

CENTURION FOOTNOTES

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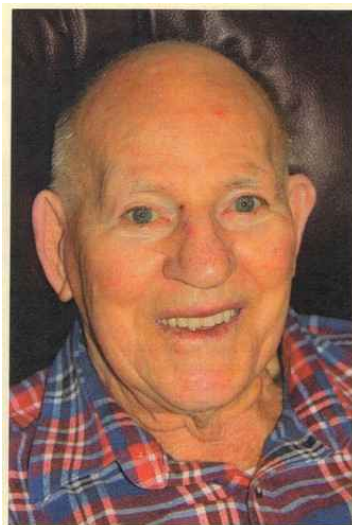
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DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2012 provides many opportunities for walkers and runners. The best source of information remains the Australian Ultra Runners Assn (AURA) website – check out <http://www.aura.asn.au/events.html>. Here is a selection of local and overseas walk events.

31 Mar - 1 Apr 2012	24 Heures de Chateau-Thierry	Chateau-Thierry, FRA
14-15 Apr 2012	2012 Australian Centurions 24 Hour (Coburg Carnival)	Coburg, VIC
28-29 Apr 2012	24 Heures de Monthey	Monthey, SUI
12-13 May 2012	24 Heures de Dijon	Dijon, FRA
26-27 May 2012	Continental Centurions 24 Hour Qualifying Walk	Scheidam, NED
23-24 June 2012	Sri Chinmoy Australian 24 Hour Track Championships	Sydney, NSW
27 July 2012	Caboolture 24H and 24H Championships	Caboolture, QLD
22-23 Sept 2012	British Centurions 100 Miles Qualifying Walk	Colchester, ENG
	See http://www.centurions1911.org.uk/colchester_100_miles.html	
15-16 Sept 2012	Roubaix 28 Hours	Roubaix, FRA

VALE DUDLEY PILKINGTON : 18/06/1919 – 04/02/2012



When **Dudley Pilkington (C7)** passed away in Tasmania on Saturday 4th February 2012, aged 92 years and 7 months, he was our oldest living Australian Centurion. His daughter Julianne wrote to me at the time to say

Father's health had been failing over the past few months. Dudley recognised his family up to the last, his heart was strong but his body was worn out. Born on 18th June 1919, he lived a great life and was a wonderful loving father who treasured his involvement with the Centurion walkers. He was proud of his achievements and of being the oldest living member, up to the time of his death.

Dudley was born on 16th June 1919 in Brighton, Tasmania, the 7th child in a family of 9 children, and spent his early life in Queenstown as a miner's son. Queenstown, its hills stripped of timber to fire the local copper smelters and permanently denuded by the sulphurous fumes which belched from the smelters, was a surreal nightmare in those days. Its river was badly polluted and it had the appearance of a deserted moonscape. By any measure, Queenstown was one of the wonders of the world, a profound reminder of humanity's capacity to destroy and pollute.

His father, a Boer War veteran, died in 1922 from complications caused by lung damage due to many years working underground in Queenstown. Dudley was only just over 3 years of age at that time. His mother had many offers of adoption but kept her family intact, something for which Dudley was always grateful. She continued on in Queenstown, rearing her large family while running a boarding house and preparing meals for others. Life was tough!

Dudley grew up in the sulphurous fumes – he reminisced that at times it was so dense that it could make you cough if you inhaled through the mouth. This was his first real playground until his family moved to Devonport in 1929 when he was about 11 years of age.

Dudley recalls that it was around 1926 when he was in the Queenstown State School as a 7 year old that he saw in a school dictation booklet that an Englishman had walked 100 miles within a day and this had been done wearing a suit, bowler hat and cane. This obviously sowed the seed of ultra-distance walking in his mind.

When he finished school in Devonport, he returned to Queenstown to work alongside his older brothers at the Mt Lyell copper mine. From 1937 onwards, he lived the rough and tumble life of a miner. He loved to hunt and fish, he was a fitness fanatic and proud of his physique and was a good amateur boxer. His daughter Julianne reminisced “*I am sure that those who ever met him felt his firm hand shake in his large strong hands*”.

With the outbreak of the war, he enlisted in the army and naturally joined the 2nd Australian Field Squadron Royal Australian Engineers. He worked in a variety of roles – as a miner, in water reticulation, building toilets in the trenches, excavating and as an army cook. He suffered fractures to multiple vertebrae in the back as a result of a blast during task-force demolitions in the Northern Territory. After 4 years of active duty, he was eventually demobilised and returned to civilian life. This injury led to spinal column deterioration and further problems over a continuing period of time.

His mother had moved from Devonport in 1940 to live in Nicholson St, Yarraville (Melbourne), and the whole family, born and reared in Queenstown, moved and settled around her again as they were demobilised from the services.

Dudley married his sweetheart Rose in February 1944. Now living in Melbourne, he became a Waterside Worker, riding his bicycle around the various wharves in the Melbourne area. It was during their time in Yarraville that their two children Julianne and Christine were born.

