

CENTURION FOOTNOTES

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DATES...DATES...DATES

19-20 Sept 2009	28 Heures de Roubaix	Roubaix, FRA
18 Oct, 2009	8 Heures	Etampes, FRA
12-13 Dec 2009	2 nd Putrajaya International 12 Hour Walk 2009	Putrajaya, Malaysia

Khoo Chong Beng advises that the Race Walkers' Association of Malaysia is organizing the **2nd Putrajaya International 12 Hour Walk** on **12-13 December 2009**. This year's walk will be held on the same venue as the previous edition (the Dataran Putrajaya area, Putrajaya, Malaysia). See <http://racewalkermalaysia.synthasite.com> for further details and for entry forms. You can contact Khoo Chong Beng via email khoochongbeng@yahoo.com.

NEWS ON OUR MEMBERS

We pass on our sincerest sympathies to **Stan Jones (C 10)** whose wife Barbara died in late May. She had been ill for some years now and Stan had been looking after her. Stan subsequently returned to England to take her ashes back to their family there. Our thoughts are with you Stan.

As reported in our last newsletter, **Gerald Manderson (C 31)** was intending to walk solo from Melbourne to Brisbane in July/August and had set himself a target of 40 days. Well, not surprisingly, he did it, finishing in 33 days 6 hours including a three-day break. Just to remind everyone, this was a completely solo attempt, carrying all his own goods and sleeping under the stars unless some better offer came along. Here is his report that he emailed to me in mid August.

I finally got to Helidon near Toowoomba in 28 days 2 hours 5 mins at 9.05pm blister-free (taped my feet success). I then stayed with Mary's mum for three days and dug over her garden for spuds. Actually my heart rate went higher doing this than walking up hills. From there, I took 2 days and about four hours to do final 107 kms to Brisbane through Ipswich after a late breakfast and a week up my sleeve to finish.

I got talked into going to Yarra Glen way to see the bush fire damage and I talked to several people who lost homes. Some had no insurance. One lady said she had two losses - her house now being rebuilt because of replacement insurance, and she lost 45 kgs from taking up walking as a hobby. Another man aged 73 saved his dog and wallet, but had no insurance and his 100-yr-old house of 40 squares was burnt. He just has the 100 acres of land left.

My packs took my weight on the chemist scales to 110-116 kgs depending on how much extra water I needed between towns. 140 kms was the longest stretch without shops. On the first night of the walk, I passed a hospital that had taken in a swine fever victim. I found a lot of water in puddles and zapped it with my sterilisation tablets and I had no health issues on walk.

The sides of the roads varied a lot, and sometimes I walked in ditches and over rough ground for many kms as the freight trucks were too dangerous with only a small edging on road. But generally, the roads kept getting better as the days lengthened out and I did less and less night walking. I don't know the exact distances I walked as sign posts and maps varied a few kms here and there, and I walked a lot of places in Brisbane.

I asked to fill up my water bottle at Kindon state primary school, and they "traded water for talking to the children". I enjoyed that as the kids had seen me walking down the road earlier in the day when they were on the school bus. The children were full of questions and I told them about Hokitika in NZ where the average rainfall is 708 inches per year (and it does not rain every day) - also referred to as 18,000mm plus or 19 metres of rain. The water hits the 12,349 feet Alps and runs back to the sea. By comparison, only 18-23 inches of rain fall on other side of Alps.

I gained 4 kgs on the walk and I am definitely FATTER around the waist, but I can't have eaten more than 4,000 calories a day. I must have been burning up 9,000 calories a day, especially as on odd days I walked for 17 hours to get my target.

Many motorists were going back and forth in the district, and would stop to say they have been watching my progress over a few days. I talked to dozens of farmers and local people who filled me in on the history of the areas. I had never seen cotton plants before.

I was pleased to finally see Dubbo and I walked an extra 18 kms backtracking to the Zoo.

I finished the walk on my third pair of shoes.

Kind regards, Gerald

I must admit that I missed reporting one particular event of importance from a few months ago. On 9-10 May, **Jill Green (C 38)** led a group of walkers around the Isle of Wight to celebrate the memory of her late husband Dave. The walk, titled the Dave Green Memorial Walk, was over a 75 mile distance and did one whole circuit of the island along the walking paths. The small group of friends, including a number of centurions, both English and Continental, walked through the night, using torches to navigate the unlit pathways. Piet Jansens kindly sent me the following photo, taken at the conclusion of the walk. From the left clockwise: **Dave Eldridge C-975, Marc Collinet C-958, Co de Jong C-929, Chris Flint C-849, Piet Jansens C-389, Frans Leitjens C-949, Hub Raijmakers C1-005, Marcelino Sobczak C-1031, Connie Raijmakers C-1004, Jill Green C-898, Hebert Neubacher C-959, Sue Clements C-950, Chris Gray C-923 and Mo Latham C-974.** Now that certainly beats the traditional wake!



