

CENTURION FOOTNOTES

JUNE 2012 – VOL 19 NUMBER 5

*The Official Magazine of Australian Centurion Walkers Inc
Founded 1971, Incorporated 2000, No. A0040301S
<http://www.centurions.org.au>*

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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.

27 July 2012	Caboolture 48H and 24H Championships	Caboolture, QLD
25-26 August 2012	24 Heures de Wadelincourt	Wadelincourt, BEL
8-9 Sept 2012.	24 Heures de Guayana	Montjoly, FRA
15-16 Sept 2012	Roubaix 28 Hours	Roubaix, FRA
22-23 Sept 2012	British Centurions 100 Miles Qualifying Walk See http://www.centurions1911.org.uk/colchester_100_miles.html	Colchester, ENG
6-7 Oct 2012	NZ Centurions 24 Hour Qualifying Walk See http://nz.srichinmoyraces.org/node/3223	Auckland, NZ
27 Oct 2012	100 km Walk	Vaxjo, SWE
28 Oct 2012	French 100 km Championship	TBD, FRA
11 Nov 2012	6 Heures de Palma Palma	Mallorca, SPA
	Sri Chinmoy 6/12 Hours	Christchurch, NZ
2-3 Dec 2012	24 Heures de Guadalupe	Bouillante, FRA
8-9 Dec 2012	Malaysian 12 Hour See http://www.racewalkermalaysia.com/12-hour-walk.php	Putrajaya

NZ Centurions Secretary Philip Sharp advises he can provide billets for any walkers interested in competing in the NZ Centurions Qualifying event in October in Auckland. You can contact Philip at sharp@math.auckland.ac.nz.

NEWS ON OUR MEMBERS

The annual Lake Burley Griffin racewalking carnival in Canberra always sees a number of our Centurion members in action and this year **Peter Bennett** (5th in 3:09:17), **Terry O'Neill** (7th in 3:31:32), **Robin Whyte** (8th in 3:34:16) and **Karyn O'Neill** (11th in 4:01:16) were there flying the flag for us in the blue ribband 20 Mile walk event. For Peter, it was his final hitout before flying out to Rouen to defend his 24 Hour Walk title (more about that later in the newsletter).

I have been chatting with **Gerald Manderson (C 31)** and he tells me that all is going well. Gerald is certainly not one to let the grass grow under his feet. Here is the latest:

I am pleased with my walking progress and have pencilled in a return to Auckland in October for the Centurions Race after a very long absence. It will be a month before my 69th birthday and there are no records for my age group so I might as well set some for others to break in the future. After the NZ Centurion race in October, I will head to Melbourne to begin my 3,504 walk to Perth across the Nullabor, then cycle back via Kalgoorlie so I can look at places of interest. When I get to Perth, I will stay in Perth a few days with my sister Julie.

Jill Green (C 38) had a fall and broke her ankle recently while walking in the Atlas Mountains in North Africa. She is now in plaster and sitting at home until given the go ahead to resume her normal busy routine of walking. She tells me that the fall occurred on her second last day of walking and that she had to be carried down from the mountains via donkey!

CENTURION USA 24 HOUR QUALIFYING WALK, MINNEAPOLIS, 2-3 JUNE 2012

The annual Centurion USA qualifying event was held in early June in Minneapolis on a route around Lake Nokomis. As usual, it was held as part of the FANS 24 Hour Carnival and the event was huge, judging from the brief reports on website website <http://www.fans24hour.org>.

I have extracted the list of walk finishers from the entire results list at <http://www.fans24hour.org/docs/Pending>

[%202012%20FANS%20Results.pdf](#). It confirms that Joe Roche walked 102.20 miles to become USA Centurion 74. Joe Roche has done some six 100 mile walks while entered in running races but this time he did the deed in an official walking competition so it's official!

