Bob Lee</b>	<b>49</b>	<b>22:44:44</b>
<b>C48</b>	<b>Graham Watt</b>	<b>27</b>	<b>23:59:23</b>

The 2004 qualifying event was once again a combined run/walk event, with the Australian Centurions joining the Coburg Harriers as co-hosts. A final starting list of 43 competitors fronted the line with competitors split across the following divisions

24 Hour Run	19	24 Hour Walk	7
12 Hour Run	3	12 Hour Walk	2
6 Hour Run	8	6 Hour Walk	4

After scorching conditions the previous year, 2004 saw cool blustery conditions on the Saturday followed by a cold night with intermittent drizzling rain. The Sunday morning was cool and overcast, providing perfect conditions for those still on the track.

The number of older runners and walkers in this event – Ken Matchett (82), Stan Miskin (78), Shirley Young (74), Ellwyn Miskin (74), David Padgett (72), Fred Brooks (70), George Audley (68), Ron McGregor (62), David Jones (62) and John Timms (61) – must form some sort of record!

As usual, the walkers provided their own particular brand of excitement with two new Centurions completing the 100 mile walk within 24 hours. Experienced Kiwi ultra distance runner/walker Bob Lee covered the 100 miles (160.934 km) in 22:44:44 for a comfortable victory. Young Melbourne walker Graham Watt, after 5 unsuccessful attempts, finally achieved his goal with a nail biting finishing time of 23:59:23. In fact, he looked to be well off the required pace with 6 hours to go but rallied superbly and stormed home with his fastest laps of the whole race coming in the final 2 hours. And it was all needed as he reached his goal with only 37 secs to spare!

A number of Centurions participated in the run with Carol Baird overall winner with 189.292 km, Karyn Bollen third in the 24 Hour Run for women with 140.4 km and George Audley completing 84.9 km.



*The new centurions – Graham and Bob*

**Bob Lee (C 47)**, aged 49, is New Zealand Centurion Number 5, achieved with a time of 22:06:26 in July 2000. Bob has also achieved the 100 mile run within 24 hours on two occasions so is one of that rare breed of ultra distance competitors who seems equally at home walking or running. He moved to Melbourne in 2002, now lives in St Kilda and is a member of Coburg Harriers. He walked confidently to his second Centurion badge, this time passing the mark in 22:44:44. His finish never looked in doubt.

**Graham Watt (C 48)**, aged 27, is a local Melbourne walker and a member of the Box Hill Athletics Club. He was a regular Interclub and VRWC walker until the last few years when family commitments (Graham and his wife Maria have 2 small children now) took his priorities elsewhere. But he always harboured the desire to become a centurion and this year the dream came true. Sometimes it takes determination and perseverance to gain this ultimate of prizes and Graham is a prime example of how to keep striving for what you want. He failed 5 times in a row - 1998 54.8 km, 1999 66.8 km, 2000 60.0 km, 2002 97.2 km and 2003 100.8km - leading up to this year. His 2004 100 mile time of 23:59:23 is the closest shave of any attempt. But what makes it even more amazing is the fact that he passed the 50 mile mark in 12:20:33 and looked to have lost all chances of reaching the required milestone. His second 50 mile split of 11:38:52 was over 40 minutes faster and set up an awesome finish as he pulled out all stops to beat the final gun. He covered 23 laps in the last 2 hours – easily the fastest period of his race. He was unable even to walk after the finish, such was the effort he had expended. His performance is one that will stick forever in my mind.

**Stan Miskin (C 23)** walked 136.106 km, an amazing performance for someone 78 years old. He had few if any breaks and remains the ultimate professional in such events.

**Ron McGregor**, aged 62, has been walking less than 2 years and came into this race with little preparation but with a keenness and determination that marks the true Centurion. With only 2 longer races of 20 km under his belt, he amazed all by reaching the 50 mile mark in 11:20:58. It was only in the second half when he started to slow and gradually fell behind the required schedule. Drawing on his inner reserves, he increased the pace and kept going for 4-5 more hours before the body finally gave way and he was forced to retire at 134.400 km. He has vowed to be back and I have no doubt that next time he will make the distance.

Ultra runner **John Timms** walked 110km last year and just bettered that for 113.391 km this year. If he decided to train specifically for the walk, he would be a serious Centurion contender. He has vast experience and just needs some specific walk training to put it all together.

**Fred Brooks (C 42)** was intending to run but swapped to the walk at the last minute. He walked very strongly and evenly for the first 50 miles with Ron McGregor and Dian Goodger. His lack of specific training was the prime cause of his retirement at the 89.600 km mark.

**Dian Goodger** of South Australia certainly looks the total package and it was only stomach problems that prevented her reaching a really serious distance. She was forced to slow at around the 10 hour mark and passed the halfway point

in 12:22:31. To her credit, she walked on to the 100 km mark, finally calling it quits with a distance of 102.000 km. Like Ron McGregor, she will be back and will have learned much from this first serious attempt.

Walk results were as follows

**24 HOUR WALK MEN**

BOB LEE	49	NZ	162.220 km	C47
GRAHAM WATT	27	VIC	160.939	C48
STAN MISKIN	78	VIC	136.106	C23
RON MCGREGOR	62	VIC	134.400	
JOHN TIMMS	61	VIC	113.391	
FRED BROOKS	70	VIC	89.600	C42

**24 HOUR WALK WOMEN**

DIAN GOODGER	40	SA	102.000	
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**12 HOUR WALK MEN**

LAURIE TINSON	49	VIC	72.815	
KEN CARTER	51	VIC	58.798	

**6 HOUR WALK MEN**

GLYN DEWILLIAMS	54	VIC	38.255	
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**6 HOUR WALK WOMEN**

BARBARA TUCKER		VIC	46.221	
SANDRA HOWORTH	41	VIC	42.927	
ELLWYN MISKIN	74	VIC	38.311	

**CENTURION WALK QUALIFIERS**

C47	BOB LEE	22:44:44
C48	GRAHAM WATT	23:59:23

**JACK WEBBER MEMORIAL TROPHY**

Was awarded to Graham Watt for the most meritorious Centurion performance on the day

Significant Milestones are as follows

Competitor	50M	12H	100 Km	100 Mile	24 Hour
Bob Lee	10:20:41	91.760 km	13:17:44	22:44:44	162.220 km
Graham Watt	12:20:33	78.358 km	15:27:19	23:59:23	160.939 km
Stan Miskin	13:13:57	73.422 km	17:07:41		
Ron McGregor	11:20:58	84.695 km	14:34:30		
John Timms	13:41:20	75.667 km	18:52:12		
Dian Goodger	12:22:31	79.260 km	15:52:56		
Fred Brooks	11:41:56	82.461 km			

**17 October 2003 – 15 October 2004      Walk Around Australia**

Deborah DeWilliams arrived back in her hometown Melbourne at 11.00am on Friday 15<sup>th</sup> October 2004 at Federation Square where she was welcomed by media, official Government representatives and family and friends and admirers. Along the way, she had broken the following 5 World Records in her solo walk around Australia.

- World Walk Record for the first woman to walk around Australia
- World Walk Record for the longest walk in the shortest time – 15,669 kms in 343 days
- World Walk Record for the quickest walk over the longest distance – 343 days to walk 15,699 kms
- World Walk Record for the longest continuous walk by a woman
- The outright World Walk Record for the longest continuous walk by anyone on the planet



*Deborah on display for the media – looking good after walking 15,669 kms in 343 days.*

**16-17 October 2004**

**Sri Chimnoy 24 Hour Walk, Adelaide**

**C49 Geoff Hain 58 23:30:38**

For some time Queensland based ultra runner Geoff Hain had dreamed of achieving Centurion membership and so with only five weeks preparation, he entered and walked the Gold Coast 24 hour event in mid August to test himself out. In an excellent first up effort, he reached 82 km in 12 hours and stopped after 100km in 15h25m. His heels were very sore and he was obviously not going to make the 100mile in time.

At that stage he contacted the Centurions and asked whether he could make an officially sanctioned attempt at the 100 mile walk in the annual Sri Chimnoy 24 hour event in Adelaide. With monitoring in place, he passed the 50 mile mark in **10:52:51** and reached the 100 mile mark in **23:30:38**. He became the 7<sup>th</sup> Queensland based walker to become an Australian Centurion and the 9<sup>th</sup> of our group to have both run and walked 100 miles separately within 24 hours.



*Geoff Hain (C 49) reaches the 100 mile mark in Adelaide*

In the same event, South Australian walker Deryck Skinner, a Masters racewalker from Adelaide, rewrote the M70+ record books with new standards for 50 Miles (**11:15:30**) and 12 Hours (**85.583 km**).

**21-27 November 2004**

**Australian 6 day Race, Colac**

This year saw two walkers amongst the field of runners.

**Deborah De Williams**, still in recovery mode after her record breaking walk around Australia, came 16<sup>th</sup> with **448.17 km**. She had not yet recovered from an ankle injury, suffered in her Australian walk, and had to work hard to complete the required 65 km each day. It was not surprising when she won the award for the Most Courageous Performance. Centurion

**Stan Miskin (C 23)**, at 79 years of age, was the oldest entrant. He started well, covering just over 100 km on the first day but suffered a fall on day 2, aggravating a shoulder injury suffered only months earlier. He was consequently forced to retire early on day 3, having covered **181.6 km**.



**10-11 January 2005 Coastal Classic 12 Hour Event, Gosford, NSW**

Ten walkers participated in the walk section of the Gosford Coastal classic and walking results were as follows:

Name	Place	Half	Marathon	50 Km	80 Km	100 Km	12 Hours
Geoff Hain	8	2.33.24	5.25.00	6.26.47	10.35.26	D.N.R	90.656
Robin Whyte	16	2.34.04	5.50.36	8.00.19	D.N.R	D.N.R	75.371
Val Chesterton	17	3.12.48	6.27.08	7.50.51	D.N.R	D.N.R	74.171
Ross Jackson	18	2.50.56	6.56.21	8.39.10	D.N.R	D.N.R	67.713
Blake Walsh	20	3.05.50	6.49.13	8.40.40	D.N.R	D.N.R	67.009
Sandra Howorth	21	3.00.02	6.51.04	8.35.55	D.N.R	D.N.R	64.535
Stan Miskin	22	3.46.56	8.37.57	10.14.20	D.N.R	D.N.R	59.603
Phil Essam	23	3.13.26	7.14.44	9.38.03	D.N.R	D.N.R	58.714
David Drayton	25	2.53.17	6.36.17	8.25.53	D.N.R	D.N.R	52.400
Paul Thompson	31	3.48.40	D.N.R	D.N.R	D.N.R	D.N.R	24.000

New centurion **Geoff Hain (C 49)** backed up with another fine performance and won with a PB distance of 90.656 km. **Robin Whyte (C 29)** took it easy and walked with Val Chesterton while oldest competitor **Stan Miskin (C 23)** completed yet another ultra. **Carol Baird (C 39)** was in the running section and finished 4<sup>th</sup> overall (first lady) with a distance of 100.437 km. Carol set a couple of new W50 AURA records (6 hours and 50 km) along the way.

**16-17 April 2005 Australian Centurions 24 Hour Walk, Coburg**

**C50 David Billett 34 23:52:27**

The 2005 official Australian Centurion Qualifying event was again held in conjunction with the Coburg 24 Hour carnival at the Harold Stevens Reserve in Coburg. A record total of 19 walkers and 34 runners competed in a variety of running and walking events throughout the 24 hour period.

The carnival started at 10AM on the Saturday morning in overcast cool conditions. The sun broke through after several hours but was never too debilitating with the day recording a maximum temperature of 19°C. A cold still night was followed by a sunny Sunday morning as the 24 hour competitors closed in on their various individual targets.

Three walkers completed in excess of 100 miles and this included one new Australian Centurion.

English walker **Jill Green (C 38)** was the first to reach the 100 mile mark in an excellent 22:58:31 and was the overall winner with 165.996 km. Jill competed with a torn hamstring but this did not seem to slow her as she led the whole way. Aged 63, she became the oldest women to complete a Centurion walk in Australia and she set inaugural Australian W60 Open Records for 50 Miles (10:41:12), 12 Hours (89.835 km), 100 km (13:28:55), 100 Miles (22:58:31) and 24 Hours (15.986 km).

**Geoff Hain (C 49)**, who had previously completed the 100 mile distance in October 2004 in Adelaide, completed his second Australian qualifier and improved on his previous time with 23:27:49.

The third centurion finisher was young South Australian runner **David Billett**. In this same event last year, David completed 163.8 km in the 24 hour run. This year, he entered as a walker and recorded a very similar distance – 161.887 km. Along the way, he passed the 100 mile mark in **23:52:27** to become Australian Centurion Number **50**. He is a member of the very elite group of ultra competitors who have completed both 100 miles as a runner and as a walker.

David was behind the required schedule at the 18 hour mark and had to dig deep during the final stages of the event to bring himself back into contention. The final outcome was a fitting reward for his efforts and it won him the Jack Webber Trophy which is awarded annually to the best Centurion performance of the meet.

The other highlight of the walk was the performance of Val Chesterton who set new Australian Residential W60 records for 100 km (19:33:44) and 24 Hours (109.567 km).

The 2005 event also hosted inaugural Racewalking Australia 100 km Australian Walking Championships for men and women.

#### **24 HOUR WALK MEN**

Geoff Hain	QLD	C49	163.041 km
David Billett	SA	<b>C50 **</b>	161.887 km
Fred Baker	QLD		103.200 km
Robin Whyte	ACT	C29	102.400 km
Don MacKechnie	VIC		82.394 km
Stan Miskin	VIC	C23	81.950 km
Graham Watt	VIC	C48	60.000 km
Fred Brooks	VIC	C42	37.200 km
Ron McGregor	VIC		DNS

#### **24 HOUR WALK WOMEN**

Jill Green	UK	C38	165.986 km
Karyn Bollen	VIC	C45	132.988 km
Val Chesterton	ACT		109.567 km
Sandra Howorth	VIC		102.555 km

#### **12 HOUR WALK MEN**

Ken Carter	VIC		56.188 km
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#### **6 HOUR WALK MEN**

Steve Jordan	VIC		43.600 km
Laurie Tinson	VIC		38.336 km
Willie Erasmus	VIC		33.232 km

#### **6 HOUR WALK WOMEN**

Ellwyn Miskin	VIC		38.793 km
Heather Beattie	VIC		34.429 km

#### **AUSTRALIAN 100 KM CHAMPIONSHIP FOR MEN**

1. Geoff Hain	QLD	13:51:31
2. Robin Whyte	QLD	13:57:09
3. David Billett	VIC	14:11:37

#### **AUSTRALIAN 100KM CHAMPIONSHIP FOR WOMEN**

1. Jill Green	UK	13:28:55
2. Karyn Bollen	VIC	16:32:30
3. Val Chesterton	ACT	19:33:44

#### **CENTURION 100 MILE QUALIFIERS**

Jill Green	C45	22:58:31
Geoff Hain	C49	23:27:49
David Billett	<b>C50</b>	23:52:27

#### **JACK WEBBER TROPHY FOR MOST MERITORIOUS CENTURION PERFORMANCE**

David Billett

### 12-14 August, 2005                      Australian 48 Hour Championship, Runaway Bay

The Gold Coast 48 Hours and 24 Hours track events were conducted on 12 - 14 August 2005 at the Sports Super Centre in Runaway Bay, Queensland. The 48 Hours race is also an Australian championship. Amongst the contestants was **Fred Brooks (C 42)** who won the Golden Boot Award for the best performance of the meet.

Fred entered the event as a walker and set a whole string of new Australian M70 walking records. Racing strongly against the runners, he was actually in 4<sup>th</sup> place overall when he passed the 24 Hour mark with a distance of 151.600 km. His next milestone occurred when he reached the 100 miles mark in 25:37:16, breaking Cliff Young's 1995 Australian M70 running record of 30:49:10. He was well on track to break the 200 km and 48 hour records but suffered a fall at 176.000 km at which time he withdrew from the race.



*Fred Brooks receives the Golden Boot award from event organiser Ian Cornelius*

### 18-19 September 2005                      Malaysia 24 Hour Walk, Genting Highlands, Malaysia

The Third Malaysia International 24 Hour event was held in September 2005. Even more countries were represented on this occasion and, of course, the Europeans dominated. A total of 148 men and 81 women started the 24 Hour event – an amazing statistic. The course was different from previous occasions and very taxing on the body, especially the knees. The 870 m lap was held in a different carpark section of the Genting Highland resort (outside Kuala Lumpur) and included a steep downhill section over cobblestones.

12 walkers completed the requisite 162.5 km for Malaysia Centurions club membership. Amongst the new centurions was **Peter Bennett (C 24)** who completed 172.50 km for 9<sup>th</sup> place overall to become Malaysian Centurion Number 30. It was a just reward for Peter who made the trip in 2003 but fell short of the 100 mile distance due to a back injury. In 2005 he made no mistakes. He also set a new Australian M45 24 Hour Record with his overall distance.

Fellow Australian centurion **Charles Arosanyin (C 46)** also competed and finished 11<sup>th</sup> in the men's section with 151.48 km.

### 1-2 October 2005                      New Zealand Centurion 24 Hour Walk, Auckland, NZ

**Geoff Hain (C 49)** added a further notch to his ever growing list of achievements by qualifying as **New Zealand Centurion Number 14** with a 100 mile time of **23:37:24**. This was Geoff's third 100 mile qualifier walk in 12 months. The occasion was the 9<sup>th</sup> Annual Self-Transcendence 24 Hour Track Races (New Zealand 24 Hour Championship) held at Sovereign Stadium in Auckland on 1-2 October 2005.

Geoff's 24 Hour performance (162.474 km) was one of two excellent walking results. New Zealand walker Peter Baillie became New Zealand Centurion Number 13 with an excellent 100 mile time of 21:04:58, going on to complete

182.648 km for a New Zealand Open record.

Overall 24 Hour results were as follows

Women

1.	Carolynn Tassie	47	Auckland, NZ	203.291
2.	Val Muskett	51	Waikouaiti, NZ	186.175
3.	Fay Smith	50	Tauranga, NZ	150.000
4.	Sophie Anderson	27	Dunedin, NZ	125.600
5.	Philippa Speedy	25	Auckland, NZ	113.740
6.	Sophie Butler	33	Auckland, NZ	106.116
7.	Niribili File	59	Auckland, NZ	102.471

Men

1.	Paul Andrewes	31	Palmerston North, NZ	192.087	
2.	<b>Peter Baillie</b>	<b>56</b>	<b>Plimmerton, NZ</b>	<b>182.648</b>	<b>(NZ C13)</b>
3.	Kym Black	52	Wanganui, NZ	174.233	
4.	Brendan Mason	43	Melbourne, Australia	163.381	
5.	<b>Geoff Hain</b>	<b>59</b>	<b>Coolangata, Australia</b>	<b>162.474</b>	<b>(NZ C14)</b>
6.	Dan Greig	46	Auckland, NZ	161.200	
7.	Barnaby McBryde	40	Auckland, NZ	155.681	
8.	Peter Mitchell	31	Christchurch, NZ	155.024	
9.	Vaughan Kingi	28.	Christchurch, NZ	136.400	
10.	Michael Simons	48	Auckland, NZ	110.800	
11.	Morgan Garandel	29	France	106.800	
12.	Gavin Smith	52	Tauranga, NZ	104.800	
13.	Kupa Hokianga	45	Seoul, Republic of Korea	101.790	

**15-16 October 2005**                      **Sri Chimnoy 24 Hour Walk, Adelaide**

**C51**                                      **Deryck Skinner**                                      **72**                      **22:39:55**



*Deryck Skinner (C 51) in action in Adelaide – 22:39:55 for the 100 miles*

The annual Sri Shinmoy 24 Hour Track championship was held at Santos Stadium in Adelaide in October 2005 and Deryck Skinner was amongst the starters.

Deryck had walked in the 12 Hour event there in 2004 and had set new Australian M70 walking records for 50 miles

(11:15:30) and 12 hours (85.580 km). In 2005 he opted for the 24 Hour event and become **Australian Centurion number 51** with a superb 100 mile time of **22:39:55**. His significant splits were as follows

50 Km:	6.16.29
50 Miles:	10.23.05
100 Km:	13.10.44
100 Miles:	22.39.55
24 Hrs:	166.033 Km (415 laps + 33.2 mtrs)

It was a real record breaking spree for Deryck - new Australian M70 walking records at 50 miles, 12 Hours, 100 km, 100 miles and 24 Hours and new Australian M70 running records for 100 km, 100 miles and 24 Hours (even though he was walking!). His 100 miles and 24 Hour records are probably M70 World Walking bests for track and he becomes the first Australian male in that age group to cover 100 miles either running or walking. He also became the oldest ever Centurion Walker on Debut. This performance gave Australia the rare distinction of boasting both the the youngest Centurion debutante (Bill Dyer – 16 years) and the oldest Centurion debutante (Deryck at 72 years and 10 months). Deryck was born 27 November 1932. Hence he was only just short of his 73<sup>rd</sup> birthday when qualifying as a Centurion!

**Stan Miskin (C 23)** was also in action and completed yet another 24 Hour walk with 101.703 km (at 80 years of age!)

### **20-26 November 2005                      Australian 6 day Race, Colac**

2005 saw 4 walkers amongst a record field of runners.

**Stan Miskin (C 23)** competing as a walker and finishing 23<sup>rd</sup> with 429.60 km to set a new World M80 6 day record and possibly setting new Australian M80 100 miles, 200 km and 48 hour records.

**Ron McGregor** (who completed 134 km in the 2004 Australian Centurion event) was forced to retire on day 5 after covering 306 km. This was a great result for Ron who had not really done any preparation for the event. His performances gave him inaugural Australian M60 walking records for 200 km and 6 days.

**Don McKechnie** (who completed 82 km in the 2005 Australian Centurion event), was forced to retire on day 2 after completing 90.40 km

**Deborah De Williams** (who walked around Australia last year), was forced to retire early on day 1 after hearing of the death of the father of her main helper.



*Stan Miskin walks to a new 6 Day M80 record distance of 429.60 km at Colac*

At the Racewalking Australia annual General Meeting in June, a Centurion motion to add the 12 Hour category to the existing 'Australian Track Best on Record' categories was successful. Racewalking Australia Ultra Walking Record categories were thus extended from 4 to 5, as follows

**50 Miles                      100 Km                      100 Miles                      12 Hours                      24 Hours**

The inaugural Australian 12 Hour Track Best on Record standards were retrospectively awarded as follows.

Men	Open	Jim Gleeson (VIC)	24/10/1971	108.290 km	Preston, Victoria
	Residential	Jim Gleeson (VIC)	24/10/1971	108.290 km	Preston, Victoria
Women	Open	Sandra Brown (England)	19/09/1999	103.600 km	Coburg, Victoria
	Residential	Carol Baird (ACT)	14/04/2002	97.550 km	Coburg, Victoria

Overall in 2005, a large number of new Australian age Group walking records were set

Jill Green	W60	50 Miles	10:41:12	17/04/2005	Coburg, Victoria
		12 Hours	89.835 km	17/04/2005	Coburg, Victoria
		100 km	13:28:55	17/04/2005	Coburg, Victoria
		100 Miles	22:58:31	17/04/2005	Coburg, Victoria
		24 Hours	165.986 km	17/04/2005	Coburg, Victoria
Val Chesterton	W60	100 Km	19:33:44	17/04/2005	Coburg, Victoria
		24 Hours	109.567 km	17/04/2005	Coburg, Victoria
Fred Brooks	M70	100 km	15:31:48	14/08/2005	Gold Coast, Queensland
		24 Hours	151.600 km	14/08/2005	Gold Coast, Queensland
		48 Hours	176.000 km	14/08/2005	Gold Coast, Queensland
		100 Miles	25:37:16	14/08/2005	Gold Coast, Queensland
Peter Bennett	M45	24 Hours	172.500 km	19/09/2005	Genting Highlands, Malaysia
Deryck Skinner	M70	50 Miles	10:23:05	16/10/2005	Adelaide, SA
		100 Km	13:10:44	16/10/2005	Adelaide, SA
		100 Miles	22:39:55	16/10/2005	Adelaide, SA
		12 Hours	92.161 km	16/10/2005	Adelaide, SA
		24 Hours	166.033 km	16/10/2005	Adelaide, SA
Stan Miskin	M80	50 Miles	TBA	26/11/2005	Colac, Victoria
		100 Km	29 hrs	16/10/2005	Adelaide, SA
		12 Hours	63.2 km	26/11/2005	Colac, Victoria
		24 Hours	101.703 km	16/10/2005	Adelaide, SA
		100 Miles	2 days 6 hrs	26/11/2005	Colac, Victoria
		48 Hours	174.4 km	26/11/2005	Colac, Victoria
		200 km	2 days 22 hrs	26/11/2005	Colac, Victoria
		6 Days	429.60 km	26/11/2005	Colac, Victoria
Ron McGregor	M60	200km	2:19:06:37	26/11/2005	Colac, Victoria
		6 Days	306.800 km	26/11/2005	Colac, Victoria

The inaugural **Gordon Smith Award** for the **Best Australian Ultra Distance Walking Performance of the Year** was awarded to Deryck Skinner ahead of Stan Miskin and Jill Green. The voting was close

Deryck Skinner (C 51)	54
Stan Miskin (C 23)	48
Jill Green (C 38)	45

**7-8 January 2006****Coastal Classic 12 Hour Event, Gosford, NSW**

The 9<sup>th</sup> staging of the annual Coastal Classic 12 Hour event saw a big field of 48 entries, 41 starters and 35 finishers. Five Centurions were in action – Peter Bennett (C 24), Robin Whyte (C 29), Geoff Hain (C 49), Stan Miskin (C 23) and Carol Baird (C 39) along with a large contingent of ACT walkers.

The walking division was won by Peter Bennett with a superb 97.880 km, only 240m behind Robin Whyte's race record of 98.120 km. Peter's hourly laps were very consistent – 22, 21, 21, 20, 20, 20, 21, 20, 18, 19, 20, 22.

But the big news was the performance of Stan Miskin whose distance of 74.077 km broke the Australian and World M80 running record held by Ken Matchett – and Stan was walking! Ken held the record with 73.600 km so Stan added some 477m to the standard.

Carol Baird came 3<sup>rd</sup> in a very strong Women's Run category and her distance of 101.67 km may well have been a PB .

Full walk results were as follows

**12 Hour Walk Men**

1.	Peter Bennett	QLD	97.880 km
2.	Patrick Fisher	ACT	87.813 km
3.	Robin Whyte	ACT	84.703 km
4.	Geoff Hain	QLD	81.452 km
5.	Lachlan Wilkinson	ACT	78.415 km
6.	Mark Worrell	ACT	76.868 km
7.	Stan Miskin	VIC	74.077 km
8.	Keith Knox	NSW	40.000 km
9.	Paul Thompson	NSW	30.000 km
10.	Dip Chand	FIJI	30.000 km

**12 Hour Walk Women**

1.	Val Chesterton (F)	ACT	69.503 km
2.	Sharyn Chomyn	ACT	40.000 km

**22-23 April 2006****Australian Centurions 24 Hour Walk, Coburg**

<b>C52</b>	<b>Jens Borello</b>	<b>59</b>	<b>22:36:13</b>
<b>C53</b>	<b>Pat Fisher</b>	<b>58</b>	<b>23:14:03</b>

The 2006 Coburg 24 Hour carnival was held on the weekend of 22-23 April at the Harold Stevens Reserve in Coburg. A total of 25 walkers and 27 runners submitted entries, and all bar a few late scratchings keenly contested the various running and walking events on offer. It was particularly gratifying to see 31 of the 52 entrants choosing to compete in the 24 Hour events.

The carnival started at 10AM on the Saturday morning in typical Melbourne autumnal weather – variable and impossible to predict! The forecast threatened showers but luckily the race was spared and conditions, although slightly on the cold side, turned out to be nearly ideal for such an event.

The 24 Hour Walk events saw 4 walkers – Jens Borello, Pat Fisher, Deryck Skinner and Geoff Hain - reach the 100 mile mark and thus achieve the Centurion standard.

**Jens Borello (C 52)** from Denmark was already a triple centurion - Continental (C317 22:15:34 2004), British (C1026 23:17:36 2005) and American (C62 23:21:14 2006) – and he made the trip to Australia specifically for this event. He judged his pace perfectly, sitting back in the field as others pushed the pace early. His patience was rewarded as those ahead of him came back to the field. He took the lead soon after the 100 km mark and was untroubled to become Australian Centurion number 52 with a fine time of **22:36:14**.

**Patrick Fisher (C 53)** came into the event with only one ultra distance walk to his credit, a noteworthy 87.8 km in the



2006 Gosford 12 Hour. Prepared by and supported during the event by Canberra based centurions Robyn White and Carol Baird, he always looked strong and was still full of walking as he reached the 100 mile mark in **23:14:03** to become Australian Centurion number 53.

**Deryck Skinner (C 51)** became Australian Centurion number 51 with an astonishing walk in the 2005 Sri Chinmoy. Aged 72 years at that time, he completed the 100 miles in 22:39:55 to set a whole swag of new Australian M70 running and walking records. Now aged 73, he completed his second centurion qualifier, this time with a time of **23:23:43**.

**Geoff Hain (C 49)** had already completed 3 100 mile qualifiers in the previous 18 months (including one in NZ). Coming from a background as an ultra distance runner, he has made a very successful transition to ultra distance walking and produced a fourth centurion performance at Coburg in a time of **23:38:25**.



*Deryck Skinner (C 51) approaches his second 100 mile at age 73*



*Geoff Hain (right) strides out*

Of particular interest to all was the race within a race between octogenarians Ken Matchett (84 years) and **Stan Miskin (C 23)** (80 years) who between them broke (subject to ratification) six IAU World M80 running records. Ken, entered as a runner, broke the World M80 records for 30 Miles, 40 Miles, 50 Miles and 12 Hours. Stan, entered as a walker, broke the World M80 10 km and 24 hour records.



*Karyn Bollen (C 45) and Terry O'Neill (C 18) - winners of the Australian 100 km walk championships*

**Karyn Bollen (C 41)** looked set for another 100 mile walk until suffering dizzy spells with about 4 hours to go. She



was forced to rest and had to be content with a distance of 154,725 km. **Terry O'Neill (C 18)** has not walked an ultra since he did his 100 mile in 1979 but he showed that he has lost little. He powered through the 50 mile mark in under 10 hours to be well ahead of the field and then suffered through to the 100 km mark which he reached in 13:19:08 to win the Australian 100 km championship. After a good rest overnight, he returned to the track in the dying hours to get a few more laps under his belt. **David Billett (C 50)** had wanted to do another 100 mile walk but suffered badly from blisters and a bad knee and had to lower his expectations in the last 6 hours and be content with a distance of 152.992 km. **Robin Whyte (C 29)** and **Carol Baird (C 39)** won their respective 6 hour walks and then helped Pat Fisher for the rest of the event. **Bill Dyer (C 15)** made a surprise appearance in the 6 Hour run, winning easily with a great distance of 66.809 km. Will we see Bill back for a shot at a 100 mile run next year?

#### 24 HOUR WALK MALE

1	FISHER, Patrick	414 laps	165.605 km
2	SKINNER, Deryck	411	164.577
3	HAIN, Geoff	403	161.200
4	BORELLO, Jens	402	160.934
5	BILLETT, David	382	152.992
6	MISKIN, Stan	350	140.018
7	CUMMINS, Louis	328	131.517
8	O'NEILL, Terry	273	109.525
9	SKRUCANY, Rudolf	215	86.220
10	BAKER, Fred	178	71.200
12	JEMMESON, Sean	78	31.405

#### 24 HOUR WALK FEMALE

1	BOLLEN, Karyn	386	154.725
2	HOWORTH, Sandra	209	83.668

#### 12H WALK MALE

1	TURNER, Gary	171	68.715
2	JACKSON, Ross	156	62.457
3	CARTER, Ken	134	53.827

#### 12H WALK FEMALE

1	CHOMYN, Sharon	207	82.814
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#### 6H WALK MALE

1	WHYTE, Robin	128	51.200
2	JORDAN, Stephen	110	44.121
3	PROUDFOOT, Gordon	91	36.431

#### 6H WALK FEMALE

1	BAIRD, Carol	105	42.350
2	MARSHALL, Diana	105	42.007
3	MISKIN, Ellwyn	96	38.756

#### AUST. 100 KM WALK C'SHIP MEN

1	O'NEILL, Terry	13:19:08
2	BORELLO, Jens	13:33:01
3	FISHER, Patrick	13:54:19

#### AUST. 100 KM WALK C'SHIP WOMEN

1	BOLLEN, Karyn	14:02:39
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#### JACK WEBBER TROPHY

FISHER, Patrick

#### 100 MILE QUALIFIERS

BORELLO, Jens	22:36:13	C52
FISHER, Patrick	23:14:03	C53
SKINNER, Deryck	23:23:43	C51
HAIN, Geoff	23:38:25	C49

**15-16 April 2006**

**200 Km de Rouen, France**

The 37<sup>th</sup> edition of the 24 Hours of Rouen was marked by terrible climatic conditions. Of the forty competitors from ten different nations who started at 5PM on the Saturday, half retired within the first five hours because of the ceaseless rain, violent wind and icy cold (it rained for nearly the entire race).

Peter Bennett (C 24) was a late invitation and he had only a couple of days to get time off work, sort out his travel and pack. Luckily he had been in training for the Australian Centurions event so he was in good shape. He ended up third with a career best distance of 176.175 km.

1.	Alain Costils	KM 520, Barneville	207,350 km
2.	Philippe Vit	Torcy	180.525 km
3.	<b>Peter Bennett</b>	<b>Australia</b>	<b>176.175 km</b>

**12-13 August 2006**

**Australian 48 Hour Championship, Gold Coast, Queensland**

August 2006 was a big month for Australian ultra walking. First at the Australian 48 Hour championship in Queensland, three Australians walked their way into the record books

- **Deryck Skinner (C 51)**, at 73 years of age, was 3<sup>rd</sup> overall with a distance of 257.877 km. This was an Australian best ever 48 hour walking performance (previous best was 230.3 km, set by John Harris in 2002). What made it even more amazing was that Deryck covered 162.8 km for the first 24 hours to record yet another centurion mark (100 miles in less than 24 hours). At the half way mark, he was only 3.3 km behind his current M70 Australian record for 24 hours. Deryck's 200 km and 48H marks also set Australian M70 walking and running records!
- **David Billett (C 50)** set new M35 walking records for the 200 km (43 hours 47 mins) and 48 hours (227.515 km) and finished 6<sup>th</sup> overall.
- **Stan Miskin (C 23)**, at 81 years of age, walked 149.7 km for his 48 hours.