This newsletter would normally have been sent out a month or so ago but Lois and I have just returned from 5 weeks travelling in Europe. The principal reason for our trip was to cheer on our son Chris who was due to compete in the 50 km racewalk in the IAAF World Championships in Berlin in mid August. Alas, that part of the trip was a disaster with Chris ending up having surgery 5 days before the 50km race for an abscess at the base of his spine and having to be scratched from the event. He had been getting antibiotics treatment for some days, but his temperature soared on the Sunday and the team doctor was very worried about him. He was admitted to a military hospital in Berlin and operated on immediately. No known cause for the abscess, never had anything like it before and no obvious scratch or insect bite. It just seemed to be a case of the worst possible timing to put an end to what had been a great injury-free preparation. We had been hoping for a big walk from Chris but, alas, it was not to be. He got the all clear on the Wednesday morning and was allowed to eventually move back to the team hotel after 3 days being monitored in hospital. To his credit, he supported the other Australian walkers from the sidelines in the 50 km event on the Friday. That probably took some effort! Of all the possible reasons for failing to make a start line, this must be one of the most unusual. Apart from this, our trip went fantastically well and one of the things I did manage to do was catch up with a number of our European based members, including **Herbert Neubacher (C 37)** and his wife Cornelia, **Rudy Schoors (C 55)** and **Caroline Mestdagh (C 56)** and **Jill Green (C 38)**. Others I had to be content to chat with on the phone as it is never possible to catch up with everyone. I enclose a small selection of photos which will be of interest to our readers.



Cornelia and Herbert Neubacher and Rudy Schoors and Cornelia Neubacher with Tim in Aachen



Hiking on the Isle of Wight with Jill Green – treasurer Lois and secretary Tim (Centurion's Copse – how appropriate)

RICHARD DUNWOODY MATCHES CAPTAIN BARCLAY'S FEAT

Yes, he's done it. I reported in the last newsletter on the attempt by Richard Donwoody to match Captain Barclay's famous feat of walking 1000 miles in 1000 hours. I am very excited to report in this newsletter that the attempt was successful. The following press release is taken from his website <http://www.dunwoody1000mile.com>.

At 2.20pm on Friday 10th July, Richard Dunwoody completed his '1000 Mile Challenge', having walked day and night for 42 days one mile every hour for 1000 consecutive hours.

He was joined for the last mile by racing legend Lester Piggott and together they passed the winning post in front of packed stands on Newmarket Racecourse.

Where as Captain Barclay undertook the challenge for a 1000 Guineas bet, Richard completed the challenge to raise money for four charities - Racing Welfare, the Alzheimer's Society, Sparks and Spinal Research. Bookmaker Paddy Power recreated the bet and will donate the sum of £10,000 to the Charity Trust.

The challenge has so far raised in excess of £100,000 but more is hoped for and needed and donations can be

made via this website.

Richard said: "I undertook this challenge to raise as much money as I could for the charities but I had absolutely no idea that I would receive this level of support. It's been great that so many people have got involved and I have been both humbled and inspired by this. There are so many people that I need to thank - the team who have looked after me, the Bedford Lodge Hotel who have housed and fed me, and our partners, in particular Godolphin, Darley, Barclays, Paddy Power, Nike and the Jockey Club. It is an experience I shall never forget, although I'm looking forward to getting a little bit of sleep now!"



Richard Dunwoody walks his final mile with racing legend Lester Piggott
photo: <http://www.dunwoody1000mile.com>

UK CENTURIONS 2009 QUALIFYING EVENT, NEWMARKET, 11-12 JULY 2009

The UK Centurions 100 miles qualifying event and supporting races were a great finale to Richard Dunwoody's success in emulating Captain Barclay's 1000 miles in 1000 hours. The centurion event itself was held on a toughish course of 50 x2 miles at Newmarket Racecourse and started soon after Dunwoody's event finished.

In the 100 mile event, which incorporated the RWA National Long Distance championship, 28 people completed the distance inside 24 hours. The winner was **Sandra Brown (C 36)** who crossed the line in a time of 19:57:24, a wonderful performance given a seven hour downpour during the night. Husband Richard was runner up in 20.12.44 and Dutchman Gerard Heunks third in 20.49.27. There were eleven new Centurions (C 1068 – C 1078), 4 English and 7 from overseas. Amongst the finishers was one Robert Barclay in 29th place who is a descendant of the man who started it all. Richard Dunwoody stayed on in Newmarket to start the event and present some of the awards. The great news - there were two Aussies amongst the new qualifiers - **Mark Wall (C 1068)** and **Carol Baird (C 1071)**.