24 Hour Walk

1.	Joe Roche (C74)	Liberty Township OH	56	102.20 miles
2.	Jim Phelan	Colleyville TX	32	89.17 miles
3.	Marsha White	Gainesville FL	65	85.24 miles
4.	Patrick Bivona	Clifton NJ	71	74.31 miles
5.	Scott Olson	Bloomington MN	52	56.56 miles
6.	Barb Curnow	Saginaw MN	68	52.64 miles
7.	Traci Sullivan	Menomonie WI	40	50.09 miles
8.	Kendra Martin	Lakeville MN	18	45.25 miles
9.	Denny Bradecamp	Warrenton VA	42	40.40 miles
10.	Barbara Bengtson	Isanti MN	45	38.06 miles
11.	Haley Bengtson	Duluth MN	19	37.81 miles
12.	Bernie Finch	Pepin WI	72	35.51 miles
13.	Stephen Peckiconis	Boston MA	53	30.72 miles
14.	Michael Rehbein	Hudson WI	57	28.29 miles
15.	Bruce Leasure	St. Paul MN	62	25.87 miles

12 Hour Walk

1.	Phil Aaron St.	Louis Park MN	60	42.15 miles
2.	Annette LeDuc	Minneapolis MN	59	39.48 miles
3.	Kenneth Jarandson	Fergus Falls MN	70	34.01 miles
4.	Stephanie Kundin	Cave Creek AZ	35	31.47 miles
5.	David Rubin	Riverside IL	61	30.84 miles
6.	Deborah Ingram	Gainesville FL	58	28.29 miles

7TH FRENCH ULTRA FESTIVAL, FORTCARRE, ANTIBES, 3-9 JUNE 2012

The Antibes 6 day race (6 Jours d'Antibes), first held in May 2006, is a multiday race that is part of the French Ultra Festival and takes place in Antibes in the Juan-les-Pins in the South of France. Consisting of 48H and 72H ultramarathon events along with the classic 6 day event, this is one of the most significant multiday carnivals in France. In 2009 walking categories were added so now we also report on it from an ultra walking perspective.

In 2011, Frenchman Dominique Naumowicz (665.225km) won the men's walk ahead of Spain's Bernardo José Mora (641.773km) and fellow Frenchman Philippe Emoniére (581.198 km) and in the women's walk, Nicoletta Mizera set a new world best with 616.025 km ahead of Germany's Martina Hausmann (607.724 km) and Josiane Pannier (556.575 km).

This year, Bernaro José Mora won the men's walk with 581.182km and Martina Hausmann won the women's walk with 552.498km. So the two silver medallists from 2011 went one better in 2012 and claimed gold. The results of the 15 walk starters follow:

6 Days Walk

1.	Jose-Mora - Bernardo	ESP	581.182 km
2.	Hausmann - Martina (F)	GER	552.498 km
3.	Dalphin - Daniel	FRA	543.217 km
4.	Pruckner - Jaroslav	CZE	536.153 km
5.	Le Maner - Serge	FRA	481.617 km
6.	Emoniere - Philippe	FRA	476.801 km
7.	Rabreau - Yves	FRA	460.115 km
8.	Pierre - Patrick	FRA	420.397 km
9.	Cornichon - Laurent	FRA	415.070 km
10.	Bouliteau - Bernard	FRA	347.794 km
11.	Segui - Santiago	ESP	332.036 km
12.	Niclass - Simone (F)	SUI	266.184 km
13.	Aune - Anna (F)	BEL	232.611 km
14.	Vit - Philippe	FRA	181.353 km
15.	Burger - Alain	FRA	174.056 km

The 3 Day and 2 Day walks also saw a number of walkers in action with results as follows:

72 Hours Walk

1.	Lebrun - Thierry	FRA	331.033 km
2.	Pannier - Josiane (F)	FRA	326.018 km
3.	Brunet - Roger	SUI	273.630 km
4.	Lescure - Frédéric	FRA	259.279 km
5.	Brunet - Paola (F)	SUI	244.929 km

48 Hours Walk

1.	Bert - Dominique	FRA	264.875 km
2.	Blonde - Daniel	FRA	221.335 km
3.	Betaille - Roger	FRA	215.181 km
4.	Cormier - Mireille (F)	FRA	197.407 km
5.	Leroy - Juliette (F)	FRA	179.325 km