*Deryck Skinner, David Billett and Stan Miskin in action at the Gold Coast*

Deryck Skinner reported on the event as follows

*The weather was fine, sunny and not too hot, with a head wind for about a third of the track during the day. At night it was totally calm but in the early hours of each morning the temperature dropped markedly to be really cold about dawn.*

*Ian Cornelius had organized a good event with plenty of carbo based food every 6 hours although I found it necessary to take in additional food in the intervening hours. Turnaround was set at every two hours which,*

*perhaps, was a little too often. The major drama was, in my view, the electronic scoreboard which could only accommodate six names at a time, and was very difficult to read in daylight hours. There was also a problem transferring the information from the computer to the scoreboard that was frustrating when it was vital to know how we were faring.*

*The track itself was well worn in places, especially around the 220 metre mark and after a few hours it felt like walking on concrete. I started the first 9 hours wearing well cushioned shoes. These started to feel a little heavy so I switched to my normal racing flats for the next 30 hours and this was a mistake - I should have stuck to the heavier cushioned shoe.*

*This was my first 48 hour event so it was a steep learning curve, and the second 24 hours was really hard going - I had hoped to walk the whole distance without taking a rest. This proved impossible and I had to take four short breaks in the last 24 hours. As it happened, this was probably a good thing as I felt better for a while after each break and was able to put in a few (comparatively) faster laps. At the end I was able to say, for the first time, that I could not have done any better - that was quite satisfying.*

*No report would be complete without mentioning Stan Miskin - Stan, at age 81, is an inspiration. His willpower and mental strength is something to behold. He was certainly not feeling well in this event yet he toughed it out right to the end. His encouraging remarks to me during the event were much appreciated.*

*Lorraine and David Billett were a great help to me although David did seem to spend a considerable amount of time with his feet immersed in a bucket of ice! His last three hours where he made up a lot of time on me, were really commendable. Lorraine gave me considerable moral support throughout the event for which I am truly grateful.*

*As I usually do, after each ultra, I vowed never to do another one - but a few days in I find myself planning for the next one - Ultras are just about as addictive as family history research!*  
*Deryck*

#### **19-20 August 2006                      British Centurions Event, Douglas, Isle of Wight, England**

The British Centurions Annual Qualifier was held on the Isle of Man in mid August. Cloudy but mainly dry conditions greeted competitors for this big event that started at 2PM on the Saturday afternoon and finished 24 hours later. 80 walkers entered the long walk and some 90 contested the 20mile 'Starlight Stroll' support race, which started at 10PM on the Saturday evening.

Australia had its own personal point of interest with **Geoff Hain (C 49)** finishing 38<sup>th</sup> in 23:31:43 to become Centurion Number 1051. Australians John Harris and Robin Whyte had previously made unsuccessful attempts at the British Centurion event but it was a case of third time lucky. Geoff was one of 42 walkers who completed the 100 mile walk within the required 24 hours and one of 24 new British Centurions. It was Geoff's fifth centurion qualifier in less than 2 years.

#### **30 Sept – 1 Oct 2006                      Sri Chinmoy Australian 24 Hour Championship, Adelaide**

The 23<sup>rd</sup> Sri Chinmoy 24 Hour Festival of Running was held at the Santos Stadium in Adelaide on the last weekend in September 2006. Four Australian Centurions were in action and one budding Centurion gave it a very good go. **Carol Baird (C 39)** and **David Billett (C 50)** entered as runners while **Deryck Skinner (C 51)** and **Pat Fisher (C 53)** entered as walkers alongside Canberra based walker **Sharon Chomyn**. Sharon won the 12 Hour walk at Coburg in April 2006 with 82.814 km in a very impressive first up performance. She had continued her training with Pat Fisher and came to Adelaide for her first hundred attempt. Unfortunately it always depends on the weather and this particular weekend was HOT and sunny, with daytime temperatures nudging the 30°C.

Carol Baird had missed a lot of training recently due to a nagging ankle injury but it did not stop her setting a whole swag of running records including a new Australian W55 100 km age category record and new WORLD W55 age category records for 12 Hour and 100 miles. She held down second place throughout the race and only one runner could beat her overall. What a fantastic run – 192 km in the heat. David Billett kept it very easy for most of the race but came home like a train to complete yet another hundred as a runner.

If Carol was the outstanding runner, Deryck Skinner was the outstanding walker. At 73 years of age, he finished his fourth centurion qualifier within a 12 month period. Deryck's one line comment - "*The heat was cruel and it was the most rugged 24 hour I have contested so far.*" Pat Fisher had hoped to complete his second hundred, following on from his successful walk at Coburg earlier that same year, but he suffered from an aggravated ankle injury and was forced to give it away just past the 100 km mark. Sharon Chomyn was also amongst the retirees with a very badly blistered heel. Her 100 km time of a little over 15 hours was certainly a good inaugural 100 km split.



*Deryck Skinner on his way to his fourth hundred (Photo from Sri Shinmoy Ultra website)*

#### **24 HOUR NATIONAL CHAMPIONSHIP (Walking results)**

	Name	Age	State	Marathon	50km	50mile	100km	150km	100miles	Final Dist.
8.	Deryck Skinner	73	SA	5:25:25	6:32:01	11:05:23	14:02:23	21:51:06	23:30:12	163.806km
16.	Patrick Fisher	58	ACT	5:52:42	7:05:48	12:09:51	16:08:50	-	-	101.055km
17.	Sharon Chomyn	47	ACT	5:59:05	7:05:15	11:52:18	15:21:37	-	-	100.655km

#### **24-25 November 2006                      3<sup>rd</sup> Penang International 12 Hour Walk, Penang, Malaysia**

Khoo Chong Beng, the organiser of the Malaysia International 24 Hour walk, put on a very well organised third edition of the annual Penang 12 Hour Walk. An amazing 495 competitors in a 12 hour walking race! As is to be expected, conditions were very hot and humid even though the race was held during the night . It was described as more of a "Survivor Penang" than a race.

**Peter Bennett (C 24)** performed magnificently in the tough conditions. The race was conducted in categories so there was no overall winner declared but he won the Men's Senior Veterans Category with 86 laps (92.708 km), the same number of laps as the winners of the Open Men's category.

In 2006, a number of new Australian Masters records were set

Val Chesterton	W65	12 Hours	69.503 km	Gosford Coastal Classic, NSW	7-8 January 2006
Val Chesterton	W65	50 km Track	8:26:17	Gosford Coastal Classic, NSW	7-8 January 2006
Stan Miskin	M80	12 Hours	74.007 km	Gosford Coastal Classic, NSW	7-8 January 2006
Peter Bennett	M50	24 Hours	176.175 km	Rouen 24 Hour Event, France	15-16 April 2006
Stan Miskin	M80	50 Miles	12:31:26	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	100 Km	16:45:07	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	24 Hours	140.018 km	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	48 Hours	147.700 km	Australian 48 Hour, Qld	11-13 August 2006
Deryck Skinner	M70	200 km	1:11:32:15	Australian 48 Hour, Qld	11-13 August 2006
Deryck Skinner	M70	48 Hours	257.877 km	Australian 48 Hour, Qld	11-13 August 2006
David Billett	M35	200 km	43:47:00	Australian 48 Hour, Qld	11-13 August 2006
David Billett	M35	48 Hours	227.515 km	Australian 48 Hour, Qld	11-13 August 2006
Val Chesterton	W65	50 km Road	7:07:52	Canberra	9 September 2006

and two Australian Open Records were set

Deryck Skinner	48 Hours	257.877 km	Australian 48 Hour, Qld	11-13 August 2006
Deryck Skinner	200 km	1:11:32:15	Australian 48 Hour, Qld	11-13 August 2006

Stan Miskin regarded his M80 24 Hour record as perhaps the pick of his achievements and who can argue – 140 km at 80 years of age is astounding by any standards. To quote Stan

*For myself, I was delighted to break the World M80 24 Hour Track Record which I had thought was just over 130 km, but was in fact over 139 km and held by that great English ultra runner Ernie Warwick. My policy of always doing my best and not stopping nor slowing when I passed a record certainly paid off. I had only a very small margin to spare at the finish and could never have forgiven myself if I had missed the record.*

It was not surprising that this performance won Stan the **2006 Gordon Smith Award** for the **Best Australian Ultra Distance Walking Performance of the Year** ahead of Deryck Skinner. It was a fitting final award for Stan who in December announced his retirement from ultra competition. Aged 81 and suffering the debilitating effects of prostate cancer, Stan was forced to end what had been a truly illustrious career.

6-7 January 2007

**Coastal Classic 12 Hour Event, Gosford, NSW**

A field of over 50 runners and walkers made the 2007 Coastal Classic race one of the largest ever track based ultra events held in Australia. Queenslanders **Andrew Ludwig (C 25)** and **Peter Bennett (C 24)** took all before them in the walking section. Andrew, a dairy farmer from rural Queensland, had only a limited preparation for the event and drove to Gosford with his wife and kids. Andrew started fast, covering the first 50 km in 5:12:42. Although suffering mid race, he covered the 50 Mile mark in 8:55:52 and held on for a winning distance of 103.335 km, easily beating Robin Whyte's race record of 99 km. Peter Bennett also did it the hard way, flying to Sydney on the Saturday morning and then catching the train up to Gosford for the Saturday 7PM start. Straight after the race finished at 7AM on the Sunday morning, he did the reverse journey home. By the time he finally went to bed in Brisbane on Sunday evening, he had been up for 40 hours. Peter's distance was 98.349 km. His comments:

*"I would never have recorded that far if Andrew hadn't been in the race. At half way I was looking at about 92 km but actually felt much stronger in the latter stages of the race. I think I did more laps in the last two hours than the first two. Andrew and I raced the last couple of minutes and did about a 2.12 for our last 420 metre lap (the event was held in lane 3 of the grass track). No wonder some of the runners thought we were insane. Back at work today after a Christmas-New Year break. No ill effects from the race just a bit weary and I think I will end with a few more black toenails. I am a bit surprised actually as it is only six weeks since I did the 12 hour race in Penang."*



*The new event record holder Andrew Ludwig and the old event record holder Robin Whyte*

Centurion **Pat Fisher (C 53)** took third with a good 81.808 km. Other Centurions in action included **Robin Whyte (C 29)** and **Carol Baird (C 39)**. Carol was competing in the run category but had to retire early with an ankle injury.

Walking results were as follows:

9.	Andrew Ludwig	103.335
15.	Peter Bennett	98.349
24.	Patrick Fisher	81.808
27.	David Attrill	80.540
34.	Lachlan Wilkinson	74.391
35.	Karina Ward (F)	73.703
36.	Mark Worrall	73.158
37.	Val Chesterton (F)	72.460



38.	Bert Janes	70.227
39.	Steele Beveridge	69.891
41.	Robin Whyte	67.645
42.	Billy Wrigley	66.931
43.	Rodney Ladyman	65.587
45.	Doug Fitzgerald	59.653
47.	Peter Gray	53.186
50.	Judy Brown (F)	51.093
53.	Valerie Moran (F)	41.500
54.	Paul Thompson	31.125



*Peter Bennett, Andrew Ludwig and Pat Fisher (Copyright Doug Fitzgerald – reprinted with permission)*

The event also saw two new Australian Masters records set

Andrew Ludwig	M40 12 Hour Record	103.335 km
Val Chesterton	W65 12 Hour Record	72.460 km

### **21-22 April 2007                      Australian Centurions 24 Hour Walk, Coburg, Victoria**

2007 saw the 20<sup>th</sup> annual edition of the Coburg 24 Hour carnival, held as usual at the Harold Stevens Athletics Track in suburban Melbourne. Once again, the event was a popular choice for many experienced and first time ultra competitors and potential entrants had to be turned away when the event filled with 4 weeks to go.

53 of the 54 entrants made it to the start line and the mix saw 35 runners and 19 walkers spread across the 24 Hour, 12 Hour and 6 Hour categories. Of the 54 entrants, 31 chose the 24 Hour event, a pleasing sign for the future of the sport. The starter was Stan Miskin who must have been a bit itchy firing the gun and seeing the race unfold without him.

The race started on the Saturday morning at 10AM in warm sunny conditions but in less than 2 hours, rain had set in as Melbourne turned on one of its famous weather changes! The showers did not clear until late afternoon and all were then diving for dry clothes and shoes. From then on, the skies remained overcast and further squalls, some quite heavy, created an ongoing challenge for competitors, support teams and race organizers. The flip side was that night time conditions were relatively mild and competitors were not forced into too many layers of clothing.

On the walking side, two of the 24 Hour competitors, **Terry O'Neill (C 18)** and **Geoff Hain (C 49)**, walked in excess of 100 miles. Terry won the walk overall with 169.741 km to add a second centurion badge to his first, achieved way back in 1979! It had been a long wait to see him back in a 24 Hour event. For Geoff, it was his 6<sup>th</sup> centurion walk finish in less than 3 years, a great effort in consistency and mental toughness. It was nearly a case of triplets but NSW entrant **Louis Commins** eventually fell 2 laps short of a centurion finish, coming third with 160.150 km. Louis had in his first ultra at Coburg last year, finishing 7<sup>th</sup> in the 24H Walk with 131.517 km. His gutsy effort last year earned him the Gordon Burrowes Trophy for the most meritorious performance of the carnival.



Winner Terry O'Neill crosses the 100 mile mark in 21:48:35. Runner up Geoff Hain also reached another hundred milestone, this time in 23:33:47. Geoff is shown with his son Peter who supported him during the event.

In the women's 24 Hour Walk, first timer **Catherine Cox** from Adelaide won with 149.021 km, an excellent debut. Australian 50 mile walk record holder **Clarrie Jack (C 4)** was too strong in the men's 12 Hour Walk and won in 88.370 km while last year's 6 Hour Walk winner **Steve Jordan** upped his distance successfully to take second with 85.980 km. The women's 12 Hour Walk saw **Val Chesterton** break her own W65 50 km Australian record by over 1 hour. She passed the 50 km mark in 7:05:57 and then called it quits, well satisfied with her day's work. In the men's 6 Hour Walk, first timer **Paul Kennedy** won with 52.800 km, beating **Robin Whyte (C 29)** by just over 2 km.

So, all in all, the carnival produced a whole swag of top quality performances and lived up to its rating as one of Australia's top ultra events. Although we did not get any new Centurion members, the signs are promising. And now onto the walk results:

#### 24 Hour Walk Male

Place	Laps	Total Distance	Name
1	424	169.741	O'NEILL, Terry
2	406	162.444	HAIN, Geoff
3	400	160.150	COMMINS, Louis
4	352	140.950	ATTRILL, David
5	293	117.447	SKRUCANY, Rudolf
6	289	115.600	WEBBER, Bruce
7	263	105.302	FISHER, Pat
8	223	89.200	SKINNER, Deryck

#### 24 Hour Walk Female

1	372	149.021	COX, Catherine
2	317	126.941	BOLLEN, Karyn
3	119	47.702	CHOMYN, Sharon

#### 12 Hour Walk Male

1	220	88.370	JACK, Clarrie
2	214	85.980	JORDAN, Steve
3	159	63.718	JACKSON, Ross
4	120	48.052	CARTER, Ken

#### 12 Hour Walk Female

1	130	52.000	CHESTERTON, Val
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#### 6 Hour Walk Male

1	132	52.826	KENNEDY, Paul
2	126	50.400	WHYTE, Robin
3	9	3.600	POORE, Alex



<b>Centurion Walks</b>	O'NEILL, Terry	21:48:35
	HAIN, Geoff	23:33:47

**Australian 100 Km Walk Championship Male**

1	O'NEILL, Terry	13:08:08
2	HAIN, Geoff	14:04:47
3	COMMINS, Louis	14:21:09

**Australian 100 Km Walk Championship Female**

1	BOLLEN, Karyn	14:51:40
2	COX, Catherine	15:00:11

**28 May - 10 June 2007                      1000 Mile Walk Attempt, Adelaide, SA**

**Deryck Skinner (C 51)**, inspired by Jack Webber's 1980 endurance walk around the Adelaide Harriers track (Jack covered 1062.25 miles in 38 days 2 hrs 30 mins at an average of more than 27 miles per day - at the age of 66), decided to emulate the feat.

Deryck started his 1,000 mile walk on 28 May at the Adelaide Harriers track, with Geoff Peters seeing him off. He had set himself an even tougher task than Jack – he aimed to complete his 1,000 miles in about 23 days and, if he felt ok, would do another 100 miles to better Jack's performance. He commented to me in an email before he started: *“it is all uncharted territory and the weather conditions will probably play a big part.”*

How true this turned out to be. His basic plan was to start at 6AM each day and walk for 12 hours, covering as much distance as he could and hopefully averaging around 80 km per day. But on day two, the Adelaide weather turned bad and he battled gale force winds for the entire 12 hours, still covering 80 km. But his back was now gone after only 2 days and the weather did not let up. On day 4, it rained so heavily all day that the old cinders track was unable to cope and he walked the whole 12 hours in ankle deep water. He confided to me that he walked in continuous pain from day three onwards. It says a lot for his personal toughness and determination that he soldiered on for 13 days, covering 780 km (an average of 60.5 km per day) before he was forced to retire. In retrospect, he wondered if his daily target of 12 hours / 80 km was just too much. If he tries again (and he has not given up on the idea completely), he may consider a reduced daily target of 10 hours / 60 km.

**11-12 August 2007                      4<sup>th</sup> Malaysian International 24 Hour Walk, Kuala Lumpur, Malaysia**

The 4<sup>th</sup> staging of the Malaysian International 24 Hour Walk was held in August 2007 but, whereas previous editions had been held in the relative coolness of Genting Highlands, the 2007 race was held in central Kuala Lumpur. Participants were required to walk around the well known Samad Building on a designated track measuring 626m. As expected, conditions were typically tropical – hot and humid – and this made it a very tough event which saw the big guns from Europe flagging. The men's race was won by Malaysian Mohammed Bin Harun with 103 miles, but the big surprise were the Kenyan women, who went 1-2-4 in the women's division (90 miles for the winner). Who would have expected that! **Peter Bennett (C 24)** came a wonderful 5<sup>th</sup> overall in the oppressive conditions with yet another centurion finish, this time with 165.26 km. Here is a brief report from Peter on his race

*As usual the organisation and the running of the event were faultless . The race started at 8am so we had to slave it out on the streets in 32+ heat and high humidity ( and heavy smog) until sunset at 7.30pm. Sunset didn't result in the temperature falling significantly and the humidity only went up during the night.*

*I can understand why Craig Barrett hit the pavement here during the 1998 C/Games 50km.*

*There were at least 6 Europeans in the race who have all done more than 200km in 24 hours races (and a number of Paris- Colmar competitors) but only one reached the 100 mile mark in this race. It was probably no surprise that the competitor was Alex Vandenhoeck from Belgium who has competed in the last two Penang 12 hour races. Alex is interested in doing our Centurion walk event one day.*

*The weather certainly took its toll along with resulting blisters and cramps. At the end of the race I was completely physically and emotionally spent but have surprisingly recovered well. I was relieved to reach 100 miles in this event ( I was going to say 'elated' but I was too buggered to be elated about anything at the time).*

***Jens Borello (C 52)** retired from the race at about the 14 hour mark.*

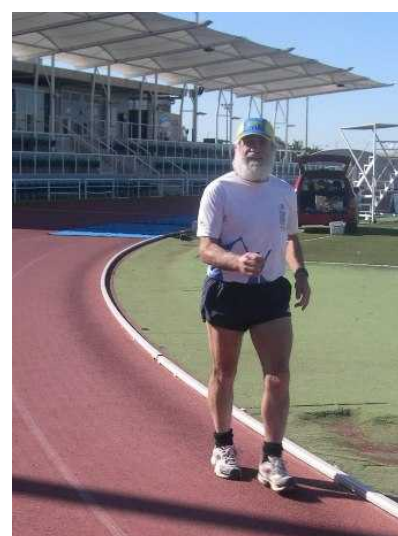
*Interesting to see the way the sport is developing with the Europeans now being challenged . Not only the Malaysians but the emergence of the Kenyans and the Chinese as endurance walkers. It can only be good for the future of the sport.*



*Peter Bennett (C 24) on the way to his fourth Centurion finish, his second in Malaysia*

**11-12 August 2007                      Australian 48 Hour Championship, Gold Coast, Queensland**

There were 8 starters in the 48 Hour event, down from 13 the previous year. The race was won by veteran Tony Collins, notching up his 6<sup>th</sup> National 48 hours championship. His distance was 272.441 kms, almost identical with his 270.561 km achieved last year when he finished second to Martin Fryer. John Nuttall led the race for the first 12 hours but succumbed to a hamstring strain and retired soon afterwards. The lead was then taken by **Andrew Ludwig (C25)** who was entered as a walker and he led the runners until forced to retire at the 16 hour mark with back problems. Andrew had not really prepared for this event and was simply 'giving it a go'. Once Andrew retired, Tony Collins became the race leader and was never headed from that point. Walker **Louis Commins** finished second with 230.892 km and set two new M55 Australian walking records along the way. New Zealand walker **Craig Welsh** finished 4<sup>th</sup> overall and also set new M40 Australian Open records for the 200 km and 48 Hours. So the walkers were definitely to the fore. **Geoff Hain (C 49)** was contesting the 24 Hour division and hoping for yet another centurion finish but, after covering 82.4km in the first 12 hours, he was forced to retire. **Robin Whyte (C 29)** had entered the 12 Hour division and was not really expecting anything special, given his current level of training, but he surprised even himself with his performance, covering a great 88.301 km and setting two new M65 Australian records.



*Australian Age Group records to Craig Welsh, Robin Whyte and Lou Commins*

Overall, the new Australian walking records were as follows:

Robin Whyte	M65	12 Hours	88.301 km	Australian Open and Residential Record
	M65	50 Miles	10:53:50	Australian Open and Residential Record
Lou Commins	M55	200km	37:05:27	Australian Open and Residential Record
	M55	48 Hours	230.892 km	Australian Open and Residential Record
Craig Welsh	M40	200 km	47:36:46	Australian Open Record
	M40	48 Hours	202.418 km	Australian Open Record

And now onto the walking results.

<b>48 HOURS</b>				Age	12hr	24hr	48hr
2	Lou Commins (W)	NSW	58	73.2	141.2	230.89 km	
4	Craig Welsh (W)	NZ	44	67.6	103.2	202.42 km	
6	Nick Barclay (W)	QLD	32	70.0	97.2	140.57 km	
R	Andrew Ludwig (W)	QLD	41	89.6		116.4 km	
<b>24 HOURS</b>				Age	6 hr	12 hr	24 hr
R	Geoff Hain (W)	QLD	60	43.6	82.4	84.00 km	
R	Robyn Cox (FW)	QLD	54	39.2	71.2	74.80 km	
R	Val Chesterton (FW)	NSW	66	33.6		37.60 km	
<b>12 HOURS</b>							
3	Robyn Whyte (W)	NSW	65	88.30 km			
<b>6 HOURS</b>							
7	Bert Janes (W)	NSW	74	43.09 km			

### 29-30 September 2007                      Sri Shinmoy Australian 24 Hour Championship, Adelaide, SA

A top field of 29 competitors toed the line for the 9AM start the Saturday morning and WA runner Mick Francis was the overall winner with a distance of 226.241 km. Amongst the starters were **Deryck Skinner (C 51)** and **David Billett (C 50)**. David had entered as a runner and his final distance of 182.658 km was a great PB and gave him 4<sup>th</sup> place overall. Deryck was walking as usual and got to the 50 mile mark in just under 12 hours before calling it quits. **Louis Commins**, who came so close in the Coburg event earlier that year, was walking once again and managed 145.600 km for 9<sup>th</sup>, another good performance. Further back in the field, first time ultra walker Kate White won the 6 Hour event with a great first up distance of 45.973 km. In fact, it was a new W40 Australian 6 Hour record. Walk results were as follows:

<b>24-Hour Race</b>					
9.	Louis Commins	NSW	M	58	145.600 km
16.	Deryck Skinner	SA	M	74	84.000 km
17.	Eric Trad	NSW	M	62	73.727 km
<b>6-Hour Race</b>					
1.	Kate White	SA	42	F	45.973 km
5.	Lorraine Billett	SA	62	F	36.373 km

### 17-18 November 2007                      American Centurion Qualifier, Grapevine, Texas

The 2007 American Centurions Qualifying event saw 6 new walkers qualify for membership. Dutch walkers dominated the event, finishing 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup>. American walkers filled 2<sup>nd</sup> and 4<sup>th</sup> place and Australian **Geoff Hain (C 49)** finished 5<sup>th</sup> in a PB time of 23:25:14 to complete his 7<sup>th</sup> centurion finish in less than 3 years and to become American Centurion number 68.

6.	Geoff Hain	AUST		23:25:14
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## Major Record Updates - 2007

The Australian Centurions proposed a motion at the 2007 Racewalking Australia Annual Conference in June 2007 to add the following additional categories to its Australian ultra distance walking Track Best on Records

6 Hours                      200 km                      2 Days                      500 km                      6 Days

This motion was successful and the following performances were duly ratified as inaugural Australian Open and Residential records

6 Hours	M-OR	<b>Tim Erickson</b>	VIC	24	60.005 km	Clifton Hill, VIC	18/10/1975
	F-O	<b>Sandra Brown</b>	UK	50	54.180 km	Coburg, VIC	18/09/1999
	F-R	<b>Carol Baird</b>	ACT	51	50.400 km	Gosford, NSW	17/01/2001
200 km	M-OR	<b>Deryck Skinner</b>	SA	73	1:11:32:15	Gold Coast, QLD	13/08/2006
	W-OR	<b>Kerrie Hall</b>	QLD	38	2 Days	Maryborough, QLD	20/11/1999
2 Days	M-OR	<b>Deryck Skinner</b>	SA	73	257.877 Km	Gold Coast, QLD	13/08/2006
	W-OR	<b>Kerrie Hall</b>	QLD	38	211.480 Km	Maryborough, QLD	22/08/1999
500 km	M-O	<b>Gerald Manderson</b>	NZ	57	5 Days	Colac, VIC	24/11/2001
	W	None					
6 Days	M-O	<b>Gerald Manderson</b>	NZ	57	622.000 Km	Colac, VIC	24/11/2001
	W-OR	<b>Deborah DeWilliams</b>	VIC	35	448.170 Km	Colac, VIC	27/11/2004

In 2007, a number of new Australian Masters records were set in existing categories

Val Chesterton	W65	12 Hours	72.460 km	Gosford Coastal Classic, NSW	6-7 January 2007
Andrew Ludwig	M40	12 Hours	103.335 km	Gosford Coastal Classic, NSW	6-7 January 2007
Val Chesterton	W65	50 km Track	7:05:57	Coburg, Victoria	21-22 April 2007
Robin Whyte	M65	12 Hours	88.301 km	Aust 48H, Gold Coast, Qld	10-12 August 2007
	M65	50 Miles	10:53:50	Aust 48H, Gold Coast, Qld	10-12 August 2007
Lou Commins	M55	200km	37:05:27	Aust 48H, Gold Coast, Qld	10-12 August 2007
	M55	48 Hours	230.892 km	Aust 48H, Gold Coast, Qld	10-12 August 2007
Craig Welsh	M40	200 km	47:36:46	Aust 48H, Gold Coast, Qld	10-12 August 2007
	M40	48 Hours	202.418 km	Aust 48H, Gold Coast, Qld	10-12 August 2007
Kate White	W40	6 Hours	45.973 km	Aust 24H Champs, Adelaide, SA	29-30 Sept 2007

In October 2007, the Australian Centurions introduced a new Masters record category – that of 6 Hours. The inaugural records were announced as follows:

The Masters Records (O = Open and R = Residential) have also been calculated and are as follows:

35-39	Peter Bennett	QLD	38	56.640 Km	Clifton Hill, Victoria	08/10/1994	OR
40-44	Andrew Ludwig	QLD	40	56.855 Km	Gosford, NSW	07/01/2007	OR
45-49	Required Standard - 50 Km						
50-54	Paul Kennedy	VIC	50	52.826 Km	Coburg, Victoria	19/04/2007	OR
55-59	Robin Whyte	ACT	58	50.800 Km	Gosford, NSW	6-7/01/2001	OR
60-64	Robin Whyte	ACT	64	51.200 Km	Coburg, Victoria	22/04/2006	OR
65-69	Robin Whyte	ACT	65	50.400 Km	Coburg, Vic	19/04/2007	OR
70-74	Deryck Skinner	SA	72	47.900 Km	Adelaide, SA	16/10/2005	OR
75-79	Stan Miskin	VIC	76	42.850 Km	Coburg, Victoria	14/04/2002	OR
80-84	Stan Miskin	VIC	80	43.450 Km	Coburg, Victoria	23/04/2006	OR
35-39	Ann Staunton	ACT	35	49.260 Km	Coburg, Victoria	19/09/1999	OR
40-44	Kate White	SA	42	45.973 Km	Adelaide, SA	29/09/2007	OR
45-49	Lyn Lewis	QLD	46	47.350 Km	Coburg, Victoria	14/04/2002	OR
50-54	Sandra Brown	UK	50	54.180 Km	Coburg, Victoria	19/09/1999	O
50-54	Carol Baird	ACT	51	50.400 Km	Gosford, NSW	06/01/2001	R
55-59	Jill Green	UK	58	49.550 Km	Coburg, Victoria	19/09/1999	O
55-59	No claimant (Residential)						
60-64	Jill Green	UK	63	46.500 Km	Coburg, Victoria	17/04/2005	O

60-64	Val Chesterton	ACT	61	41.600 Km	Gosford, NSW	06/01/2002	R
65-69	Val Chesterton	ACT	66	42.252 Km	Coburg, VIC	19/04/2007	OR
70-74	Ellwyn Miskin	VIC	74	38.311 Km	Coburg, VIC	17/04/2004	OR
75-79	Ellwyn Miskin	VIC	76	38.756 km	Coburg, VIC	22/04/2006	OR

Note that in the M45-49 division, although there had been some performances, none were in excess of 50 km so that distance was set as the required initial standard necessary before a record could be entered.

**9-10 February 2008 Caboolture Dawn to Dusk 12 Hour Event, Caboolture, Queensland**

With the demise of the Gosford Classic 12 Hour, the Caboolture Dawn to Dusk 12 Hour event took on added importance in the Australian ultra calendar and 2008 saw a record field and a number of fine performances. Amongst the runners were two walkers – **Andrew Ludwig (C 25)** and **Peter Bennett (C 24)**. The race report acknowledged their performances as follows:

*“We were all honored to a display of power walking or speed walking by Peter Bennett & Andrew Ludwig for near 7 hours, till Peter slowly worn down Andrew. They walked shoulder to shoulder for hours starting at 9kph, continuing to only drop a 1kph. Peter went on to walk 101kms, while Andrew achieved 93.026. Gentlemen, you were a pleasure to watch.”*

In fact, Peter set new **Australian M50 Records for 12 Hours (100.700 km)** and **100 km (11:55:14)** on the 500m (certified) compacted decomposed granite surface. Results for the first 12 finishers were as shown.

8.	Peter Bennett	100.700 km
11.	Andrew Ludwig	93.026 km

**30 March 2008 Coburg Carnival 6 Hour Walk, Coburg, Victoria**

In 2008, responding to the increasing popularity of their Coburg 24 Hour Carnival, the Coburg 6 Hour Championships were split off to a separate date – Sunday 30 March. The day was perfect for ultra running and walking with cool overcast conditions for the 9AM start and temperatures that stayed in the mid teens for the duration of the event. Of the 31 entries (21 in the runs and 10 in the walks), 24 made it to the start line and 23 finished the event.

In the men's walk, **Terry O'Neill (C 18)** and **Clarrie Jack (C 4)** battled it out for the first 3 hours before Terry eventually broke free. From then on, it was plain sailing for him as he powered home with 52.983 km for a new Coburg Championship record and a new Australian M50 walk record. Clarrie hung on for second with 47.046 km ahead of local Melbourne athlete Steve Jordan who finished with a PB distance of 45.043 km

In the women's walk, **Karyn O'Neill (C 45)** was another competitor to do a big PB with her winning distance of 46.182 km. That made a walking double for the two newly weds. Dawn Parris took second place with 43.737 km ahead of Sandra Howorth with 38.491 km.

**6 Hour Walk Women**

1.	Karyn Bollen	46.182 km
2.	Dawn Parris	43.737 km
3.	Sandra Howorth	38.491 km

**6 Hour Walk Men**

1.	Terry O'Neill	52.983 km
2.	Clarrie Jack	47.046 km
3.	Steve Jordan	45.043 km
4.	Alex Poore	44.165 km
5.	Rudolf Skrucany	42.976 km
6.	Ken Carter	28.913 km

**19-20 April 2008 Australian Centurions 24 Hour Walk, Coburg, Victoria**

A total of 48 walkers and runners contested the 12 Hour and 24 Hour events on offer at Coburg in 2008. The starter's gun was fired at 10AM on the Saturday morning in warm and sunny conditions. The clear blue skies continued throughout the day as temperatures quickly rose to the expected 25°C and competitors struggled to stay hydrated and cool through the long first day. Melbourne then showcased its contrasting weather patterns with overnight temperatures plummeting. Finally another warm morning allowed competitors to throw off the layers of clothing and finish in beautiful autumnal conditions.

The walks saw strong fields and the Australian Centurions were pleased to see two walkers reach in excess of 100 miles. In the Men's 24 Hour walk, Australian Centurion **Andrew Ludwig (C 25)** led from the gun and walked without any significant breaks until he reached the 100 mile mark in **22:34:20**. This was Andrew's second centurion qualifier, following on from his initial one in 1994. Behind him, ultra runner Colin Brooks added another string to his bow with a strong second place walk of 148.226 km, ahead of Centurion Pat Fisher with 145.240 km. The Women's 24 Hour walk was an exciting affair with South Australian walker **Catherine Cox** having to dig deep in the final 6 Hours of the event, eventually reaching the 100 mile mark in **23:57:57**. Behind her, Karyn O'Neill and Sandra Howorth took the minor medals with 129.044 and 64.000 km respectively.



*Cathy walking at Coburg in 2007 (left) and 2008 (right)*

The Men's 12 Hour walk saw Australian M65 walk record holder Robin Whyte win with a very impressive 85.775 km, ahead of David Attrill and Gary Turner. In the Women's 12 Hour walk, the mother and daughter combination of Dawn Parris and Leah Stringer took the honours with 78.079 and 56.811 km respectively.