Carol kept her trip very quiet - I did not know that at all until I received emails a few weeks ago 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 has not done any competitive walks since 2003. After her last centurion walk that year (her 9th 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 last month 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. Given that, what a wonderful performance by her.

Carol battled stomach problems and the 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. Carol was in fact presented with her Centurion medal at the end of the 100 miles race and at the AGM next January she will be formally admitted to the Brethren/Sisterhood and a Certificate will be sent to her

Expatriate Aussie Mark Wall also successfully conquered the course to become British Centurion 1069 in a time of 21:08:36 (10:03 at 50mile). He was 4th overall behind Sandra and Richard Brown and Dutch walker Gerard Heunks. Victorian readers will know Mark who used to compete for Box Hill in the seventies on the track and who tried unsuccessfully in a number of our centurion walks at that time. For those who want to send Mark a congratulatory email, his email address is marnwal@hotmail.com. Make sure you tell him he now needs to come back to Australia to do it here!

And finally, how could we let this occasion pass without a few words on the wonderful Sandra Brown. Her latest hundred increases her grand total to 135 events of 100 miles or more - a feat that will probably never be matched. Further, her finish in the UK Centurion event takes her tally to 23 UK Centurion 100 finishes - she was already the most prolific finisher in this event - now the record is even more impressive. And to top it off, her time of 19.57.24 is undoubtedly a W60 world best. Annie van der Meer did 21.18.00 at 60 in Battersea Park in 2007 but Sandra's time is in a league all of its own.

And here are some email comments from the key players – Mark Wall, Richard and Sandra Brown and Carol Baird.

Tim,

I am still in the never again mode! I am unsure I want to do it again but have spoken previously of having to do it at home again. I suspect if I do, it will be years away. Must admit I am replying to this at 2:30am, drinking a Horlicks (I too am aging!) having awoken about 40 or so minutes earlier.

I too remember your walk in Adelaide. We stayed with the Marists and I walked 50km at 19 years of age. I recall the stop every 10km and the lounge; I did a similar thing but at 88, 92 and 96 but allowed only 2-3 minutes each time. I think it surprised Jill Green.

I am a bit of a mess on parts of the feet but that in part is due to sodden shoes and socks rubbing etc. I am waddling around, sore legs, wondering why everywhere I go has stairs, be it the house (very narrow ones too!) or work. I have not missed a day since I started at my current school, so I did keep up my 100% record, some of the hoons were still a hassle but I could not get too distraught.

Regards

Mark

Dear Tim

Just a quick one from me to say "thank you" for your congrats and news. Sandra will be here this weekend and will I am sure respond more fully.

It was a bit like the old days with the Browns in 1st and 2nd positions - just this time her ladyship led the family home! Vicky was fantastic in supporting us and then raced the 5 miler - so a great family outing.

The trophy told me that I first won this national championship 23 years ago and of course I increased my record number of wins (from 10 to 11). So a good note on which to retire....again!!

Carol did indeed walk a fine race with great determination including in the constant rain of the night. Mark was delighted as well he should be in both completing and being second "British" man - not bad for a colonial!!!

Kind regards as ever.

Richard

Dear Tim

Many thanks for your kind note following the Newmarket weekend. Ron Wallwork and his team did a fantastic job and put on a tremendous weekend of walking, a great finale to the Capt'n Barclay bicentenary 1000 miles in 1000 hours, successfully completed by Richard Dunwoody over the 42 days before the weekend of events.

For us, it was lovely to be looked after again by our daughter Vicky, who again did such a good job, tirelessly running round while we were racing, then got into her club kit to do the 5 miles race herself.

We were delighted to see Carol walk such a good race and become a UK Centurion, and to see Mark Wall do so well in his qualifying 100.

As always, the event was very well supported by our friends the Dutch, with a large party of walkers and helpers from the Dutch clubs.

A great time was had by all!

Best wishes

Sandra Brown

Hi Tim

When I last spoke to you at the LBG I was thinking about entering the event as it was on the last weekend before Bob and I travelled home from our holiday in the U.K. The 20 miles I did at the LBG was to give me some idea how I was going getting back into walking, I had only been training for three weeks up to that time. I had one more week to go before leaving Australia and I had to continue training over there for the following

four weeks, that only gave me eight weeks training - could I do it on such a short base and also I wasn't too sure how the arthroscopy ankle would hold up, I had been told by the specialist some two years ago not to do any more ultra runs or walks. The rest is history, and I think the ankle will be O.K.

I am surprised that I pulled up in good shape, didn't have sore muscles at all and was surprised that I could turn over in bed the night following - I can remember in the past after walking years ago this was quite agonising to do. My real problems were my feet, heels blistered very deeply, didn't help that there was many hours of continual and heavy rain during the event. My bad ankle suffered a bit, it is still a little sore now. I had quite a bit of swelling of both feet and lower legs, and having to get our flight home only 2 days after the walk saw me getting off the plane with legs looking like tree stumps.