In February 1956 he transferred back to Devonport in Tasmania so that Rose could be with her family. They bought an 11 acre property in Latrobe and he became an employee of the Australian National Line, loading and unloading the Princess of Tasmania ferry. He spent 19 years in their service before finally retiring.

All thoughts of walking were put from his mind for many years. It was not until he was 47 years of age (1966) that his thoughts turned once again to walking but as a means of rehabilitation – his walking was undertaken to help limber up the shoulders, arms, neck and back muscles for improved flexibility. The milkman saw him one morning and asked him if he was training for the fund-raising Retarded Childrens Welfare Association walk which was a distance of 30 miles. Dudley decided to give it a go and eventually came in as the winner in 5 of these 30 mile races over the next few years.

He was actively involved in various organisations and became associated with Graham Wright, a Public Relations officer from the Hobart Blind Institute. Dudley decided to organize a fund-raising 100 mile walk at the local Spreyton Park Racecourse on 15-16 December 1972. All funds raised were to be used for bulk buying Talking Book Library materials. He used the opportunity to complete the 100 mile distance himself in a time of 23:29:00, becoming Australian Centurion Number 7. The racecourse lap was slightly less than one mile so the 100 mile distance was calculated to be just over 107 laps. Dudley walked 108 laps to be sure so actually walked slightly over 100 miles for his qualifier. It was not all easy going – at one stage he lost 15 minutes with cramps in one leg. As a final challenge, the grass had not been cut!

Now fully enthusiastic about the 100 mile walk, Dudley travelled to Adelaide the following year (1973) for the Adelaide Harriers Jubilee 100 mile walk. Unfortunately he could only complete some 60 miles before being forced to pull out. The hot weather (it reached 33°C) that day took its toll with only one person finishing out of the 11 starters. That finisher was Fred Redman, one of our four founders. Dudley remembers walking the last lap with the 62 year old Fred along with fellow co-founder Len Matthews who was at that stage a very old man but still so enthusiastic about walking. Other well known retirees that day included Chris Clegg, eventually Australian Centurion No 11, who completed around 80 miles before collapsing at the toilet block, unable to continue.

On 18-19 October 1975 Dudley participated in the 100 mile walk held at the George Knott track in Melbourne and completed his second centurion finish, in a time of 22:59:00 (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.



Dudley completes his second 100 mile walk at the Collingwood Harriers track in Melbourne in 1975

From then on, Dudley was an enthusiastic member of our elite club, closely following all club activities and performances and regularly corresponding with me.

Dudley eventually became a fulltime carer for his wife Rose, continuing in this role for over 10 years until she eventually died in 2003 after 59 years of happily married life. He then moved to a retirement hostel in Devonport where he could be close to his large extended family.



This photo, from the Devonport Times issue of November 4 2008, shows Dudley (left) and fellow resident Frank Nicol being interviewed about their wartime experiences on the anniversary of the end of World War 1.

He retained his interest in all matters centurion during his final years and he was an avid reader of our regular newsletters. An active resident in both mind and body, he managed to get out for regular walks for all but the last period of his life when his health finally deteriorated and his body said it was time to stop after a long life of hard work.

To his 2 daughters Julianne and Christine and to Dudley's large extended family, we extend our deepest sympathies on such a sad occasion. Dudley will long be remembered by us for his achievements on the track and for his ongoing contribution to our club as an active and enthusiastic member.

AUSTRALIAN CENTURIONS ANNUAL QUALIFYING EVENT IS FAST APPROACHING

The annual Australian Centurions qualifying event is now only 4 weeks away, being scheduled for the weekend of 14-15 April in Melbourne. This track ultra is put on by Coburg Harriers and features run and walk sections with a maximum field size of 45. We have now allocated all 45 spots (25 runners and 20 walkers) and have a waiting list for others who hope to get a berth if there are any withdrawals.

The walk fields look our strongest ever and we are very pleased to be welcoming 5 overseas walkers – Rudy Schoors (C55), Caroline Mestdagh (C56), Eddie Goeman, Willy Vermuelen and Sean Pender – as well as some of our best local ultra distance walkers – Peter Bennett (C24), Michelle Thompson (C58), Terry O'Neill (C18), Karyn O'Neill (C45) and Clarrie Jack (C4). You can read about them as well as the other main contenders in the following brief synopsis:

24 HOUR WALK WOMEN - 4		
HOWORTH, Sandra	VIC	Sandra has competed in the walk at Coburg on a number of occasions and has a 24H best of 103 km. She completed both the 6H and the 24H walks in 2011 and is back for the same demanding double again this year.
MESTDAGH, Caroline	BELGIUM	Caroline Mestdagh and Rudy Schoors are a married couple from Belgium who are amongst our top ultra distance walkers. They qualified as British Centurions in 2007, Continental European Centurions in 2008. Australian Centurions in 2009 and as American and NZ centurions in 2010. Now with all the available badges to their names, they are returning to Coburg for an encore performance. Caroline has walked the 100 miles in 21:30.
PARRIS, Dawn	VIC	After a long and illustrious ultra running career (she is one of the legends of Australian ultra running with a 24H best of 202.65km), Dawn swapped to ultra distance walking a few years ago with immediate success. She came 2 nd in our 2007 6H walk (43.8km), won our 2008 12H Walk (78.5km), came 2 nd in our 2009 24H walk with 137.27km and won our 2010 24H walk with 134.12km. Is back again in 2012 and will do the 24H walk.
THOMPSON, Michelle	VIC	Won the 2005 Coburg 12 Hour run with 101.9 km, won their 2006 24H run with 166.053km, was second in 2008 in both the 6H run (57.596km) and the 12H run (105.974km), won the 2010 6H walk (49.1km) and 24H run (172.906km) double and won the 2011 6H Walk (53.784km) and 24H walk (172.593km) double. Is getting better with each outing and is one of our most consistent run/walk proponents. Will do the two walks this year and will be looking to better last year's distances.
24 HOUR WALK MEN - 16		
BENNETT, Peter	QLD	We are excited to have Peter, Australia's top ultra distance walker, competing at Coburg for a second time (he was last here in 2010 when he won the 24H walk). With an amazing 216km to his credit for the 24H walk (2008 Rouen, France) and the holder of the Australian 100km walk record (10:51:35), he will be hard to beat in this year's 24H walk.
CARTER, Ken	VIC	Ken is a regular walk competitor, having best times of 40km for the 6H and 58km for the 12H. This year, he is going to attempt the 6H and 24H.
COMMINS, Louis	NSW	Lou competed in his first ultra at Coburg in 2006, finishing 7 th in the 24H Walk with 131.517 km. He came back in 2007 to achieve 160.150 km and has been walking regularly on the ultra scene since. Will be a serious walk contender again this year.
COOK, Kim	NSW	Kim last ran at Coburg in 2007, placing 6 th in the 24H with 166.67 km. He is back again this year after a 5 year break but has entered the two walk events, perhaps keen to test himself with a new challenge.
ESSAM, Phil	ACT	AURA historian Phil Essam has dusted off his walking shoes and will be joining us at Coburg for the first time in a while. He has a best of 119km for the 24H walk and is hoping that "life begins at 50" as he tests out his legs after a quiet few years.
FRYER, Martin	ACT	Martin first competed at Coburg in 2007, winning with 227km. He quickly improved to 247km and represented Australia in the 2008 IAU World Championships. In 2009 he extended his repertoire to include the 48H and won the Sugures 48H with an amazing 433km. With a 24H PB of 259.841 km, he is at the top of his form. But interestingly, he has chosen to do the 24H walk at Coburg as part of his prep for a 6 Day event later in the year.
GOEMAN, Eddy	BELGIUM	Eddie Goeman is one of 4 Belgian walkers making the trip to compete in our 24 Hour championship. He is an accomplished ultra distance walker, having 2 centurion badges so far: Continental Centurion C381 (2010 – 20:37:25) and

		British Centurion C1086 (2011 – 20:33:02).
JACK, Clarrie	VIC	Clarrie is one of Australia's most experienced ultra distance walkers, being Australian Centurion No 4 (1971 – 20:39:45). He also holds the Australian Open Record for the 50 mile walk with a time of 7:57:57, set in 1979. Won the 2007 12 Hour walk with 88.370 km, was second in the 2008 and 2009 6H Walk and won the 2011 6H Walk. Will be a strong walk contender once again this year over both distances.
JORDAN, Steve	VIC	First time competitor in 2005 when he won the 6 Hour Walk with 43.6 km. Since then he has competed in every Coburg Carnival and has improved his bests to 46 km (6H), 85km (12) and 149 km (24H). Steve will be back again in 2012 hoping for even greater success.
McKAY, Doug	VIC	Doug competed in his first 24H event in Adelaide in October 2008 and walked 127.55km. He has competed in the last 3 Coburg 24H events and has a best of 138.7km. Is back to do the 24H walk in 2012 and will be looking for even further.
O'NEILL, Terry	VIC	Terry is Aust. Centurion 18, having completed his 100 mile walk in 21:13:08 in 1979. In 2006, he reappeared after a long absence and walked the 100 km in 13:19:08, indicating that he had lost little of his fitness. In 2007, he completed his second 100 mile finish with 21:48:35 and won the Australian 100 km walk championship for the second year in a row. One of our top ultra walkers, he is now a regular at Coburg and always features highly in the walk results.
PENDER, Sean	UK	We are pleased to welcome yet another overseas competitor in Enfield and Haringay AC (London) walker Sean Pender. Sean is an experienced racewalker and also a British Centurion (100 miles in 23:36:40 in 2010) so he adds further depth to what will be a great 24HW event.
SCHOORS, Rudy	BELGIUM	Rudy Schoors and Caroline Mestdagh are a married couple from Belgium who are amongst our top ultra distance walkers. They qualified as British Centurions in 2007, Continental European Centurions in 2008. Australian Centurions in 2009 and as American and NZ centurions in 2010. Now with all the available badges to their names, they are returning to Coburg for an encore performance. Rudy has walked the 100 miles in 21:32.
TIMMS, John	VIC	John is a very experienced runner at all distances from 24 hours to 1000 miles and has a best 24 Hour run of 170.7 km (1994). Regular Colac 6 Day runner and a regular supporter of our Coburg event. Has been dipping his toes into ultra walking the last few years and completed 142km to come 2 nd in our 2010 24H walk. Is back to contest the 6H walk and the 24H walks this year.
TURNER, Gary	VIC	Gary won our 2006 12 Hour Walk with 68.17 km and was 3 rd in 2008 with 63 km. In 2009-2011, he competed in our 6H walk. This year he has upped the ante and entered the 24H walk event.
VERMEULEN, Willy	BELGIUM	Willy Vermeulen joins Caroline and Rudy as the another of our Belgian entrants in the 24H walk. Already a Continental European Centurion (2005) and a British Centurion (2005), he has walked the 100 miles in 21:38.