#### **24 Hour Walk Men**

1	Andrew Ludwig (C 25)	161.600 km
2	Colin Brooks	148.226 km
3	Pat Fisher (C 53)	145.240 km
4	Craig Welsh (NZ)	110.121 km
5	Steve Jordan	109.732 km
6	Phil Essam	87.725 km
7	Terry O'Neill (C 18)	80.000 km
8	Laurie Tinson	52.400 km
9	Louis Commins	31.600 km

#### **24 Hour Walk Women**

1	Catherine Cox (C 54)	161.170 km
2	Karyn O'Neill (C 45)	129.044 km
3	Sandra Howorth	64.000 km

#### **12 Hour Walk Men**

1	Robin Whyte (C 29)	85.775 km
2	David Attrill	71.494 km
3	Gary Turner	63.476 km
4	Ken Carter	52.589 km
5	Clarrie Jack (C 4)	20.000 km

#### **12 Hour Walk Women**

1	Dawn Parris	78.079 km
2	Leah Stringer	56.811 km

#### **Australian 100 km Championship for Men**



1	Andrew Ludwig	12:28:09
2	Colin Brooks	15:12:32
3	Pat Fisher	15:29:34

#### **Australian 100 km Championship for Women**

1	Catherine Cox	14:32:52
2	Karyn O'Neill	15:26:54

#### **Perpetual Trophies**

Gordon Burrowes Award:	Phil Essam
Jack Webber Trophy	Catherine Cox

### **31 May – 1 June 2008 Continental Centurions Qualifying Event, Schiedam, Holland**

The Continental Centurions 2008 qualifying event was held in the Dutch city of Schiedam and it saw Australian walker **Hain (C 49)** complete yet another successful 100 mile walk, this time in a PB time of 23:18:30, to come 21<sup>st</sup> overall and become one of 13 new Continental centurions. This meant that Geoff had finished 8 100 mile centurion qualifiers in less than 4 years and had earned 5 of the 6 available Centurion badges. His list of hundreds reads as follows

23:30:38	16-17 Oct 2004	Adelaide, SA	(C 49)
23:27:49	16-17 April 2005	Coburg, Victoria	
23:38:25	22-23 April 2006	Coburg, Victoria	
162.474 km in 24H	1-2 Oct 2005	New Zealand	(C 14)
23:31:43	19-20 Aug 2006	Isle of Man, UK	(C 1051)
23:33:47	21-22 April 2007	Coburg, Victoria	
23:25:14	17-18 Nov 2007	Grapevine, Texas, USA	(C 68)
23:18:30	31 May – 1 Jun 2008	Schiedam, Holland	(C 368)

### **18-21 June, 2008 Paris Colmar Classic, France**

2008 saw the first ever Australian entrant in the Colmar classic - **Peter Bennett (C 24)** contested the Stages race which followed the route of the Paris-Colmar event with 6 stages over 3 days for a total distance of 173 km). In what was without doubt the highest profile ever ultra walk by an Australian in Europe, he finished second to a Cameroun walker , covering the distance in 19 hours 30 mins for an average speed of 8.872 km.

1.	Foudjen Daniel	CAM	173,000 km	18:18:00	9,454 km/h
2.	Bennett Peter	AUS	173,000 km	19:30:00	8,872 km/h

### **5-6 July 2008 24 Heures de Rouen, France**

Fresh from his great race in the Paris Colmar Stages event, **Peter Bennett (C 24)** spent a productive three days at his work headquarters in the northern French city of Lille, enjoyed a few days sightseeing in Paris and then travelled to Rouen for his final appointment in the prestigious 24 Heures de Rouen Classic. And he did it in style, recording a huge win in this big walking classic.

Peter had previously come third in this event in 2006 with a distance of 176 km (after stepping off the plane from a 40 hour flight). In 2008, he had enjoyed two weeks in Europe with plenty of rest and good food and he was coming off a good race preparation – the Canberra 20 Miler in June and the Paris Colmar Stages event. And to top it off, the race was held in good weather, unlike 2006.

But even with all that being said, we did not expect a performance of this magnitude - his winning distance was an amazing 214.65 km or 133 miles for those old enough to remember. Putting that into perspective, Peter's Australian 100 km record was 10:51:25, Ian Jack's Australian 100 miles record was 17:59:30 and Jim Gleeson's 24 Hours Australian record was 196.490 km. Peter powered through the 100 km mark in around 10:30, passed the 100 mile mark in around 17 hours and covered 214 km in the 24 hours. Of course, our records are track based so we could not grant his statistics 'record' status but what a walk.





*Peter Bennett in action in Rouen – a worthy winner with 214.65 km in 24 hours*

**29-31 August 2008 Australian 48 Hour Championship, Caboolture, Queensland**

The Australian 48 Hour Championship was held in late August at the Caboolture Historical Village in Caboolture, Queensland. This event had previously been run by Ian Cornelius on the Gold Coast track but was shifted in 2008 to the venue that had been used successfully for the Caboolture Dawn to Dusk event. The course was a 500 metre circuit with a compacted decomposed granite road surface and the race direction was reversed hourly.

**Andrew Ludwig (C 25)** and **Deryck Skinner (C 51)** were amongst the starters and both performed strongly, coming fourth and fifth respectively.. There were three other walkers in the field – Lou Cummins (NSW), Craig Welch (NZ) and Ian Valentine (QLD). Lou completed the 48 Hour event in 2007 and was second overall with 230.890 km. His 2008 distance was lower - 201 km. Craig Welch also competed in 2007, covering 202.42 km, but in the 2008 edition he was forced to retire at 6PM on the Saturday evening after covering 123 km. Ian Valentine also retired mid race, having covered 110.5 km.

4. Andrew Ludwig (C 25)	240.033 km
5. Deryck Skinner (C 51)	238.811 km
8. Lou Cummins	204.049 km
10. Craig Welch	124.000 km
11. Ian Valentine	110.500 km

Deryck (M75 division) and Andrew (M40 division) both set new Australian records for the 200 km and 48 Hours.

**4-5 October, 2008 Sri Shinmoy Australian 24 Hour Championship, Adelaide, SA**

**Deryck Skinner (C )** was the standout walker in the recent Sri Chinmoy Australian 24 Hour championship, held in Adelaide on 4-5 October 2008. He set new Australian M75 records for all categories up to 24 Hours. He commented as follows:

*I have set new times/distances for all the M75 standards. However, with the exception of the 100 km, which was clear cut, all the others were a very close call so I won't be claiming any of those until you have seen the lap sheets. It may take a while to get these.*

*I was never going well, and it is obvious that 5 weeks between Caboolture and Adelaide was not enough. The body just did not respond, and I am probably not going to do any competitive walking for 12 months. My final distance was 143.033 km - it was very obvious early on that a qualifier was not possible and I had to go off the*

*track for a couple of hours in the early morning on Sunday.*

*Lorraine Billet took on the role which you usually do when things are a bit tight, and "bullied" me into finding a little bit extra when it was needed.*

Deryck set new M75 100 mile, 200 km and 48 Hour records in Caboolture in August. Now with his new M75 records in Adelaide, he has all the M70 and M75 records up to and including the 48 Hour. Here are Deryck's new M75 records as compared with Stan Miskin's old records. It has taken a great couple of walks by Deryck to beat Stan's records which were something special themselves. It is astonishing to me that we had had two such outstanding walkers in such close succession. I suspect that the new records will last a long time.

50M	Stan	11:40:41	Deryck	11:35:51
100KM	Stan	15:47:33	Deryck	14:49:42
6H	Stan	42.850 Km	Deryck	43.852 km
12H	Stan	82.650 Km	Deryck	83.229 km
24H	Stan	142.791 Km	Deryck:	143.033 km
100M	Stan	48 Hours	Deryck	30:04:37
200 Km	Stan	48 Hours	Deryck	38:53:58
48 Hours	Stan	205.133 km	Deryck	238.811 km

**7-8 February 2009****Caboolture Dawn to Dusk 12 Hour Event, Caboolture, Queensland**

The annual Caboolture Dawn to Dusk event was held as usual at the Caboolture Historical Village in Queensland and it saw excellent fields and some good racing. The field of 95 included 16 solo 12hrs, 16 solo 6hrs, 3 solo 50ks, 17 teams 3 x 2hrs and 3 teams 2 x 3hrs. Three walkers were in attendance with Peter Bennett producing the walking performance of the day. He was 8<sup>th</sup> overall with 98.5 km, well ahead of Ian Valentine who was 13<sup>th</sup> with 80.5 km. Walk results were

12 Hour	8	Peter Bennett	QLD	98.5 km
	13	Ian Valentine	QLD	80.5 km
6 Hour	13	Iggy Jimenez	QLD	36.0 km

**15 March 2009****Coburg Carnival 6 Hour Walk, Coburg, Victoria**

The Melbourne weather was at its fickle best as the competitors battled early rain and wind, were tempted mid race by some weak late morning sun and then finished the event in overcast conditions. A large field of 38 contestants faced the starter's gun at 8AM and all but 4 were still on the track when the final gun sounded at 2PM. 2009 saw the 24 runners confined to lanes 1-2 and the 14 walkers confined to lanes 3-4. This proved a successful experiment as it allowed both the faster runners and the faster walkers a clearer passage around the track. The walk produced three new Australian Masters 6 Hour Walk records

- Terry O'Neill (C 18) bettered his own M50 record for the 6 Hour walk.
- Clarrie Jack (C 4) set a new M60 record for the 6 Hour walk.
- Dawn Parris set a new W55 residential record for the 6 Hour walk.

In the 6 Hour walk for men, Terry and Clarrie swapped the lead on several occasions before Terry eventually established a winning break. His winning distance of 53.191km was a new Australian M50 record while Clarrie's second place distance of 52.505km was a new Australian M60 record. Steve Jordan, Alex Poore and Rudolf Skrucany took the next 3 places with PBs of 46.201km, 45.246km and 44.183km respectively. Doug McKay improved a lot on his 2008 Sri Chimnoy Adelaide 24H walk to record 44.124km for 6<sup>th</sup> place while Deryck Skinner (C 51), the oldest competitor in the field at 76 years of age, showed that he has lost none of his form with a fine 43.836km.

The women's 6 Hour Walk Championship saw a great battle between Dawn Parris and Karyn O'Neill (C 45) with the two ladies never more than a lap or two apart. After chasing Karyn for the first 5 hours, Dawn finished the stronger to pass her in the last hour and win narrowly with 45.719km, a new Australian Residential W55 record. Karyn was close behind in second place with 45.320km while Sandy Howorth was third with 36.317km.

Because the walkers competed in lane 3, some additional calculations were required to convert their completed laps into actual distances (each lap walked in lane 3 involved a distance of 414.7m)

6 Hour Walk C'ship Men			Laps	Distance	Addit. Distance	Final Distance
1.	Terry O'Neill (C 18)	VIC	128	53.082	0.109	53.191
2.	Clarrie Jack (C 4)	VIC	126	52.252	0.252	52.504
3.	Steve Jordan	VIC	111	46.032	0.169	46.201
4.	Alex Poore	VIC	109	45.202	0.044	45.246
5.	Rudolf Skrucany	VIC	106	43.958	0.225	44.183
6.	Doug McKay	VIC	106	43.958	0.166	44.124
7.	Deryck Skinner (C 51)	VIC	105	43.544	0.292	43.836
8.	Gary Turner	VIC	100	41.470	0.201	41.671
9.	Ken Carter	VIC	72	29.858	0.264	30.122

6 Hour Walk C'ship Women			Laps	Distance	Addit. Distance	Final Distance
1.	Dawn Parris	VIC	110	45.617	0.102	45.719
2.	Karyn O'Neill (C 45)	VIC	109	45.202	0.118	45.320
3.	Sandy Howorth	VIC	87	36.079	0.238	36.317
4.	Janet Hunter	VIC	46	19.076	0.042	19.118

**18-19 April 2009 Australian Centurions 24 Hour Walk, Coburg, Victoria**

The Coburg 24 Hour Carnival was held on the weekend of 18-19 April and as usual the event also doubled as the annual Australian Centurions qualifier. Overall, some 40 runners and walkers were in action in what turned out to be a fantastic event in which 4 walkers reached the elusive one hundred mile goal, 3 new Centurions amongst them

- Belgian couple **Rudy Schoors** and **Caroline Mestdagh** won their respective divisions in masterly fashion, adding Australian Centurion badges to their British and Continental Centurion badges. They both recorded 100 mile personal best times and obviously enjoyed their first track 24 hour walks. Rudy became **Australian Centurion number 55** with **22:01:45** while Caroline became **Australian Centurion number 56** with her time of **22:40:27**
- Behind them, two Queensland based Australian walkers also achieved the elusive 100 mile mark. **Geoff Hain (C 49)** who already has 5 of the 6 available Centurion badges, produced yet another Australian badge (his fifth) with a great time of **23:24:50**, after suffering early with leg problems.
- Behind him, **Ian Valentine**, a former winner of the Coburg 24 Hour run, showed that he can walk as well as run. Using an impeccable racewalking action nearly the whole way, he strolled through to a wonderful inaugural 100 mile time of **23:37:03** to become **Australian Centurion number 57**.



*Rudy Schoors*  
C55 - 22:01:45



*Caroline Mestdagh*  
C56 - 22:40:27



*Geoff Hain*  
C49 - 23:24:50



*Ian Valentine*  
C57 - 23:37:03

In the men's 24 Hour walk, **Clarrie Jack (C 4)**, contesting his first 24H walk for many years, led early and covered nearly 27 km in the first 3 hours before slowing and eventually deciding to call it quits after 6 hours and 49.349 km. By the 6 hour mark, **Terry O'Neill (C 18)** had caught and passed him and was one lap clear of him and 7 laps ahead of Rudy and Ian who were level pegging. At the 12 hour mark, the leading positions were unchanged with Terry, at 94.5 km, 7 laps ahead of Ian and 8 ahead of Rudy. The 12 hour mark saw the first 6 men (Terry O'Neill, Ian Valentine, Rudy Schoors, Geoff Hain, Steve Jordan, and Gerald Manderson) all well past the 50 mile mark and we looked set for an interesting second half.

By this stage, Terry was suffering badly and decided to work through to the 100 km mark and then then have a break and see how he felt. Once back on the track, he found that he could not continue without a huge effort so called it quits at 112.384 km. By the 16 hour mark, Rudy had quietly passed Ian and was 3 laps in front and walking strongly. **Geoff Hain (C 49)** had come good after a horrid first half when he struggled with a sore hip and visibly limped around the track. We had all but written him off but he proved us wrong and was now matching Rudy and Ian lap for lap, although some way behind overall in third place. Steve Jordan was still on target for a 100 mile finish but he was suffering and it was a long way yet to go.

From here on, we were pretty certain that Rudy and Ian and Geoff would reach the hundred so attention was focused on Steve. He was still on track at 5AM with a distance of just on 130 km when he collapsed and could go no further. It was a cruel finish for him – he had 5 hours in which to cover the final 31 km but the legs were not able to carry him any further. Steve was a first time competitor at Coburg in 2005 when he won the 6 Hour Walk with 43.6 km. He was back again in 2006 to come 2<sup>nd</sup> with an improved distance of 44.12 km. In 2007, he upgraded to the 12H Walk and came 2<sup>nd</sup> with 85.98 km and in 2008, he was 3<sup>rd</sup> in the 6H Walk with 45 km and 5<sup>th</sup> in the 24H Walk with 109 km. This year he did a PB in the 6H event in March (46.032 km) and reached 129.801 km in the 24H Walk. Like Graham Watt, he is improving each year and next year could see him put it all together.

From there, the three leaders pushed through strongly to reach their 100 mile goals as discussed earlier. Doug McKay was next in with a PB distance of 138.687 km. Doug has come a long way in a short time - he competed in his first 24H event in Adelaide in October 2008 with 127.55km, then walked 43.958 km in our 6H event in March. He has lots of strength and just needs to increase his base speed to challenge the hundred. Next year!

**Gerald Manderson (C 31)** was next in with 126.499 km and he was well pleased. After 7 years out of the sport, he decided to make a comeback some 6 months ago. Shedding 15 kg, he whipped himself into shape and was pleased to reach the 50 mile mark inside the 12 hours. With another year of walking under his belt, he should be ready for another hundred to go with his 8 or 9 previously accumulated. The other finishers were Lou Commins (118.372 km) and Rudolf Skrucany (102.812 km) who both put together good first halves but just could not hold it together in the second half. It is indeed a tough event.

In the women's walk, local Victorian Masters walker Heather Carr stormed to a big lead early. Heather had told me that she only intended to walk for 6 Hours and she was true to her word, stopping at that point with just over 51 km to her credit. Once Heather retired, Caroline Mestdagh became the new leader. She was walking with her husband Rudy and, by the time she passed the 12 hour mark with just on 90 km to her credit, she was over 10 km ahead of Dawn Parris and a further 3 km ahead of Karyn O'Neill (C 45). While Caroline looked set for a centurion qualifier, the other walkers looked out of contention. Dawn was the next best with 78 km, Karen had 75 km and Val Chesterton had 71 km.

From here on, Caroline walked without rest to reach her 100 mile mark in 22:40:27. Dawn Parris also walked without rest to a final distance of 137.445 km. I felt before the race that Dawn was a chance for a centurion finish but she would be the first to admit that she did not have a good day. I am still convinced that she can return next year and complete unfinished business. She completed 45.610 km in our 6 Hour event in March so has the necessary speed. She just needs things to fall into place on the big day. Val Chesterton, our oldest competitor at 68 years of age, did a PB of 115.578 km and set a new W65 24 Hour record in what was an excellent walk. Behind her, Karyn suffered early but toughed it through to 92.478 km before retiring. The final competitor, Sandy Howorth, was pleased with her distance of 85.930 km and will, I am sure, be back to improve next year.

Full results for the walkers read as follows (note that walkers raced in lane 3 so their distance was 414.7m per lap)

#### 24 HOUR WALK MEN

	NAME	AGE	STATE	NUM	LAPS	DIST.	EXTRA	FINAL	
1	SCHOORS, Rudy	44	BELGIUM	52	405	167.954	0.000	167.954	<b>C55</b>
2	VALENTINE, Ian	48	QLD	55	390	161.733	0.077	161.810	<b>C57</b>
3	HAIN, Geoff	62	QLD	43	390	161.733	0.000	161.733	C49
4	McKAY, Doug	58	VIC	47	334	138.510	0.177	138.687	
5	JORDAN, Steve	52	VIC	46	313	129.801	0.000	129.801	
6	MANDERSON, Gerald	65	NZ	48	305	126.484	0.015	126.499	C31
7	COMMINS, Louis	59	NSW	41	285	118.190	0.182	118.372	
8	O'NEILL, Terry	53	VIC	49	271	112.384	0.000	112.384	C18
9	SKRUCANY, Rudolf	53	VIC	54	247	102.431	0.381	102.812	
10	JACK, Clarrie	63	VIC	45	119	49.349	0.000	49.349	C4

#### 24 HOUR WALK WOMEN

	NAME	AGE	STATE	NUM	LAPS	DIST	EXTRA	FINAL	
1	MESTDAGH, Caroline	43	BELGIUM	64	397	164.636	0.000	164.636	<b>C56</b>
2	PARRIS, Dawn	56	VIC	66	331	137.266	0.179	137.445	
3	CHESTERTON, Val	68	ACT	62	278	115.287	0.291	115.578	
4	O'NEILL, Karyn	54	VIC	65	223	92.478	0.000	92.478	C45
5	HOWORTH, Sandy	46	VIC	63	207	85.843	0.087	85.930	
6	CARR, Heather	59	VIC	61	124	51.423	0.000	51.423	

The event also co-hosted Racewalking Australia 100 km championships which saw Terry O'Neill and Caroline Mestdagh become the new Australian champions.

Of special note was Heather Carr's 6 Hour walk performance (51.423km) which was a new Australian Residential record, beating the 2001 distance of 50.400km done by Carol Baird in the Gosford 12 Hour event that year. Heather was of course better known as one of the world's best Masters racewalkers who at that time held all the W55 World Records for the shorter racewalking distances. Of course, the Australian All-Comers record of 54.180km was still owned by English supremo Sandra Brown from our 1999 event at Coburg.

#### AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1	O'NEILL, Terry	12:44:09
2	VALENTINE, Ian	13:10:52
3	SCHOORS, Rudy	13:14:54

#### AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1	MESTDAGH, Caroline	13:27:08
2	PARRIS, Dawn	15:49:58
3	CHESTERTON, Val	17:52:05

Finally, the Jack Webber Trophy for the most meritorious performance went fittingly to Ian Valentine (C 57).

Other highlights included a number of new Australian Ultra Distance Masters walking records

- **Heather Carr** set a new **W55 6 Hour record** of just over 51 km (exact distance to be confirmed).
- **Val Chesterton** became the first W65 woman in Australia to complete a 24 Hour walk event so her distance of 115.578km becomes the inaugural **W65 24 Hour record**. This is actually a greater distance than her W60 Australian record of 109.567 km, set in 2005 and confirms the quality of her performance. She also set new 50 Mile and 100 Km records along the way.
- **Ian Valentine (C 57)** set new **M45 Australian Residential records for 12 Hours, 100 km and 24 Hours**.

#### 30-31 May 2009                      24 Heures de Rouen, France

Australian Peter Bennett confirmed that he is one of the top ultra distance walkers in the world with a repeat win in the Rouen 24 Hour classic in late May. Last year, he won this prestigious event with 216 km. This year in the 41<sup>st</sup> edition of this annual endurance walk, he won with an almost identical distance of 213 km.

Peter led from the start, heading off at a devastating speed of 9.5km/hr and had soon broken away from all the other walkers except for Chinese contestant Aiguo Feng. Feng, who comes from Ningbo, the twin city of Rouen located at 200 km of Shanghai, lost contact as night fell and, from that point on, Peter was on his own as he lapped the 795m circuit with almost monotonous regularity. While others were forced to take breaks, Peter did what he does best and just 'kept on keeping on'. Perhaps the only reason he was slightly short of last year's record breaking distance was the hot weather that walkers encountered in the final stages of the event.

Note the international flavour of the event with the top finishers including walkers from France, China, Indonesia, Kenya, Algeria, Holland, Madagascar and, of course, Australia.

1.	Peter Bennett	Australie	213,855 km
2.	Christian Renoncourt	Louviers	175,695 km
3.	Aiguo Feng	Chine	171,695 km
4.	Jean Pierre Begin	Saint Etienne	170 km
5.	Hulissan	Indonesie	170,130 km
6.	Hélène Pimont (F)	le Havre	162,765 km
7.	Leah Jepkirui (F)	Kenya	156,858 km
8.	Jean Paul Spieser	Vosges	155 km
9.	Ghelatti Lahouari	Algérie	155,025 km
10.	Adri Leermakers	Hollande	152,620 km
11.	Andrian Riana	Madagascar	151,050 km
12.	Pascal Flautre	Saint Blimont	151 km



**27-28 June 2009**

**Sri Shinmoy Australian 24 Hour Championship, Brisbane, Queensland**

The Australian 24 Hour championships at the University of Queensland track at St Lucia in inner Brisbane, saw 4 walkers in action – Peter Bennett (C 24) and Steve Jordan in the 24 Hour, John Harris (C 12) in the 12 Hour and Patrick Sela in the 6 Hour.

Peter, fresh from a win (with 213 km) in the prestigious Rouen 24 Hour classic in France only 4 weeks earlier, decided to enter the St Lucia event only a few days before and had no intentions of going the full distance as he was still in recovery mode after the gruelling European race. But complete the race he did, coming 4<sup>th</sup> overall and beating all but 2 of the male runners – his final distance of **186.533 km** was the second biggest distance ever done in Australia and was yet another example of Peter's wonderful ability to walk and walk and walk. Along the way, he set 4 new Australian M50 walking records

M50 12 Hour record	101.120 km
M50 24 Hour record	186.533 km
M50 100 Km record	11:52:10
M50 100 Miles record	19:48:40

Victorian Steve Jordan, who had competed in the last few Australian Centurion events at Coburg, was trying for that elusive first centurion finish but blistered early and struggled through to complete **111.133 km** in what was for him a disappointing race.

John Harris (C 12), who had spent a welcome comeback season with the Queensland Race Walking Club, was a triple centurion and hence no newcomer to the world of ultra walking. Following on from his good walk in the Canberra 20 miler 3 weeks earlier, he chose the 12 Hour event, coming a worthy 3<sup>rd</sup> overall with a final distance of **89.271 km**.

Patrick Sela, another member of QRWC, having his first dip into the world of ultra walking, entered the 6 Hour event – which is not a bad effort when you consider that he will turn 70 in a few months. He belied the years to take 4<sup>th</sup> with **45.687 km**.



*Peter Bennett (C 24), Steve Jordan, John Harris (C 12) and Patrick Sela in action in Brisbane*

**11-12 July 2009**

**British Centurions Qualifying Race, Newmarket, England**

The UK Centurions 100 miles qualifying event was held on a toughish course of 50 x2 miles at Newmarket Racecourse and saw two Australians in action in Mark Wall and Carol Baird.

Carol kept her trip very quiet - I did not know that at all until I received emails a few weeks before from Peter Bennett and Rudy Schoors - they had seen the start list and noticed Carol's name. Apart from her 20 mile walk in Canberra in June, she had not done any competitive walks since 2003. After her last centurion walk that year (her 9<sup>th</sup> in a five year period) she swapped to running and competed very successfully, becoming one of our top women ultra runners (with a

best of just under 200km in 24H) for a number of years until she was forced out with ankle injuries. She had one or more operations and was told that her ultra career was over. She told me in Canberra a month before this walk that the ankle(s) seemed to have recovered sufficiently for her to do some competitive walking again but the last thing I expected to see was her name on the start list for the English event.

Carol battled stomach problems and 7 hours of heavy rain to become English Centurion 1071 with a finish time of 22:34:05. This is her tenth Centurion finish and earns her a fourth badge to match her AUS, NZ and MALAYSIA ones.

Expatriate Aussie Mark Wall also successfully conquered the course to become British Centurion 1069 in a time of 21:08:36 (10:03 at 50 miles). He was 4<sup>th</sup> overall behind Sandra and Richard Brown and Dutch walker Gerard Heunks.

### **31 July -2 August 2009                      Australian 48 Hour Championship, Caboolture, Queensland**

Not content with two 24 hour walks in quick succession, **Peter Bennett (C 24)** was back in action on 1<sup>st</sup> August to record yet another centurion finish – this time with **177.3km** and third place overall in the 24 Hour run/walk event held in conjunction with the Australian 48 Hour Championship at Caboolture in Queensland. He was the only walker in the field of runners.



*Peter Bennett powers to his 8<sup>th</sup> Centurion walk finish in Caboolture*

### **12 Nov 2009                                      Victorian 6 Hour Track Championship, Newborough**

The Victorian 6 Hour Track Championships, run by Traralgon Harriers at the Joe Carmody Athletics Track in Newborough in eastern Victoria, saw 5 walkers in the mix

#### **6 Hour Walk Men**

1. Terry O'Neill (C 18)      50.560km
2. Brian Glover              49.000km (approx distance only)
3. Steve Jordan              42.830km

#### **6 Hour Walk Women**

1. Michelle Thompson      44.292km
2. Karyn O'Neill (C 45)      42.496km

Terry and Karyn O'Neill were known to us as was Brian Glover who burst onto the ultra scene in our 1998 Centurion qualifier, walking 100.4km in 13:51:21 and finishing fresh. He regularly pops up in this 6 Hour event each year but is yet to return for a serious Centurion attempt. Michelle Thompson had been one of the top Australian runners of recent years but had struggled recently with a few running injuries. Would this be the start of a walking career? Time would tell.



## Major Record Updates - 2009

In 2009, a number of new Australian Masters records were set in the following categories

Terry O'Neill	M50	All-Comers/Res	6 Hours Walk	53;191 km	Coburg, VIC	15/03/2009
Clarrie Jack	M60	All-Comers/Res	6 Hours Walk	52.505 km	Coburg, VIC	15/03/2009
Dawn Parris	W55	All-Comers/Res	6 Hours Walk	45.719 km	Coburg, VIC	15/03/2009
Heather Carr	W55	All-Comers/Res	50 km Walk	5:49:39	Coburg, VIC	18-19/04/2009
Heather Carr	W55	All-Comers/Res	6 Hour Walk	51.423 km	Coburg, VIC	18-19/04/2009
Caroline Mestdagh	W40	All-Comers	100 Km Walk	13:27:07	Coburg, VIC	18-19/04/2009
Caroline Mestdagh	W40	All-Comers	100 Miles Walk	22:40:27	Coburg, VIC	18-19/04/2009
Val Chesterton	W65	All-Comers/Res	24 Hour Walk	115.578 km	Coburg, VIC	18-19/04/2009
Val Chesterton	W65	All-Comers/Res	100 Km Walk	17:52:04	Coburg, VIC	18-19/04/2009
Ian Valentine	M45	Residential	100 Km Walk	13:10:41	Coburg, VIC	18-19/04/2009
Ian Valentine	M45	Residential	12 Hour Walk	92.027 km	Coburg, VIC	18-19/04/2009
Ian Valentine	M45	Residential	24 Hour Walk	161.810 km	Coburg, VIC	18-19/04/2009
Peter Bennett	M50	All-Comers/Res	12 Hour Walk	101.120 km	Brisbane, QLD	27-28/06/2009
Peter Bennett	M50	All-Comers/Res	23 Hour Walk	186.533 km	Brisbane, QLD	27-28/06/2009
Peter Bennett	M50	All-Comers/Res	100 Km Walk	11:52:10	Brisbane, QLD	27-28/06/2009
Peter Bennett	M50	All-Comers/Res	100 Miles Walk	19:48:40	Brisbane, QLD	27-28/06/2009

and the following Open Residential Record was set

Heather Carr	OPEN	Residential	6 Hour Walk	51.423 km	Coburg, VIC	18-19/04/2009
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**23-24 January 2010      Launceston 6 Hour and 12 Hour track races, Launceston, Tasmania**

This event was first held in 2009 and was back again in January 2010 for a second staging. Steve Jordan was the single walker who featured amongst the runners, covering the respectable distance of 74.700 km to finish first in the Walk category.

1.	Steve Jordan	VIC	74.700 km
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**13-14 February 2010      2010 Caboolture Historical Village Dusk to Dawn Event, Caboolture, QLD**

One of the big events on the Australian ultra calendar, this overnight event once again attracted a large field with centurions Peter Bennett (C 24) and Ian Valentine (C 57) finishing amongst the runners as follows

11.	Peter Bennett	QLD	95.240 km
16.	Ian Valentine	QLD	85.000 km

Both Peter and Ian subsequently told me that conditions were very hot and humid overnight and distances were down on what they had hoped to walk.

**7 March 2010      Coburg 6 Hour Run/Walk Championships, Coburg, Victoria**

While none of our top walkers were at the annual Coburg Carnival 6 Hour Championships, the event still saw an enthusiastic group of participants, ably led by Terry O'Neill (C 18) and Karyn O'Neill (C 45). Terry won the men's event with just over 50km, although troubled by a hamstring strain. A special mention to Alex Poore who came second in the men's event at 71 years of age. Michelle Thompson won the women's walk with 49.133 km. She improved by some 5km from her 6 Hour walk last November in Maryborough and set a new W40 Australian record. Karyn O'Neill was second with a good 44.302km ahead of first timers Raffy Snell and Katrina Ablett.

**6 HOUR WALK MEN**

1.	O'NEILL, Terry	VIC	50.746 km
2.	POORE, Alex	VIC	45.139
3.	JORDAN, Steve	VIC	44.440
4.	TIMMS, John	VIC	44.328
5.	VOITIN, John	VIC	41.310
6.	TURNER, Gary	VIC	40.765

**6 HOUR WALK WOMEN**

1.	THOMPSON, Michelle	VIC	49.133 km
2.	O'NEILL, Karyn	VIC	44.302
3.	SNELL, Raffy	VIC	41.318
4.	ABLETT, Katrina	VIC	38.240
5.	HOWORTH, Sandra	VIC	37.468
6.	HUNTER, Janet	VIC	21.564
7.	MACDONALD, Jean	VIC	17.417



*Terry O'Neill, Alex Poore, Michelle Thompson and Karyn O'Neill in action at Coburg last weekend*

### **17-18 April 2010                      Australian Centurions 24 Hour Walk, Coburg, Victoria**

A total of 25 runners and 11 walkers (5 of them centurions already) contested the 2010 24 Hour weekend with the starter's gun being fired at 10AM on the Saturday morning in sunny and warm conditions. As the Melbourne temperature quickly soared towards 30°C, competitors were faced with the daunting prospect of some 7 hours under full sun before any relief could be expected. Although most started conservatively, the effect was soon obvious and by 4PM, the scene was reminiscent of the final few hours on a Sunday morning rather than the 6 Hour mark of the event. When day finally gave way to night, most were able to respond but for many the damage was done and the night saw a number of key withdrawals or extended rest periods. Most were back on the track on the Sunday morning for the final few hours and a good crowd was on hand to witness the final gun sound at 10AM.

#### **24 Hour Walk Men**

Peter Bennett, with a PB of 214km, was expected to be in a class of his own in the walk and so it proved. Passing the 6 Hour mark with 51.750km, he was already some 5km ahead of fellow centurion walkers Ian Valentine with 46.368km and Terry O'Neill with 45.540km. By the 12 hour mark he had covered 96.876km as against 87.768km for Ian and 81.972km for Terry. But the second half saw him slow like so many of the other competitors and his eventual winning distance of 171.968km was well below his expectations. But it was still his 9<sup>th</sup> walk in excess of 100 miles (his 100 mile time was 22:01:39) and it did allow us to see this wonderful walker for the first time at Coburg. Behind him, devastation reigned as the field imploded with experienced ultra walkers dropping by the wayside. Amongst the carnage, John Timms, better known for his running exploits, kept his eyes straight ahead and worked his way through the field, eventually finishing second with a very creditable 142.162km. Doug McKay, another walker who managed to keep going, took third with 133.983km.