I was great to catch up with some of our Australian Centurions who were also there, Sandra Brown, Sue Clements, Gerrit de Jong and Jill Green. Sandra and Sue were both walking, Gerrit and Jill were helpers. Jill was there to support some of her local friends and walkers and was a great help giving encouragement to us as we went by. Towards the end of the race my instructions from Jill were to stand up straight, I was developing a lean to the right, I don't think it was too obvious and I thought that I was still upright, you should have seen me as I finished, my lean almost hit the ground, I had to hang onto Bob to stop myself going too far. This had never happened to me before!

The course wasn't well liked by everyone, the 2 mile circuit was a combination of bitumen road, pavers both concrete and a rubber type, these rubber ones were probably for the horses as part of their parading areas. There were many turns and up and down slopes, quite rough in parts with lots of loose stones and many potholes. The rain set in after about six hours and lasted continuously till about 5am the next morning, it took its time to warm up a little and gradually the coats came off and we still had many hours to go before the 3pm finish.

It was a very large field, a lot of walkers did drop out for their own various reasons, but there were eleven new British Centurions. I must admit I had a tough time over the first six hours, my stomach was in a bad way, not sure what caused the diarrhoea but I got over it.

Now I am hoping to get back into my running,

Cheers for now, Carol

And now onto the full results which read as follows

1	L1	Sandra Brown	(Surrey Walking Club)	100m	19.57.24	735
2	M1	Richard Brown	(Surrey Walking Club)	100m	20.12.44	760
3	M2	Gerard Heunks	(RWV Rotterdam)	100m	20.49.27	1068 New
4	M3	Mark Wall	(Leicester Walking Club)	100m	21.08.39	1069 New
5	L2	Marleen Radder-Willems	(RWV Rotterdam)	100m	21.14.15	783
6	M4	Boetje Huliselan	(OLAT St.Oedenrode)	100m	21.23.40	1009
7	M5	Ludo Schaerlaeckens	(Sparta Bornem)	100m	21.37.37	1058
8	M6	Robert de Wolf	(RWV Rotterdam)	100m	21.46.24	980
9	M7	Kevin Marshall	(Ilford Athletic Club)	100m	22.00.38	1001
10	L3	Marie-Paule Vandenabeele	(OLAT St.Oedenrode)	100m	22.25.06	1070 New
11	M8	Frans Derijcke	(OLAT St.Oedenrode)	100m	22.25.06	1019
12	L4	Carol Baird	(Australian Centurions)	100m	22.34.05	1071 New
13	M9	Frank van der Gulik	(SV de LAT Amsterdam)	100m	22.40.45	1022
14	M10	Jaap Visser	(RWV Rotterdam)	100m	22.44.34	944
15	M11	Johan Koning	(SV de LAT Amsterdam)	100m	23.01.59	1072 New
16	M12	Marc Haumesser	(Villeneuve a Ascq)	100m	23.05.39	1073 New
17	M13	Boudewijn Blom-Hertbeek	(SV de LAT Amsterdam)	100m	23.07.48	1074 New
18	14	Martin Fisher	(Redcar RWC)	100m	23.09.03	788
19	15	Christopher Flint	(London Vidarians)	100m	23.14.05	849
20	16	Adrie Zoon	(RWV Rotterdam)	100m	23.17.55	991
21	17	Steve Kemp	(Unattached)	100m	23.21.20	1075 New
22	18	Andrew Trigg	(Leicester Walking Club)	100m	23.21.41	1076 New
23	19	Jan Asselberghs	(OLAT St.Oedenrode)	100m	23.23.29	1077 New
24	20	Hedwig Vandenputte	(RWV Rotterdam)	100m	23.34.22	1054
25	21	Willy Vermeulen	(RWV Rotterdam)	100m	23.38.16	1018
26	22	Michael Sutton	(Ilford Athletic Club)	100m	23.45.18	1078 New
27	23	Marcel Dekker	(SV de LAT Amsterdam)	100m	23.47.53	957
28	24	Oliver Browne	(Ilford Athletic Club)	100m	23.49.31	789
29	L5	Jackie Cox	(Loughton Athletic Club)	94m	23.48.57	
30	25	Robert Frielink	(RWV Rotterdam)	92m	21.00.34	
31	L6	Hazel Fairhurst	(Lancashire Walking Club)	84m	20.16.35	983
32	L7	Serena Queeney	(Enfield & H AC)	76m	19.26.21	



Sandra Brown, Carol Baird and Mark Wall in action at Newmarket as well as a family shot of Richard, Sandra and Vicki Brown after their successful weekend – photos by Mark Easton – see <http://photosbymark.fotoblog.co.uk/>



Although older Victorian members will remember Mark Wall, I thought it appropriate to focus on him for a while, given that he is one of only a very small number of Australians to become an English Centurion.