This is the last time this event will be held in Antilles. From 2013, the race will be held on the Circuit Du Var, a 2.2km racing car circuit in the town of Le Luc in Provence. The new race course looks fantastic - see the photos on <http://www.6jours-antibes.fr/>

The Antibes 6 Day ranking lists make for impressive reading:

Men

1.	701.892 km	Alain Grassi	France	June 6-12, 2010
2.	665.225 km	Dominique Naumowicz	France	June 5-11, 2011
3.	641.773 km	Jose Bernardo Mora	Spain	June 5-11, 2011
4.	581.198 km	Philippe Emonière	France	June 5-11, 2011
5.	555.555 km	Stéphane Pallé	France	June 6-12, 2010
6.	543.217 km	Daniel Dalphin	France	June 3-9, 2012
7.	541.312 km	Patrick Lailler	France	June 6-12, 2010
8.	536.153 km	Jaroslav Prückner	Czech Republic	June 3-9, 2012
9.	532.336 km	Bernabe Rodriguez	Spain	June 7-13, 2009
10.	531.976 km	Christer Svensson	Sweden	June 5-11, 2011
11.	522.751 km	Thierry Lebrun	France	June 5-11, 2011
12.	512.822 km	Jean Claude Courcy	France	June 6-12, 2010
13.	493.357 km	Zoltan Czukor	Hungary	June 6-12, 2010
14.	481.617 km	Serge Le Maner	France	June 3-9, 2012
15.	476.662 km	Alain Martinez	France	June 7-13, 2009
16.	471.382 km	Frédéric Lescure	France	June 6-12, 2010
17.	460.115 km	Yves Rabreau	France	June 3-9, 2012
18.	420.397 km	Patrick Pierre	France	June 3-9, 2012
19.	415.070 km	Laurent Cornichon	France	June 3-9, 2012
20.	405.426 km	Michel Lheritier	France	June 7-13, 2009
21.	376.176 km	I followed James	Spain	June 5-11, 2011
22.	347.794 km	Bernard Bouliteau	France	June 3-9, 2012
23.	330.050 km	Frédéric Boulonne	France	June 5-11, 2011
24.	218.598 km	Alain Burger	France	June 6-12, 2010

Women

1.	616.025 km	Nicoletta Mizera	Italy	June 5-11, 2011
2.	607.724 km	Martina Hausmann	Germany	June 5-11, 2011
3.	556.575 km	Josiane Pannier	France	June 5-11, 2011
4.	424.740 km	Simone Blanc	France	June 5-11, 2011
5.	371.665 km	Jacqueline Delassaux	France	June 6-12, 2010
6.	354.650 km	Magali Pannier	France	June 5-11, 2011
7.	267.544 km	Anne Aune	France	June 5-11, 2011
8.	266.184 km	Simone Niclass	Switzerland	June 3-9, 2012

24 HEURES DE ROUEN, FRANCE, 16-17 JUNE 2012

QRWC President **Peter Bennett** had no sooner finished the LBG 20 mile walk than he was back home and packing to travel to France where he was due to compete in the Rouen 24 Hour Walk a week later. A past winner of this event,

Peter was no doubt hoping that his final hitout in Canberra was just the shot to get him ready for an even tougher challenge the next weekend and that certainly seems to have been the case as he won once again in France with a superb **213km**. To put it into perspective, that is 9km/hr for 24 hours! 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 4th 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.

Emmanuel Tardi was there competing in the 6H event and he has passed on some photos that he took before he packed up his bags and returned home early on Sunday morning. At that stage, he said that Peter was well in front and heading for another victory while Christine Wattedbled was leading in the women's race. Peter commented re Emmanuel's own race: *He did his first three hours casually but go serious in the last three hours and really pushed the pace.*

Thanks to Emmanuel for these photos from the event:



Peter Bennett, Emmanuel Tardi and Christine Wattedbled 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 whatsoever. Peter's performances in this event over the years have been pretty astonishing in terms of excellence and consistency:

15-16 April 2006	176.175 km	Rouen	3 rd
5-6 July 2008	214.65 km	Rouen	1 st
30-31 May 2009	213.885 km	Rouen	1 st
12-13 June 2010	216.240 km	Rouen	2 nd
25-26 June 2011	213.606 km	Rouen	1 st
16-17 June 2012	213 km	Rouen	1 st

SRI CHINMOY AUSTRALIAN 24 HOUR TRACK CHAMPIONSHIPS, BLACKTOWN, NSW, 23-24 JUNE

I spent last weekend at the Blacktown Olympic Park complex at the 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 this year it was Sydney's turn. Although principally a run championship, walkers may enter and I was there in my capacity as Centurions Secretary to vet the walkers as required and to do some crewing for the Victorian walk entrants.