1.	BENNETT, Peter (C 24)	QLD	171.968 km
2.	TIMMS, John	VIC	142.162 km
3.	McKAY, Doug	VIC	133.983 km
4.	VALENTINE, Ian (C 57)	QLD	119.690 km
5.	JORDAN, Steve	VIC	114.285 km
6.	COMMINS, Louis	NSW	105.126 km
7.	O'NEILL, Terry (C 18)	VIC	82.111 km
8.	SKRUCANY, Rudolf	VIC	72.573 km
9.	JACK, Clarrie (C 4)	VIC	30.273 km



*Peter Bennett, John Timms and Doug McKay in action*

### 24 Hour Walk Women

Only two starters toed the line in the women's 24 Hour walk, centurion walker Karyn O'Neill and former ultra running star Dawn Parris. It was Dawn who strode to an early lead, covering 42.642km in the opening 6 hours to lead Karyn by some 6km. By the 12 hour mark, she had increased her lead to 8km with a split of 79.488km. But soon after midnight, she stopped for a rest, allowing Karyn to take the lead and pass the 100km mark first, thus winning the associated Racewalking Australia 100km walk championship. Dawn, now back on the track, slowly clawed the lead back as daybreak came. She then went on to win with 134.119km while Karyn took a number of breaks, content to stroll through to 121.263km.

1.	PARRIS, Dawn	VIC	134.119 km
2.	O'NEILL, Karyn (C 45)	VIC	121.263 km



*Dawn Parris and Karyn O'Neill in the Women's 6 Hour Walk*

The Australian 100km walking championships were awarded as follows

#### AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1	BENNETT, Peter	12:24:43
2	VALENTINE, Ian	14:01:30
3	TIMMS, John	15:45:10

#### AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1	O'NEILL, Karyn	17:56:18
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and the Jack Webber trophy for the most meritorious walk went to Peter Bennett.

### **12-13 June 2010                      Rouen 24 Hour Race, Rouen, France**

Peter Bennett (C 24) had won this prestigious event for the last two years but he was not expecting to compete in 2010 until he received a phone call the week before, making him an offer he could not refuse. So on short notice and without any real buildup, he packed his bags and caught his flight to France the next day! He was certainly in two minds as it meant that he would miss the annual Canberra 20 mile which he has completed 17 times in a row, but go he did and it proved the correct choice. The event was held on a lap of just under 800m and here is what Peter had to say post-race

*I have just arrived home after my trip to France for the Rouen 24 Hour race over the weekend (I went into work after my flight landed in Brisbane).*

*After arriving in France I had a couple of days doing what seemed like an seemingly endless rounds of meetings, receptions, seminars and dinners with lots of interesting and exceptional people from around the world, brought together by sport. On Thursday 10<sup>th</sup> June, I was one of 18 speakers at sports meeting in the town of Maromme.*

*But, the real reason I was invited to France was to participate in the Rouen 24 Hour International Walk held over the weekend of 12-13 June ( 5PM Saturday till 5PM Sunday). The race was won by Aleksi Rodinov from Russia, one of the worlds greatest ultra walkers . Aleksi walked 221.01km and I did 216.24km. I am pleased with my race in that I was able to keep Aleksi under pressure the whole race and not let him ease off or take a break at any stage .*

The first 4 places read as follows

1.	RODIONOV Alexei	221,010 km
2.	BENNETT Peter	216,240 km
3.	BEGIN Jean-Pierre	174,105 km
4.	RENONCOURT Christian	155,025 km



*Peter walking in the 2010 Rouen 24 Hour classic*

This was Peter's furthest 24 hour distance ever, beating his previous Rouen winning distances of 214.65km (2008) and 213.885km (2009). 216km is an astonishing distance to walk in 24 hours and it took one of the world's best ultra distance walkers to beat him. This was Peter's 10<sup>th</sup> 24 hour / 100 mile walks, starting with his first in 1994. After that, he had a big break to pursue his own racewalking career but in the 2 years leading up to this walk, he had done five of these long walks.

### **19-20 June 2010                      Sri Chinmoy Australian 24 Hour Championship, Brisbane**

The annual Australian 24 Hour Track championships were held on the weekend of 19-20 June at the St Lucia athletics track in inner Brisbane. With a 9AM start on the Saturday morning, a very hot day might have spelt disaster but, although it was sunny, the temperature stopped at the low twenties, making it warm enough but not a killer. Peter



Bennett had intended to start until his Rouen trip came to fruition so he was content to watch and help those walkers who did decide to try themselves out against the runners.

The event saw two Melbourne walkers contest the 24 Hour (Steve Jordan finished 13<sup>th</sup> in 138.553 km and Doug McKay finished 15<sup>th</sup> in 129.297 km). John Harris (C 12) contested the 12 Hour event and finished with a very good 87.999 km while Michelle Thompson stormed through the 6 Hour event with 53.560 km to set a new Australian 6 Hour Residential Walking Record (the previous was held by Heather Carr with 51.423 km). In fact, Michelle was not far short of the Australian All-Comers record of 54.180 km, held by England's Sandra Brown.



*Doug McKay, Steve Jordan, John Harris (C 12) and new 6 Hour record holder Michelle Thompson*

### **31 July - 1 August 2010                      Australian 48 Hour Championship, Caboolture, Queensland**

The Australian 48 Hour Track Championship was again scheduled at the Caboolture Historical Village with the course a 500m gravel circuit within the complex. The 48 Hour event started at 9AM on the Friday morning, the 24 Hour event started at 9AM on the Saturday morning and the 12 Hour event started at 9PM on the Saturday night, ensuring that all events finished together at 9AM on the Sunday morning.

Friday and Saturday were both hot and sunny so conditions were tough for the 40 competitors. Just imagine pounding out the laps all day on Friday under the hot sun and then having to go through the night and front up again the following day. It just doesn't bear thinking about!

Amongst the runners were three walkers, each intent on his own personal goal. And what a job they did.

Peter Bennett (C 24) came 4<sup>th</sup> overall in the 48 Hour Australian Championship with a distance of 280.203km and was in fact the first Australian male (beating all the male runners!). It was his first 48 Hour race but he did it in style, setting 4 new Australian Walk Track Bests along the way

Australian Open Men 200km:	30:49:08	(Record was 35:32.15, set by Derek Skinner in 2006 at 73 years of age!)
Australian M50 200km:	30:49:08	
Australian Open Men 48 Hour:	280.203 km	(Record was 257.877km, also set by Derek in the same 2006 race)
Australian M50 48 Hours:	280.203 km	

Peter also walked over 100 miles in the first 24 hours to register his 11<sup>th</sup> Centurion qualifier (100 miles in under 24 hours) and his third for the calendar year. This surpassed the previous best by an Australian for the most number of Centurion qualifiers of 10, held by Carol Baird.

New Zealander Gerald Manderson (C 31) also entered the 48 Hour Championship event as a walker and, like Peter, kept at it for the full 48 hours under the relentless conditions to finish with 230.350km. His efforts were also rewarded as he broke Peter Waddell's 1999 Australian M65 All Comers records as follows

Australian M65 All-Comers 200km:	Just under 40 hours
Australian M65 All-Comers 48H:	230.250km

The final walker was Robin Whyte (C 29) who entered the Queensland 24 Hour Track championship, finishing 9<sup>th</sup> with 131.169km. His 12 hour split of 85km was excellent but he slowed a little in the second half. Still a good effort for Robin who would be the first to agree that he does not really train for these events any more.



*Robin Whyte and Val Chesterton*



*Gerald Manderson*



*Peter Bennett*



*Robin and Gerald after the event!*

**21 November 2010                      Victorian State Election**

Not really an ultra distance walking result but still a great effort! Victorians went to the ballot boxes in late November 2010 to elect a new State Government and it saw a loss to the incumbent Labor Party and a win to the opposition Liberal Party. Amongst the many new Liberal MPs was **Graham Watt (C 48)** who won the Melbourne metropolitan seat of Burwood in emphatic style.

**20 November 2010                      Victorian 6 Hour Championships, Moe**

The Victorian 6 Hour track championships which were held as usual on the Newborough athletics track in Moe in eastern Victoria. Amongst the large running field were 4 walk entrants – Michelle Thompson, Karyn O'Neill (C 45), Steve Jordan and John Timms. With a 2PM start time, conditions were hot and sunny and it was a tough day out for all the competitors. Michelle Thompson proved the best on the day with 51.582km and all 4 walkers were amongst the finishers.

11	Michelle Thompson	51.582km
E17	Steve Jordan	42.714km
E17	John Timms	42.714km





*Michelle Thompson, Karyn O'Neill, Steve Jordan and John Timms in action at Moe*

**Major Record Updates - 2010**

In 2010, new Australian Masters records were set in the following categories

Michelle Thompson	W40	Residential	6 Hours Walk	49.133 km	Coburg, VIC	07/03/2010
Michelle Thompson	W40	Residential	6 Hours Walk	53.560 km	Brisbane, VIC	20/06/2010
Peter Bennett	M50	All-Comers/Res	200 km	30:49:08	Caboolture, QLD	01/08/2010
Peter Bennett	M50	All-Comers/Res	48 Hours	280.203 km	Caboolture, QLD	01/08/2010
Gerald Manderson	M50	All-Comers	200 km	40 hours	Caboolture, QLD	01/08/2010
Gerald Manderson	M50	All-Comers	48 Hours	230.250 km	Caboolture, QLD	01/08/2010

And the following Open records were set

Michelle Thompson	OPEN	Residential	6 Hours Walk	53.560 km	Brisbane, VIC	20/06/2010
Peter Bennett	OPEN	All-Comers/Res	200 km	30:49:08	Caboolture, QLD	01/08/2010
Peter Bennett	OPEN	All-Comers/Res	48 Hours	280.203 km	Caboolture, QLD	01/08/2010
Gerald Manderson	OPEN	All-Comers	200 km	40 hours	Caboolture, QLD	01/08/2010
Gerald Manderson	OPEN	All-Comers	48 Hours	230.250 km	Caboolture, QLD	01/08/2010



**16 January 2011****Launceston 12 Hour Track Race, Launceston, Tasmania**

The annual Launceston 6 Hour and 12 Hour track races were held at the Northern Athletic Track in Launceston on Sunday 16<sup>th</sup> January 2011. With a 5:30AM start and a 5:30PM finish, it was a long day and sunny with warm conditions adding an extra element of stress for the entrants. There were two walkers amongst the runners and they performed well, with results as follows

Michelle Thompson	VIC	96.417 km
Steve Jordan	VIC	79.385 km

Michelle Thompson's distance of 96.415km was a new W40 Australian 12 Hour Record (beating the existing record by 8 km) and she was only 1 km outside the Australian Residential Record, held by Carol Baird of ACT. Michelle already held the race records for the 6 Hour run (61.919 km in 2009) and the 12 Hour Run (109.055 km in 2010). This performance now added a 12 hour walk race record to her list.

Melbourne walker Steve Jordan also walked well to complete 78.555km in the tough conditions.

**12 February 2011****Caboolture 12 Hour Dawn to Dusk Race**

Peter Bennett (C 24) started off his year in fine style in the Caboolture Dusk to Dawn 12 Hour event in Queensland. It was hot and humid overnight so his 7<sup>th</sup> place overall against a field of runners was a good performance, shattering the M55 Australian Best On Records in four separate categories.

To put it in perspective, Peter's distance was the 6<sup>th</sup> best ever by an Australian on home soil and saw him with 4 of the top 10 performances overall. Ian Jack's 107.20km, set in 1979, remained well ahead of the rest and will take some beating

**5 March 2011****Australian Centurions 6 Hour Track Race, Coburg, Victoria**

A select group of ultra walkers gathered at Coburg (a northern Melbourne suburb) early on the morning of Saturday 5<sup>th</sup> March to contest the annual Coburg 6 Hour Track Championships. A full field of 45 entrants was on the books (29 runners and 16 walkers) and all but 2 turned up on the day, ready to test themselves over the 6 Hour standard.

Michelle Thompson and Clarrie Jack (C 4) led the way in the walk with excellent performances. Michelle walked superbly to achieve the longest distance overall with 53.784 km, breaking her own Australian Residential best on record performance by 224m and setting a new W40 Australian Record into the bargain. Clarrie, with 52.290 km, set a new M65 Australian Record, breaking Robin Whyte's distance of 50.400 km. Others to do well included Daniel Duke 47.049 km in his first ever walk, Karyn O'Neill (C 45) 46.433 km for her best ever, Steve Jordan 45.019 km after doing an 8km fun run earlier in the morning, Doug McKay with a PB 44.117 km and Dawn Parris 44.693 km. We also welcomed New Zealand Centurions secretary Philip Sharp who strolled a pleasant 42.729km during the 6 hour window.

**6 HOUR WALK MEN**

1	JACK, Clarrie	VIC	52.290 km
2	DUKE, Daniel	VIC	47.049
3	JORDAN, Steve	VIC	45.019
4	McKAY, Doug	VIC	44.117
5	TIMMS, John	VIC	43.898
6	COMMINS, Louis	NSW	43.709
7	SHARP, Philip	NZ	42.729
8	TURNER, Gary	VIC	35.689
9	SAMIR, Shadi	VIC	30.688
10	CARTER, Ken	VIC	27.918

## 6 HOUR WALK WOMEN

1	THOMPSON, Michelle	VIC	53.784 km
2	O'NEILL, Karyn	VIC	46.433
3	PARRIS, Dawn	VIC	44.693
4	FIDLER, Lara	VIC	40.017
5	SARIEDDINE, May	VIC	12.856



*Philip Sharp, Clarrie Jack, Daniel Duke, Steve Jordan and Doug McKay in action*



*Lara Fidler, Michelle Thompson, Karyn O'Neill and Dawn Parris in action*

**16-17 April 2011**

**Australian Centurions 24 Hour Walk, Coburg, Victoria**

We welcomed 2 new Australian Centurions at our 2011 qualifying event, held in conjunction with the 2011 Coburg 24 Hour Carnival on the weekend of 16<sup>th</sup> - 17<sup>th</sup> April. Of the final field of 45 entrants in the 24 Hour Championships, 39 walkers and runners were present when the starter's gun was fired at 10AM on the Saturday morning. Intermittent cloud cover and a cool breeze during the day allowed all the runners and walkers to get off to a good start and by 6PM, there were the makings of some fantastic performances. A very cold night meant a testing time but come the Sunday morning most were still on the track and a good crowd was on hand to witness the final gun sound at 10AM.

Dutch Centurion Martijn Van den Boogaard and British Centurion Mark Wall were expected to be the big guns in the men's walk and they were right on schedule for their 100 mile targets with 12 hour splits of 86.940km and 85.698km respectively. Steve Jordan, with 84.456km, was not far behind and also looked strong while Lou Commins, with 81.558km, was also in the hunt. But while Mark continued on his merry way, Martijn and the others were in trouble, all slowing and falling behind schedule.

The final results tell the story. Mark powered through the 100 mile mark in 23:20:41 to become Australian Centurion number 59 while most of the other walkers, Martijn, Steve and Lou included, slowed and were forced to take time out. Martijn eventually took second with 136.436km but he was disappointed with his walk. Lou took third with 135.011km. Doug McKay and John Voitin both showed great determination, continuously circling the track for the full 24 hours to record 133.752km and 111.404km respectively.

1.	WALL, Mark	VIC/ENG	161.733 km
2.	Van den BOOGAARD, Martijn	HOLL	136.436 km
3.	COMMINS, Louis	NSW	135.011 km
4.	McKAY, Doug	ACT	133.752 km
5.	JORDAN, Steve	VIC	113.628 km
6.	VOITIN, John	VIC	111.404 km
7.	DUKE, Daniel	VIC	73.817 km
8.	MACRAE, David	VIC	47.691 km

The women's walk saw last year's 24 Hour Run winner Michelle Thompson in action as a walker and was she good. By the 6 Hour mark, she had covered 49.680km to be first walker overall, 1km ahead of Mark Wall, and on target for a big time. Karyn O'Neill was second at that point with 45.560km and Dawn Parris was third with 42.642km.

From then on, it was the Michelle show as she powered through to set new W40 Australian records for 50 miles, 12 Hours, 100 km, 100 miles (she became Australian Centurion number 58 with her 100 mile split of 22:03:37) and 24 Hours, finishing with 172.593km, just short of her 172.906km which she recorded in winning last year's Coburg 24 Hour Run. Now that's an interesting statistic!

Karyn O'Neill walked her best race for many years, digging deep to pass the 100 mile mark in 23:44:26. Of course, Karyn is already an Australian Centurion, having qualified in 2002 with 23:35:56, and this was a very popular comeback. English walker Serena Queeney added some 6km to her best to take third with 153.638km, tantalisingly close to the 100 mile standard, and we hope that with further experience and training, she can achieve the elusive walking standard. Serena was ably looked after by Jill Green (C 38) who travelled out from England with her. It was great to make Jill welcome to our shores once again and to see her looking so fit and full of energy as the night wore on.

Susannah Harvey-Jamieson had been expected to fight out the 24 Hour run but disaster struck in the final days as her foot flared up after a run. Rather than miss the event, she opted to swap to the walk, taking fourth place with a commendable 137.829km, just ahead of Dawn Parris with 134.949km. A special mention to Diana Kelly who strolled for the full 24 hours, always smiling and obviously enjoying the experience, her final distance 114.895km

1.	THOMPSON, Michelle	VIC	172.593 km
2.	O'NEILL, Karyn	VIC	162.092 km
3.	QUEENEY, Serena	ENG	153.638 km
4.	HARVEY-JAMIESON, Susannah	QLD	137.829 km
5.	PARRIS, Dawn	VIC	134.949 km
6.	KELLY, Diana	WA	114.895 km
7.	HOWORTH, Sandy	VIC	89.148 km



*Michelle Thompson (C 58) - 22:03:27*



*Mark Wall (C 59) - 23:20:41*



*Karyn O'Neill (C 45) - 23:44:26*



*Michelle, Mark and Karyn savour the moment once the event has finished*

The associated Australian 100km walk championships were won by Mark Wall and Michelle Thompson.

**AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN**

- |    |                           |      |          |  |
|----|---------------------------|------|----------|--|
| 1. | WALL, Mark                | ENG  | 13:55:56 |  |
| 2. | Van den BOOGAARD, Martijn | HOLL | 14:02:33 |  |
| 3. | JORDAN, Steve             | VIC  | 14:21:25 |  |

**AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN**

- |    |                    |     |          |
|----|--------------------|-----|----------|
| 1. | THOMPSON, Michelle | VIC | 12:43:24 |
| 2. | O'NEILL, Karyn     | VIC | 14:13:53 |
| 3. | QUEENEY, Serena    | ENG | 14:50:46 |

The Jack Webber Trophy, for the most meritorious performance by a Centurion, was unanimously awarded to Michelle Thompson.

**18-19 June 2011**

**Sri Chinmoy 24 Hour Track Championship, Brisbane, Queensland**

Sri Chinmoy 24 Hour, 12 Hour and 6 Hour championships were held on the QEII track in Nathan, Brisbane, in June 2011. The weather on the Saturday was fine with a slight breeze but the clear skies meant the temperatures dropped during the night and early morning and conditions were unusually cold.

There were two walkers taking part in the 24 hour race, Alun Davies (QLD) and Steve Jordan (VIC). John Harris (C 12) had entered the 6 hour walk but selflessly gave up his race to help out with the shortage of lap scorers. Alun, a local ultra runner, looked comfortable as he covered 44km in the first six hours with Steve not far behind on 43km. Both walkers made it to 12 hours still in control with Alun on 86.6km and Steve on 80.8km. The second half was a trial for both walkers as they battled injury and fatigue. Alun was unable to walk the last few hours due to a severe hamstring injury but both walkers put in credible performances and both look capable of achieving Centurion status in the future.

5	Steve Jordan	149.765km (PB by 11km)
7	Alun Davies	136.435km

**24-25 June 2011**

**Rouen 24 Hour Championship, Rouen, France**

Peter Bennett once again made what had become an annual pilgrimage to Rouen in France for their annual 24 Hour walk and once again he was victorious, with a distance of 213.060km. This was Peter's third win in this prestigious event and his 12<sup>th</sup> 24 Hour walk of 100 miles or greater. He emailed me recently with his race report which I reproduce below.

*The race started a 5pm on the Saturday on a road circuit at a sports complex on an island in the Seine near the centre of the city. It was used by a canoe club during the afternoon so there was plenty of activity going on. The men's and women's volleyball teams from the Seychelles came down to watch for a few hours and put on some exhibition games and had a bbq. It was a hot when the race started and we were in full sun until after 9pm. The nights are very short in France in summer. It was not completely dark until 11pm and it was first light about 4.30am on the Sunday. The Sunday was a long hot and tiring slog. There was not a cloud in the sky and it was abnormally hot (in the high 30's). There were plenty of people helping with drinks and food every lap and handing me sponges. I had a lot of trouble with my right shoulder and arm during the race. This is the results of a recently diagnosed dislocated sternum (I have no idea when or how this happened). It caused so much pain that I was unable to swing or move my arm at all over the last eight hours of the race (this is quite a dilemma for a race walker but as I had learnt how to walk at speed while eating spaghetti bolognaise last year at the Caboolture 48 hour race I thought I could manage it). My left arm and shoulder were sore after the race from having to do so much work. Strangely my legs and feet were fine, no different than they are the day after a club 10km race so that was a bonus. I have received some treatment for my shoulder and it is much better now. I have had no trouble lifting a beer glass which is a good sign.*

*During the race I had tough competition from Frenchman Alain Grassi who is the world record holder for the 6 Day walk. Alain won a 48 hour indoor race last year so his endurance and resilience could not be questioned. One of the Chinese walkers from Hong Kong who lead out early put up an impressive display despite suffering from the heat. I had built up lead during the night and was determined not to give back any ground no matter how sore my shoulder was. In the end I won the race with 213.606km with Alain on 195.570km. We walked the last lap together. It was a huge relief to finish and I was far too tired to feel any elation or match the enthusiasm of all the people wanting to take photos. After a hot shower and clean clothes I felt human again but realised how sunburnt I was. The presentations followed and then they put on a big buffet dinner. The organisation could not be faulted and it was a very friendly atmosphere created by all the helpers and spectators.*

**11 September 2011**

**Racewalking Australia 50km Women, Middle Park, Melbourne**

On Sunday 11 September, the Victorian Race Walking Club hosted the inaugural Racewalking Australian 50km championship for Women and 2011 Australian Centurion **Michelle Thompson (C 58)** was the star of the show. It was a case of cold and windy conditions with steady drizzly rain early on - not exactly conducive to good walking. Luckily it cleared mid morning and 50km is not that far when talking of ultra distances!

Michelle had been hoping to better 5:30:00 but was well ahead of that target, finishing with a great **5:13:14** to set a



**new Australian 50km Women's Best on Record** (the previous best of 5:23:08 was set in 2004 by Canberra racewalker Lisa Wilson). The splits show just how consistently Michelle walked:

**RACEWALKING AUSTRALIA 50KM CHAMPIONSHIP FOR WOMEN**

	<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>50km</b>
1. Michelle Thompson	1:02:05	2:04:47	3:07:10	4:10:18	5:13:14
2. Liz Feldman	1:09:58	2:20:35	3:33:26	4:49:07	6:05:43
3. Heather Carr	1:03:13	2:09:59	3:19:01	4:33:46	DNF

She had walked the first half with local Melbourne racewalker Simon Evans but powered away for an easy win in the second half. Liz Feldman and Heather Carr were the other two women attempting the 50km championship and both were chasing W60 records. Heather was ahead at the 30km mark and she was rewarded with a new Australian Masters W60 30km record of 3:19:01. But she was listing badly to one side, a condition which got worse as the race progressed. Alas, it was so worrying to the officials that at the 45km mark, we had to withdraw her from the race, a decision about which she was understandably very disappointed. This opened the door for Liz who was still moving very well and she rose to the challenge, completing her 50km with a new World Masters W60 50km record of 6:05:43. So overall, it was a great day's work for the ladies.



*50km walkers Liz Feldman, Michelle Thompson and Heather Carr*

VRWC 5 Hour and 4 Hour walks were also on offer with centurions **Terry O'Neill (C 18)** and **Karyn O'Neill (C 45)** in action alongside regular ultra walkers Steve Jordan, Alex Poore and Gary Turner.

<b>VRWC 5 HOUR WALK</b>		<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>Final Distance</b>
1.	Terry O'Neill (C 18)	1:03:11	2:06:44	3:14:23	4:21:10	45.968 km
2.	Karyn O'Neill (C 45)	1:11:56	2:25:32	3:45:30	-	39.133 km
3.	Steve Jordan	1:14:54	2:34:34	3:55:08	-	37.766 km

<b>VRWC 4 HOUR WALK</b>		<b>10km</b>	<b>20km</b>	<b>Final Distance</b>
1.	Alex Poore	1:18:54	2:37:58	29.734 km
2.	Gary Turner	1:22:36	2:46:35	28.000 km

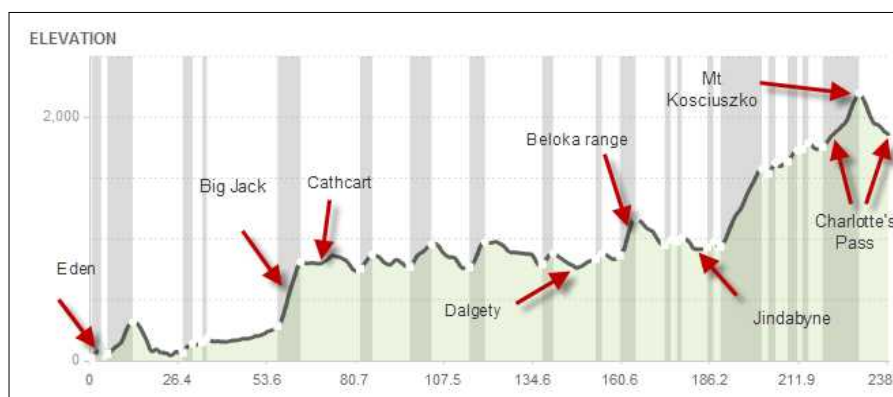
**9-19 December 2011 Coast to Cosci Ultra Distance Run, NSW**

On December 9, **Peter Bennett (C 24)** tackled the eighth annual Coast to Kosciuszko, a 240km ultramarathon from Boydtown Beach to Charlotte Pass in NSW, which includes reaching the summit of Mt Kosciuszko. One of only 50 competitors, he stepped into the history books as the first racewalker to take part in the event. Peter set himself a personal goal of completing the race in 40 hours with no breaks and that he did, coming a very creditable **19<sup>th</sup> in a time of 38:06:38. That's 38 hours and 240km over very tough hilly terrain.** And to really add to the torture factor, the last 12 hours is the steepest of the lot as you battle extreme fatigue, big hills and the effect of the altitude.

Peter had walked 100 miles or more within 24 hours on 11 separate occasions but I am sure that he must have rated this his toughest walk ever. The map below shows the course route.



And here is the altitude – it just gets tougher and tougher the longer the event goes.



### Major Record Updates - 2011

In 2011, Masters records were set in the following categories

Michelle Thompson	W40	12 Hours	96.415km	Launceston, TAS	16 January 2011
Peter Bennett	M55	6 Hours	53.620km	Caboolture, QLD	12 February 2011
Peter Bennett	M55	50 Miles	9:21:53	Caboolture, QLD	12 February 2011
Peter Bennett	M55	100 km	11:43:46	Caboolture, QLD	12 February 2011
Peter Bennett	M55	12 Hours	102.575km	Caboolture, QLD	12 February 2011
Michelle Thompson	W40	6 Hours	53.784km	Coburg, VIC	5 March 2011
Clarrie Jack	M65	6 Hours	52.290km	Coburg, VIC	5 March 2011
Michelle Thompson	W40	50 Miles	9:58:23	Coburg, VIC	16-17 April 2011
Michelle Thompson	W40	12 Hours	94.727km	Coburg, VIC	16-17 April 2011
Michelle Thompson	W40	100 km	12:43:23	Coburg, VIC	16-17 April 2011
Michelle Thompson	W40	100 Miles	22:03:37	Coburg, VIC	16-17 April 2011
Michelle Thompson	W40	24 Hours	172.593km	Coburg, VIC	16-17 April 2011
Karyn O'Neill	W55	100 Miles	23:44:26	Coburg, VIC	16-17 April 2011
Karyn O'Neill	W55	24 Hours	162.092 km	Coburg, VIC	16-17 April 2011
Michelle Thompson	W40	50km	5:13:14	Middle Park, VIC	11 September 2011

Michelle also added 2 new Australian records to her ever growing list of achievements.

Michelle Thompson	Residential	6 Hours	53.784km	Coburg, VIC	5 March 2011
Michelle Thompson	Open/Res	50km	5:13:14	Middle Park, VIC	11 September 2011

**11-12 February 2012 Caboolture Dusk to Dawn, Caboolture, QLD**

The annual Caboolture Dusk to Dawn 6 Hour and 12 Hour endurance carnival was held early in the year over the usual 500m circuit in the Caboolture Historical Village in Caboolture, Queensland. **Peter Bennett (C 24)** was the only walker, finishing 13<sup>th</sup> with 96.593km. Here is what he had to say

*I was the sole walker in a packed field of individual and relay runners. High humidity all night. There was an electrical storm about 10pm but we only had a light shower at the race which settled the dust but didn't relieve the steamy conditions. I ended up with **96.593km**. Don't think I had fully recovered from the long race in December or done enough training but I wanted to do this race as it was for the Andrew Ludwig Memorial Shield.*

**18-19 February 2012 Injinji Stromlo 12 Hour Event, Canberra, ACT**

The Stromlo Running Festival has been held annually in Canberra for some time, extending over 3 days and including a variety of running events. 2012 saw the addition of the Injinji Stromlo 12 Hour Endurance event which was held over a bitumen 1km loop of the Stromlo Forest Park Criterium Circuit.

The 12 Hour ultra started at 6:30PM on the Saturday evening and included 2 walkers amongst the field of runners – Victorians **Michelle Thompson (C58)** and **Steve Jordan**. February evenings in Canberra typically provide ideal running/walking conditions but things did not look good when a huge storm belt exploded soon after the start, dumping huge amounts of rain and wetting everyone and everything. Luckily it then swept on and the remainder of the night was still, warm and ideal for the competitors.

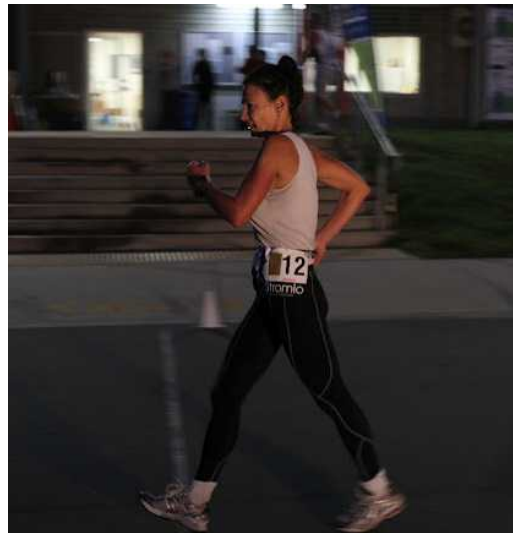
The event was of a very high standard with the first 12 competitors all in excess of 100km (very good by Australian standards) and it was fantastic to see Michelle Thompson amongst the elite grouping at the front, coming 11<sup>th</sup> overall with a huge PB of **101.158km** and taking third place overall in the women's section – all done as a walker! Steve Jordan was further back and probably had what he would describe as a bad day at the office, finishing 23<sup>rd</sup> with 71.227km.

11	Michelle Thompson	VIC	101.158km	(100 km in 11:51:22, 3 <sup>rd</sup> woman overall)
17.	Steve Jordan	VIC	71.227km	

To put Michelle's walk in context, the previous 12 Hour best by an Australian was by Carol Baird who completed 97.550km in Melbourne in 2002. The only woman to have walked further on Australian soil in 12 hours is the great English walker Sandra Brown who completed 103.600km in Melbourne in 1999 (on her way to her 100 mile qualifier). Unfortunately for Michelle, our records are track based and, since this was a road event, she could not claim any records but had to be content with 'best' status. With her 100km split of 11:51:22. the 100km ranking list for Aust based performances were rewritten as shown below

Sandra Brown	GB	50	11:33:24	19/09/1999
Michelle Thompson	VIC	43	11:51:22	19/02/2012
Carol Baird	ACT	53	12:18:57	14/04/2002
Carol Baird	ACT	53	12:33:49	07/07/2002
Carol Baird	ACT	52	12:37:50	08/07/2001
Jill Green	GB	57	12:45:38	19/09/1999





*Michelle Thompson (C 58) in action – 100km in less than 12 hours!*

**11 March 2012** **Coburg 6 Hour Championships, Coburg, Victoria**

This annual event, a prelude to the Coburg 24 Hour Championships, always sees strong run and walk fields and a lot of our top ultra competitors in action and 2012 was no exception with the 43 starters broken into 31 runners and 12 walkers. Conditions were good – cool for the 8AM start and still only in the low twenties by event end at 2PM. This probably helped the competitors achieve an excellent overall set of results.

The walk was dominated by **Michelle Thompson (C58)** who added yet another record to her ever increasing supply with her 6 Hour walk distance of **54.636km**. This broke the Australian All-Comers record, set by Sandra Brown of England in 1999 (54.180km). Of course, to be fair to Sandra, her walk was in the context of a 100 mile effort! Indeed, magnificent walks by both women.

Michelle led from the start, with fellow Victorians **Terry O'Neill (C18)** and **Clarrie Jack (C4)** close on her heels. However, they could not match her unrelenting pace and gradually fell behind. Terry held on well, recording a PB of 53.379km, just outside Peter Bennett's Australian M55 record, while Clarrie finished with 49.845km, not bad for an M65 competitor. NSW runner **Kim Cook** was next in with a very impressive inaugural walk distance of 47.613km. He tells me he has had some advice from NSW walker Frank Overton and it certainly did the trick – he will be one to watch in the 24 Hour walk next month. **Steve Jordan** was next in with 44.492km and he also looks in very good shape for next month's 24 Hour walk. New Zealand Centurions secretary **Philip Sharp** followed him with 43.940km (significantly further than last year) and the field was rounded out by **John Timms** 43.021km, **Alex Poore** 39.027km (our oldest competitor at 73 years of age), **Ken Carter** 29.459km and **Rudolf Skrucany** 29.444km. **Karyn O'Neill (C45)** was second in the women's walk with 45.779km (very close to her best) while **Sandra Howorth** was third with 38.422km.