Mark, who was born in Melbourne on 19th September 1956, started his walking career as a 17 year old in the first round of the 1973/74 Victorian Interclub competition and competed right through until 1989 on the Victorian and interstate front. Few athletes were more dedicated to their chosen sport and to their athletics club than Mark, competing in just about every interclub round from 1973 until 1989 and sometimes making two appearances a week given that 'A Grade' rounds were on Thursday evenings during some of these seasons. At the same time, like many of his peers, he competed in a range of events from relays, 800m/1500m, 5000m/steeple even to a lower grade Hammer throw! But walking was his speciality and his passion and that is what I will concentrate on in this article.

Just as he rarely missed an interclub, he rarely missed a road walk, joining VAWC in December 1973 and competing in just about all club events up until January 1990. He competed Summer and Winter, missing only the latter part of the 1979 (glandular fever) and the 1982 winter season (more of that later) and April to August 1984 (4 months in the UK).

His first few years in the sport were relatively inconspicuous, the highlight being in 1975 when the AAU (now Athletics Australia) decided to hold the first ever Junior (Under 19) 10km National championship. Mark was delighted to be selected to represent Victoria.

"I was only a bit player in the race as I was throughout my Under 19 career. The race, held at Kewdale in Western Australia, was won by Rod Huxley of NSW. The day after, a certain Tim Erickson won the National 50 km title ahead of Clarrie Jack and the late Jim Henderson, who was claimed by the officials to have edged out Peter Vysma for the bronze medal, I know that because it was me who manned the Victorian feeding table in the wet and rainy conditions."

Once he graduated to the Open ranks, Mark could be categorized as a track walker who had a fair turn of speed but who was yet to break through in the longer road distances. This was still the era of the National 3000m title and he regularly finished well up in this event, recording 4th, 5th and 7th in successive years. But road successes eluded him.

1979 was probably a turning point for Mark's career. That Easter, he had the opportunity to compete in an Australian Federation of Race Walking Clubs vs New Zealand match over 50km, taking 5th place. Later that year when Australia sent its first team to compete in the Lugano Cup championships in Europe, Mark travelled with the team as a spectator, racing in the warmup races and helping out when on the big day.



The 1979 Lugano Cup – Mark Wall far left on the feed station – 50 km team Willi Sawall, Greg Sockhill, John Sheard and Tim Erickson with manager Marion Patterson

Returning to Australia, his walking improved markedly and, in 1980/81, he won both the VAWC Fastest times and Handicap points competitions. Alas, in 1982 fate intervened to ensure that his progress would be rockier than planned. Walking a blinder in the 1982 Canberra 20 Mile event ¹ and with an outside chance of a medal finish, Mark was hit by a car and seriously injured when in sight of home and assured of a time in the low 2:40's. Mark described the scenario:

¹ Mark recorded 8 Canberra 20 Mile finishes between 1976 and 1989 and one memorable non-finish in 1982.

“It was near the start of the the last mile and I was walking a stormer. It was the Commonwealth Drive Roundabout in Russell. It was uncontrolled and the motorist was looking only for traffic coming in from the normal direction. I took some evasive action but did not lift my left leg in time and ruptured ligaments. It was essentially the old 1 lap course with some bike paths, it did cause a change in subsequent years.”

Not one to be put off by such setbacks, Mark was back in action for the opening round of Interclub in October 1982 and he slowly clawed his way back to form.

Mark spent the the bulk of the 1984 winter season in the UK, the highlight of the trip being a finish in the Manchester to Blackpool (51 ¼ miles) ultra distance classic. His final time of 9:41 was not far outside the gold Medal standard of 9:30.²

1986 was the year he recorded his PB of 4:33:13 for 50km.

My time of 4:33:13 was still 2 seconds slower than Harry Summers PB. I knew I should have skipped that drink! What is so special about this time? Well I was 3 minutes down on the leader Mark Donahoo and 1:30 down on Clarrie Jack at 40km, I did 65 minutes for the final 10km but so did they. We must have looked like three corks bobbing on a pond! Funny thing was no matter how much I was to improve my 20km times I never beat this time.

That year saw him end his Banking career after 12 years and return to full-time education to train as a teacher. The impact of which was to bear fruit in 1987 when he rewrote all his PBs.

I called it the ‘8 Glorious weeks’. I went from a 47 minute 10km walker to 45:10 in one hit around 2 laps of the lake, I did a 15km PB and then my 20km PB in Adelaide in a Federation (now RWA) event, the Campbell Cup. I was doing up to 200km a week by pursuing every mile I could, before lectures, after lectures, early morning just about every opportunity.