INJINJI STROMLO 12 HOUR EVENT, CANBERRA, 18-19 FEBRUARY 2012

The Stromlo Running Festival has been held annually in Canberra for some time. It extends over 3 days and includes a variety of running events (see <http://www.stromlorunningfestival.com.au>) and is always held around this time of the year. This year saw the addition of the Injinji Stomlo 12 Hour Endurance event which was held over a bitumen 1km loop of the Stromlo Forest Park Criterium Circuit (a circuit which has also been used by the ACT Race Walking Club).

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**. That being the case, I made the trip up to crew for them and to check out this annual event. And yes, it was indeed a long night but a very interesting and satisfying one!

And onto the race report. February evenings in Canberra typically provide ideal running/walking conditions but things did not look good when a huge storm belt exploded upon us 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 amongst the elite grouping at the front, coming 11th 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 23rd with 71.227km.

11	Michelle Thompson	VIC	101.158km	(100 km in 11:51:22, 3 rd woman overall)
17.	Steve Jordan	VIC	71.227km	

See http://www.ultralegends.com/wp-content/uploads/2012/02/Injinji_12Hr_2012_Overall_Final.pdf for the full results. See <https://picasaweb.google.com/104779027862947223273/StromloRunningFestival12Hr19Feb2012> for some great photos.

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 can't claim any records but will have to be content with 'best' status. With her 100km split of 11:51:22. the 100km ranking list for Aust based performances now looks like this

1.	Sandra Brown	GB	50	11:33:24	19/09/1999
2.	Michelle Thompson	VIC	43	11:51:22	19/02/2012
3.	Carol Baird	ACT	53	12:18:57	14/04/2002
4.	Carol Baird	ACT	53	12:33:49	07/07/2002
5.	Carol Baird	ACT	52	12:37:50	08/07/2001
6.	Jill Green	GB	57	12:45:38	19/09/1999



Michelle Thompson (C 58) in action – 100km in less than 12 hours!

If you revisit the women's 100km all-time ranking list which was published in the last issue of our Centurion newsletter (see <http://www.vrwc.org.au/newsletters/heelandtoe-2012-num19.pdf>), you will see that this time of Michelle's inserts her as 15th all time for women world wide. This is a fantastic result for this talented walker and one on which I am sure she will soon improve.

Time	Name	Nat.	DOB	Place	Date
10h04'50	Jolanta DUKURE	LET	200979	SCANZOROSCIATE	21.10.2007
10h13'56	Kora BOUFFLERT	FRA	230466	ROUBAIX	09.10.1994
10h20'17	Ludmilla LUBOMIROVA	RUS	131162	PERPIGNAN	15.10.1995
10h23'47	Anita LIEPINA	LET	171167	SCANZOROSCIATE	19.10.2003
10h54.19	Valentina SETROVA	BLR	191271	SCANZOROSCIATE	19.10.2003
10h57'50+	Annie VAN DE MEER	PB	240247	ROUEN	11.05.1986
11h11.36	Lyudmila DOLGOPOLOVA	BLR	110869	SCANZOROSCIATE	17.10.2004
11h16'32	Evguenia GUTTIERREZ	FRA	021269	PETIT-QUEVILLY	12.10.1997
11h17'42+	Sandra BROWN	GB	010449	ETRECHY	27.10.1990 (Track Record)

11h25	Josiane PANNIER	FRA	241250	GRAVIGNY	?
11h30.28	Jeannie BOCCI	USA	43	HOUSTON	20.12.1987
11h31.44	Josiane PETRUS	FRA	030161	PONT L'EVEQUE	13.08.1983
11h34.35+	Ludmilla AMIROVA	RUS	69	TORCY	26.02.2000
11h40.07	Aaf DE RIJK	PB	201053	HAMM	18.10.2001
11h51.22	Michelle THOMPSON	AUS	121268	CANBERRA	19/02/2012
11h52	Jacqueline BONNET	FRA	141246	CHALONS	17.05.1986
11h54.57+	Edith COUHE	FRA	260444	TORCY	20.02.1983

COBURG 6 HOUR CHAMPIONSHIPS, COBURG, VICTORIA, SUNDAY 11 MARCH 2012

Last Sunday saw the annual Coburg 6 Hour Track Championships at the Harold Stevens Athletics Track in Coburg, a northern Melbourne suburb. This annual event is a prelude to the Coburg 24 Hour Championships which are always in April and it always sees strong run and walk fields and a lot of our top ultra competitors in action. Field size is restricted to 45 so that the track is not too congested and this year we had 43 starters (there are always a few who enter but who fail to make it to the start line for various reasons), 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 such an excellent overall set of results.