**6 HOUR WALK MEN**

1.	O'NEILL, Terry	VIC	53.379 km
2.	JACK, Clarrie	VIC	49.845 km
3.	COOK, Kim	NSW	47.613 km
4.	JORDAN, Steve	VIC	44.492 km
5.	SHARP, Philip	NZ	43.940 km
6.	TIMMS, John	VIC	43.021 km
7.	POORE, Alex	VIC	39.027 km
8.	CARTER, Ken	VIC	29.459 km
9.	SKRUCANY, Rudolf	VIC	29.444 km

**6 HOUR WALK WOMEN**

1.	THOMPSON, Michelle	VIC	54.636 km
2.	O'NEILL, Karyn	VIC	45.779 km
3.	HOWORTH, Sandra	VIC	38.422 km



*Michelle Thompson, Karyn O'Neill and Sandra Howorth at Coburg*



*Terry O'Neill, Clarrie Jack and Kim Cook at Coburg*

**14-15 April 2012** **Coburg 24 Hour Championships, Coburg, Victoria**

April saw the annual Australian Centurions 24 Hour qualifying event at the Harold Stevens Athletics Track at Coburg. Being a combined championship, 24 runners and 21 walkers toed the line at 10AM on the Saturday morning awaiting the gun, with runners restricted to lanes 1-2 and the walkers in lanes 3-4 of the 400m track.

Conditions were hot during the first day and the 10AM start meant that competitors had to endure around 7 hours of sun and heat before relief was forthcoming. But endure it they did with most still on the track as the sun set. Come 6:30AM the next morning as dawn broke and they were still at it albeit, in many cases, a bit the worse for wear!

We welcomed 5 overseas walkers in 2012 – Rudy Schoors, Caroline Mestdagh, Eddy Goeman and Willy Vermeulen of Belgium along with Sean Pender of Ireland / England. They joined the cream of our own local ultra walking crop in Peter Bennett, Michelle Thompson, Terry O'Neill and Clarrie Jack. And we also had a number of other impressive local contenders, some of them repeat offenders and some first timers with impressive credentials. First to the overall results:

**24 Hour Walk Championship – Men**

- |    |                |         |            |
|----|----------------|---------|------------|
| 1. | SCHOORS, Rudy  | BELGIUM | 173.387 km |
| 2. | GOEMAN, Eddy   | BELGIUM | 161.318 km |
| 3. | BENNETT, Peter | QLD     | 161.318 km |
| 4. | JORDAN, Steve  | VIC     | 157.232 km |

5.	VE RMEULEN, Willy	BELGIUM	155.927 km
6.	FRYER, Martin	ACT	152.241 km
7.	COOK, Kim	NSW	134.694 km
8.	TIMMS, John	VIC	128.682 km
9.	COMMINS, Louis	NSW	110.849 km
10.	O'NEILL, Terry	VIC	88.331 km
11.	ESSAM, Phil	ACT	86.052 km
12.	PENDER, Sean	UK	70.499 km
13.	CARTER, Ken	VIC	60.132 km
14.	McKAY, Doug	VIC	59.717 km
15.	JACK, Clarrie	VIC	48.105 km
16.	TURNER, Gary	VIC	33.591 km

#### 24 Hour Walk Championship – Women

1.	MESTDAGH, Caroline	BELGIUM	162.562 km
2.	THOMPSON, Michelle	VIC	149.707 km
3.	PARRIS, Dawn	VIC	141.097 km
4.	KELLY, Diana	VIC	125.244 km
5.	HOWORTH, Sandra	VIC	53.496 km

But of course, the bare bones results tell only half the story. Highlights included

- The performance of the 4 walkers who walked in excess of 100 miles. The 4 centurion performances were

<b>Eddy Goeman</b>	Belgium	C60	100 Miles	21:16:23
<b>Rudy Schoors</b>	Belgium	C55	100 Miles	22:10:05
<b>Caroline Mestdagh</b>	Belgium	C56	100 Miles	22:48:25
<b>Peter Bennett</b>	QLD	C24	100 Miles	22:53:09

Rudy, Caroline and Peter have all completed centurion walks previously in Australia but for Eddy it was his first time so he joined our ranks as Australian Centurion Number 60.

- The performance of **Michelle Thompson** who set 3 new Australian Residential records as follows

Michelle Thompson	VIC	C58	50 Miles	9:35:43
Michelle Thompson	VIC	C58	12 Hours	98.655 km
Michelle Thompson	VIC	C58	100 km	12:09:52



*Michelle Thompson (C 58) powers on her way to 3 Australian Residential Records at Coburg*

Michelle broke Carol Baird's records convincingly and was not far outside the Australian Open records of the



great English walker Sandra Brown. Michelle then powered on and was well on her way to challenging the Australian 24 Hour Open/Residential records when disaster struck – a burst blood vessel in the leg. Such is the effort required in this sort of event. She wisely chose to stop then and subsequent tests indicate no lasting damage, thank goodness.

- The anguish of **Willy Vermeulen** of Belgium and **Steve Jordan** of Melbourne who both found themselves just a few laps short of the required distance in the dying hours of the race. Try as they might, they could not maintain the required pace over the final stages and were going to miss out on the 100 mile mark by only a few laps. Willy called it quits with about 40 mins to go with a distance of 155.927 km while Steve slowed down and just walked it out, finishing with 157.232 km. They were indeed gallant efforts.
- The dramatic finish of **Peter Bennett**, who has 12 centurion finishes under his belt and who has a 24 Hour walk PB of 216km. He had a day at the office that he is unlikely to forget for a fair while - he started suffering mid race and his final hours were tough to watch as he listed sideways and backwards. Indeed, his final laps saw him struggling to stay upright as his back had gone on him completely. But finish he did, passing the 100 mile mark in 22:53:09 for his 13<sup>th</sup> such milestone.
- The Racewalking Australia 100km Championship medallists who were as follows

RWA 100km Men	1. Peter Bennett	2. Eddy Goeman	3. Rudy Schoors
RWA 100 Km Women	1. Michelle Thompson	2. Caroline Mestdagh	3. Dawn Parris



*Rudy Schoors, Caroline Mestdagh, Eddy Goeman, Michelle Thompson and Peter Bennett*



*Willy Vermeulen, Steve Jordan, Sean Pender, Martin Fryer and Dawn Parris*

**16-17 June 2012**

**24 Heures de Rouen, Rouen, France**

Peter Bennett travelled to France in mid June to defend his title in the 24 Heures de Rouen and defend it he did with a final winning distance of **213km**. I caught up with Peter via email soon after the event and he commented as follows:

*Having a cup of tea and a quiet morning. My legs feel fine but every other part of body is stiff and sore. With a 5pm start on Saturday it makes for a very long day on the road on the Sunday. Conditions were good on Saturday and not too cool during the night but Sunday was quite warm and we were in full sun. I think it must have got to me because I started to faint and feel sick at the presentations. I finished with a win (my 4<sup>th</sup> in this race from 6 starts) with 213km and managed to lose 5kg. I am sure I will have ample opportunity in the next few days to put it back on again.*



*Peter Bennett at Rouen*

It is always a challenge to find the actual results from this race as it does not seem to have any web presence. Peter's performances in this event over the years have been astonishing in terms of excellence and consistency:

15-16 April 2006	176.175 km	Rouen	3 <sup>rd</sup>
5-6 July 2008	214.65 km	Rouen	1 <sup>st</sup>
30-31 May 2009	213.885 km	Rouen	1 <sup>st</sup>
12-13 June 2010	216.240 km	Rouen	2 <sup>nd</sup>
25-26 June 2011	213.606 km	Rouen	1 <sup>st</sup>
16-17 June 2012	213 km	Rouen	1 <sup>st</sup>

**23-24 June 2012**

**Sri Chinmoy Australian 24 Hour Track Championship, Blacktown, NSW**

The Blacktown Olympic Park complex in western Sydney was the venue for the 2012 Sri Chinmoy Australian 24 Hour Track Championships. This annual event swaps between the Sri Chinmoy Carnival (even years) and the Coburg Carnival (odd years) and in 2012 it was Sydney's turn.

First to the weather which was a talking point. The photos make it look pretty good and that was indeed the case on Saturday (10AM Sat morning start time) but by 4:30PM we were rummaging out jumpers and tracksuits as the temperature plummeted. By nightfall it was very cold and as the hours of darkness dragged on endlessly and the frost came, it got even colder. In fact, it was definitely the toughest night I have ever spent at one of these events. One of the many support crew went out to the carpark to have a snooze in their car late in the night and the temperature outside the car registered as -3°C.

The field of 32 starters included 5 walkers - Victorians **Michelle Thompson (C 58)** and **Steve Jordan** and NSW entrants **Kim Cook, Saul Richardson** and **Kip Melham**. The aim of all the walkers was to reach 100 miles (160.9km) in the required 24 hours but it was a very hard ask in such conditions. The feat requires a very good first half and



Michelle, Steve, Kim and Kip were all on target at the 12 hour mark with intermediate splits in excess of 80km. Kim retired at that stage with blistered feet and Kip and Steve both found that they slowed too much in the second half and eventually also called it quits. Saul walked for the full duration to achieve 128.856km, a good first up effort for someone with no prior experience.

So it was left to Michelle, our top lady ultra walker, to do the deed and she did so in fine style, recording a PB final distance of **174.893km**. But it was not easy. She had passed the 12 Hour mark with 97.0km and looked set for a much bigger distance until the cold conditions set in and she struggled. This, combined with her own case of bad blisters, saw her reduced to survival mode. Even so, it was still the second fastest ever by an Australian (second only to Carol Baird's record of 182.657km) and she set two new Australian W40 records as follows:

100 Miles:	21:36:14	PB 0:27:13
24 Hours	174.896 km	PB 2.400 km



*Michelle Thompson and Steve Jordan in action in Blacktown*



*Other walkers Kim Cook, Saul Richardson and Kip Melham (with Regal Racewalkers member Robert Osborne)*

The results of the five walkers are shown below. Regal Racewalkers walker Robert Osborne was also in the event but as a runner. He finished 14<sup>th</sup> with a PB distance of 150.569km.

9.	Michelle Thompson	VIC	174.896 km
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18.	Saul Richardson	NSW	128.856 km
19.	Stephen Jordan	VIC	126.514 km
21.	Anyce 'Kip' Melham	NSW	122.800 km
29.	Kim Cook	NSW	85.600 km

30.

#### **14 -15 July 2012 South Australian 24 Hour Road Championships, North Adelaide**

Victorian ultra distance runner **Justin Scholz** went to Adelaide in July 2012 with a slightly different challenge in mind to normal. One of our best Australian long distance runners with a 24 Hour run best of 203.278 km, he was keen to attempt to qualify as a centurion. He had approached me about this the month before and, once I had confirmed that Australian Centurion David Billett would be there to verify the performance, I gave him the go ahead to proceed. The course was a 2.200km circuit on footpaths surrounding the North Adelaide parklands with the start/finish at the Adelaide University Sports Field and the event was run by the SA Road Runners Assn.

And complete the 100 miles is just what he did, in **22:09:03**. He did another lap for safety and then called it quits with a total distance of 163.900 km to take sixth place overall. The top 10 places (the other 9 were all runners) read as follows:

1.	ARNULF RIEDL	Male	42	182.303 km
2.	EMMA VAUGHAN	Female	28	175.668 km
3.	TONY COLLINS	Male	65	171.745 km
4.	DAVID BILLETT (C50)	Male	41	170.731 km
5.	GRAHAM TOTTEY	Male	43	170.679 km
6.	<b>JUSTIN SCHOLZ (W)</b>	<b>Male</b>	<b>37</b>	<b>163.900 km (C61)</b>
7.	CARL LAFFAN	Male	33	163.900 km
8.	LIV THORNE	Female	30	161.700 km
9.	COLIN BROOKS	Male	59	160.466 km
10.	DOUGLAS SMART	Male	69	153.782 km

With this walk, Justin became Australian Centurion number **61**. His thoughts after the race:

*Thanks everyone, I'm really proud of this effort. Had no clue if I could do it or not. And though I was sceptical of others who had said it was harder to walk a strong 24 hours than run one, I now believe it. I just kept wanting to either run or sit down. And the almost 2 hours to spare was only because I was scared that if I slowed down excessively I'd get nauseous or overly tired or something that may have allowed gremlins into my head! After it was over I walked the remainder of the lap I was on and one more just for prudence sake. Never insisted that I stay out there longer than I had to unless I either wasn't going to make the 100miles (in which case 24 hours was mandatory in my mind) or if I was feeling strong enough to keep pushing hard which I definitely wasn't.*



*Justin Scholz in walking mode in Adelaide (photo purchased from <http://www.sarrc.asn.au>)*

**David Billett (C50)** described the effort as follows:

*As you may already know - I did run in the Adelaide 24 hour over the weekend. More importantly, I was able to witness Justin Scholz's attempt at 100 miles walking. I am happy to say that his technique satisfied the criteria for centurion acceptance. In fact his action was very similar to my own - mostly a street walk with contact maintained with the ground at all times and no obvious deliberate bending of the knees.*

*So strong was Justin's performance that he spent much of the race in the top five positions (all the others were runners of course!). I found it extremely hard to keep up with him when I was walking myself, though this did help to get me going at a reasonable pace!*

*Sharon Scholz and Ben Hockings were both present at the 100 mile point on the course to record his time. I passed that point (with still three laps to complete my own 100 miles as a runner) in around 22 hours and 4 minutes. Sharon said she was expecting Justin to arrive in around five minutes, so I assume that Justin finished in about 22h10m. I am sure he will forward the official time to you in due course.*

Justin joined the select group of Australian Centurions who have done the 100 mile run/walk double. That makes 13 in total so far:

Men Claude Martin, Jim Turnbull, George Audley, Stan Miskin, Yiannis Kouros, Geoff Hain, David Billett, Ian Valentine and Justin Scholz

Women Sandra Brown, Carol Baird, Lyn Lewis and Michelle Thompson.

But here's an even better stat: David has pointed out to me that Justin is the first Australian-born person to have performed both of the feats of walking 100 miles and running 200km in 24 hours (note that prior to Justin the only two members of the Australian Centurion Club to have run 200km in 24 hours were George Audley and Yiannis Kouros and both were born overseas, George in England and Yiannis in Greece).

A bit of further discussion is warranted. We do recognise 100 mile walks on road although all our records are track based. This is principally because our annual race has always been on the track (as it is much easier to organise a track event than a road event). We follow AURA's lead with regard to distinguishing between track and road - a track has to be 500m or less on a certified course. Justin is in fact our second road based Australian centurion - the first was Dudley Pilkington from Tasmania.

And the full splits for Justin:	12 Hours	93.353km
	100 Km	12:53:57
	100 Miles	22:09:03
	24 Hours	163.900km

### **27-29 July 2012                                      2012 Australian 48H Championship, Caboolture**

The weekend of 27-29 July 2012 saw the annual Australian 48 Hour and Queensland 24 Hour Track championships, held over a 500m road circuit around the Caboolture Historical Village. The events are principally running championships but we often see walkers in action and 2012 was no exception with 4 walk participants.

Victorian ultra runner **Barry Loveday** tried himself out in the 48 Hour walk (his first ever walking race) and he finished second overall against the runners with 283.500km, the longest distance ever walked in Australia and some 3 km further than Peter Bennett's current Australian record. Along the way, he covered 163 km in the first 24 Hours to become Australian Centurion number 62. It was an amazing debut performance.

**Peter Bennett (C 24)** finished 2<sup>nd</sup> overall and first male in the 24 Hour track championship with 185.293km to set a new Australian M55 record (and he was only 1km outside his best ever Australian walk). Victorian **Steve Jordan** also walked in the 24H race, recording a final distance of 115.635km. The final walker was QRWC member **Sarah Vardanega** who finished 12<sup>th</sup> in the 6 Hour walk with 48.242km. She then continued on to the 50km mark, done in **6:12:40** for a new Queensland record. So it was a good weekend for the small group of walkers.



### Australian 48 Hour Track Championship

1. Trevor Allen 288.492 km
2. Barry Loveday (W) 283.500 km (C 62)
3. Tamyka Bell 272.822 km
4. Mark McGowan 268.507 km

### Queensland 24 Hour Track Championship

1. Kerrie Williamson 187.233 km
2. Peter Bennett (W) 185.293 km
9. Steve Jordan (W) 115.635 km

### 6 Hour Track Event

12. Sarah Vardanega (W) 48.242 km



Barry Loveday and Peter Bennett in action at Caboolture

I chatted to Barry a week or so after the event and he commented:

*The photo is me in the first day where I think my finish total was 167km, so I was very happy with that! But the following day I was not moving very quickly and felt like stopping a lot of the time. I came off the track at 8pm for an hour or so on the second day and then started to feel really good again in the last 10 hours. I think I walked between my fastest laps 6 and 7 o'clock so I was really pleased with my last 10 hours and that really bumped my total up!*

Barry's splits for those statistically minded:

12 Hours	86.887 km	
100 km	13:50:38	
100 Miles	22:37:56	
24 Hours	167.500 km	
200km	31:35:49	
48 Hours	283.500 km	New Australian All-Comers Record

Peter Bennett's 24 Hour walk distance of 185.293 km saw him second overall in that event, beating all but one of the runners. This was Peter's 15<sup>th</sup> walk of 100 miles or more in 24 Hours. His vital stats were

12 Hours	98.664km	
100km	12:11:03	
100 Miles	20:40:22	New M55 All-Comers and Residential Records
24 Hours	185.293 km	New M55 All-Comers and Residential Records

**9 September 2012**

**Racewalking Australia 50km Championship for women, Melbourne**

The Victorian Race Walking Club winter season finished on September 9<sup>th</sup> 2012 with its annual long distance championships which were contested in ideal conditions at Middle Park. Events on offer included a Racewalking Australia women's 50km championship which was once once again by **Michelle Thompson (C 58)** in a time of 5:23:38, a new Australian Masters W40 record but well outside her winning time of last year.

**RWA 50KM CHAMPIONSHIP - WOMEN**

1. Michelle Thompson VIC 5:23:37

Other VRWC long distance events were contested over 4 Hours, 5 Hours and 6 Hours. Husband and wife team **Terry O'Neill (C 18)** and **Karyn O'Neill (C 45)** took the honours in the 6 Hour event in what was one of the morning's other highlights while Sandra Howorth and Gary Turner won the 5 Hour and 4 Hour events.

**VRWC 6 HOUR WALK**

1. Terry O'Neill VIC 54.971km
2. Karyn O'Neill VIC 47.170km
3. Steve Jordan VIC 43.873km

**VRWC 5 HOUR WALK**

1. Sandra Howorth VIC 35.774km
2. Rudolf Skrucany VIC 35.000km

**VRWC 4 HOUR WALK**

1. Gary Turner VIC 26.000km

**25 November 2012**

**Victorian 6 Hour Track Championships, Moe, Victoria**

The Victorian 6 Hour Track Championships, which have been held since 1996, are scheduled each November in Moe, eastern Victoria. The event includes both run and walk divisions and, as usual, the 2012 vent included a small group of walkers. The 8AM start did not help much as it was a very hot day with the sun out early but the four walkers all walked well and kept at it for the full 6 hours. The star of the show was definitely **Barry Loveday (C 62)** whose distance of 57.090 km was fantastic considering this was only his third walking race. He raced in Caboolture in August 2012 in the Australian 48 Hour Track Championship, walking the whole way and coming third overall against the field of runners, his distance of 283km a new Australian best. Then he fronted at Middle Park for a 20km walk in September, recording 2:03:55. In this, his third race, he walked a fantastic 57.1km. His hourly splits tell the story of his walk: 9.95km, 19.75km, 29.2km, 38.6km, 47.9km, 57.1km (9.95km, 9.8km, 9.45km, 9.4km, 9.3km, 9.2km)

**6 Hour Track Walk**

1. Barry Loveday (C 62) VIC 57.090 km
2. Brian Glover VIC 46.308 km
3. Steve Jordan VIC 44.226 km
4. John Timms VIC 34.697 km

Barry's 6 Hour distance was the third best ever done in Australia and was a new M35 Australian All-Comers record.



*Barry Loveday on his way to victory at Moe. Note the different directions - competitors reverse direction after 3 hours*

**7-9 December 2012**

**Coast to Cosci Ultra Distance Run, NSW**

Fancy a nice walk through some of Australia's finest scenery? Then look no further than the Coast to Kosci. This iconic event has been going since 2004 when it was first held informally with 3 runners, two of whom completed the full 240km route. It has now built up into one of the major events on the Australian ultra calendar and 2012 saw 34 entrants testing themselves out in this most daunting of events. The race started at 5:30am on Friday December 7<sup>th</sup> at Boydton Beach on the NSW coast and proceeded inland, climbing over 2000m overall to Australia's highest point atop Mt Kosciusko. It is a mixture of road, off road and just outright ridiculous with competitors having to cross snow drifts in the final section on this occasion.

Once again, we had one intrepid walker in action in **Peter Bennett (C 24)**. Peter competed last year, coming 19<sup>th</sup> in 38:06:38. This year, he was even better, improving to 17<sup>th</sup> in **37:17:57**. Helped by fellow centurion Terry O'Neill and others, he was on the road continuously.



*Left: All set to go*



*Right: On the road*





*Left: Keep those fluids up*



*Right: Atop Mt Kosciusko - 240km in 37 hours!*

### **Record Updates - 2012**

In 2012, Masters records were set in the following categories

Michelle Thompson	W40	50 km	5:29:10	Coburg, VIC	11 March 2012
Michelle Thompson	W40	6 Hours	54.636 km	Coburg, VIC	11 March 2012
Michelle Thompson	W40	50 Miles	9:35:43	Coburg, VIC	14-15 April 2012
Michelle Thompson	W40	12 Hours	98.655 km	Coburg, VIC	14-15 April 2012
Michelle Thompson	W40	100 km	12:09:52	Coburg, VIC	14-15 April 2012
Eddy Goeman	M45	12 Hours	94.522 km	Coburg, VIC	14-15 April 2012
Eddy Goeman	M45	100 km	12:44:57	Coburg, VIC	14-15 April 2012
Eddy Goeman	M45	100 Miles	21:16:23	Coburg, VIC	14-15 April 2012
Caroline Mestdagh	W45	12 Hours	89.945 km	Coburg, VIC	14-15 April 2012
Caroline Mestdagh	W45	100 km	13:37:58	Coburg, VIC	14-15 April 2012
Rudy Schoors	M45	24 Hours	173.387 km	Coburg, VIC	14-15 April 2012
Michelle Thompson	W40	100 Miles	21:36:14	Blacktown, NSW	23-24 June 2012
Michelle Thompson	W40	24 Hours	174.896 km	Blacktown, NSW	23-24 June 2012
Peter Bennett	M55	100 Miles	20:40:22	Caboolture, QLD	27-29 July 2012
Peter Bennett	M55	24 Hours	185.293 km	Caboolture, QLD	27-29 July 2012
Barry Loveday	M35	6 Hours	57.090 km	Moe, Vic	25 November 2012

In 2012, the following Open records were set

Michelle Thompson	W	50 km	5:29:10	Coburg, VIC	11 March 2012
Michelle Thompson	W	6 Hours	54.636 km	Coburg, VIC	11 March 2012
Michelle Thompson	W	50 Miles	9:35:43	Coburg, VIC	14-15 April 2012
Michelle Thompson	W	12 Hours	98.655 km	Coburg, VIC	14-15 April 2012
Michelle Thompson	W	100 km	12:09:52	Coburg, VIC	14-15 April 2012
Barry Loveday	M	48 Hours	283.500 km	Caboolture, QLD	27-29 July 2012

**9-10 February 2013****Caboolture Dusk to Dawn, Caboolture, QLD**

Caboolture Historical Village has been providing their grounds for this event since about 1994 but I do not think they would have ever expected the event to have grown so much. The 2013 event saw over 268 entries and over 155 competitors starting at 6pm on the Saturday evening. Of those starters, 47 finished in the 12H, 62 in the 6H, 2 the 100km, 4 in the 50km, 11 the Marathon and 12 the Half Marathon. Overnight conditions were good but humid.

Four walkers contested the overnight event with **Peter Bennett (C 24)** the best of them with 97.096km. It was also great to see **Caleb Maybir (C 28)** back in action after a significant layoff.

**12 Hour Event**

24	Peter Bennett (C 24)	194 laps	97.096km
39	Stephen Jordan	143 laps	71.705km
43	Caleb Maybir (C 28)	105 laps	52.655km

**6 Hour Event**

53	John Harris (C 12)	68	34.472km
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**16-17 February 2013****Injinje 12 Hour Endurance Race, Canberra, ACT**

This ultra is part of the Stromlo Running Festival, a 3 day carnival which runs from Friday to Sunday and incorporates School Challenge runs, cross country, tough off road runs and the ultra events themselves (50km, 6 Hours, 100km and 12 Hours). There were 3 walkers in action in the 12 Hour event which ran overnight from 7PM on the Saturday evening until 7AM on the Sunday morning. **Michelle Thompson (C 58)** was in superb form, finishing with a distance of 100.986 km (100km in 11:53:10). Last year in this event, she walked 101.158km so she was only 172m under that distance, a lapse around the 10 hour mark seeing her lose some 10 minutes. It was a dominant performance by our best ultra walker. Fellow Victorian **Steve Jordan** was also in great form, finishing with 83.180km, his best since 2007 and only 2km outside his PB. Since Steve walked in the Caboolture 12 Hour event the previous weekend, it was a huge effort to back up a week later and walk so well. Saul Richardson, the third of the walkers, was forced out mid race and had to be content with 43.000km.

11	Michelle Thompson	VIC	100.986 km
17	Steve Jordan	VIC	83.266 km
25	Saul Richardson	NSW	43.000 km



*Michelle Thompson and Steve Jordan in action in Canberra*

With Melbourne under the influence of sweltering conditions, the decision was made to bring the start time for the annual Coburg 6 Hour Championships forward from 8AM to 6AM, a decision that proved a correct one as the temperature was around 35°C by the time the event finished at midday. The championship featured both run (26 entries) and walk (13 entries) divisions and this report concentrates on the feats of the walkers in what proved to be a hot race in more ways than one.

**6 Hour Walk Women**

Australian Centurion **Michelle Thompson (C58)** was in a class of her own in the walk division, covering 9.3km in the first hour and holding that same pace throughout the entire race to break her own **Australian Women's 6 Hour Walk Record** with **55.865km** (she held it previously with 54.636km, set here at Coburg in 2012). Fellow centurion **Karyn O'Neill (C45)** took second with 45.735km while Dawn Parris was third with 43.476km. It was a dominant display by Australia's best female ultra walker and this performance adds to her growing collection of records. An inspection of her lapsheets indicate she passed the 50km mark in **5:20:57**, an **Australian Women's 50km track best**.

- |    |                          |     |           |             |
|----|--------------------------|-----|-----------|-------------|
| 1. | THOMPSON, Michelle (C58) | VIC | 55.865 km | PB 1:140 km |
| 2. | O'NEILL, Karyn (C45)     | VIC | 45.735 km |             |
| 3. | PARRIS, Dawn             | VIC | 43.476 km |             |

**6 Hour Walk Men**

Defending walk champion **Terry O'Neill (C 18)** had an easy win in the men's walk with 50.532km ahead of Steve Jordan (46.157km) and Saul Richardson (PB of 43.266km). It was good to see a couple of first timers in Victorians Rob Grinter and Michael Whimpey also walk to good totals.

- |    |                      |     |           |             |
|----|----------------------|-----|-----------|-------------|
| 1. | O'NEILL, Terry (C18) | VIC | 50.532 km |             |
| 2. | JORDAN, Steve        | VIC | 46.157 km |             |
| 3. | RICHARDSON, Saul     | NSW | 43.266 km | PB 0:266 km |
| 4. | GRINTER, Rob         | VIC | 41.560 km | First       |
| 5. | WHIMPEY, Michael     | VIC | 39.772 km | First       |
| 6. | TIMMS, John          | VIC | 38.692 km |             |
| 7. | TURNER, Gary         | VIC | 38.332 km |             |
| 8. | CARTER, Ken          | VIC | 28.535 km |             |



*Michelle, Karyn, Terry and Steve*





*Michelle, Karyn, Dawn, Terry, Steve and Saul*

**13-14 April 2013**

**Coburg 24 Hour Carnival, Coburg, VIC**

The 2013 Coburg 24 Hour Track Championships included the 2013 AURA Australian 24 Hour Track Championships which meant more runners wanting start spots and hence less space for walkers. With this in mind, the annual Australian Centurions qualifying walk was moved to September to allow more walkers to attempt the feat.

The weather was the best for some years with total cloud cover throughout the Saturday and a relatively mild night (by Melbourne standards) on the Saturday night. This helped ensure that, of the 44 starters (34 runners and 10 walkers) who toed the start line at 10AM on Saturday morning, most were still on the track 24 hours later when the final gun sounded.

There were a number of highlights

- Queensland runner Keith Sullivan setting a new Australian M60 6 Hour running record of 66.136km (nearly 3km ahead of Vlastik Skvaril's 2001 record of 63.600km). This was also an IAU M60 record.
- Victorian **Barry Loveday (C 62)** winning the 24 Hour Run event with an impressive 243.377km. It could have been even more considering his 12 Hour split of 138km!
- Queensland barefoot runner Rob Knowles breaking his own Guinness Book of Records record for running for 24 Hours barefoot - the old record was around 166km. On this occasion, he ran 180.801km and seemed no worse for wear after such an amazing feat.
- Victorian **Michelle Thompson (C 58)** winning the 24 Hour walk with a new Australian Open record of 184.724km (over 2km further than Carol Baird's 2002 record). Along the way, she also broke the Australian Residential 100 Miles record by just under 9 minutes with her time of 20:22:36.
- The first 4 male runners all running in excess of 200km.
- An amazing 20 competitors (19 runners and 1 walker) achieving in excess of 100 miles. This was the biggest depth 24 Hour track race ever seen in Australia and it befitted its status as the Australian Championship.

It was only a small walks field but we did have 10 starters, headed by **Michelle Thompson (C 58)**. Michelle walked so well that only the top 6 male runners and the top 3 female runners actually ran further than she walked in the 24 Hours. Her final distance of **184.724 km** was an **Australian Women's Open 24 Hour Walk record** and her 100 mile split of **20:22:36** was an **Australian Women's Residential 100 Mile Walk record**, but her final distance could have been even further if she had not finally succumbed to fatigue in the last couple of hours (the first 12 Hours saw her cover 98.118km).

Walking in lane 3 of the 400m track (runners use lanes 1-2 and walkers use lanes 3-4), she covered an amazing 445 laps in the 24 hours, only slowing in the dying hours as the effort started to take its toll. The hourly lap totals tell the



story of a huge effort - 20, 21, 20, 20, 21, 19, 19, 20, 19, 20, 19, 19, 18, 19, 18, 19, 18, 18, 17, 17, 18, 17, 16, 13.

Michelle now holds the Australian track and road bests for 50km and the Australian records for all ultra distances up to 24 hours - 6 Hours, 50 Miles, 12 Hours, 100km, 100 miles and 24 Hours.

Victorian Steve Jordan won the men's walk with 148.504 km - he had been well up at the half way mark (84.8km) but slowed in the second half as fatigue and a stomach upset took its toll. Steve was one of a number of walkers including Saul Richardson, Dawn Parris and **Karyn O'Neill (C 45)** who were all on track for 100 mile finishes in the event based on their 12 Hour splits but this is indeed a tough event that tests the limits of human endurance.

#### 24 Hour Walk Men

1.	JORDAN, Steve	VIC	148.504 km	
2.	RICHARDSON, Saul	NSW	139.028 km	PB 11.2km
3.	TIMMS, John	VIC	136.540 km	
4.	McKAY, Doug	VIC	129.585 km	
5.	O'NEILL, Terry (C 18)	VIC	74.646 km	
6.	CARTER, Ken	VIC	58.480 km	

#### 24 Hour Walk Women

1.	THOMPSON, Michelle (C 58)	VIC	184.724 km	PB 11.8km
2.	PARRIS, Dawn	VIC	142.521 km	PB 1.4km
3.	O'NEILL, Karyn (C 45)	VIC	141.711 km	
4.	KELLY, Diana	WA	124.795 km	



*Michelle Thompson, Dawn Parris and Steve Jordan in action*

**8-9 June 2013**

#### **24 Heures de Rouen, Rouen, France**

Australian walker **Peter Bennett (C 24)** was in Rouen in France once again for the annual 24 Heures de Rouen ultra distance walking classic. This was Peter's 7<sup>th</sup> appearance in this event and he notched up a 5<sup>th</sup> win with a superb **213.0km**. His 7 appearances read as follows

15-16 April 2006	176.175 km	3 <sup>rd</sup>
5-6 July 2008	214.65 km	1 <sup>st</sup>
30-31 May 2009	213.885 km	1 <sup>st</sup>
12-13 June 2010	216.240 km	2 <sup>nd</sup>
25-26 June 2011	213.0km	1 <sup>st</sup>
16-17 June 2012	213.0km	1 <sup>st</sup>
8-9 June 2013	213.0km	1 <sup>st</sup>



*Peter Bennett in action in Rouen earlier this month*

**15-16 June 2013                      Sri Chinmoy 24 Hour Track Championships, Blacktown, NSW**

There are always a few walkers in this event but in 2013, the walk numbers were up and the quality of walking was superb with 4 centurion walk performances.

Last year, Wangaratta based ultra distance runner **Justin Scholz** became a Centurion with a 100 mile walk time of 22:09:03. This time he and his wife **Sharon** both competed and both walked superb races. Sharon had competed in the Australian team in the World 24 Hour Running Championships in Holland only 4-5 weeks before and had been busy walking since then on what must have been one of the shortest preparation periods ever. It was an extraordinary walk for each of them. Justin passed the 100 mile in **19:43:21** and went on to record **189.678km**, the second longest ever 24 Hour walk distance in Australia. Sharon went through the 100 mile in **20:06:00** and broke Michelle Thompson's Australian records for 12 Hours, 100km, 100 miles and 24 Hours. Her final distance was **187.653km**.

To give some idea of the quality of their walks, here are the Australian all-time rankings for 24 Hour walks done in Australia. Justin and Sharon have gone straight to the front of the bus!