1989 Interclub meet in Melbourne – Mark leads Mark Dossetor and Peter Vysma

1989 was his final year on the road in Victoria and it produced his first and only Australian championship medal – a bronze in the Australian 20 km championship in Perth – as well as his first Victorian championship gold medal – in the Victorian 50 km title in Melbourne. This, added to his various bronze and silver Victorian Championship medals, capped off his career nicely.³

In 1990, Mark married, moved to Tasmania and all but disappeared from the scene. A couple of Tasmanian 50 km titles (lonely experiences as the sole starter) showed that he was still dabbling with the sport but no major milestones

² The event awards Gold Medal Standards to those below 9:30 and Bronze Medal Standards to those below 11:00. Mark's time of 9:41 earned him the Bronze Standard.

³ His Victorian championship placings (as per my records) were

1981	Vic 50km	Sawall, Willi	4.13.48	Cooper, Stewart	4.58.18	Wall, Mark	5.05.23
1986	Vic 50km	Donahoo, Mark	4.30.14	Jack, Clarrie	4.32.08	Wall, Mark	4.33.13
1986	Vic 30km	Jack, Clarrie	2.33.24	Vysma, Peter	2.42.54	Wall, Mark	2.44.00
1987	Vic 50km	Waters, Ian	4.29.13	Dyer, Bill	4.38.58	Wall, Mark	4.42.399
1988	Vic 10km	Donahoo, Mark	43.25.2	Wall, Mark	45.26.3	Thomas, Mark	47.05.8
1989	Vic 30km	Sawall, Willi	2.23.20	Erickson, Tim	2.29.10	Wall, Mark	2.37.01
1989	Vic 50km	Mark Wall	4:35:40	-	-	-	-

occurred. This was followed by moves in the late 1990s to Victoria, the Northern Territory and then in 2000 to Western Australia before he finally moved to the UK in August 2001.

Since then, he has been a regular competitor with the Leicester Walking Club, racing nearly every week ⁴ and throwing himself into UK walking affairs with typical enthusiasm. You can read his walking profile on the excellent RaceWalkUK website at <http://www.racewalkuk.com/AthleteDetails.asp?id=33&pg=1>



Mark (number 23 in the blue Leicester singlet) in the 2007 Blackpool 50 Mile walk in England

When interviewed for this article in early 2009, he rated his proudest moment as his 2008 Blackpool 50 miles when, at 51 years of age, he finished 3rd in 9:09:06, a very respectable time indeed. He was also very pleased to pick up a bronze medal in the 2009 European Masters championships in Aarhus in May of that year. But this all paled into insignificance in July 2009. Mark had showed interest in long distance walking in Australia in the seventies when the Australian Centurions were in full swing, completing 70.3km in Gosford in 1978 and 50 miles in 10:54:19 in Clifton Hill in 1979. When interviewed in early 2009, he noted one of his major regrets as his failure to become a centurion despite upwards of six attempts in Australia and two in the UK. This was rectified in July 2009 when, in the UK Centurions annual qualifying event at the Newmarket Racecourse in London, he came 4th overall, completing the 100 mile distance in a time of 21:08:36, thus becoming a member of the world's most exclusive club as Centurion number 1069.



Mark becomes centurion number 1069 in July 2009 at Newmarket Racecourse in England – undoubtedly is proudest moment in a long walking career.

⁴ His profile on RaceWalkUK shows his yearly racing appearances as follows - 2009: 20 races, 2008: 51 races, 2007: 54 races, 2006: 49 races, 2005: 30 races

Mark's career was always marked by his willingness to become involved as an official and administrator. He joined the VAWC committee in the mid 1970's and served continuously until 1990, filling roles as Senior Vice President, Club Captain, Selector and even Acting Secretary for 2-3 weeks. He was also a regular contributor to the Heel and Toe magazine where his 'Writing on the Wall' column was keenly anticipated. 'Australasian Track and Field', the Mike Agostini magazine, long gone now, also received regular stories and reports from Mark and his efforts helped ensure that walking remained a high profile event on the Australian calendar.

He started to judge in the late 1970's and went on to be chief at the Australian Championships in Perth in 1987 and the 1990 Schools Championship in Hobart. He was also a registered official and regularly officiated in the wider Track and Field program.

I still recall the trepidation felt when timing or judging sprints or avoiding falling poles and cross bars in the pole vault!

He even served as the VAAA Portfolio Manager for Selection and was on the Association's Championship and Special Meetings Committee for three years. He was awarded life membership of the Box Hill Athletics club in the late 1980's, a fitting recognition for a consummate clubman.