I will restrict my report to the walk divisions. For a fuller review of the complete run/walk results, check out http://www.coburgharriers.org.au/joomla1/component/option.com_docman/task.doc_view/gid.635/Itemid.28/. You can also see plenty of race photos at <http://www.rwa.org.au/coppermine/thumbnails.php?album=4>.

The walk was dominated by **Michelle Thompson (C58)**. A previous winner of the Coburg 24 Hour event in both run division (2010) and walk division (2011) and the fastest ever woman in Australia over the 50km racewalk distance (5:13:14 in 2011), she 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.

Most of these walkers will be back in 5 weeks time for the Coburg 24 Hour event and I look forward to more great walking over the longer timeframe event.

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 last Sunday at Coburg



Terry O'Neill, Clarrie Jack and Kim Cook at Coburg



Terry O'Neill, Clarrie Jack, Kim Cook, Steve Jordan, Philip Sharp, John Timms, Alex Poore and Ken Carter

FRENCH 24 HOUR CHAMPIONSHIPS, BOURGES, FRANCE, 25-26 FEBRUARY 2012

Thanks to Emmanuel Tardi for letting us know about the French National 24 Hour Walk championships, held in late February in Bourges (250km south of Paris). The race started at 1PM on the Saturday afternoon and by the time

Emmanuel arrived at 3AM on Sunday morning, (the 14 hour mark), a terrific battle was in progress between David Regy and Philippe Thibaux. They had sped through the first 100km in around 11 hours and were still shoulder to shoulder. But their frenetic pace did take its toll and, an hour later, each walker had received his third red card and both were forced to stop for 10 minutes. After the compulsory break, David restarted but for Philippe this marked the end of the road and he retired. David continued to hold his lead of around 1.5 laps (each lap is 2.7km) over Jean Marie Rouault and looked set to win when, with only 2 hours to go, he slowed drastically, eventually surrendering the lead to Jean Marie whose final distance was just over 200km. In the women's championship, 54 year old Dominique Alverne finished a lap in front of Italian Nicoletta Mizera to take the National Championship with an excellent 184.44km. You can see a short snippet of the first lap at Bourges at <http://youtu.be/QoRgxI2RM5A>.

The results are shown below. Note that places are not awarded to foreign or non-licenced walkers - shown as HC.

French 24 Hour Championship - Women

1	ALVERNHE Dominique	FRA	57	184k444 m
HC	MIZERA MARGONELLI Nicoletta	ITA	64	179k460 m
3	MAISON Sylvie	FRA	73	163k438 m
4	BONVARLET Liliane	FRA	53	159k243 m
5	FABRE Françoise	FRA	66	154k659 m
6	QUINQUETON Bernadette	FRA	61	150k188 m
HC	BORISOVA Olga	RUS		145k538 m
8	COUGOUREUX-AUGE Emilie	FRA	80	143k032 m
9	MOINEAU Isabelle	FRA	67	138k916 m
HC	MIROSHNICHENKO Vera	RUS		137k474 m
11	LANDRU Noelle	FRA	51	119k692 m

French 24 Hour Championship - Men

1	ROUAULT Jean-marie	FRA	64	200k503m
2	REGY David	FRA	69	199k122m
3	BUNEL Dominique	FRA	68	197k544m
HC	GIROD Urbain	SUI	63	195k736m
HC	OSSIPOV Dmitriy	RUS	66	194k376m
HC	GILLES Philippe	FRA	64	188k226m
HC	SIMON Zdenek	CZE	61	187k513m
HC	LUKYANOV Sergey	RUS	56	181k696m
9	DIEN Daniel	FRA	50	178k568m
HC	KONDRATENKO Alexei	RUS	84	174k007m
10	VARAIN Cedric	FRA	80	176k843m
12	VIT Philippe	FRA	53	173k670m
HC	CAILLEAUX Patrick	FRA	50	169k937m
HC	DERRIEN Franck	FRA	85	168k288m
15	KERLAU Yves-michel	FRA	61	163k916m
HC	BIET Christophe	FRA	66	163k757m
HC	PICOT Gerard	FRA	47	161k694m
HC	GUIGNARD Bruno	FRA	65	160k878m

The meet also included 2 x 6 Hour races. The first 6 Hour walk was from 1PM to 7PM on the Saturday while the second 6 Hour walk started 24 hours later and extended from 7AM to 1PM on the Sunday. My report shows only the first 10 finishers in each event.