1.	Jim Gleeson	40	196.490 km	24/10/1971 (122 miles 215 yds)
2.	Justin Scholz	39	189.678 km	16/06/2013
3.	Sharon Scholz (F)	37	187.653 km	16/06/2013
4.	Peter Bennett	56	185.293 km	28/07/2012
5.	Michelle Thompson (F)	44	184.724 km	14/04/2013
6.	Gordon Smith	37	183.090 km	16/10/1938 (113 miles 1390 yds)
7.	Carol Baird (F)	53	182.657km	14/04/2002
8.	Gordon Smith	36	177.780 km	1937        (110 miles 871 yds)

Melbourne walker **Steve Jordan** passed the 100 mile milestone in **23:13:33** and went on to walk **164.478 km** in the 24 Hours. It was his 12<sup>th</sup> 24 Hour walk attempt over the last 8 years and he had finally achieved the elusive centurion distance. There was much celebration and it was definitely the highlight for all the walkers present.

Sydney based running legend **Anyce Melham** had tried to qualify as a centurion in this race the previous year but finished well short of the 100 miles. This time he reached the 100 mile mark in **23:46:32** and went on to walk **162.031km**. It was a measured walk and, although he never had much time up his sleeve, he never doubted that he would succeed.

So 4 finishers and 3 first time centurions (Sharon, Steve and Anyce) who become Cent number 63-65.



*Centurion finishers Anyce Melham (C 65), Sharon Scholz (C 63), Justin Scholz (C 61) and Steve Jordan (C 64)*

**Tim Erickson (C 13)** was also in action in Sydney with his first ultra walk since he qualified as a centurion in 1976. He had entered the 12 Hour event and completed it with a final distance of **102.330km** after passing the 6 Hour mark with **56.436km**. Doing such a fast first half did mean that the second half was a very tough slog but he was able to keep on the track, even if he did slow considerably.

#### 24 Hour Men

2.	Justin Scholz	VIC	189.678 km
4.	Steve Jordan	VIC	164.478 km
5.	Anyce Melham	NSW	162.431 km
12.	Saul Richardson	NSW	80.800 km
15.	Phil Essam	ACT	46.000 km

#### 24 Hour Run Women

3.	Sharon Scholz	VIC	187.653 km
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#### 12 Hour Run Men

3.	Tim Erickson	VIC	102.330 km
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There were records galore with Justin, Sharon and Tim all in on the act.

- Justin was in one of our hardest age groups with regard to records but he set a new M35 record with his 24 Hour distance and was only 27 seconds outside Peter Bennett's M35 100 mile record.
- Sharon set W35 records for 50 km, 50 miles, 100 km, 100miles, 6 hours, 12 hours, 24 hours, new Open Residential records for 50 miles, 100km, 100 miles, 12 hours and a new Open Residential and All-Comers record for 24 hours.
- Tim set new M60 records for 50 miles, 100 km, 6 hours and 12 hours

Significant Splits show the quality of the 5 leading walkers

Competitor	50 km	6 Hours	12 Hours	24 Hours	50 Miles	100 Km	100 Miles
Justin Scholz (C 61)	5:41:18	52.659 km	102.841 km	189.678 km	9:16:47	11:38:56	19:43:21
Sharon Scholz (C 63)	5:48:26	51.658 km	100,832 km	187.653 km	9:29:06	11:53:46	20:06:00
Steve Jordan (C 64)	6:25:47	46.826 km	89.084 km	164.478 km	10:47:30	13:39:47	23:13:33
Anyce Melham (C 65)	7:13:39	41.676 km	82.838 km	162.431 km	11:39:06	14:35:19	23:46:32
Tim Erickson (C 13)	5:17:11	56.436 km	102.330 km	N/A	8:57:06	11:39:37	N/A

**13-14 July 2013**

**Adelaide 24 Hour Road Race, Adelaide, SA**

Only a month after completing his centurion qualifying walk in Sydney, **Steve Jordan (C 64)** was back in action in the Adelaide 24 hour race in the Adelaide University Sports Fields in Adelaide in mid July. Unfortunately, Steve twisted his ankle on a dark section of the 2.2km course overnight and was forced to withdraw with **123.200 km** under his belt. It had rained heavily before the race and a bit during so there was quite a bit of mud and plenty of puddles to dodge.

NSW walker Saul Richardson was also in action and completed a PB **78.911 km** in the 12 Hour event.

Also as a point of interest, **Justin Scholz ( 61)** and **Sharon Scholz (C 63)** were also in action, only a month after their walks in Sydney. This time they were running, Sharon finishing fourth in the 12 Hour run (104.517km) and Justin running a leisurely 60km in the 24 Hours before calling it quits. And their 10 year old daughter Jasmine came 20<sup>th</sup> in the 6 Hour run with 43.513km. Now that IS impressive!

**19-21 July 2013**

**Caboolture 24 Hour and 48 Hour Championships, Caboolture, QLD**

A week after the Adelaide 24 Hour event, **Peter Bennett (C 24)** was in action in the Australian 48 Hour Track Championships in Caboolture in Queensland. Competing against a field of runners, Peter walked **272.114km** to take 8<sup>th</sup> place overall, a good effort by any standard and only about 8km below his best. For the record, Peter passed the 161km mark (just over 100 miles) in 22:44:26 for yet another centurion effort, his 17<sup>th</sup> in total.



*Peter Bennett walking at Caboolture in July (photo <http://dreamsportphotography.com>)*

**14-15 September 2013**

**Australian Centurions Qualifying Event, Middle Park, Melbourne**

The 29<sup>th</sup> Australian Centurions 24 Hour walk was hosted by the Victorian Race Walking Club at their headquarters at Middle Park in mid September 2013. The event was held over a 1.25km road loop and started at 2PM on the Saturday. It had been rainy and cold the previous two days but it cleared on the Saturday morning and the event was held in just about ideal conditions, with a calm and pleasant night midrace.

The race saw 6 Centurion qualifiers, the same number overall as in the 1998 qualifying event. For **Peter Bennett (C 24)**, it was his 18<sup>th</sup> centurion qualifier, an amazing statistic. **Sharon Scholz (C 63)** and **Justin Scholz (C 61)** walked together for the whole event and hence both have the same 100 mile time of 22:40:57 - a fitting husband and wife result. The following weekend they were back in action running in a 100km trail race in Canberra! **David Billett (C 50)** and **Karyn O'Neill (C 45)** were nearly always on the same lap and only 8 minutes separated them at the 100 mile mark.

**Peter Crump (C 66)** was the sixth centurion performer and hence qualified for Australian Centurion membership. It was a big ask for Peter whose previous longest walk was in the 2010 Australian 50km championship when he finished third with 4:59:14. It's a big jump into the unknown from 50km to 100 miles. He walked an excellent first half, covering 93.224km at the 12 hour mark. So he had only just over 64km to go and 12 hours in the kitty. Sounds easy! If only life were so simple. He hit the proverbial wall around the 19 hour mark and had to dig deep in the final 5 hours of the event, eventually reaching his 100 mile target in a time of **23:39:40**. His performance against the odds was so impressive that he was awarded the Jack Webber Trophy for the gutsiest walk of the meet. It was a well deserved honour.

#### 24 HOUR WALK MEN

1.	BENNETT, Peter	QLD	185.199 km	C24
2.	SCHOLZ, Justin	VIC	168.934 km	C61
3.	BILLET, David	SA	166.272 km	C50
4.	CRUMP, Peter	SA	161.250 km	<b>C66</b>
5.	RICHARDSON, Saul	NSW	135.772 km	
6.	JORDAN, Steve	VIC	130.492 km	C64
7.	TIMMS, John	VIC	128.605 km	
8.	WHYTE, Robin	NSW	102.500 km	C29
9.	TUTTY, Peter	NSW	75.000 km	
10.	McGOWAN, Tony	VIC	73.750 km	

#### 24 HOUR WALK WOMEN

1.	SCHOLZ, Sharon	VIC	168.934 km	C63
2.	O'NEILL, Karyn	VIC	164.982 km	C45
3.	BAIRD, Carol	ACT	81.250 km	C39

#### 12 HOUR WALK

1.	HOWORTH, Sandra	VIC	69.373 km	
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#### 6 HOUR WALK

1.	KILMARTIN, John	VIC	47.973 km	
2.	POORE, Alex	VIC	39.464 km	
3.	CARTER, Ken	VIC	28.603 km	

#### 4 HOUR WALK

1.	CARR, Heather	VIC	20.000 km	
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#### CENTURION PERFORMANCES

C24	BENNETT, Peter	QLD	20:33:00
C63	SCHOLZ, Sharon	VIC	22:40:37
C61	SCHOLZ, Justin	VIC	22:40:37
C50	BILLET, David	SA	23:06:59
C45	O'NEILL, Karyn	VIC	23:14:56
<b>C66</b>	CRUMP, Peter	SA	23:39:40

RWA 100km championships were also on offer, with times as follows for the medallists.

#### RWA 100KM CHAMPIONSHIPS

1.	SCHOLZ, Sharon	VIC	13:25:36
2.	O'NEILL, Karyn	VIC	14:21:40
1.	BENNETT, Peter	QLD	12:07:30
2.	CRUMP, Peter	SA	12:55:06
3.	WHYTE, Robin	NSW	13:21:40





*Left: They're off! Right: Peter Bennett*



*Sharon and Justin Scholz, David Billett, Karyn O'Neill and Peter Crump*

## **27 October 2013      Ned Kelly Chase 100km, Wangaratta, VIC**

The inaugural Ned Kelly Chase was held in late October 2013 on a massive 100km out and back loop which started and finished in Wangaratta, in country Victoria, and meandered around the Victorian North East. There were plenty of options - cover the full 100km as a solo entrant (44 starters) or take part as a 2x50km (20 teams) or 4x25km relay team (16 teams) or even participate in a ride/run relay team (11 teams). So it was a big show with lots of competitors spread around the course.

The race broke new ground in a number of ways, one of which was the organisers (Justin and Sharon Scholz) letting competitors choose their own start times (any time between midnight and 6AM), with a view to everyone finishing around 2PM on Sunday - hence the name 'The Ned Kelly Chase'.

**Michelle Thompson (C 58)** and **Tim Erickson (C 13)** chose to compete in the solo 100km race but as walkers rather than as runners and they set off at 1AM with head torches, provisions and enthusiasm and slogged it out for just under 12 hours, crossing the finish line together just before 1PM with matching finishing times of **11:58:54**. It was a demanding course with challenging road surfaces and some testing undulations but the weather was kind to entrants.



*Michelle Thompson and Tim Erickson in action in the Ned Kelly Chase*

Centurions **Terry** and **Karyn O'Neill** participated in the 2x50km relay, also as walkers, with Karyn doing 6:37:20 for the first 50km and Terry doing an excellent 5:43:10 for the second half. We also had one other walk relay team with John Kilmartin and Brian Glover - John did a superb walk in the first half (6:11:08) but Brian found his leg pretty tough (7:06:02).

**Ned Kelly Chase 100km Solo - all those under 12 hours (44 starters, 36 finishers)**

1. Moritz auf der Heide	7:39:15
2. Dan Langelaan	8:37:45
3. John Pearson	8:44:05
4. Shannon-Leigh Litt	8:46:42
5. Kevin Muller	8:58:41
6. Andrew Law	9:02:44
7. Jess Baker	9:29:32
8. Andrew Donaldson	9:29:35
9. Cameron Gillies	9:36:22
10. Lachlan Fraser	9:41:08
11. David Fraser	9:51:09
12. Matt Callaghan	10:06:09
13. Daragh O'Loughlin	10:08:00
14. Larissa Tichon	10:11:17
15. Annabel Hepworth	10:53:39
16. Leigh D'Arcy	11:09:03
17. Simon Dunn	11:12:40
18. Roger Hanney	11:13:42
19. Mak Sawa	11:18:48
20. George Mihalakellis	11:39:45
21. James Tucker	11:44:18
E22 Tim Erickson (walk)	11:58:54
E22 Michelle Thompson (walk)	11:58:54

All in all a great weekend!



## 2013 In Review

2013 was an excellent year for ultra distance walking with 4 new Centurions (C 63-66) and 12 walks in excess of 100 miles within 24 hours on Australian soil. That showed best ever depth and omened well for the health of the sport.

Michelle Thompson (C 58)	20:22:36 (Aust Rec)	Coburg, VIC	13-14 April 2013
Justin Scholz (C 61)	19:43:21	Blacktown, NSW	15-16 June 2013
Sharon Scholz (C 63) *	20:06:00 (Aust Rec)	Blacktown, NSW	15-16 June 2013
Steve Jordan (C 64) *	23:13:33	Blacktown, NSW	15-16 June 2013
Anyce Melham (C 65) *	23:46:32	Blacktown, NSW	15-16 June 2013
Peter Bennett (C 28)	22:44:26	Caboolture, QLD	19-21 July 2013
BENNETT, Peter (C 24)	20:33:00	Middle Park, VIC	14-15 Sept 2013
SCHOLZ, Sharon (C 63)	22:40:37	Middle Park, VIC	14-15 Sept 2013
SCHOLZ, Justin (C 61)	22:40:37	Middle Park, VIC	14-15 Sept 2013
BILLETT, David (C 50)	23:06:59	Middle Park, VIC	14-15 Sept 2013
O'NEILL, Karyn (C 45)	23:14:56	Middle Park, VIC	14-15 Sept 2013
CRUMP, Peter (C 66) *	23:39:40	Middle Park, VIC	14-15 Sept 2013

New records were set at a pace never seen before, another great sign.

In 2013, Masters records were set in the following categories

Michelle Thompson	50km	W40 All-Comers & Residential Records	5:20:57	Coburg	10/03/2013
Michelle Thompson	6 Hours	W40 All-Comers & Residential Records	55.865 km	Coburg	10/03/2013
Dawn Parris	6 Hours	W60 Residential Record	43.476 km	Coburg	10/03/2013
Michelle Thompson	100 Miles	W40 All-Comers & Residential Records	20:22:34	Coburg	14/04/2013
Michelle Thompson	24 Hours	W40 All-Comers & Residential Records	184.724 km	Coburg	14/04/2013
Dawn Parris	50 Km Track	W60 Residential Record	7:00:57	Coburg	14/04/2013
Dawn Parris	50 Miles	W60 Residential Record	11:47:10	Coburg	14/04/2013
Dawn Parris	100 Km	W60 Residential Record	15:48:55	Coburg	14/04/2013
Dawn Parris	24 Hours	W60 Residential Record	142.521 km	Coburg	14/04/2013
Justin Scholz	24 Hours	M35 All-Comers & Residential Records	189.678km	Sydney	16/06/2013
Sharon Scholz	50 Miles	W35 All-Comers & Residential Records	9:29:06	Sydney	16/06/2013
Sharon Scholz	100 Km	W35 All-Comers & Residential Records	11:53:46	Sydney	16/06/2013
Sharon Scholz	100 Miles	W35 All-Comers & Residential Records	20:06:00	Sydney	16/06/2013
Sharon Scholz	12 Hours	W35 All-Comers & Residential Records	100.832km	Sydney	16/06/2013
Sharon Scholz	24 Hours	W35 All-Comers & Residential Records	187.653km	Sydney	16/06/2013
Sharon Scholz	6 Hours	W35 All-Comers & Residential Records	51.658km	Sydney	16/06/2013
Sharon Scholz	50 km	W35 All-Comers & Residential Records	5:48:26	Sydney	16/06/2013
Tim Erickson	100 Km	M60 All-Comers & Residential Records	11:39:37	Sydney	16/06/2013
Tim Erickson	12 Hours	M60 All-Comers & Residential Records	102.330km	Sydney	16/06/2013
Tim Erickson	6 Hours	M60 All-Comers & Residential Records	56.436km	Sydney	16/06/2013
Tim Erickson	50 Miles	M60 All-Comers & Residential Records	8:57:06	Sydney	16/06/2013
Peter Bennett	200km	M55 All-Comers & Residential Records	29:35:53	Caboolture	21/07/2013
Peter Bennett	48 Hour	M55 All-Comers & Residential Records	271.114km	Caboolture	21/07/2013

In 2013, the following Open records were set

Michelle Thompson	50km	Open All-Comers & Residential Records	5:20:57	Coburg	10/03/2013
Michelle Thompson	6 Hours	Open All-Comers & Residential Records	55.865 km	Coburg	10/03/2013
Michelle Thompson	100 Miles	Open Residential Record	20:22:34	Coburg	14/04/2013
Michelle Thompson	24 Hours	Open All-Comers & Residential Records	184.724 km	Coburg	14/04/2013
Sharon Scholz	50 Miles	Open (Residential)	9:29:06	Sydney	16/06/2013
Sharon Scholz	100 Km	Open (Residential)	11:53:46	Sydney	16/06/2013
Sharon Scholz	100 Miles	Open (Residential)	20:06:00	Sydney	16/06/2013
Sharon Scholz	12 Hours	Open (Residential)	100.832km	Sydney	16/06/2013
Sharon Scholz	24 Hours	Open (Residential/All-Comers)	187.653km	Sydney	16/06/2013
Peter Bennett	200km	Open All-Comers & Residential Records	29:35:53	Caboolture	21/07/2013

**26 January 2014****Tim Erickson gets a Gong**

The Australian Centurions were honoured when long time secretary Tim Erickson (C 13) was amongst the list of awardees in the 2014 Australia Day honours list. His award, the **Medal of the Order of Australia (OAM)**, was for services to racewalking but it actually encompasses his wider work in the racewalking and ultra walking and fitness walking worlds.

**8-9 February 2014****Caboolture Dusk to Dawn, Caboolture, QLD**

A number of Victorians travelled to the annual Caboolture Dusk to Dawn 12 Hour Endurance event which was held once again on the 500m gravel road loop within the Caboolture Historical Village on the Sunshine Coast in Queensland on the weekend of 8-9 February. The surface was not the best so it is not the sort of event which optimises the chance of a good time but that didn't stop around 250 entrants in events ranging from the classic half marathon right through to the 12 Hour run/walk. The Victorian walkers, along with local Queenslander Peter Bennett, were all entered in the 12 Hour event which started at 6PM on the Saturday evening (hence the name 'Dusk to Dawn') and went throughout the night. **Peter Bennett (C 24)** led the walkers home with a fine 107.171km while **Michelle Thompson (C 58)** 96.074km and **Steve Jordan (C 56)** 81.159km filled the next two walk placings. Alas, Terry and Karyn O'Neill and Tim Erickson were all forced to withdraw along the way.



*Peter Bennett, Michelle Thompson and Steve Jordan in action in Caboolture*

**12 Hour Endurance Event**

17.	Peter Bennett (C 24)	QLD	214 laps	107.171 km
27.	Michelle Thompson (C 58)	VIC	192 laps	96.074 km
36.	Steve Jordan (C 56)	VIC	162 laps	81.159 km
43.	Tim Erickson (C 13)	VIC	132 laps	66.000 km
49.	Terry O'Neill (C 18)	VIC	91 laps	45.500 km
51.	Karyn O'Neill (C 45)	VIC	76 laps	38.000 km

**23 February 2014****Coburg 6 Hour Track Championships, VIC**

Sunday 23<sup>rd</sup> February 2014 saw for the annual Coburg 6 Hour Track Championships where a full field of 45 competitors (36 runners and 9 walkers) toed the line for a 6AM start time. Conditions were good early on but it was hot and sunny in the second half of the event. Centurion members **Michelle Thompson (C 58)** and **Terry O'Neill (C 18)**

took the lead from the gun and were never headed. Michelle was the best overall with her distance of 55.731km only about 100m below her Australian Open record and good enough for a new W45 Australian best. Terry's distance of 53.786km set a new Australian M55 best and was not far outside his best from years past. Dawn Parris also set a W60 Australian best with her distance of 43.567km. **Karyn O'Neill (C 45)** also produced a great walk with a PB 47.442km as did **Steve Jordan (C 56)** who was just outside his best with 45.900km. And a special mention to Victorian walker Sandra Howorth who walked a big PB with her distance of 41.338km. The next outing for the ultra walkers will be in the Coburg 24 Hour Carnival in 6 weeks time.

**6 Hour Walk Women**

- |    |                          |     |           |           |
|----|--------------------------|-----|-----------|-----------|
| 1. | Michelle THOMPSON (C 58) | VIC | 55.731 km |           |
| 2. | Karyn O'NEILL (C 45)     | VIC | 47.442 km | PB 0.3 km |
| 3. | Dawn PARRIS              | VIC | 43.567 km |           |
| 4. | Sandra HOWORTH           | VIC | 41.338 km | PB 2.5km  |

**6 Hour Walk Men**

- |    |                      |     |           |
|----|----------------------|-----|-----------|
| 1. | Terry O'NEILL (C 18) | VIC | 53.786 km |
| 2. | Steve JORDAN (C 64)  | VIC | 45.900 km |
| 3. | Saul RICHARDSON      | NSW | 42.499 km |
| 4. | Ken CARTER           | VIC | 26.513 km |
| 5. | John KILMARTIN       | VIC | 26.126 km |



*Michelle Thompson, Terry O'Neill, Karyn O'Neill and Steve Jordan in action at Coburg*



*Ken, Terry, Steve, Saul, John, Michelle, Karen, Dawn and Sandra*

While I don't normally report on running performances, I do want to start this report by zooming in on a couple of superb performances by Aussie ultra runners. The carnival hosted the annual AURA 24 Hour Track Championships and the two new National Champions did themselves proud, producing huge results. In the men's run, Victorian **Barry Loveday (C62)** started conservatively but took the lead after several hours and, from then on, was never headed, passing the half way mark in around 132km and then actually negative splitting to produce a huge PB distance of **265.000km**. This is the second longest ever by an Australian behind that of the the great Yiannis Kouros and was a 22km PB for Barry. Barry is indeed an amazing runner as well as an amazing ultra walker. In the women's run, former Canadian champion and now WA based **Bernadette Benson** ran similarly, starting conservatively in the warm and sunny Saturday conditions but eventually outdistancing the opposition with a new Australian record of 238.261km, more than 9km further than Helen Stanger's previous record of **229.080km**.

Since most places were reserved for the runners, only small walk fields contested this year's carnival but the third major highlight of the meet went to one of the walkers with Australian Centurion **Michelle Thompson (C58)** in commanding style with a record breaking total of **190.984km**. Like Barry and Bernadette in the run, she started more slowly than normal but managed to keep a relatively even pace for most of the event, only slowing towards the end. She set a new swathe of intermediate Australian records, breaking most of them by significant margins (see details later in the newsletter).

**Steve Jordan (C64)** was also in action in the walk division and was on schedule for his second hundred mile finish until the wheels fell off just before the 20 hour mark. Bad luck for Steve but a valiant effort, finishing with a distance of 135.631km. **Sharon Scholz (C43)** was also on the track, as a runner this time, finishing fourth with an excellent 205.170km. And it was great to see Australian Centurion and former Australian international walker **Michael Harvey (C43)** competing in the run. He was after a distance of 100 miles and he did it, eventually passing that iconic mark in 23:17:57. In doing so, he became one of the small number of Australians who have both walked and run 100 miles within 24 hours.

For completeness, here are the results from the walk section.

#### 24 Hour Walk Women

1.	Michelle Thompson (C58)	VIC	190.984 km
2.	Dawn Parris	VIC	136.589 km
3.	Sandra Howorth	VIC	72.573 km

#### 24 Hour Walk Men

1.	Steve Jordan (C64)	VIC	135.631 km
2.	Saul Richardson	NSW	103.810 km
3.	Ken Carter	VIC	42.714 km

Overall, the meet produced some 32 new records, run and walk, Australian and Canadian, Open and Age. The race also set a new high for Australia. Of the 48 starters, 6 achieved distances greater than 230km, 15 were in excess of 200km and 27 were in excess of 100 miles. Such depth and quality have never been seen so abundantly before. All in all, a superb weekend for all present.





*Michelle Thompson (walk) and Barry Loveday (run) in action at Coburg*



*Steve Jordan (walk), Sharon Scholz (run) and Michael Harvey (run) in action*

**14-15 June 2014**

**Sri Chinmoy 24 Hour Championship, Blacktown, NSW**

Although short on preparation after a broken toe earlier in the year and a more recent 5 week cycle tour of Japan, **Justin Scholz (C 61)** was keen to try to improve on his 189.678km, achieved in this same event last year. Alas, after a good start, he realised that it was not to be the day so he eased back and was content to walk through to his fourth centurion walk milestone in a time of **21:03**. From there on, he enjoyed the dawn hours and walked through to a final distance of 174.406 km.

He was one of 3 serious walk contenders but was the only one to complete the 100 mile walk challenge. NSW walker **Charbel Sandroussi** had walked in last year's event, stopping at 100km (15:47:25). This year, he did much better, passing the 50 mile mark in around 11:08 with plenty of time up the sleeve. Alas, very bad blisters put paid to his gallant attempt and he was forced to stop just past the 21 hour mark with 140.8km under his belt. New Zealand walker **Andrew Shelley** was already an NZ Centurion, having qualified in Auckland in 2010 with a time of 21:37:55. Alas, this was not Andrew's weekend either as his legs tightened early and he was effectively out of the race after about 10 hours. He rested for a while and struggled on to his 50 mile mark and then called it quits just after the 15 hour mark.

**Tim Erickson (C 13)** was also in the mix as a competitor in the 12 Hour event but, like Charbel and Andrew, this was not his day either as he ran out of puff and eventually stopped after 74.8km, just before the 9 hour mark. Walk results are reproduced below.

#### **Sri Chinmoy 24 Hour Championship**

10	Justin Scholz	VIC	174.406km	
22	Charbel Sandroussi	NSW	140.800km	(21:19:53)
43	Andrew Shelley	NZL	80.800km	(15:14:52)

#### **Sri Chinmoy 12 Hour Championship**

11	Tim Erickson	VIC	74.800km	(8:52:38)
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### **Vale Jim Gleeson (C 3): 1921 - 2014**

The Australian Centurions lost one of its legends in **Jim Gleeson (C 3)**, when he passed away on his 83rd birthday on 14th Une 2014. His many wonderful long distance walking feats have been well documented in this Centurion history and his Australian 24 Hour walk record continues to defy all challenges.

### **2014 National 48 Hour Track Championships Caboolture, Queensland, 24-26 July**

**Peter Bennett (C 24)** was in action in late July, walking alongside the runners in the Australian 48 Hour Championships in Queensland, and he did performed excellently, finishing 4<sup>th</sup> overall out of the 12 competitors with a distance of 273.861 km.

#### **Australian 48 Hour Track Championship (first 4)**

1.	John Pearson	340.183 km
2.	Annabel Hepworth	293.856 km
3.	Tamyka Bell	283.161 km
4.	Peter Bennett (Walk)	273.861 km

### **Australian Centurions 24 Hour Walk Middle Park, Victoria, 4-5 October 2014**

The weekend of 4-5 October 2014 saw the annual Australian Centurions 24 Hour walk, hosted once again by the Victorian Race Walking Club at Middle Park in inner Melbourne. Alas, the fields were disappointingly small (3 in the 24 Hour, 1 in the 12 Hour and 4 in the 6 Hour) but those who did turn out were well prepared and ready to race!

The gun, which was fired at midday on Saturday, signalled the start for the 24 Hour entrants (Terry and Kary O'Neill and Saul Richardson) and our sole 12 Hour entrant (Michelle Thompson). Unfortunately, they had to endure a long afternoon of very blustery and hot conditions, with the temperature peaking around 30°C, and it was not until early evening that the weather abated and the cooler night time hours offered some relief. The 6 Hour walkers (John Kilmartin, Clarrie Jack, Steve Jordan and Ken Carter) joined the fray at the 18 hour mark, walking the final 6 hours of the event on Sunday morning and finishing when the final gun was fired at midday on the Sunday.

The highlight was provided by **Michelle Thompson (C 58)** in the 12 Hour walk. She set a conservative pace at the start but when the temperature cooled she stepped up the pace, going on to record a distance of 101.66km for the 12 hours. The 6 Hour walk saw a classic tussle between **John Kilmartin** and **Clarrie Jack (C 4)**, nothing separating them for 4 hours until John had to have a pit stop. Clarrie saw his opportunity, put the pace on, built a handy lead and held it to the finish. Both Clarrie and John walking in excess of 50 km and it was a PB For John. In the 24 Hour Walk, **Terry O'Neill (C 18)** built a handy lead early but conditions, combined with a very tight back and stomach problems, forced him to slow and he had to retire after 10 hours. **Karyn O'Neill (C 45)** and **Saul Richardson** continued to brave the strong winds, both going through their own difficult stages. Saul was content to complete 100km and then retired, just before the 16 hour mark. leaving Karyn from then on as the sole 24 Hour walker still on the track. She also had to have time off but gallantly returned to the track in the final hours to build a few more kms. In the finish it was Karyn who was the overall winner with 133.75km ahead of Saul with 100.00 km and Terry with 72.50km.

#### **24 Hour Walk**

1.	Karyn O'Neill (C 45)	VIC	133.750 km
----	----------------------	-----	------------

- |    |                      |     |            |
|----|----------------------|-----|------------|
| 2. | Saul Richardson      | NSW | 100.000 km |
| 3. | Terry O'Neill (C 18) | VIC | 72.500 km  |

### 12 Hour Walk

- |    |                          |     |            |
|----|--------------------------|-----|------------|
| 1. | Michelle Thompson (C 58) | VIC | 101.660 km |
|----|--------------------------|-----|------------|

### 6 Hour Walk

- |    |                     |     |           |
|----|---------------------|-----|-----------|
| 1. | Clarrie Jack (C 4)  | VIC | 50.952 km |
| 2. | John Kilmartin      | VIC | 50.567 km |
| 3. | Ken Carter          | VIC | 25.874 km |
| 4. | Steve Jordan (C 64) | VIC | 17.455 km |

### Racewalking Australia 100km Championships

- |    |                         |     |          |
|----|-------------------------|-----|----------|
| 1. | Michelle Thompson C 58) | VIC | 11:48:14 |
| 2. | Karyn O'Neill (C 45)    | VIC | 15:55:30 |

- |    |                 |     |          |
|----|-----------------|-----|----------|
| 1. | Saul Richardson | NSW | 17:37:23 |
|----|-----------------|-----|----------|



*Michelle Thompson, Karyn O'Neill, John Kilmartin and Clarrie Jack in action in the 2014 qualifier*

### Malaysian 12 Hour walk \_\_\_\_\_ Seremban, Malaysia, 6-7 December 2014

The MKH Seremban International 12 Hour Walk, held in Malaysia in mid December, is a regular event on the world ultra walking scene and normally sees large numbers of local Malaysian walkers, along with a number of walkers from Hong Kong, Singapore and more widespread countries. In 2014, Australian ultra walkers **Saul Richardson**, **Michelle Thompson (C 58)** and **Tim Erickson (C 13)** were participants. The 8PM start time on the Saturday evening ensured that conditions are less severe than during the day but it was still hot and humid and hence a challenging experience for those not used to racing on the equator.

The 2014 race was moved from Putrajaya to Seremban and was to be held around a 1km block in the inner city. Close to the event, it had to be moved to another city block due to a festival which was scheduled for the same weekend and the course distance was changed to 800m. Come the day and the lap was further reduced in distance with only a partial lap of the block rather than the full lap to cut off a very busy corner and section. The race results announced on the day were amended to reflect a lap distance of somewhere around 720m but the lap distance was definitely less than that. The winning distances of 115km are not realistic and indicate that further recalculations are required. But this does not detract from what was a wonderful event, With around 350 walkers participating (and most of them actually finishing), it was an impressive event that was excellently run and well supported by sponsors.

Michelle Thompson and Tim Erickson walked the whole way together, starting off conservatively, catching the leaders



mid race and then drawing away in the second half for comprehensive wins. The story for Saul Richardson was a very different one as he had badly broken a big toe the previous Sunday when he dropped a heavy instrument case on his foot. He turned up in his moon boot and hobbled around in the last few days leading up to the race, then strapped the toe up and set off with the gun, hoping for the best. Amazingly, he completed the full 12 hours with a PB distance of around 88km. The effort was so great that he collapsed at the presentations and had to be given quite a bit of first aid treatment before he was stabilised. Then next day it was back into the moon boot. Talk about a gutsy performance!

#### 12 Hour Women (first 4)

1.	Michelle Thompson	AUS	115.362 km (11:57:47)
2.	Norliana Binti Rusni	MAS	97.266 km
3.	Irène Tai Sau King	HKG	90.048 km
4.	Chooi Fern	MAS	90.048 km

#### 12 Hour Men (first 4)

1.	Tim Erickson	AUS	115.362 km (11:56:56)
2.	Umasuttan Ganesen	MAS	108.576 km
3.	Anipoobarathi Barathithasen	MAS	107.068 km
4.	Michael Campaniello	USA	104.806 km



*Tim, Michelle and Saul in action in Malaysia*

Unfortunately, it was announced after the event that this would be the final 12 Hour event staged in Malaysia. That being the case, we are glad we made the trip this year. It was as enjoyable as is possible in such an event!

#### **2014 Record Update**

Michelle Thompson	6 Hours	W45 All-Comers & Residential Records	55.731 km	Coburg	23/02/2014
Terry O'Neill	6 Hours	M55 All-Comers & Residential Records	53.786 km	Coburg	23/02/2014
Dawn Parris	6 Hours	W60 Residential Record	43.567 km	Coburg	23/02/2014
Michelle Thompson	50 Miles	Residential Record	9:23:58	Coburg	05/04/2014
Michelle Thompson	100 km	Residential Record	11:43:11	Coburg	05/04/2014
Michelle Thompson	12 Hours	Residential Record	102.164 km	Coburg	05/04/2014
Michelle Thompson	100 Miles	Residential Record	19:53:19	Coburg	05/04/2014
Michelle Thompson	24 Hours	Open and Residential Records	190.984 km	Coburg	05/04/2014
Michelle Thompson	50 Miles	Open and Residential W45 Record	9:23:58	Coburg	05/04/2014
Michelle Thompson	100 km	Open and Residential W45 Record	11:43:11	Coburg	05/04/2014
Michelle Thompson	12 Hours	Open and Residential W45 Record	102.164 km	Coburg	05/04/2014
Michelle Thompson	100 Miles	Open and Residential W45 Record	19:53:19	Coburg	05/04/2014
Michelle Thompson	24 Hours	Open and Residential W45 Record	190.984 km	Coburg	05/04/2014

31 Jan – 1 Feb 2015

**Caboolture Dusk to Dawn, Caboolture, QLD**

Victorian John Kilmartin was the sole walker in the Caboolture Dawn to Dusk 12 Hour walk and he walked impressively, completing 86.030km in the overnight carnival.