First to the weather which was a talking point. The photos below 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 -3C. Yes, we all survived but it didn't help my cold!

The field of 32 starters included 5 walkers - Victorians **Michelle Thompson** 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	174.896km	PB 2.400km



VRWC members Michelle Thompson and Steve Jordan in action in Blacktown



Other walkers Kim Cook, Saul Richardson and Kip Melham (with Regal Racewalkers member Robert Osborne shadowing)

The full results (including all runners) follows. Regal Racewalkers walker Robert Osborne was also in the event but as a runner. He finished 14th with a PB distance of 150.569km.

1.	Mike Canty	M 50-59	210.829 km
2.	Trevor Allen	M 0-49	193.410 km
3.	Allison Lilley	F 0-49	192.168 km
4.	Justin Scholz	M 0-49	190.660 km
5.	Cassie Smith	F 0-49	181.479 km
6.	Paul Wright	M 50-59	181.002 km
7.	Larissa Tichon	F 0-49	180.000 km
8.	Phill Le Marinel	M 0-49	177.894 km
9.	Michelle Thompson (W)	F 0-49	174.896 km
10.	Jason Murphy	M 0-49	168.586 km
11.	Rob Knowles	M 0-49	166.444 km
12.	Mathew Darcy	M 0-49	163.862 km
13.	Mark Williams	M 0-49	152.000 km
14.	Robert Osborne	M 50-59	150.569 km
15.	Grant Campbell	M 0-49	146.508 km
16.	Karen Woon Cheung Chan	F 0-49	143.758 km
17.	Bradley Carron-Arthur	M 0-49	130.000 km
18.	Saul Richardson (W)	M 0-49	128.856 km
19.	Stephen Jordan (W)	M 50-59	126.514 km
20.	Daniel Taylor	M 0-49	123.532 km
21.	Anyce 'Kip' Melham (W)	M 50-59	122.800 km
22.	Neil Armstrong	M 0-49	121.504 km
23.	Tavishi Matthews	F 0-49	120.834 km
24.	Darren McClellan	M 0-49	120.800 km
25.	Dean Metcalf	M 0-49	112.840 km
26.	Jonathan Blake	M 0-49	110.400 km
27.	Annabel Hepworth	F 0-49	106.034 km
28.	Billy Pearce	M 0-49	100.000 km
29.	Kim Cook (W)	M 50-59	85.600 km
30.	Tamyka Bell	F 0-49	80.400 km
31.	Anth Courtney	M 0-49	74.400 km
32.	Jason Dunn	M 0-49	25.600 km

You can see lots more photos at http://gallery.srichinmoyraces.org/australia/24-hour/?g2_page=11

PARIS-COLMAR CLASSIC, FRANCE, 20-23 JUNE

The longest and most prestigious ultra distance walk on the calendar has once again been held in France with men challenging themselves over a gruelling 436.1km and women walking over 228.9km (from Paris to Colmar in eastern France). First a bit of history.

The famous PARIS - STRASBOURG event has been the yardstick by which the top ultra distance walkers have measured themselves for over 80 years. In 1926, Emile Anthoine, President of le Cercle des Sports de France, launched a 504 km event and some 50 walkers took up the challenge. It made sense to start the event in Paris while Strasbourg, the capital of Alsace, was chosen as the finish point. Strasbourg was chosen to reinforce the French links with the Alsace region, recently returned to the motherland after the Great War.