2 x 6 Hour Walk Women

1	GAUZE Françoise	FRA		94k008 m
2	MALOCHE Dominique	FRA	57	93k505 m
3	CLEMENTZ Bernadette	FRA	51	92k595 m
4	BRAGUY Patricia	FRA	68	90k260 m
5	PANNIER Josiane	FRA	50	89k848 m
6	ANXIONNAT Claudine	FRA	51	88k656 m
7	GAUZE Claude	FRA	55	88k363 m
8	MORVAN Nicole	FRA	44	87k803 m
9	PIERDET Marie josephe	FRA		75k200 m
10	HARBULOT Renata	FRA	53	73k481 m

2 x 6 Hour Walk Men

1	BONNOTTE Remi	FRA	65	107k378 m
2	MARECHAL Pascal	FRA	62	102k029 m
3	LOUGRADA Saadi	FRA	62	98k703 m
4	CHABIN Frederic	FRA	65	97k278 m
5	GENIN Sebastien	SUI	71	92k874 m
6	GRASSI Alain	FRA	59	90k260 m
7	HARBULOT Francis	FRA	53	89k615 m
8	PICHON Jean	FRA	32	87k527 m
9	COURCY Jean-claude	FRA	49	86k375 m
10	DUPUIS Norbert	FRA		84k619 m



In action at Bourges - David Regy (1), Jean Marie Rouault (17), Dominique Alvernhe (51) and Nicoletta Mizera (59)

YET ANOTHER PARIS-COLMAR VIDEO ONLINE : JUNE 1993

Emmanuel Tardi has put another Paris-Colmar video online, this time from 1993 which was the last time a French walker, Noël Dufay, won the men's division in this ultimate event. In fact it was a French double with Isabelle Duchene taking the women's event. This was the 47th edition of this classic event and it saw **Jill Green (C38)** amongst the finishers. Check out <http://www.youtube.com/watch?v=T-2v3oaesnw&feature=uploademail> – it is a 6 minute French TV production.

Overall, 13 men finished the gruelling 518km course and 10 women finished their 334km course. They were:

MEN : PARIS - COLMAR, 518 KM

1.	DUFAY-NOEL	US-TORCY	FRA	518KM	62H18m	8.315km/hr
2.	KLAPA-ZBIGNIEW	NDIVIDUEL-POZNAN	POL	518KM	64H18m	8.056km/hr
3.	URBANOWSKI-G-ADAM	WKS-WROCLAW	POL	518KM	64H18m	7.998km/hr
4.	PHEULPIN-ADRIEN	FC-SOCHAUX	FRA	518KM	65H47m	7.874km/hr
5.	MALTHIERY-DOMINIQUE	ASM-BAR LE DUC	FRA	518KM	66H53m	7.745km/hr
6.	LETESSIER-GILLES	COM-BAGNEUX	FRA	518KM	67H19m	7.695km/hr
7.	CECILLON-JEAN	CP-NEUILLY-S/M	FRA	518KM	69H15m	7.480km/hr
8.	RODIONOV-ALEXEI	KRASNODAR	RUS	518KM	69H59m	7.402km/hr
9.	LHUILIER-J-FRANCOIS	PLAINE-ATHL	FRA	518KM	70H15m	7.374km/hr
10.	MAJETIC-IVO	AC-PRAGUE-1890	TCH	518KM	71H55m	7.203km/hr
11.	LOEFFEL-ALAIN	AL-VOIRON	FRA	518KM	72H30m	7.145km/hr
12.	GOUVENAUX-J-CLAUDE	CM-EPERNAY	FRA	518KM	74H15m	6.976km/hr
13.	ZAIKIN-EVGUENI	ST/PETERSBOURG	RUS	518KM	74H45m	6.930km/hr

WOMEN : CHALONS EN CHAMPAGNE - COLMAR, 334 Km

1.	DUCHENE-ISABELLE	PLAINE-ATHL	FRA	334KM	42H59m	7.770km/hr
2.	SOMMERFELDT-KORA	AS-CH-HAVRAIS	FRA	334KM	45H41m	7.311km/hr
3.	COUHE-EDITH	NEUILLY-PLAISANCE	FRA	334KM	46H55m	7.119km/hr

4.	LEFILLEUL-JOELLE	AS-LE CHESNAY	FRA	334KM	47H16m	7.066km/hr
5.	POUTINSEVA-IRINA	INFIS-MOSCOU	RUS	334KM	49H16m	6.779km/hr
6.	BRIZION-BERNADETTE	SMEC-METZ	FRA	334KM	49H24m	6.760km/hr
7.	TOUCHARD-ARLETTE	SOA-CREIL	FRA	334KM	50H16m	6.644km/hr
8.	GREEN-JILL	LONDON-VIDARIANS	GBR	334KM	54H15m	6.157km/hr
9.	PANNIER-JOSIANE	AS-CH-HAVRAIS	FRA	334KM	55H00m	6.073km/hr
10.	CHERY-ANNIE	ASPHALTE-77	FRA	334KM	55H52m	5.979km/hr

AND NOW TO THE 1995 PARIS COLMAR

Emmanuel has indeed been busy, adding a short 5 minute French TV coverage of the 1995 Paris Colmar. He was in the team of the female winner Kora Bouflert and you can just see him in the side of the frame when Kora is kissed by the male winner Zbigniew Klapa. This was the fourth of 5 wins for the great Polish walker and was the inaugural win for Bouflert. You can see all the action at <http://youtu.be/rLJUDx8EyBE>. There were 8 finishers in the men's race and 7 finishers in the women's race.