**Caboolture 12 Hour**

5.	John Kilmartin	VIC	1951	86.030 km
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Sunday 8 March 2015

**Coburg 6 Hour Championships, Clifton Hill, VIC**

The 6 Hour Walk Championships were held at the George Knott Athletics Track in Clifton Hill this year, due to track works at Coburg. The 6AM start time proved its worth once again as early cloud made for ideal conditions and the sun did not break through until some time after 10AM. The last 2 hours saw the temperature quickly climb but everyone was able to knuckle down in the sunny conditions and see it out. Overall wins to **Michelle Thompson (C 58)** with an impressive 55.073km and **Robin Whyte (C 29)** with 50.741km and Australian Walk age group records to ACT partnership Robin Whyte (M70-74 50.741km) and **Val Chesterton (W70-74 39.965km)**. The men's walk saw a great battle between Robin and John Kilmartin with less than one lap separating them for almost the full event. But try as he might, John was not able to bridge the short gap and he had to settle for second place.

**6 Hour Walk Women**

1.	Thompson, Michelle	VIC	1968	55.073 km	
2.	O'Neill, Karyn	VIC	1955	46.308 km	
3.	Chesterton, Val	ACT	1940	39.965 km	W70 record

**6 Hour Walk Men**

1.	Whyte, Robin	ACT	1942	50.741 km	M70 record
2.	Kilmartin, John	VIC	1951	50.479 km	
3.	Jack, Clarrie	VIC	1945	46.195 km	
4.	Richardson, Saul	NSW	1973	43.492 km	
5.	Turner, Gary	VIC	1953	38.639 km	
6.	Whimpey, Michael	VIC	1953	38.247 km	
7.	O'Neill, Terry	VIC	1956	37.738 km	
8.	Carter, Ken	VIC	1952	26.111 km	



*Robin Whyte, John Kilmartin, Michelle Thompson and Val Chesterton in action at Clifton Hill*

The 2015 Australian Centurions qualifier was held in conjunction with the Coburg 24 Hour Track Championships which also included the AURA Australian Track Running Championships. The field of 49 starters included 13 walkers (9 men and 4 women) and saw some fantastic running and walking. The weather was atrocious - it rained for some 5 hours in the early evening of Saturday and, from then on, conditions were cold with further showers. The attrition rate was significant with a number of entrants having to take time off the track or, in some cases, stop completely. But with all that said, there were still plenty of highlights including a **new Australian Centurion (John Kilmartin becoming C67 with a time of 21:11:56)** and a number of new Australian walking records as follows:

Michelle Thompson	Open 100km Residential	11:38:04
Michelle Thompson	Open 12 Hours Residential	103.209 km
Michelle Thompson	Open & W45 100km All-Comers/Residential	11:38:04
Michelle Thompson	Open & W45 12 Hours All-Comers/Residential	102.209 km
John Kilmartin	M60 100 Miles All-Comers/Residential	21:11:56
Val Chesterton	W70 50km All-Comers/Residential	Inaugural: 9:04:47
Val Chesterton	W70 12 Hours All-Comers/Residential	Inaugural: 63.776 km
Val Chesterton	W70 24 Hours All-Comers/Residential	Inaugural: 63.684 km
Karyn O'Neill	W60 12 Hours Residential	83.864 km

The walking event was a race of 2 halves. The first 12 hours was dominated by **Michelle Thompson** as she powered through, well ahead of anyone else and on record pace. She was rewarded with Australian Open records for 100km (11:38:04) and 12 Hours (103.209km), performances which only a small number of Aussie men have ever matched. She then stopped to have her feet checked and decided to retire on advice as the rain had wreaked havoc with her toes and it was a case of stop now or do some real damage. From then on, it was the **John Kilmartin** show as he powered through to his 100 miles with almost unbelievable consistency, never more than 1-2 secs variation from lap to lap. His 50 mile splits tell the story: 10:33 followed by 10:38 for a final 100 mile time of 21:11:56. He then walked a couple of extra laps for insurance purposes and called it quits, job done for the day. Other walk record breakers included **Karyn O'Neill** (a new W60 12 Hour record of 83.864 km) and Val Chesterton who set inaugural W70 records for 50km, 12 Hours and 24 Hours.



*John celebrates his 100 mile achievement*

#### 24 Hour Walk Men

1.	John Kilmartin (C67)	VIC	161.734 km
2.	Chris Kelly	VIC	131.413 km
3.	Saul Richardson	NSW	127.825 km
4.	Louis Commins	NSW	110.102 km



5.	Laurie Tinson	VIC	101.602 km
6.	Robin Whyte (C29)	ACT	100.773 km
7.	Clarrie Jack (C4)	VIC	46.861 km
8.	Ian Hoad	VIC	43.958 km
9.	Ken Carter	VIC	41.470 km

#### 24 Hour Walk Women

1.	Karyn O'Neill (C45)	VIC	133.534 km
2.	Diana Kelly	WA	128.827 km
3.	Michelle Thompson (C58)	VIC	106.000 km
4.	Val Chesterton	ACT	63.864 km

The carnival also hosted the Racewalking Australia 100km championships which were awarded as follows

#### Australian 100 km Track Walk Championship Men

John Kilmartin	VIC	13:03:50
Robin Whyte	ACT	13:59:00
Chris Kelly	VIC	16:15:20

#### Australian 100 km Track Walk Championship Women

Michelle Thompson	VIC	11:38:04
Karyn O'Neill	VIC	17:01:23
Diana Kelly	WA	18:25:13



*John Kilmartin, Michelle Thompson, Val Chesterton and Karyn O'Neill*

### 13-25 April 2015

### Melbourne to Adelaide

On Monday 13<sup>th</sup> April 2015, South Australian Masters walker Leigh Smith set off at 6:30AM to walk from Melbourne to Adelaide. This is a daunting enough venture for anyone but considering that Leigh was doing it to celebrate his 80th birthday, you have some idea of the enormity of the endeavour. His walk was to help raise money for cancer and heart research – he started walking following a triple heart bypass operation in 1992.

I met up Leigh and the team at Etihad Stadium in the Melbourne Docklands area before sunrise on the big day and was privileged to walk the first 3 hours with him and his daughter Kyla as they negotiated their way through the Melbourne industrial west towards their first overnight stop at Maddingley, near Bacchus Marsh (60.8km). I called it quits at 9:30AM and caught a train back home as Leigh headed off into the west at his measured pace.

His walk took him 13 days with daily splits as shown below and he did it in style, arriving in Harndorf in the Adelaide

hills on Saturday 25<sup>th</sup> April, right on schedule and just in time to celebrate his 80<sup>th</sup> birthday – a distance of 713km in 13 days. His daily totals read as follows

MON 13 APR	ETHIAD STADIUM - MADDINGLEY	60.8km
TUE 14 APR	MADDINGLEY - BALLARAT WEST	63.9km
WED 15 APR	BALLARAT WEST - BUANGOR	70.9km
THU 16 APR	BUANGOR - ARARAT	23.6km
FRI 17 APR	ARARAT - DADSWELL BRIDGE	61.3km
SAT 18 APR	DADSWELL BRIDGE - WAIL	59.9km
SUN 19 APR	WAIL - LAWLOIT	65.0km
MON 20 APR	LAWLOIT - BORDERTOWN	63.9km
TUE 21 APR	BORDERTOWN - PENDLETON FARM STAY	32.7km
WED 22 APR	PENDLETON FARM STAY - KEITH - CULBURRA	62.6km
THU 23 APR	CULBURRA - COOKE PLAINS	62.9km
FRI 24 APR	COOKE PLAINS - CALLINGTON	61.7km
SAT 25 APR	CALLINGTON - HAHNDORF	28.6km



*Leigh is interviewed by Channel 7 TV before he starts his epic walk*

### **30-31 May 2015                      24 Heures de Rouen, Rouen, France**

Queensland based Australian Centurion **Peter Bennett (C 24)** won the 2015 Rouen 24 Hour walk in France with a distance of 196km. Peter who had walked in this event annually since 2006, has now amassed seven firsts, one second and one third.

The 2015 event was held over a 795m circuit on the l'île Lacroix and the walkers battled rain overnight before the race finished in sunshine. To give you some idea of Peter's consistency over the last 10 years, here are the results of his 9 trips – pretty impressive stuff!

15-16 April 2006	Rouen 24 Hours Walk	3 <sup>rd</sup>	176.175 km
5-6 July 2008	Rouen 24 Hours Walk	1 <sup>st</sup>	214.65 km
30-31 May 2009	Rouen 24 Hours Walk	1 <sup>st</sup>	213.885 km
12-13 June 2010	Rouen 24 Hours Walk	2 <sup>nd</sup>	216.240 km
25-26 June 2011	Rouen 24 Hours Walk	1 <sup>st</sup>	213km
16-17 June 2012	Rouen 24 Hours Walk	1 <sup>st</sup>	213km
8-9 June 2013	Rouen 24 Hours Walk	1 <sup>st</sup>	213km
07-08 June 2014	Rouen 24 Hours Walk	1 <sup>st</sup>	209.0km
30-31 May 2015	Rouen 24 Hours Walk	1 <sup>st</sup>	196.350km

**6-7 June 2015**

**American Centurions Qualifying Race, Minneapolis, USA**

Justin Scholz (C 61) and Sharon Scholz (C 63) prepared for their USA Centurions attempt in an unusual fashion, flying out to USA on Monday May 4th and then cycling from New York to Minneapolis, a distance of 2500km! This very long ride clearly added to the immensity of the endeavour as they had only 4 days to recover in Minneapolis before starting their walk. It all went according to plan as they passed the 100 mile mark together in a time of 22:19:51 to become USA Centurions 76 and 77. They then continued on to a final distance of 105.1 miles.

- |    |               |           |                  |         |          |
|----|---------------|-----------|------------------|---------|----------|
| 1. | Justin Scholz | Australia | (Australian C61) | USA-C76 | 22:29:51 |
| 2. | Sharon Scholz | Australia | (Australian C63) | USA-C77 | 22:29:51 |



Left: negotiating one of the gravel sections of the lap

Right: A job well done – relaxing after the event

John walked strongly in the 6 Hour event at the Sri Chinmoy 24 Hour Carnival in Campbelltown, NSW, on the weekend of June 13-14, coming 9<sup>th</sup> with a distance of **50.050km**. He was then back in action on the weekend of 11-12 July, walking in the 12 Hour event at the Adelaide 24 Hour Festival in Adelaide, SA. The race report for that event commented that the race, held over a 2.2km loop in the Adelaide University grounds, *saw easily the worst weather the event has seen in its seven year history*. But it did not stop John from completing a very good **93.315km** for 11<sup>th</sup> place.

It was also good to see former ultra walker **Phil Essam** and his wife **Belinda** complete the 12 Hour walk in Campbelltown, coming 12<sup>th</sup> (**61.413km**) and 13<sup>th</sup> (**56.013km**) respectively.

**Peter Bennett (C 24)** was in action in the Caboolture 24 Hour Track event in Caboolture, QLD, on the weekend of 8-9 August, coming 5<sup>th</sup> against the field of runners with **164.557km**. Yet another 24 hour walk effort in excess of 100 miles for Peter! Then a few days later, he was off to the Seychelles for another long walk

**August 15-16, 2015**

**English Centurions 24 Hour Walk, Castleton, Isle of Man**

An amazing 49 walkers completed the requisite 100 miles distance in the 2015 English Centurions 24 Hour walk, held in Castleton on the Isle of Man and Australian Centurion **John Kilmartin (C 67)** was amongst them. He had qualified as a centurion in Australia in April with a fine 100 mile walk time of 21:11:56. He walked a similarly powerful race in Castleton, well back early (down towards 30th place) and then storming through the field to finish 7th overall with 21:26:48. It was a dream come true for John who had targeted this walk earlier in the year.

- |    |                |           |                  |           |          |
|----|----------------|-----------|------------------|-----------|----------|
| 3. | John Kilmartin | Australia | (Australian C67) | GBR-C1137 | 21:26:48 |
|----|----------------|-----------|------------------|-----------|----------|



John in action in the 2015 English 24 Hour walk – 21:26:28 for 100 miles of walking

**August 26-29, 2015**

**Seychelles 24 Hour Walking Race, Seychelles**

Peter Bennett (C 24) was in action in late August 2015 in an unusual race in the Republic of Seychelles, an archipelago of 115 islands in the Indian Ocean, some 1500km east of mainland Southeast Africa. The third time it had been held, that year's 24 Hour walking race was contested over 4 consecutive days, with 6 hours of walking each day, making a total of 24 hours all up. For the record, Peter won the men's race with 200.565km, well ahead of the rest of the field.

**Sept 13, 2015**

**VRWC 6 Hour Walk and 50km Championships**

The final 2015 winter season day for the Victorian Race Walking Club saw them hosting the Victorian 50km championship, the Racewalking Australia 50km championship for women, their own 35km club championship and a 6 Hour Walk. The weather was warm (around 25C) and windy so conditions were far from ideal but a small field of keen walkers still toed the line for the 7:30AM start.

A number of centurion members were in action – Michelle Thompson (C 58), Tim Erickson (C 13), Terry O'Neill (C 18) and Karyn O'Neill (C 45) and they walked with mixed success. Michelle went straight to the lead and was never headed, winning the RWA 50km championship with 5:33:10, well outside her 2011 PB is 5:13:14, but good enough to account for everyone present. She then continued on to the 6 Hour mark, recording an impressive 53.788km. Tim also completed the 6 Hour event with a final distance of 52.757km. Terry and Karyn were both amongst the ranks of the DNF's, stopping at 26km and 28km respectively.

**RWA 50km Championship Women**

	<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>50km</b>
1. Thompson, Michelle	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10

**VRWC 6 Hour Walk**

	<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>50km</b>	
1. Thompson, Michelle	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10	53.788 km
2. Erickson, Tim	1:06:05	2:11:58	3:18:09	4:25:35	5:39:14	52.757 km
3. Karyn O'Neill	1:09:13	2:22:05	28.000 km			
4. Terry O'Neill	1:06:05	2:12:03	26.000 km			

**October 3-4, 2015**

**Sri Chinmoy 24 Hour Track Championships, Auckland, NZ**



The NZ Centurions 24 Hour walk was held as usual in conjunction with the annual NZ Sri Chinmoy 24 Hour championships in October 2015. There were a number of walkers in action in the 24 Hour, 12 Hour and 6 Hour divisions and a sprinkling of NZ walk judges present to ensure that all was done correctly.

Australian Centurion husband and wife team **Justin (C 61) and Sharon Scholz (C 63)** walked superbly, passing the 100 mile mark in **22:24:28** to become NZ Centurions 20 and 21 and then going on to a final shared distance of 170.853km. This gave them 3 centurion badges each (Australian, USA and NZ) as they continued to shine with the ease with which they completed whatever challenges are put in front of them.

**John Kilmartin (C 67)** (who already had Australian and English centurion finishes to his credit) suffered badly in the race and could only manage 147km, being force off the track for some significant breaks with abdominal issues. John had started well and passed the 100km mark in 13:20:27, only 18 minutes behind Justin and Sharon. However, he was having trouble with an upset stomach by then and was forced to stop at 105km for a 40 minute break. A number of further breaks were forced upon him as he struggled to his final distance of 147km.

4.	Justin Scholz	Australia	(Australian C61)	NZ-C20	22:24:28
5.	Sharon Scholz	Australia	(Australian C63)	NZ-C21	22:24:28

### **October 25, 2015** **Ned Kelly Chase, Wangaratta, Victoria**

**Michelle Thompson (C 58)** returned to Wangaratta for the 2015 edition of the 100km Ned Kelly Chase, looking for her third finish in the 3 years that the event had been held. And she was successful, starting at 2AM on the Sunday morning and finishing in hot conditions in the excellent time of 12:24.14. Fellow centurion **John Kilmartin (C 67)** was also in action but stopped after 50km covered in 6:29:08.

### **2015 Record Update**

Karyn O'Neill	6 Hours	W60 All-Comers/Residential	46.032km	Coburg	8/03/2015
Robin Whyte	6 Hours	M70 All-Comers/Residential	50.741km	Coburg	8/03/2015
Val Chesterton	6 Hours	W70 All-Comers/Residential	39.965km	Coburg	8/03/2015
Val Chesterton	50km Track	W70 All-Comers/Residential	9:04:47	Coburg	18-19/04/2015
Val Chesterton	12 Hours	W70 All-Comers/Residential	63.776km	Coburg	18-19/04/2015
Val Chesterton	24 Hours	W70 All-Comers/Residential	63.684km	Coburg	18-19/04/2015
Karyn O'Neill	12 Hours	W60 Residential	83.864 km	Coburg	18-19/04/2015
Michelle Thompson	50km	Open & W45 Residential	9:14:28	Coburg	18-19/04/2015
Michelle Thompson	100km	Open & W45 Residential	11:38:04	Coburg	18-19/04/2015
Michelle Thompson	12 Hours	Open & W45 Residential	103.209 km	Coburg	18-19/04/2015
John Kilmartin	100 Miles	M60 All-Comers/Residential	21:11:56	Coburg	18-19/04/2015
Michelle Thompson	50km Road	W45 All-Comers/Residential	5:33:10	Middle Park	13/09/2015

**Sunday 6 March 2016**      **Coburg 6 Hour Championships, Coburg, VIC**

The 6AM start time proved its worth once again as the early cloud made for ideal running/walking conditions until the sun broke through around 10AM, in conditions almost identical to last year. The last 2 hours saw the temperature quickly climb but everyone was able to knuckle down in the sunny conditions and see it out.

As usual, runners were allocated to lane 1 and walkers were allocated to lane 3. The walks division saw record breaking performances compliments of Australian centurions **Clarrie Jack (C4)** and **Michelle Thompson (C58)**. Clarrie, having turned 70 recently, made short work of the current M70 6 Hour walk record of 50.741km (set by fellow Centurioin Robin Whyte last year), powering through to **51.227km**. Michelle, a perennial winner at Coburg, was the fastest walker overall and her winning distance of **55.782km** bettered her W45 record distance of 55.731km and was only 83m short of her Australian Open record.

And there is plenty to talk about from the other walkers. **John Kilmartin (C67)** was having his first race for a while as he recovers from a foot injury – all good with a tentative 47.338km. First time walker **Albin Hess** impressed with 45.063 km. NSW walker **Saul Richardson** was just outside his PB of 43.492km with his distance of 43.313 km. **Gary Turner** beat his best of 38.639km with his distance of 39.155km. **Sandra Howorth** beat her best of 41.300km with 42.021km and **Liz Wrigley** walked her first ever ultra with a great 39.160km.

**6 Hour Walk Men**

1.	Clarrie Jack (C4)	VIC	51.227 km	Aust M70 Record
2.	John Kilmartin (C67)	VIC	47.338 km	
3.	Albin Hess	VIC	45.063 km	Inaugural
4.	Saul Richardson	NSW	43.313 km	
5.	Gary Turner	VIC	39.155 km	PB
6.	Louis Commins	VIC	37.015 km	
7.	Ian Hoad	VIC	36.642 km	
8.	Ken Carter	VIC	23.463 km	

**6 Hour Walk Women**

1.	Michelle Thompson (C58)	VIC	55.782 km	Aust W45 Record
2.	Sandra Howorth	VIC	42.021 km	PB
3.	Liz Wrigley	VIC	39.160 km	Inaugural

**6 Hour Walk Relay**

1.	O'Neill Team	VIC	50.974 km	
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*Clarrie Jack, Michelle Thompson, and Albin Hess*

The inaugural Canberra 48 Hour Carnival was held at the AIS track in Bruce in mid March 2016. With races contested over 48 Hours, 24 Hours, 12 Hours and 6 Hours, there were upwards of 70 competitors in total so it was a huge endurance effort for all concerned.

The carnival kicked off at midday on the Friday with the gun firing to start the AURA Australian 48 Hour Championships, and it was wet and windy. The rain had set in earlier that morning and continued until mid afternoon. During this period, the wind gradually built and, by late afternoon, was at gale force levels. It was a case of tents flying left, right and centre, and a look down the main straight after a while showed a scene of carnage! Luckily it then settled and we were spared further drama as the weekend unfolded.

A small group of 8 walkers who participated over the weekend. Four of them tried the ultimate 48 Hour option and one in particular needs special mention – **Linda Christison** was a runner for many years, from a 2.09 800m to a 2.52 marathon, finishing 33<sup>rd</sup> in the Boston Marathon and winning the Adelaide, Traralgon and Sydney Cities Marathon. She was training to go under 2:50 in 2004 when she began to lose co-ordination and was diagnosed with early onset Parkinson's disease. She was eventually no longer able to run but walked well using a walking stick to complete 133km in the 2015 Adelaide 24H championship. In this event, she was accompanied by her sister **Heather Christison** who was also a top runner, representing NSW in road and cross country and finishing 11 marathons. They walked together the whole way to a final distance of 219.496km – pretty good work by any measure.

**Simon Butterworth** was another absolute first timer and walked an excellent 197.669km, always in control and keeping his pace slow and steady. Australian Centurion **John Kilmartin (C67)** from Ballarat was also in action but still suffering the effects of a foot injury and had to call it quits early with only 116.109km. The remaining 4 walkers were all seasoned campaigners but chose conservatively and kept to shorter distances (now that's what I call sensible).



*Linda Christison defies the odds with a walk of 219.496 km in Canberra last weekend (photo Thom Rigney)*

#### 48 Hour Championship (walkers)

11.	Linda Christison	NSW	219.496 km
12.	Heather Christison	NSW	219.496 km
19.	Simon Butterworth	ACT	197.669 km
24.	John Kilmartin (C67)	VIC	116.109 km

#### 12 Hour Championship (walkers)

14.	Saul Richardson	NSW	64.555 km
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#### 6 Hour Championship (walkers)

6.	Tim Erickson (C13)	VIC	51.127 km
10.	Phil Essam	ACT	34.224 km
11.	Belinda Essam	ACT	32.162 km

A discussion was held within the Australian Centurions Executive as to whether Linda's performance should be recognised as a new age group record, given her walking stick. It was unanimously agreed in the affirmative. That means the following new Australian age group records could be ratified.

Simon Buttersworth	M45-49	48 Hour Record	197.669km
Heather Christison	W50-54	200km Record	43:18:31
	W50-54	48 Hour Record	219.496km
Linda Christison	W55-59	200km Record	43:18:31
	W55-59	48 Hour Record	219.496km

### 16-17 April 2016                      Coburg 24 Hour Championships, Coburg, VIC

The annual Australian Centurions 24 Hour qualifying walk was held as usual in mid April alongside the Australian 24 Hour Track Run championships in the northern Melbourne suburb of Coburg. Cool daytime conditions (temperatures around 20°C) and brisk overnight conditions (temperatures around 11°C), combined with what could only be described as light winds and the occasional misty drizzle, provided just about ideal conditions for everyone and there were many PBs and some big totals. First to the walk results and then some comments

#### **24 Hour Walk Men**

1.	Rob Robertson	53	USA	163.462 km	<b>C68 **</b>
2.	Albertus Van Ginkel	55	NED	160.934 km	<b>C69 **</b>
3.	Louis Commins	67	VIC	134.003 km	
4.	John Timms	53	VIC	126.953 km	
5.	Albin Hess	56	VIC	123.316 km	First timer
6.	Brendan Young	49	VIC	108.891 km	First timer
7.	Phil Essam	54	ACT	103.086 km	
8.	Robin Whyte	74	ACT	102.017 km	C29
9.	John Kilmartin	64	VIC	98.858 km	C67
10.	Saul Richardson	43	NSW	82.940 km	
11.	Clarrie Jack	70	VIC	12.856 km	C4
12.	Ken Carter	63	VIC	11.395 km	

#### **24 Hour Walk Women**

1.	Michelle Thompson	47	VIC	173.200 km	C58
2.	Sandra De Graaff	48	NED	161.349 km	<b>C70 **</b>
3.	Dawn Parris	63	VIC	133.251 km	
4.	Val Chesterton	75	ACT	118.696 km	PB 3.118 km
5.	Sandra Howorth	53	VIC	57.408 km	

Overall 4 walkers walked 100 miles or more. For local walker **Michelle Thompson (C58)**, it was yet another successful hundred (her fourth) while for USA's **Rob Robertson** and for Dutch walkers **Sandra de Graaff** and **Bertus van Ginkel**, it was their first in Australia and hence an Australian Centurion badge to add to their existing collection – Rob is an American Centurion and Sandra and Bertus have Continental and English Centurion badges. They become Australian Centurions C68, C69 and C70 for their gallant efforts.

Michelle Thompson	AUS	C58	20:28:57
Rob Robertson	USA	<b>C68</b>	23:13:53
Sandra de Graaff	NED	<b>C69</b>	23:45:32
Bertus van Ginkel	NED	<b>C70</b>	23:46:36

Sandra, Bertus and Rob formed a train, walking one behind the other for almost the entire race until Rob kicked clear towards the end. It was wonderful to watch and I can honestly say it is the first time I have seen this sort of thing done over such an extended timeframe.

We had a number of walking and running records broken. As usual, Michelle Thompson chipped away at her Australian Open Residential records, setting two new ones as follows, before she showed down and enjoyed the second half at a more leisurely pace.

Michelle Thompson	Australian Open Record (Residential)	100km	11:36:29
Michelle Thompson	Australian Open Record (Residential)	12 Hours	103.217km

The other record breaker was 75 year old **Val Chesterton** of ACT Race Walking Club in Canberra. Val last walked in our 24 Hour qualifier in 2009, setting a PB of **115.578km**. Now 6 years later and at 75 years of age, she bettered that time with 118.696km. As no W75 woman had ever walked further than 6 hours, she set inaugural W75 Australian records for 50km, 50 Miles, 100km, 12 Hours and 24 Hours. The only W75 record she failed to beat was the 6 Hour distance of Ellwyn Miskin (38.756km).

The meet also included the annual Racewalking Australia 100km track walk championships, decided by the order in



which the walkers passed that milestone.

#### Australian 100 km Track Walk Championship Men

1. Rob Robertson USA 14:05:11
2. Albertus van Ginkel NED 14:12:38
3. Louis Commins NSW 15:40:06

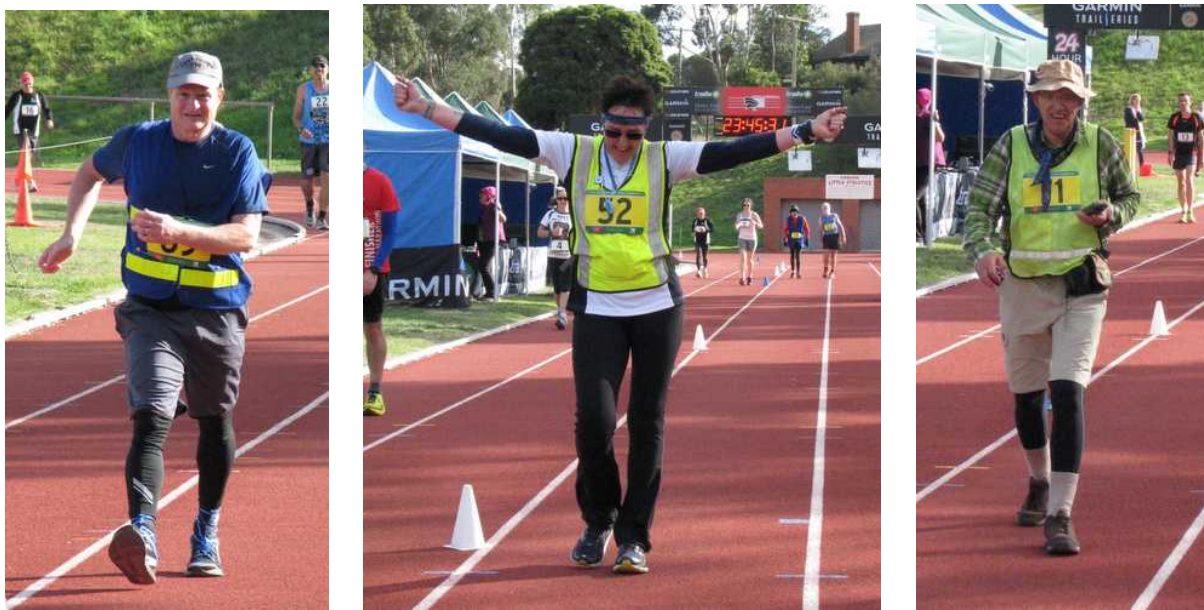
#### Australian 100 km Track Walk Championship Women

1. Michelle Thompson VIC 11:36:29
2. Sandra de Graaff NED 14:12:38
3. Dawn Parris VIC 17:01:42

Third placed **Louis Commins** covered 45km in the first 12 hours and looked well on target for a successful hundred. With limited training behind him after only just getting the all clear after a serious cancer scare, he was underdone but looked the real deal. First timer **Albin Hess** walked 45.063km in March at Coburg in his first ever long walk, then walked 123.316km at Coburg on this occasion. 73 year old **John Timms** was in intensive care in hospital only a few months before the event, suffering from a complicated leg problem, yet there he was completing 126.953km and looking good. And finally 63 year old **Dawn Parris** who again walked superbly, completing 133.251km.



Placegetters Michelle Thompson, Sandra de Graaff, Bertus van Ginkel, Rob Robertson, Dawn Parris and Louis Commins



New Australian Centurions finishing their hundreds – Rob Robertson (C68), Sandra de Graaff (C69) and Bertus van Ginkel (C70)

### 14-15 May 2016                      Continental Centurions 24 Hour Walk, Schiedam, Nederlands

Three Australian walkers were in action in the 2016 Continental Centurions 24 Hour race in Schiedam and all 3 were successful. Sharon Scholz (C63) and Justin Scholz (C61) competed together as usual, passing the 100 mile mark in 21:45:13 to become CC436 and CC437. This was their fourth centurion badge each (they are also Australian, NZ and USA centurions). John Kilmartin (C67) also finished the hundred to become CC440 with a 100 mile time of 23:05:24. This was John's third badge – he is also an Australian and English centurion.

14.	Sharon Scholz (W)	AUS	160.934 km	21.45.13	C436
15.	Justin Scholz	AUS	160.934 km	21.45.13	C437
20.	John Kilmartin	AUS	160.934 km	23.05.24	C440

### 18-19 June 2016                      Sri Chinmoy 24 hour TRACK Championships, Campbelltown, NSW

A small number of walkers were in action in Sydney in June 2016 in the annual Sri Chinmoy 24 Hour Track Championships. **Justin Scholz (C61)** was in action as a walker and the 100 mile mark was never in doubt as he powered through to a 100 mile time of 20:42:55 before calling it quits, job done. **David Attrill** (130.000km), **John Timms** (100.400km) and **Louis Commins** (42.400km) also participated in the 24 Hour race while **Ron Schwebel** (40.529km) and **Val Chesterton** (35.626km) both walked in the 6 Hour race, all putting in good efforts. Special note in particular for 69 year old David whose last ultra walk of note was in 2007 when he completed 140.9km at Coburg. He showed that he had lost little of that form in the intervening 9 years.

#### **24 Hour Championship**

9.	Justin Scholz (C61)	VIC	161.600 km
13.	David Attrill	NSW	130.000 km
25.	John Timms	VIC	110.400 km
34.	Louis Commins	NS	42.400 km

#### **6 Hour Championship**

15.	Ron Schwebel	ACT	40.529 km
16.	Val Chesterton	ACT	35.626 km

### 17-18 September 2016                      Roubaix 28 Hours Walk, Roubaix, France

The annual 28 Heures de Roubaix in September 2016 saw the first ever participation by an Australian, with **Michelle Thompson** (C58) amongst the 40 starters. She was a clear winner, walking 51.5km in her first 6 hours, taking 12:24:48 for 100km and then finally slowing as the night arrived, reaching the 100 mile mark in 21:49:53 and clocking 175.904km in the first 24 hours. She finished 10th overall with a distance of **198.647km** for the full 28 hours. She had looked set to better 200km but could only manage 23km in the final 4 hours (10km in the last 2 hours) as the fatigue factor took its toll. Such is the nature of this sort of super-endurance event.

### 24-25 September 2016                      "Not Just a Walk in the Park 24 Hour Racewalk", Owega, NY

Australian centurion **John Kilmartin (C67)** was in action in the annual American Centurion 24 Hour qualifier in upstate New York in late September 2016. Unfortunately, it was not his day as he was forced to retire after 92km.

### 22-23 October 2016                      African Centurions 24 Hour Walk, Robben Island, South Africa

The inaugural African Centurions 24 Hour Walk, held in late October on Robben Island, Cape Town, South Africa, and Australian centurion **John Kilmartin (C67)** was amongst the many international centurions who competed. Unfortunately, John suffered bad blisters and was forced to retire soon after the 17 hour mark, with 12 of the required 22 laps completed.

### 23 October, 2016                      Ned Kelly Chase, Wangaratta, Victoria

**Michelle Thompson (C 58)** and **Tim Erickson (C 13)** returned to Wangaratta for the 2016 edition of the Ned Kelly Chase, but chose the 50km option, walking together and finishing in a time of 6:15:11.



## **2016 Record Update**

Michelle Thompson	6 Hours	W45 All-Comers/Residential	55.782 km	Coburg	06/03/2016
Michelle Thompson	50 km	W45 All-Comers/Residential	5:33:50	Coburg	06/03/2016
Clarrie Jack	6 Hours	M70 All-Comers/Residential	51.227 km	Coburg	06/03/2016
Linda Christison	200 km	Open All-Comers/Residential	43:18:31	Canberra	18-20/03/2016
Heather Christison	200 km	Open All-Comers/Residential	43:18:31	Canberra	18-20/03/2016
Linda Christison	200 km	W55 All-Comers/Residential	43:18:31	Canberra	18-20/03/2016
Heather Christison	200 km	W50 All-Comers/Residential	43:18:31	Canberra	18-20/03/2016
Linda Christison	48 Hours	Open All-Comers/Residential	219.496 km	Canberra	18-20/03/2016
Heather Christison	48 Hours	Open All-Comers/Residential	219.496 km	Canberra	18-20/03/2016
Linda Christison	48 Hours	W55 All-Comers/Residential	219.496 km	Canberra	18-20/03/2016
Heather Christison	48 Hours	W50 All-Comers/Residential	219.496 km	Canberra	18-20/03/2016
Simon Butterworth	48 Hours	M45 All-Comers/Residential	197.669 km	Canberra	18-20/03/2016
Michelle Thompson	50 Miles	Open Residential	9:13:03	Coburg	16-17/04/2016
Michelle Thompson	50 Miles	W45 All-Comers/Residential	9:13:03	Coburg	16-17/04/2016
Michelle Thompson	100 km	Open Residential	11:36:29	Coburg	16-17/04/2016
Michelle Thompson	100 km	W45 All-Comers/Residential	11:36:29	Coburg	16-17/04/2016
Michelle Thompson	12 Hours	Open Residential	103.217 km	Coburg	16-17/04/2016
Michelle Thompson	12 Hours	W45 All-Comers/Residential	103.217 km	Coburg	16-17/04/2016
Val Chesterton	50 km	W75 All-Comers/Residential	8:22:23	Coburg	16-17/04/2016
Val Chesterton	50 Miles	W75 All-Comers/Residential	14:08:58	Coburg	16-17/04/2016
Val Chesterton	100 km	W75 All-Comers/Residential	18:30:00	Coburg	16-17/04/2016
Val Chesterton	12 Hours	W75 All-Comers/Residential	69.497 km	Coburg	16-17/04/2016
Val Chesterton	24 Hours	W75 All-Comers/Residential	118.696 km	Coburg	16-17/04/2016

**Sunday 5 March 2017**      **Coburg 6 Hour Championships, Coburg, VIC**

The weather was kind to the 35 starters (25 runners and 10 walkers) toeing the start line for the 6AM start of this annual event. You might think 6AM a bit early to start but it was a good decision, with the sun breaking through the cloud at around 10:45AM, meaning the runners and walkers only had to worry about a relatively small period of tough conditions. As usual, runners competed in lane 1, with walkers in lane 3.