Soon after the Second World War, the event swapped direction to become the STRASBOURG - PARIS. In 1981, on the initiative of Francis Jenevein, the finish was changed to COLMAR and the event was rebadged as the PARIS - COLMAR. The distance has varied from year to year as the event weaves its way through different towns, like the famous Tour de France in the cycling world. Even so, the event is normally over 440+ km in distance (the record is 552 km in 1952). An event was added for women in 1989; this event is held concurrently with the men's event and traverses anything up to 300 km to also finish at Colmar.

In the early days, there was no time limit and the last finisher might be some 4-5 days behind the winner. Eventually, time limits were brought in and nowadays those competitors not able to reach the intermediate timing points within the set times are compulsorily withdrawn from the race.

It is not an event for the inexperienced. In recent years, strict qualifying criteria have been put into place and qualifying events are held. Entry to the PARIS - COLMAR is by invitation only and only the very best are invited.

This year, men and women competitors walked the first two stages together, a short 5.4 km prologue in Paris followed by a 21 km leg from Neuilly-sur-Marne to St Thibaut des Vignes. Then the women waited for their race to start in earnest from Vitry-le-Francois, some 173km down the road.

Emmanuel Tardi watched the first two stages before departing for the European Small Nations Meet and has loaded lots of photos to his gallery - see <https://plus.google.com/photos/113493053302679203574/albums/5756228473859117057>. It is a huge event and you can check it out further at its own website - <http://www.pariscolmaralamarche.fr/>

Russian Dmitryi Ossipov, a dual winner in 2009 and 2011, was again the logical favorite in the men's event but the French were hoping for a local victory with the likes of Jean-Marie Rouault, David Régy, Dominique Bunel and Gilles Letessier in action. In the women's race, Dominique Alvernhe went in as the favourite but was expected to have to fight off the talented young Nicoletta Mizera and the experienced Claudine Anxionnat.

The men's race in particular was one of drama. As expected, Ossipov was nearly an hour in front with 3 stages and some 63km to go when he tore his thigh and started to suffer internal bleeding. In a lesser race, it would have spelt the end and the doctors would have taken him off the course. But this is the famous Paris-Colmar and this was not an option for the Russian walker. As his lead diminished, he fought both the clock and himself and tried to maintain his narrow lead over French walker Phillippe Thibaux. Things were further complicated for him when he took a five minute penalty, the judges deciding his style was not sufficiently good. Finally, he arrived at Colmar, limping but with a vital 8 minute gap over the Frenchman, to claim his third victory.

The women's race saw the four top ranked walkers fill the first 4 places in that order with Dominique Alvernhe taking victory for France in a time of 36:33:18 ahead of former winner Irina Poutinseva of Russia and French walker Maggy Labyille who was only 6 seconds ahead of the Italian Nicoletta Mizera ... six seconds after 289 kilometers of racing! In the words of Roger Quemeneur, a seven times winner and now a spectator: "*In the Paris-Colmar, everything is oversized...*"



Ossipov takes the accolades after hanging on to win in Colmar



Dominique Alvernhe in action in the event

And now to the results. The time shown for each walker is the actual walking time, spread across the 3 days.

Men: Paris - Colmar: 436.1km

1	1	Ossipov Dmitryi	55:54:26	436.1 km	7.800 km/h
2	10	Thibaux Philippe	56:02:26	436.1 km	7.782 km/h
3	6	Bunel Dominique	58:05:13	436.1 km	7.508 km/h
4	5	Girod Urbain	58:59:23	436.1 km	7.393 km/h
5	3	Letessier Gilles	60:30:42	436.1 km	7.207 km/h
6	11	Gilles Philippe	62:15:10	436.1 km	7.005 km/h

7	14	Biebuyck Pascal	62:18:03	436.1 km	7.000 km/h
8	15	Dufrien Pascal	62:41:20	436.1 km	6.957 km/h
9	20	Bunel Pascal	DNF	314.8 km	
10	9	Maréchal Pascal	DNF	257.5 km	
11	2	Rouault Jean-Marie	DNF	235.5 km	
12	4	Czukor Zoltan	DNF	224.5 km	
13	29	Girardeau Denis	DNF	224.5 km	
14	17	Rozé Eddy	DNF	212.3 km	
15	21	Lailler Patrick	DNF	190.0 km	
16	16	Fauqueur Raymond	DNF	189.0 km	
17	12	Georgelin Serge	DNF	183.0 km	
18	7	Régy David	DNF	161.4 km	
19	19	Lougrada Saadi	DNF	143.0 km	
20	25	Bibrac Eric	DNF	136.7 km	
21	30	Obydol Yvan	DNF	136.7 km	