MEN: PARIS - COLMAR, 521KM

1.	KLAPA-ZBIGNIEW.	IND-POZNAN	POL	521KM	60H13m	8.660 km/hr
2.	URBANOWSKI-G-ADAM	WKS-WROCLAW	POL	521KM	64H13m	8.121 km/hr
3.	LETESSIER-GILLES	COM-BAGNEUX	FRA	521KM	64H41m	8.011 km/hr
4.	RODIONOV-ALEXSEI	SCS-KRASNODAR	RUS	521KM	66H39m	7.824 km/hr
5.	GOUVENAUX-JEAN CL	CM-EPERNAY	FRA	521KM	69H18m	7.525 km/hr
6.	MALTHIERY-DOMINIQUE	ASM-BAR LE DUC	FRA	521KM	69H52m	7.464 km/hr
7.	TOURNOIS-LAURENT	ASPTT-BAR LE DUC	FRA	521KM	73H35m	7.087 km/hr
8.	MACKANIC-LUBOS	ACM-BARDEJOV	SVK	521KM	75H15m	6.930 km/hr

WOMEN: CHALONS EN CHAMPAGNE - COLMAR, 333 KM

1.	BOUFLERT-KORA	AS-CH-HAVRAIS	FRA	333KM	45H02m	7.395 km/hr
2.	GOURIEVA-EVGUENIA	OLIMPIA-SAMARA	RUS	333KM	45H33m	7.311 km/hr
3.	BRIZION-BERNADETTE	STADE-MESSIN-EC	FRA	333KM	46H07m	7.221 km/hr
4.	LEFILLEUL-JOELLE	IND-LIFA	FRA	333KM	46H27m	7.169 km/hr
5.	POUTINSEVA-IRINA	AM-ST/PETERSBOURG	RUS	333KM	49H04m	6.787 km/hr
6.	RADDER-WILLEMS-M	ROTTERDAM-WV	HOL	333KM	49H28m	6.732 km/hr
7.	LUBOMIROVA-I	OLIMPIA-SAMARA	RUS	333KM	51H31m	6.464 km/hr

AND EVEN MORE SOME MORE ULTRA DISTANCE WALKING VIDEOS

1954 – Blackpool to Manchester 100 Mile

And now going way back to July 30th 1954 when the annual British Centurions qualifying race was from Blackpool to Manchester. The 43 sec newsreel footage is without sound and shows the start in Blackpool, some action from along the road and the winner V.W.G. Stone (C 202) finishing. Stone was already a Centurion, having qualified the previous year with 19:12:31 in the Motspur Park 24 Hour Track Walk at 42 years of age .See http://www.criticalpast.com/video/65675062763_100-mile-walking-race_men-walking_people-gather_awarding-winner

The 1954 event saw 20 finishers and 8 new centurions as follows

100m	G.J. Birchall	19:32:27	C220
100m	T.N. Dally	20:37:19	C221
100m	A. Rigby	21:35:15	C222
100m	J.W. Lambert	21:44:00	C223
100m	L.H. King	22:40:35	C224
100m	G.D. Bird	22:40:35	C225
100m	C.F. Hewitt	22:48:28	C226
100m	C.J. Woodhouse	23:02:31	C227
100m	E.E. Riddell	23:20:27	C228

Perpignan-Barcelone-Sant Jordi 200km, 22-23 April 2003

This fantastic 7 minute French TV report follows the fortunes of two French walkers - 58 year old Jocelyn Eliezer (who abandoned the race at the 162km mark) and 51 year old Sylviane Varin who won the women's race in 23:56:20. Check

out <http://www.youtube.com/watch?v=Oi6ejO10v6s&feature=uploademail>.