Overall, Australia's best ultra walker **Michelle Thompson** won easily with 54.639km while **Robin Whyte** won the men's division with 49.406km (a new M75 Australian walk record) **John Kilmartin** (48.738km), **Albin Hess** (46.148km) and **Karyn O'Neill** (45.738km) all walked well and were each close to their respective PBs.

**6 Hours Walk Women**

1.	THOMPSON, Michelle	VIC	48	54.639 km
2.	O'NEILL, Karyn	VIC	62	45.738 km
3.	PARRIS, Dawn	VIC	64	40.748 km
4.	SANDERSON, Kate	VIC	41	36.215 km

**6 Hours Walk Men+**

1.	WHYTE, Robin	NSW	75	49.406 km	M75 Australian Record
2.	KILMARTIN, John	VIC	65	48.758 km	
3.	HESS, Albin	VIC	57	46.148 km	
4.	TIMMS, John	VIC	74	38.287 km	
5.	RICHARDSON, Saul	NSW	44	37.117 km	
6.	CARTER, Ken	VIC	64	22.078 km	

**17-19 March 2017**      **Canberra 48 Hour Carnival, AIS Track, Belconnen, ACT**

This was the second edition of this carnival, which has quickly become the biggest track ultra in Australia. With 113 starters in events ranging over 48 Hours, 24 Hours, 12 Hours, 6 Hours and Marathon, it was a huge affair with lanes 1, 3 and 5 used to spread out the many entrants. And of course, there were a small number of walkers in attendance, doing their thing.

The walking highlight came from NSW based sisters **Linda and Heather Christison** who walked together the whole way to a total distance of 236.703km. What makes this effort even more amazing is that Linda was training to go under 2:50 for the marathon in 2004 when she began to lose co-ordination and was diagnosed with early onset Parkinson's disease. She can no longer run but walks well using a walking stick. Last year, she and Heather walked together the whole way in this event to a final distance of 219.496km to set inaugural Australian W50 (Heather) and W55 (Linda) 200km and 48 Hour records. This year they upped the ante considerably with even more impressive walks and broke their records with **1:15:35:20 (200km)** and **236.703km(48 Hours)**.

**48 Hour Championship**

E3.	Linda Christison	NSW	236.703km
E3.	Heather Christison	NSW	236.703km
9.	Neil Armstrong	ACT	193.222km
14.	Phil Essam	ACT	117.829km

**12 Hour Championship**

17.	John Kilmartin (C67)	VIC	46.443km
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**6 Hour Championship**

10.	Tim Erickson (C13)	VIC	50.819km
20.	Belinda Essam	ACT	30.249km



*Linda and Heather Christison in action in Canberra last weekend (photo Tim Erickson)*

Two of our centurions were in action in the run divisions and their performances deserve attention. **David Billett (C50)** came 2<sup>nd</sup> overall in the 48 Hour Run with a huge PB of 323.643km. He continues to improve year by year. **Sharon Scholz (C63)** won the women's 24 Hour run with a very impressive 206.201 km. Yet another 200km+ performance for Sharon.

#### 22-23 April 2017 Coburg 24 Hour Championships, Coburg, VIC

A total of 38 athletes (27 runners and 11 walkers) toed the line for the 10AM Saturday start. Conditions certainly varied, with the Saturday afternoon sunny and warm before a change came through, dumping a huge downpour of rain on the track in the late evening. From then on, intermittent rain made conditions tricky. And to add to the fun, the mist rolled in overnight from the Merri Creek, blanketing track and competitors in a dense fog.

The 24 Hour Walk saw wins to **Dawn Parris (137.805km)** and **Ivo Majetic (160.934km)**. Ivo was the only walker to reach the 100 mile mark, achieved in a time of 21:30:55, to become Australian Centurion number 71. Satisfied with this outcome, he then retired from the race. **Louis Commins** and **John Timms** both walked for the full 24 hour period to take second and third in the men's division with 130.088km and 119.306km respectively. All other competitors seemed happy to stop at the 100km mark, if they got that far. Special mention to first time ultra walker **Colin Heywood** who walked 100.773km in just under 14 hours before stopping. Colin is better known as one of our top master racewalkers – he won two golds and one silver at the 2016 World Masters Championships in Perth.

##### **24 Hour Walk Women**

1.	Dawn Parris	64	VIC	137.805 km
2.	Kate Sanderson	41	VIC	100.358 km
3.	Lorraine Billett	71	SA	92.105 km

##### **24 Hour Walk Men**

1.	Ivo Majetic	48	USA	160.934 km
2.	Louis Commins	67	VIC	130.088 km
3.	John Timms	74	VIC	119.306 km
4.	Colin Heywood	62	NT	100.773 km
5.	Robin Whyte (C29)	75	NSW	100.773 km
6.	Terry O'Neill (C18)	61	VIC	100.358 km
7.	John Kilmartin (C67)	65	VIC	51.423 km
8.	Ken Carter	64	VIC	15.616 km

The walk also hosted the Racewalking Australia 100km walk championships, with wins also going to Ivo and Dawn.

### RWA 100km Walk Championship Men

1. Ivo Majetic USA 12:06:56
2. Terry O'Neill VIC 13:03:04
3. Colin Heywood NT 13:53:28

### RWA 100km Walk Championship Women

1. Dawn Parris VIC 15:55:31
2. Kate Sanderson VIC 21:11:47

Finally, a number of masters walking records were provisionally set by Lorraine Billett (W70), Robin Whyte (M75) and Ivo Majetic (M45).



*Ivo Majetic, Louis Commins, Dawn Parris and John Timms*

### 5-6 August 2017 English Centurions 100 Miles Qualifying Walk, Bury St Edmunds, England

The 94<sup>th</sup> annual English Centurions 100 Mile qualifying walk was held in the city of Bury St Edmunds in early August 2017, with walkers tasked to complete 50 laps of the 2 mile course within the requisite 24 hours. First to the 100 Miles bare bones - 43 entries, 41 starters, 23 finishers and 15 new centurions (C1173-C1187).

**Justin Scholz (C61) and Sharon Scholz (C63)** earned their fifth centurion badges (to go with their Australian, Continental, US and NZ badges). They now join a very select group of 7 walkers with this honour. The only walkers ahead of them are Sandra Brown (all 7 possible badges) and Jill Green (6 badges).

#### 100 Miles Walk

- |    |               |      |        |           |    |             |              |
|----|---------------|------|--------|-----------|----|-------------|--------------|
| 1. | Guido Vermeir | 1958 | M55-59 | Belgium   | 50 | 20:39:35,36 | C1099        |
| 2. | Justin Scholz | 1974 | M40-44 | Australia | 50 | 21:04:53,19 | <b>C1173</b> |
| 3. | Sharon Scholz | 1976 | F40-44 | Australia | 50 | 21:04:53,65 | <b>C1174</b> |



*Justin and Sharon Scholz on their way to their fifth centurion badges*

**21-22 October 2017 African Centurion 2017, Robben Island, Cape Town, South Africa**

The second annual African Centurions 100 Mile Walk qualifier in Cape Town saw 8 new centurions, building on the success of the inaugural 2016 event which saw 19 qualifiers. From an Australian perspective, it was great to see **Geoff Hain (C49)** in action. Geoff, who has 5 centurion badges to his credit, returned after some 10 years away from the sport, finishing 10<sup>th</sup> with 117.5 km.

**11-12 November 2017 MKH Kajang International 12 Hour Walk 2017, Kajang, Malaysia**

**Justin and Sharon Scholz (61 and C63)** were in action in this year's Malaysian 12 Hour Walk, held in Kajang in mid November. And they scooped the pool, winning their respective divisions with some fine walking. Justin won the men's race by some 10km, finishing with a final distance of 101.0km. Sharon won the women's division by 14km with a distance of 92km. They also joined forces with 2 other walkers to win the teams event.



*Justin and Sharon competing in the Malaysian 12 Hour Walk*

## 2017 Record Update

Robin Whyte	6 Hours	M75 All-Comers/Residential	49.406 km	Coburg	05/03/2017
Linda Christison	200 km	Open All-Comers/Residential	39:35:20	Canberra	17-19/03/2017
Heather Christison	200 km	Open All-Comers/Residential	39:35:20	Canberra	17-19/03/2017
Linda Christison	200 km	W55 All-Comers/Residential	39:35:20	Canberra	17-19/03/2017
Heather Christison	200 km	W50 All-Comers/Residential	39:35:20	Canberra	17-19/03/2017
Linda Christison	48 Hours	Open All-Comers/Residential	236.703 km	Canberra	17-19/03/2017
Heather Christison	48 Hours	Open All-Comers/Residential	236.703 km	Canberra	17-19/03/2017
Linda Christison	48 Hours	W55 All-Comers/Residential	236.703 km	Canberra	17-19/03/2017
Heather Christison	48 Hours	W50 All-Comers/Residential	236.703 km	Canberra	17-19/03/2017
Lorraine Billett	50 Miles	W70 All-Comers/Residential	18:42:40	Coburg	23-23/04/2017
Lorraine Billett	24 Hours	W70 All-Comers/Residential	92.105 km	Coburg	23-23/04/2017
Robin Whyte	50 Miles	M75 All-Comers/Residential	10:55:16	Coburg	23-23/04/2017
Robin Whyte	12 Hours	M75 All-Comers/Residential	85.997 km	Coburg	23-23/04/2017
Ivo Majetic	100 km	M45 All-Comers	12:06:56	Coburg	23-23/04/2017
Ivo Majetic	6 Hours	M45 All-Comers	52.914 km	Coburg	23-23/04/2017
Ivo Majetic	12 Hours	M45 All-Comers	99.170 km	Coburg	23-23/04/2017



15-17 March 2018

Canberra 48 Hour Carnival, AIS Track, Belconnen, ACT

Unfortunately, the staging of the 3<sup>rd</sup> annual Canberra 48 Hour Carnival saw very hot weather which wrought some damage, with performances definitely down on past years.

A small number of walkers were also in action, with results as shown below. It was great to see Australian Centurion **Geoff Hain (C49)** back in action – he last competed in Australia in 2009 and has been circling the world since then with his wife Annie, as global travellers based in Buenos Aires. **Linda Christison** of NSW, who was diagnosed with Parkinsons Disease some 14 years ago and who now walks with the aid of a walking stick, was one of the standouts. For the last 2 years she has walked with her sister Heather in the 48 Hour division. This year, she dropped down to the 24H division, recording an excellent 154.027km. In fact, I feel that she may well have made the centurion distance (100 miles or 160.9km) if not for the dreadful conditions. Her sister Heather took the opportunity to compete in the 48H run, recording an excellent 271.2016km. They are a talented couple of women! **Justin Scholz (C61)** also walked very well, finishing the 12H with 92.457km. Unfortunately **John Kilmartin (C67)** succumbed to the conditions and was forced to retire mid race. The good news is that he was back at the race venue the next day and seemed ok. Others to walk included **Robert Osborne** (well known NSW racewalker) and **David Attrill** in the 48H and ACTRWC member **Phil Essam** in the 6H. Well done to all the walkers. On the running side, **David Billett (C50)** was in action, finishing 5<sup>th</sup> in the 48H with a distance of 284.475km.

#### 48 Hours Championship

22.	Robert Osborne	NSW	174.562 km
23.	David Attrill	NSW	163.843 km

#### 24 Hours Championship

8.	Linda Christison	NSW	154.027 km
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#### 12 Hours Championship

5.	Justin Scholz (C61)	VIC	92.457 km
16.	John Kilmartin (C67)	VIC	36.982 km

#### 6 Hours Championship

14.	Geoff Hain (C49)	QLD	38.874 km
16.	Phil Essam	ACT	33.009 km



*Geoff Hain, Justin Scholz and Linda Christison in action in Canberra last weekend*

2018 saw the Coburg 6 Hour and 24 Hour events merged into one weekend, with the additional 12 Hour category added into the mix. The change proved popular, with 56 athletes (34 runners and 22 walkers) toeing the line for the midday start on Saturday 21<sup>st</sup> April 2018 in the 35<sup>th</sup> annual staging of this iconic Victorian ultra event. The forecast promised good weather and it proved correct. The first few hours were still, warm and sunny, until late afternoon cloud cooled competitors. A cold and misty night was followed by another sunny day, but again not too hot.

The walk divisions had an international flavour with entrants from Belgium, Netherlands, the Isle of Man and USA joining their Australian counterparts. The women's 24 Hour race saw an easy win to Dutch walker **Gertrude Achterberg**. She had passed the half way mark with 85.146km and looked set for a big total. Alas, she slowed in the second half, finishing with 138.040km. **Dawn Parris** walked strongly as always to take second with 131.745 km. **Lorraine Billett** impressed with her third place distance of 101.378km, setting five new W70 Australian walking records along the way.

In the men's 24 hour walk, **Justin Scholz (C61)** and **Colin Heywood** headed out fast, with **Chris Burn** in close pursuit. Justin's pace was too demanding for the others and they gradually gave ground in their chase. He passed the half way mark with an impressive 97.7km, nearly 5km clear of Colin and a further 1km clear of **Jantinus Mients** and Chris. The race complexion changed when Justin retired just after the 14 hour mark. By then, Colin, Jantinus, Chris and **Adrie Ros** had come together and were within 2 laps of each other. They stayed within touch of each other until the final hours, when Chris eventually pulled clear, reaching the 100 Mile mark with 22:08:09 and then retiring, with his goal achieved. Jantinus was next to reach the 100 mile mark, with 22:25:34, then he too retired. The same was the case for Adrie Ros with 22:33:31 followed by race retirement. Colin was next to reach the 100 mile mark with 22:46:53 but he then surprised by doing one further lap before retiring, thus ensuring a win in the 24H race. But it is fair to say that the 24H placings were of minor importance to these walkers, with their new Australian Centurion statuses of greater significance.

**Luc Soetewey** from Belgium was next with a very creditable 155.114 km. He looked well in contention right up the dying stages of the race, when his body just gave out. I was also very impressed with Wangaratta based walker **David Evans** who completed a fantastic 141.911 km in his first ever long walk. Our fourth Dutch walker **Arie Kandelaars** entered the race with an injury but was hoping for the best. Unfortunately, it flared and he was forced out after 77.406 km



*Gertrude Achterberg, Dawn Parris and Lorraine Billett*



*Chris Burn, Jantinus Meints, Adrie Ros and Colin Heywood*

**24 Hour Walk Women**

1.	Gertrude Achterberg	NED	138.040 km
2.	Dawn Parris	VIC	131.745 km
3.	Lorraine Billett	SA	101.378 km
4.	Iesha Young	VIC	64.9350 km

**24 Hour Walk Men**

1.	Colin Heywood (C75)	NT	161.364 km
2.	Chris Burn (C72)	IOM	160.934 km
3.	Jantinus Meints (C73)	NED	160.934 km
4.	Adrie Ros (C74)	NED	160.934 km
5.	Luc Soetewey	BEL	155.114 km
6.	David Evans	VIC	141.911 km
7.	John Timms	VIC	118.844 km
8.	Justin Scholz (C61)	VIC	111.808 km
9.	John Kilmartin (C67)	VIC	81.916 km
10.	Arie Kandelaars	NED	77.406 km
11.	David Cogan	VIC	60.817 km
12.	Peter Gray	VIC	46.574 km
13.	Ken Carter	VIC	23.221 km

The 24 Hour walks also hosted the Racewalking Australia 100km walk championships, with placings as shown below.

**RWA 100km Walk Championship Men**

1.	Justin Scholz	VIC	12:18:45
2.	Colin Heywood	NT	12:53:08
3.	Jantinus Meints	NED	13:04:51

**RWA 100km Walk Championship Women**

1.	Gertrude Achterberg	NED	14:20:01
2.	Dawn Parris	VIC	18:40:22
3.	Lorraine Billett	SA	23:01:14

The meet also included 12 Hour and 6 Hour Run and Walk Championships. The 12H races started at midday on Saturday and the 6 Hour races started at 6AM on the Sunday morning. Only 5 walkers overall but it was great to see American **Mickey Campaniello** walk a strong 49.172km in the 6 Hour event.

**12 Hour Walk Men**

1.	Laurie Tinson	VIC	73.262 km
2.	Ian Hoad	VIC	61.780 km



### 6 Hour Walk Men

1.	Mickey Campaniello	USA	49.172 km
2.	Albin Hess	VIC	40.801 km
3.	Ernie Hartley	VIC	34.807 km

Our two walk perpetual trophies were awarded as follows

Jim Gleeson Trophy  
Jack Webber Trophy

Justin Scholz (VIC) and Gertrude Achterberg (NED)  
Chris Burn (IOM)

### 2-3 June 2018                      Sri Chinmoy 24 Hour Championship, Sydney, NSW

Conditions for the annual Sri Shinmoy 24 Hour Track Championship at Campbellfield were ok from a temperature point of view (7 – 18°C), mostly cloudy but with buffeting winds in the 35-45 km/hr range. Thankfully it had been raining the previous day but cleared on the Friday night.

Three walkers were among the largely running field in the 24 Hour option and all did well. **Justin Scholz** (C61) completed yet another 100 miles walk, this time with **21:48:12**, his 10<sup>th</sup> 100 mile walk finish. NSW racewalker **Robert Osborne** walked well for the first half before slowing, his final distance still a good 124.232km. And 72 year old NSW walker **David Attrill** did an excellent walk, finishing 24<sup>th</sup> with 120.632km.

#### 2018 Sri Chinmoy 24 Hour Championship

13.	Justin Scholz	161.200 km	M45	21:50:43
22.	Robert Osborne	124.232 km	M60+	23:56:49
24.	David Attrill	120.632 km	M70+	23:57:04



*Justin Scholz after completing yet another 100 mile walk (photo Sharon Scholz)*

### 7-8 October 2018                      NZ Centurions Qualifier, Auckland, NZ

The annual New Zealand Sri Chinmoy 24 Hour Track championship in Auckland included, as usual, the New Zealand Centurions 100 Mile qualifying walk. Australian Centurion **John Kilmartin** (C67) was in action but was forced out with foot problems and blisters after covering 112.069km.

M9    John Kilmartin                      M65-69    AUS    112.069 km

### 20-21 October 2018                      African Centurions 24 Hour Qualifier, Cape Town, SA

For the third and last time, the African Centurion qualifying walk was scheduled to be held on Robben Island, the penitentiary where Nelson Mandela was incarcerated for so many years, and the timing was of huge significance, given that this year marks 100 years since his birth. Unfortunately, the best laid plans are sometimes turned on their heads and so it was in this case when, due to inclement weather, no ferries were permitted to travel to and from the island, and the race had to be moved to the Bellville Stadium in the Cape Town suburb of Belville Park. So the event became a track based 100 mile rather than a road based course around the island. With less than 24 hours notice, a veritable tent city grew at the Stadium, requiring an effort that was a credit to the organisers.

8 walkers completed the hundred and there were 7 new African Centurions, 3 men and 4 women. Australian husband and wife team **Justin Scholz (C61)** and **Sharon Scholz (C63)** were among the finishers, Justin finishing as the third man with 22:47:46 and Sharon finishing as the first woman with 27:47:45.

As per their normal practice, Justin and Sharon walked together, completing the required 402 laps of the athletics track side by side. But what makes this walk even more significant is that it earned each of them their sixth centurion badge, thus ensuring the full set. Only a couple of weeks after Rob Robertson gained his sixth badge in New Zealand, Justin and Sharon followed suite, only the fifth and sixth persons world wide to achieve this feat.

3.	Sharon Scholz	AUS	F	22:47:45	<b>C32</b>
4.	Justin Scholz	AUS	M	22:47:46	<b>C33</b>



*Sharon and Justin finishing their one hundred miles in Cape Town*

### **2018 Record Update**

Lorraine Billett	50 km Walk	W70 All-Comers/Residential	8:43:09	Coburg	21-22/04/2018
Lorraine Billett	12 Hour Walk	W70 All-Comers/Residential	65.154 km	Coburg	21-22/04/2018
Lorraine Billett	50 Miles Walk	W70 All-Comers/Residential	16:33:21	Coburg	21-22/04/2018
Lorraine Billett	100 km Walk	W70 All-Comers/Residential	23:01:14	Coburg	21-22/04/2018
Lorraine Billett	24 Hour Walk	W70 All-Comers/Residential	101.378 km	Coburg	21-22/04/2018

### December 2018 - March 2019                      Gerald Manderson walks solo from Perth to Melbourne

New Zealand based Australian Centurion Gerald Manderson (C31) added to his long list of athletic achievements, completing a solo walk from Perth to Melbourne in 80 days. His challenge was to complete the walk by the coastal roads like the pioneers - no cell phone, no emergency beacons, no GPS, no support crews, no camels, no way of contacting his family.

He headed off from Perth with the first day's temperature reaching 35oC. He was carrying a 37kg backpack (much of it filled with water) and the experience left him shattered. He soon swapped his backpack for a small trolley which he pulled for the remainder of the trip. He averaged 100 hours per week pulling his trolley, with a typical day taking 15 hours at 4 kph. There were occasions when he walked all night in an effort to beat the heat.

It was not his first such long walk. In fact, he has now walked more than 8,000 kms in Western Australia, South Australia, Victoria, New South Wales and Queensland in hot weather - equal to 20% of the distance around the equator - since 1998.



### 15-17 March 2019                      Canberra 48 Hour Carnival, AIS Track, Belconnen, ACT

The fourth annual Canberra 48 Hour Track Carnival was held in mid March 2019 at the AIS Athletics Track in Canberra.

In the 48 Hour event, centurions **Justin Scholz (C61)** and **David Billett (C50)** were both eyeing the Australian 48 Hour Walk record of 283km, held by **Barry Loveday (C62)**. They started fast, reaching the 100 mile centurion mark (160.934km) in **22:40:08** and **22:47:45** respectively. This was Justin's 12<sup>th</sup> centurion walk performance and David's third. Alas, the early pace took its toll and Justin was soon to stop, coming back on again on the Sunday morning to take his total to 187.065km. David continued on alone, but with feet problems that eventually slowed him too much. He finally finished with 275.673km, close to the record but not close enough. David did, however, set 7 new Australian M45 Masters records along the way:

The 24 Hour event saw two walkers, of whom one in particular had my attention. **Linda Christison** had completed 154km in the 24 Hour walk in last year's event, falling just short of the 100 mile standard due to the unseasonably hot weather. While it was sunny again this year, it was not as bad overall, and she looked the goods, striding out to reach the half way time mark (12 hours) with 87.5km. Last year she had only covered 80km in the first 12 hours so she was well ahead of the required schedule and looking good. But here's the rub – Linda was diagnosed with early onset Parkinson's Disease way back in 2004. Although she can no longer run, she can still walk with the aid of a stick, and this she does. But on this occasion, her body was not able to control the symptoms and the second half became a horror story for her. It was a sad end for what had been a gallant performance. She looked to have it in the bag at the 100km mark.





David Billett, Justin Scholz and Linda Christison (Photos Tim Erickson)

#### 48 Hour Walkers

8.	David Billett	SA	641 laps	275.673 km
25.	Justin Scholz	VIC	435 laps	187.065 km
27.	Robert Osborne	NSW	409 laps	176.076 km

#### 24 Hour Walkers

12.	Linda Christison	NSW	312 laps	134.198 km
20.	David Ault	ACT	197 laps	85.138 km

#### Marathon Walkers

1.	Phil Essam	ACT	42.195km	6:55:12
2.	David Attrill	NSW	42.195km	11:48:00

**13-14 April 2019**

**Coburg 24 Hour Carnival, Coburg, Victorian**

Saturday 13<sup>th</sup> April 2019 saw a record 101 athletes (76 runners and 25 walkers) toeing the line for the 36<sup>th</sup> annual staging of the iconic Victorian 24 Hour Track Championship. As always, the carnival played host to the Australian Centurions. This year, additional prestige was added with the AURA Australian 24 Hour Track Championships also added to the bill.

With hot weather the week before and with the temperatures climbing again the following week, the weekend proved just about perfect, with temperatures peaking around 20C on Saturday before cooling to a pleasant 12C on Saturday night.

The 24 Hour walk saw 11 starters, with most of them targeting the tough 100 miles (160.934km) standard. The hunt for centurion badges had attracted 5 walkers from overseas, 4 from Netherlands and one from Belgium. They lined up against the 6 Australian based walkers. There were no real problems for the lead group, as they powered through the hours and, one by one, reached the 100 mile mark in fine form. Most stopped either at that point or at the completion of the lap, job done. Only Sharon Scholz walked on, reaching 163.983km at the final gun.

#### 24 Hour Walk Women

1.	Sharon Scholz	C63	VIC	163.983 km
2.	Gertrude Achterberg	C80	NED	160.934 km
3.	Dawn Parris		VIC	126.724 km

#### 24 Hour Walk Men

1.	Kim Janssens	C76	BEL	161.263 km
2.	Marco Bloemerts	C77	NED	161.263 km
3.	Jurgen Dewaart	C78	VIC	160.934 km
4.	Martin Vos	C79	NED	160.934 km

5.	Arie Kandelaars		NED	128.151 km
6.	Liam Keating		VIC	68.812 km
7.	Peter Gray		VIC	55.607 km
8.	Colin Heywood	C75	NT	51.605 km

In summary, six walkers completed 100 Miles (160.934km) within the requisite 24 Hours, five of them becoming new Australian Centurions in the process. Belgian walker Kim Janssens led them home with 22:19:38.

<b>C76</b>	Kim Janssens		BEL	22:19:38
<b>C77</b>	Marco Bloemerts		NED	22:42:30
<b>C78</b>	Jurgen Dewaart		NED/AUS	23:13:03
<b>C63</b>	Sharon Scholz		VIC	23:15:15
<b>C79</b>	Martin Vos		NED	23:20:17
<b>C80</b>	Gertrude Achterberg		NED	23:36:28

With his walk, Marco became the first Dutch walker to earn badges in all 6 active Centurion Clubs. Gertrude has now earned badges in 5 of the 6 clubs. Kim and Martin each now have 3 badges. Sharon already has all 6 badges so this was just another centurion finish to add to her ever growing list of achievements. For Jurgen, it was his first ever centurion walk, and he came out of the blue. Originally from Netherlands and now living in Victoria, he decided a year ago that he wanted to attempt the centurion distance. After 12 months of quietly training on his own, he joined us and completed this toughest of tasks. For Gertrude, it must have been especially pleasing. She had come over last year but had failed in her attempt, closing out the 24 hours with only 138km.

The carnival also hosted the Racewalking Australia 100km walk championships, with placings as shown below.

#### **RWA 100km Walk Championship Men**

1.	Kim Janssens		BEL	13:17:32
2.	Marco Bloemerts		NED	13:44:29
3.	Jurgen Dewaart		AUS	13:47:29

#### **RWA 100km Walk Championship Women**

1.	Sharon Scholz		AUS	13:40:50
2.	Gertrude Achterberg		NED	14:00:17
3.	Dawn Parris		AUS	19:14:34

The meet also included 12 Hour and 6 Hour Run and Walk Championships as well as a track marathon run. The 12H races started at midday on Saturday alongside the 24 Hour, the marathon run started at 6PM on Saturday and the 6 Hour races started at 6AM on Sunday morning.

The 12 Hour and 6 Hour walk fields were small but produced two performances of note

- **Michelle Thompson (C58)** had her first walk in 2 years, after a long injury related outage. She showed that she had lost little of her form, leading the field throughout the first 12 hours and setting a series of new Australian W50 records along the way. She then walked through to the 100km mark (which she reached in 12:14:49) before stopping. She of course holds all our Australian W45 and Open records. Now that she has moved up to the W50 division, we can expect to see more records toppling.
- **Pramesh Prasad**, the current Victorian 50km racewalking champion, surprised us with an entry for what was his first ultra walk. And he did not disappoint, powering through to 56.512km. Alas, he just fell short of Andrew Ludwig's M40 6 Hour record of 56.855km.

#### **12 Hour Walk Women**

1.	Michelle Thompson	C58	VIC	98.177 km
2.	Karen Chiarello		IOM	17.201 km

#### **12 Hour Walk Men**

1.	Justin Scholz	C61	VIC	58.322 km
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#### **6 Hour Walk Women**

3.	Karyn O'Neill	C45	VIC	41.367 km
4.	Elise Hess		VIC	37.493 km
5.	Sandra Howorth		VIC	36.420 km

#### **6 Hour Walk Men**

1.	Pramesh Prasad		VIC	56.512 km
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2. Albin Hess
3. Ernie Hartley
4. John Timms

VIC 46.658 km  
 VIC 34.832 km  
 VIC 32.787 km



*Marco Bloemerts, Sharon Scholz and Kim Janssens*



*Martin Vos, Gertrude Achterberg and Jurgen Dewaart*

**9-15 May 2019**

**EMU 6 Day Race, Balatonfüred, Hungary**

**Justin Scholz (C61)** was one of a 5 walkers in action at the 2019 edition of the E.M.U. 6 Day Race in Balatonfüred in Hungary, starting on 9<sup>th</sup> May. Fellow Australian Centurion **Ivo Majetic (C71)** was also in action. Last year, USA based Ivo walked an amazing world best of 786.744 km so there was a fair bit of interest to see how the two would work off each other this year.

The circuit was 926m in length and the challenge for entrants was to complete as many laps as they could in the 6 days. When to sleep and for how long was at the discretion of each entrant. The field was a huge one, with 96 in total, 91 runners and 5 walkers. As if the concept of 6 Days was not hard enough, the weather was an added factor. The initial fine conditions quickly deteriorated and, after a good first day, the remainder of the race was beset with conditions more suited to late November, with either very strong winds covering the circuit with tree debris or persistent rain that



continued for many hours at a time. Most of the race photos show the competitors dressed for the conditions, with wet weather gear and multiple layers.

The 5 walkers finished as shown below.

**E.M.U. 6 Day Race - walkers**

27.	Justin Scholtz	AUS	572.127 km
60.	Jaroslav Prückner	CZE	432.003 km
69.	Kathy Crilley	GBR	404.660 km
74.	David Hoben	GBR	353.881 km
90.	Ivo Majetic	USA	231.705 km (stopped after 2 days)

Justin was the standout. He headed out hard, covering 162.385km in the first 24 hours (with the first 100 miles covered in an impressive 22:43:53). Ivo was well back, with 117km, followed by Jaroslav Prückner with 107km, Kathy Crilley with 83km and David Hoben with 81km.

Alas, the wheels fell off for Justin at this stage and he stopped just before the 26 hour mark. He did not reappear on the track for a further 15 hours. In the interim, Ivo had continued on at his slower pace and was now well ahead, reaching the 200km mark in 34:58:31.

Justin was eventually back on the track just before the 41 hour mark, immediately returning to the same pace as previously. He passed 200km in 44:57:55 and was at 218km by the 48 hour mark. He walked on until the 60 hour mark, when he stopped again for just under 5 hours, with a distance of 293km under the belt. By this stage, he had caught and passed Ivo who eventually retired after 231km. So now it was just Justin on a solo quest to see how far he could push himself in the second half of the race.

He had a number of planned breaks, some short and some longer (for sleeping) but he had no further huge outages. His final distance of 572.127km was an excellent first up and the best by an Australian. Here are the vital splits

100 miles:	22:43:53	
24H:	162.385 km	
200km:	44:57:55	
48H:	218.643km	
500km:	4D 23H 4sec	(Australian M40 and Open Residential records)
6D:	572.127 km	(Australian M40 and Open Residential records)



*Day 1 and it's sunny*



*Day 2 onwards and it's wet and windy*



*Done and dusted – Justin finishes his first 6 Day*

**2019 Record Update**

David Billett	6 Hour Walk	M45 Residential Record	50.239 km	Canberra	15-17/03/2019
David Billett	12 Hour Walk	M45 Residential Record	92.357 km	Canberra	15-17/03/2019
David Billett	24 Hour Walk	M45 Residential Record	162.406 km	Canberra	15-17/03/2019
David Billett	48 Hour Walk	M45 All Comers / Residential	275.673 km	Canberra	15-17/03/2019
David Billett	100 km Walk	M45 Residential Record	13:01:24	Canberra	15-17/03/2019
David Billett	100 Miles	M45 Residential Record	22:47:45	Canberra	15-17/03/2019
David Billett	200 km	M45 All Comers / Residential	30:44:52	Canberra	15-17/03/2019
Michelle Thompson	50 km Walk	W50 Residential	5:41:14	Coburg	13-14/04/2019
Michelle Thompson	6 Hour Walk	W50 Residential	52.594 km	Coburg	13-14/04/2019
Michelle Thompson	50 Miles Walk	W50 Residential	9:36:29	Coburg	13-14/04/2019
Michelle Thompson	12 Hour Walk	W50 Residential	98.177 km	Coburg	13-14/04/2019
Michelle Thompson	100 km Walk	W50 Residential	12:14:49	Coburg	13-14/04/2019
Justin Scholz	500km	M40 All Comers / Residential	4D 23H 4 sec	Hungary	09-15/05/2019
Justin Scholz	6 Days Walk	M40 All Comers / Residential	572.127 km	Hungary	09-15/05/2019
Justin Scholz	500km	Open Residential	4D 23H 4 sec	Hungary	09-15/05/2019
Justin Scholz	6 Days Walk	Open Residential	572.127 km	Hungary	09-15/05/2019