Women: Neuilly sur Marne - Colmar : 288.9km

1	1	Alvernhe Dominique	36:33:18	288.9 km	7.903 km/h
2	2	Poutinseva Irina	37:59:20	288.9 km	7.605 km/h
3	3	Labyllé Maggy	38:29:01	288.9 km	7.507 km/h
4	4	Mizera Nicoletta	38:29:06	288.9 km	7.507 km/h
5	6	Perevalo Iryna	39:44:09	288.9 km	7.271 km/h
6	9	Quinqueton Bernadette	46:10:56	288.9 km	6.256 km/h
7	15	Bizard Claudie	48:09:48	288.9 km	5.998 km/h
8	10	Berthault-Korzhyk Annie	49:40:15	288.9 km	5.816 km/h

MANX TELECOM PARISH WALK, ISLE OF MAN, 23 JUNE 2012

The Parish Walk is a huge walking carnival that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. It is the biggest walking event in the Isle of Man and this year it was held last Saturday. The Parish Walk is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is given, and there are cut-off times for reaching each stage. Only a small proportion of walkers are expected to complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish, with an official time and distance.

This year saw a record number of finishers - 140 men and 63 women. Of these 243 walkers, 96 were first timer finishers. The event saw its first ever joint winners as **Richard Gerrard** and **Vinny Lynch** crossed the line together in 14:32:32 to smash the current course record. Third place finisher **Michael George** was also inside the record after leading for 50 miles. In the women's division, **Sue Biggart** won again with 17:03:53 and now has 7 of the 9 fastest times ever. You can read this and much more at the event website <http://www.parishwalk.co.uk>.



Joint winners Vinny Lynch (left) and Richard Gerrard (right) - photo <http://www.parishwalk.co.uk>)

I'll just restrict myself to those walkers who walked the 85 miles in less than 18 hours - an amazing performance in itself given the hilly nature of the course.

1st=	Richard Gerrard	Veteran Men (40 and over)	14:42:32
1st=	Vinny Lynch	Veteran Men (40 and over)	14:42:32
3rd	Michael George	Veteran Men (40 and over)	14:47:11
4th	Richard Spenceley	Veteran Men (40 and over)	15:50:20
5th	Phil Marshall	Men	16:32:31
6th	Mike Readshaw	Veteran Men (40 and over)	16:43:23
7th	Simon Briggs	Veteran Men (40 and over)	16:53:57
8th	Sue Biggart	Veteran Ladies (35 and over)	17:03:53
9th	Robbie Callister	Veteran Men (40 and over)	17:10:33
10th	Jonathan Wild	Veteran Men (40 and over)	17:20:50
11th	David Mapp	Men	17:23:42
12th	Tufty Nash	Veteran Men (40 and over)	17:28:18
13th	Maureen Moffatt	Veteran Ladies (35 and over)	17:31:21
14th	Samantha Draper	Ladies	17:37:31
15th	Andy Green	Veteran Men (40 and over)	17:43:57
16th	Frans Leijts	Men	17:51:03
17th	Brian Kelly	Veteran Men (40 and over)	17:53:07
18th	Jean-Pierre Vernier	Veteran Men (40 and over)	17:55:02
19th	Stephen Corkill	Men	17:55:12
20th=	Andrew Titley	Veteran Men (40 and over)	17:55:25
20th=	Chris Cale	Veteran Men (40 and over)	17:55:25
20th=	Eammon Harkin	Veteran Men (40 and over)	17:55:25