This was a new race on the European calendar and what a concept – a point to point race that started in France, climbed over the Pyrenees and finished in Spain 200km later. It was very hot on day one and the first 50 kms included going up and through a col (a pass) in the Pyrenees - the route of the Roman Via Dolmitia. The route followed the main road pre-motorway between Perpignan and Barcelona. Russian men's winner Alexsei Rodionov was awesome with his 21:27:09 win as was Sylviane Varin with her sub-24 performance. Perhaps surprisingly, both were subsequently beaten in the Paris-Colmar two months later, Rodionov failing to finish and Varin coming 4th. It would be 2008 before Varin would finally climb the winner's podium in Colmar while Rodionov, who won in 2000, would never again stand atop the Colmar podium. As an aside, Emmanuel Tardi, who provided this video, was amongst the many DNFs, retiring after 96km. Varin was the only female finisher. The first few places were as follows

1.	Rodionov Alexsei	Individuel	RUS	21:27:09	200.000
2.	Simon Zdenek	Body Island Prague	CZE	22:00:39	200.000
3.	Jose-Mora Bernardo	Standingpalma.com	ESP	22:06:45	200.000
4.	Coulombel Pierre	CM Roubaisiens	FRA	22:12:38	200.000
5.	Cécillon Jean	Neuilly-sur-Marne A	FRA	22:37:16	200.000
6.	Letessier Gilles	COM Bagneux	FRA	23:12:06	200.000
7.	Mackanic Lubos	ACM Bardejov	SVK	23:56:10	200.000
8.	Varin Sylviane (F)	Individuelle	FRA	23:56:20	200.000
9.	Dubosq Daniel	Stade Nantais AC	FRA	24:37:52	200.000
10.	Vernier Jean-Pierre	CA Brive	FRA	25:18:00	200.000

A NEW CENTURIONS FACEBOOK GROUP

I am very excited to see that Centurion walking now has its own Facebook discussion group, titled *Centurion Walkers 100 Miles in 24 hours all over the World*. Check it out at <http://www.facebook.com/groups/130240965804/>. It is quite new so only has 37 members (me included) so far but it is sure to build up and become a central point for finding out what is going on in the world of ultra distance walking. Anyone can join.

CENTURION HANDBOOK AMENDMENTS



THE CENTURION HANDBOOK 11th EDITION

Sue Clements has forwarded to me a list of minor corrections and some updates relating to the 11th edition of the Centurion Handbook which was published in May 2011. It is available from either the Centurion website www.centurions1911.org.uk or via email from Sue Clements ([susanclements950@btopenworld.com](mailto:susancllements950@btopenworld.com)).

If you still have not bought a copy of this excellent book, copies are still available from www.centurions1911.org.uk and priced £11.00 per copy. I also have a couple of local copies here for sale if anyone wants to contact me.

PONDERING OUR CLUB RULES

I have not had any feedback as yet from members on the article posted in last month's newsletter regarding a possible change to our club rules so I will reproduce it once more before the Executive makes its final decision on how to proceed. All are most welcome to email or ring me for a chat.

Our club practice is to rotate the positions of President and Vice President every two years according to Centurion number. After 41 years of operation, our President is Terry O'Neill (C 18) and our Vice President is Geoff Peters (C 20) and we are slowly moving forward through the list which is now up to C59. This practice dates from our original ruleset which was drawn up when the club was formed in 1971. It is fair to say that recent club members will never get the chance to be President unless they live to a very old age!

Terry and I were discussing this recently and we felt it is time to review this practice. Is it time for these positions to be decided by nomination and vote rather than by rotation? Numerical rotation is a relatively archaic way of running a club and can result in positions which are purely honorary and which involve no expectation of work. I will not always be here to run the show and we must work to a wider Executive base which can take control of our centurion chapter.

Further, when we became an Incorporated Organisation in 2000, we accepted a new Government controlled set of rules as per the Associations Incorporation Act 1981. These rules assume that clubs will call for nominations and hold elections for their Executive positions via a General Meeting. Put simply, our system of rotation is not correct for an incorporated body and should be changed. Our Incorporated Association Rules can be viewed on our website at <http://www.centurions.org.au/documents/Centurions%20Rules.pdf>.

Terry and I are intending to discuss this further and come back to our members with a formal recommendation. But in the meanwhile, we open it up for feedback via email (terick@melbpc.org.au) or telephone (0412 257 496).

FINANCIAL NEWS

With our annual 24 Hour qualifying event only weeks away, I have placed orders for more centurion tee shirts and more silver and bronze centurion medallions. We are well placed to meet these costs as well as other event related costs.

Incoming	Jim Gleeson – newsletter mailing subscription (2 years)	24.00
	Jim Gleeson – donation	26.00
Outgoing	V.F. Trainor – Gordon Smith replica trophy	25.00
	Consumer Affairs Vic – annual incorporation payment	42.80
	Stationary – new Accounts Book	19.19
	Photocopying and postage	19.75
	Keyhole Engraving – Gordon Smith Trophy engraving	8.00
	RWA 100km medals – purchase and engraving	<u>43.00</u>
Balance		\$1561.63

UNTIL OUR NEXT NEWSLETTER

Wow, a bumper issue and an exciting one with the two further wonderful walks by Michelle Thompson (C58) taking centre stage. Alas, the newsletter is also tinged with sadness as we say goodbye to Dudley Pilkington (C7) but we will continue to celebrate his long and eventful life. Indeed, his memory will be forever enshrined in our annals compliments of his two centurion walks. Vale Dudley.

Yours in Centurion walking

Tim Erickson (C 13)
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 1 Avoca Cres, Pascoe Vale, Victoria, 3044