Mark is now teaching in the UK (Northampton) and has shown the same willingness to become involved in the sport of racewalking at all levels. He is the Chairman of the County AA, Chair of its Development Group, is newly elected to England Athletics Regional Council (9 regions to cover England) and has been on the Regional Coaching Committee, the Competition Committee and its Endurance Forum. He is also a Member of the General Committee of the Midlands Race walk Association and recently travelled with the English team to the 2009 Dublin International Grand Prix as team coach.

I will leave Mark with the last word:

I am proud to have been a part of the Victorian Race Walking Club, enjoying friends and peers from the best to the least, from the 1970's to the 1990's. I was part of the historical transition that saw the foundations of Australia's current success, albeit in my own small way. I was there when we started the Sunday Morning Sessions at the Tan, with all the stories those adventures recall. I even remember Tim, Clarrie and Ian starting their Sunday sessions from Oakleigh in the years that preceded that. Someone once threatened me that 'I was going to be history'; I guess I am.

AUSTRALIAN 24 HOUR CHAMPIONSHIP, ST LUCIA, BRISBANE, 27-28 JUNE 2009

I have now received Peter Bennett's lapsheets from his Brisbane 24 Hour walk and can confirm the following M50 Australian records – well done Peter!

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

AUSTRALIAN 48 HOUR CHAMPIONSHIP, CABOOLTURE, QLD, 31 JULY – 2 AUGUST 2009

Not content with two 24 hour walks in quick succession, **Peter Bennett (C 24)** was back in action on 1st 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. The actual results read as follows (you can see the full results and much more at <http://geoffsruns.com>).

1.	Michael Lovric	201.030 km
2.	David Kennedy	179.520
3.	Peter Bennett (w)	177.300
4.	Mark McGowan	140.850
5.	Steven Appleby	135.530
6.	Michelle Thompson	130.500
7.	Jason Dunn	100.000
8.	Shaz Scholz (fm)	100.000
9.	Justin Scholz	100.000
10.	Graeme Best	76.000



Peter Bennett powers to his 8th Centurion walk finish in Caboolture

I asked Peter to put together a race report and he has obliged with a very nice read. Thanks and congrats Peter.

At the Caboolture Historical Village over the weekend of 1-2 August 2009, the National 48 hour championship were held with other Australian Ultra Runners Association events of 24/12/6/3 hours on the certified 500 metre decomposed granite track around the village. There were entrants from all over Australia with a large percentage from Sydney and Norio Ito from Japan in the 48 hour race. Caboolture is a town about a thirty five minute drive north of Brisbane.

After finishing the Sri Chinmoy 24 hour race on the synthetic track at the University of Queensland, St Lucia, in Brisbane a month earlier I declared that there would be no more long races for me this year. But after speaking to Race Director, Geoff Williams who told me that entries were down this year I weakened and put an entry in for the 24 hour race a week before the start. There have been a number of ultra events on recently and others on in the coming weeks forcing athletes to pick between events as well as the ability to get the time off work and financial constraints. Not only did I want to support Geoff & Betty Williams but this race had special significance in that it was Andrew Ludwig's last ultra race (in the 2008 48 hour race). I mentioned this to Geoff at the after race presentations and he said that he was thinking the same thing during the night.

I went into the race without any real race plan other than to listen to my body and go for as long as I could and not to pay a great deal of attention to the distance covered. The race started at 9am on the Saturday morning at the 24 hour stage of the 48 hour event. The 48 hour runners were moving well, still had their sense of humour and were in good spirits but their fatigue was obvious. I started off cautiously and seemed to take a long time to feel a comfortable rhythm. Some days you feel it from the start and on others it can take hours to really settle in. So when it came up on the results board that I had reached 49.5km at the 6 hour mark I was pleasantly surprised and this gave me a lot of confidence to continue on in the race. At the half way mark the 12 hour competitors joined the race and I had about 95km on the board. The 6 hour runners joined the race at the unsociable time of 3am and the 3 hour competitors at 6am so that all the competitors would finish the race together at 9am.

I missed the call of when I reached 100 miles but it was about 21.35. By the time the race finished I had covered just over 177km. What I was most pleased about was that for the first time I was able to race walk for the entire 24 hours. I have been able to race walk for 100 miles previously but not for the whole 24 hours even though during the last few hours it felt like I was walking on the spot. In previous 24 hours races there have been occasions in the last few hours where I have street walked in short bursts, had a quick sit down or have had to treat an injury.

You really have to hand it to the small team of dedicated organisers & lap scorers who conduct these events. It was a fantastic effort to ensure that all the competitors were looked after and regularly fed hot food over the weekend. Some of the lap scorers sat in position for the entire 24 hours. I think walking is much easier.

There were two fellow Centurions present at various stages of the race. John Harris (C12) was at the race and helping out with lapscoreing all Saturday afternoon until about 9.30pm. As he was racing 10km the next morning himself he had to leave to get some rest. Caleb Maybir (C28) was at the race from late evening until the early hours of Sunday morning.