24 HEURES DE MARCHE DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 23-24 JUNE 2012

A relatively new event, the 24 Hour walk in Montguyon saw a huge 116 starters but few if any of the more well known French ultra distance specialists. I will therefore restrict my listing to the first 10 placings. You can check out the full result set at http://www.marchons.com/attachments/598_Resultats%20Montguyon%20individuels.pdf

24 Heures de Haute-Saintonge

1.	PAILLE, Stephane	1964	163.585 km
2.	BOUGNARD, Alain	1947	158.808 km
3.	SUAU, Michel	1957	150.552 km
4.	DERREN, Franck	1985	147.263 km
5.	SADET, Francois	1960	145.174 km
6.	PINEAU, Lauent	1968	141.596 km
7.	DURAND, Gerard	1967	135.718 km
8.	RASSND, Andre	1937	133.529 km
9.	CONTAMINE, Yves	1951	129.151 km
10.	SOULARD, Eliane (F)	1957	125.273 km

NEW AUSTRALIAN RECORDS

I am pleased to be able to report that we have now confirmed two new Australian ultra distance walking records for Rudy Schoors, dating from our Centurions walk in April.

Rudy Schoors	M45 100 Miles	22:10:05	Harold Stevens Reserve, Coburg	14-15 April 2012
Rudy Schoors	M45 24 Hours	173.387 km	Harold Stevens Reserve, Coburg	14-15 April 2011

I also expect that we will confirm the following record breaking performances from Michelle Thompson once we have reviewed the lapsheets from last weekend.

Michelle Thompson	W40 100 Miles	21:36:14	Blacktown Olympic Park, Sydney	23-24 June 2012
Michelle Thompson	W40 24 Hours	174.896 km	Blacktown Olympic Park, Sydney	23-24 June 2012

Well done to Rudy and Michelle on their wonderful performances.

A GREAT RESOURCE

<http://ultramarathonrunning.com/> advertises itself as the world's top ultrarunning hub and this may well be the case. It has become the most visited dedicated ultra running website on the internet, enjoying 250,000+ visits per month and growing rapidly by around 100% per year. This is matched with a growing Social network with 5,900+ Facebook followers and 3,500+ Twitter followers.

On this site, you will find one of the most comprehensive collection of articles on ultra distance, collected from around the world: check out <http://ultramarathonrunning.com/training/index.html>

- Training Plans, Programs, Schedules
- Help, Tips & Advice
- Feet & Blister Care
- Medical
- Nutrition & Health
- Other (Books, Magazines)

PONDERING THE 2013 AUSTRALIAN CENTURIONS QUALIFYING EVENT

I have been pondering the 2013 Australian Centurions qualifying walk which would normally be held in conjunction with the Coburg Ultra Distance Carnival in April next year. 2013 will see the Australian 24 Hour Track Running championship held at Coburg so if we continue with our current policy and have our main walk qualifying event at Coburg next year, competition for the available 45 places will be hot with runners and walkers after a part of the action.

I have therefore been discussing with various people the possibility of our main 2013 qualifying event being held on a road circuit in Melbourne in the September timeframe. The Victorian Race Walking Club, of which I am secretary, is willing to host the event on conjunction with their long course championships (including 50km) so that is one big hurdle overcome. The Coburg 24 Hour Carnival would still feature a walks section but without all the bells and whistles associated with being our main Centurions event.

It is very much early days as I have yet to sort through the full race requirements with Parks Victoria who are the owners of the parklands around Albert Park Lake, I have to find a suitable course with sufficient night lighting and I have to talk specific dates with them and scope it from a financial view. But this is just to let everyone know that there might be a change in the offing for next year.

FINANCIAL NEWS

No major changes to our finances this month with one donation (thanks Lyn!) and no expenses.

Incoming	Lyn Lewis - donation	<u>20.00</u>
Balance		\$625.26

UNTIL OUR NEXT NEWSLETTER

Another big issue of ultra walking and more great performances by our two top Australian exponents in Peter Bennett and Michelle Thompson along with more great performances worldwide. Ultra distance walking continues to grow, alongside its big brother in ultra distance running. More and more people want to test themselves out against their own long distance goals and we applaud their courage and enthusiasm.

Yours in Centurion walking

Tim Erickson (C 13)
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