The weather was pleasant for the duration of the race but I made sure I had ample sunscreen on during the warm & sunny part of the day .It was not too cool during the night and early hours of the morning. This is from a competitor's perspective as the lap scorers and supporters all looked fairly well rugged up. One of the 48 hour runners was wrapped in a blanket early on Sunday morning but this had more to do with extreme fatigue than the actual temperature.

I have recovered really well and was able to resume light training walks during the week and took part in the QRWC club 15km championship the following Sunday. The winter road walk competition is always my priority and the ultra events are an addition. I am usually looking ahead to the next week (even during a long race) and don't want to get into a situation where I need to take a week or two off to recover from a long race and be forced to miss regular club competitions.. The surface at the Caboolture Historical Village was a lot more forgiving than the synthetic track at St Lucia with no sore knees, muscle stiffness and associated fatigue.

*All the best.
Peter Bennett (C24)*

This takes Peter's centurion total to 8 – equal with Geoff Hain and second only to Carol Baird with 10. The list reads

19:42:54	08-09 Oct 1994	Clifton Hill, Victoria
172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Malaysia
176.175 km in 24H	15-16 April 2006	Rouen, France
165.26 km in 24H	11-12 August 2007	Kuala Lumpur, Malaysia
214.65 km in 24H	5-6 July 2008	Rouen, France
213.885 km in 24H	30-31 May 2009	Rouen, France
19:48:40	27-28 June 2009	St Lucia, Queensland
177.300 km in 24H	1-2 August 2009	Caboolture, Queensland

24 HEURES DE SAINT THIBAUT, ST THIBAUT DE VIGNES, FRANCE, 5-6 SEPT 2009

The final race on which I report in this newsletter is the annual 24 Hours event which was held in St Thibault de Vignes in France last weekend. The results are already up online (see <http://www.cmdijon.fr/>) and were as follows

1.	FAUBERT Daniel	24:00:00	191.960	8.032
2.	BOUFFLERT Kora (F)	24:00:00	189.717	7.914
3.	ALBRECHT Jacky	24:00:00	187.474	7.842
4.	FRECHENGUES Bernard	24:00:00	185.231	7.764
5.	RUELLE David	24:00:00	175.245	7.260
6.	BUNEL Pascal	24:00:00	174.017	7.255
7.	DUFRIEN Pascal	24:00:00	165.045	6.905
8.	GENIN Sebastien	24:00:00	160.559	6.711
9.	PEREVALO Iryna (F)	24:00:00	158.316	6.612
10.	COURCY Jean Claude	24:00:00	157.858	6.558
11.	PICOT Gérard	24:00:00	156.073	6.530
12.	MOINEAU Isabelle (F)	24:00:00	153.830	6.422
13.	MAUNY Claude	24:00:00	151.587	6.337
14.	BERTHAULT Annie (F)	24:00:00	147.102	6.190
15.	PRUCKNER Jaroslav	24:00:00	146.547	6.083
16.	PICHON Jean	24:00:00	144.859	6.127
17.	SPIESER Jean-Paul	24:00:00	135.887	5.679
18.	MORVAN Nicole	24:00:00	135.887	5.675
19.	FAUQUEUR Corinne (F)	24:00:00	133.644	5.591
20.	KESSELMARK Patrick	24:00:00	113.458	4.755
21.	BAUDRILLARD Antonio	24:00:00	104.094	4.321
22.	LANDRU Noëlle	24:00:00	100.000	4.184
23.	QUINQUETON Bernadette (F)	24:00:00	100.000	4.184
24.	MERCIER Jean-Pierre	24:00:00	97.757	4.075
25.	MICHELOT Rémi	24:00:00	84.299	3.526
26.	OGER Bernard	24:00:00	84.299	3.522

FINANCIAL NEWS

Our finances continue to go well. At the moment, Brian Parkinson and I are busy sourcing a new honour board for us, given that our current honour board is nearly full. I should be able to unveil it with our next newsletter.

Incoming	Stan Jones – newsletter postal subscription for 2009	12.00
	Stan Jones – donation	88.00
	Sandra and Richard Brown – donation	75.00
Outgoing	Postage and Photocopying	-35.10
Balance		1083.30

UNTIL OUR NEXT NEWSLETTER

What a big few months for Australian ultra-distance walking with the feats of Carol Baird, Mark Wall and Peter Bennett! Peter continues to be our standard bearer – I am sure that his feats will inspire many others to attempt this most difficult of challenges.

Yours in Centurion walking

Tim Erickson (C 13)
Secretary, Australian Centurion Walkers Inc., 1 Avoca Cres, Pascoe Vale, Victoria, 3044