

CENTURION FOOTNOTES

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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.

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	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.

WELCOME TO CENTURIONS NUMBER 61 AND 62

A lot has happened in the last month with two new Australian Centurion walk performances being recorded and ratified. We welcome the following two new members to our exclusive club.



Justin Scholz - C61 - 22:09:02



Barry Loveday - C62 - 22:37:56

You can read more about both Justin and Barry's performances as well as a profile of each athlete later in the newsletter.

NEWS ON OUR MEMBERS

Sandra Brown (C36) reported on what sounded like a couple of very interesting but demanding long walks that filled up her July.

In late July we had the great fun of taking part in the LDWA Much Wenlock Olympian 100 miles walk. You'll know about Much Wenlock's proud history in helping to inspire the modern Olympic revival. The MW Olympian games were started in 1850 by the local doctor who thought that people's health would benefit from more activity. From the start there was also a cultural Olympics there with poetry, sewing and reading etc. Baron de Coubertin heard about these Olympics, visited MW and the good doctor, and was inspired to initiate the revival of the Olympics at Athens (where the doctor helped with the organisation). This year, the MW Olympics organisers asked the LDWA to organise 50m and 100m cross country walks as the final event of their 2 week Olympics. We were among the 200 taking part (combined limit for both distances) and hugely enjoyed the whole experience. This is a wonderfully attractive and historically very interesting part of the country, and we had a good visit before and after the long walk. The format was 2 loops of 50m each, returning to MW after the first 50. The first 50 was hilly and very tough indeed, and the weather was hot and humid, though recent floods also made the ground still wet and boggy. Although many people had entered for the 100, only 34 went out again after the first 50 - including us (quite mad!) The second 50 was a great experience of the early industrial revolution, through Coalbrookdale etc, as well as very scenic around the River Severn, and over the big hill the Wrekin (ouch). Great time had by all, and hearty congratulations to the LDWA local group for its initiative to get together with the MW Olympic movement to put this on.

The weekend before the MW walks, we held a Centurions1911 social walk around the Queen's Diamond Jubilee Greenway walk - 60kms circular around London, much of this through parks, along the Thames Path, and through historic areas. All were welcome, whether or not yet - Centurions. I was thrilled to see a turnout of about 20 people, including walkers from some distance away, and a nice mix of Centurions of all ages, plus people who would like to become Centurions. It was a fantastic, happy and sociable day, and nearly everyone completed the full 60kms.

Now I was very interested to hear about the Wenlock Olympic connection and hence was not surprised when I saw that *Wenlock* was one of the two official Games mascots - the other was called *Mandeville*. The mascots, unveiled on 19 May 2010, were created and designed by iris, a London-based creative agency. *Wenlock* and *Mandeville* are animations depicting two drops of steel from a steelworks in Bolton. Obviously *Wenlock* is named after the town of Much Wenlock and *Mandeville* is named after Stoke Mandeville Hospital, a facility in Buckinghamshire that initially organised the Stoke Mandeville Games, the precursor of the Paralympic Games. You can read about the Wenlock Olympian Society at <http://www.sproson.com/wow/>.



Wenlock and Mandeville, the 2012 Olympic Games Mascots

Lois and I were lucky enough to be in London for the Games and we took the opportunity to catch up with some of our UK based Australian Centurions in **Fred Brooks (C42)**, **Sue Clements (C35)**, **Jill Green (C38)** and **Mark Wall (C59)**. We stayed in Birmingham with Fred for a few days and also with Jill on the Isle of Wight where Sue came down to see us. And here are the happy snaps!



Jill Green, Sue Clements and Fred Brooks with Tim

Of course, the real reason behind our trip to London was our son Chris's Olympic 20km walk and I am pleased to report that he passed muster with the judges and finished 38th in 1:24:19, a bit slower than he would otherwise have hoped but a finish none the less. We are all so proud.



Chris Erickson competes in the Olympic 20km walk

SOUTH AUSTRALIAN 24 HOUR ROAD CHAMPIONSHIPS, NORTH ADELAIDE, 14-15 JULY

Victorian ultra distance runner **Justin Scholz** went to Adelaide in mid July with a slightly different challenge in mind to normal. One of our best Australian long distance runners with a 24 Hour run best of 203.278 km, he was keen to attempt the centurion walk (walk 100 miles or 160.9km within 24 hours). He had approached me about this in June and once I had confirmed that Australian Centurion David Billett would be there to verify the performance, I gave Justin the go ahead to proceed. The course was the usual 2.200km circuit on footpaths surrounding the North Adelaide parklands with the start/finish at the Adelaide University Sports Field and the event was run by the SA Road Runners Assn.

And complete the 100 miles is just what he did, in **22:09:03**. He did another lap for safety and then called it quits with a total distance of 163.900 km to take sixth place overall. The top 10 places (the other 9 were all runners) read as follows:

1.	ARNULF RIEDL	Male	42	182.303 km
2.	EMMA VAUGHAN	Female	28	175.668 km
3.	TONY COLLINS	Male	65	171.745 km
4.	DAVID BILLETT (C50)	Male	41	170.731 km
5.	GRAHAM TOTTEY	Male	43	170.679 km
6.	JUSTIN SCHOLZ (W)	Male	37	163.900 km (C61)
7.	CARL LAFFAN	Male	33	163.900 km
8.	LIV THORNE	Female	30	161.700 km
9.	COLIN BROOKS	Male	59	160.466 km
10.	DOUGLAS SMART	Male	69	153.782 km

With this walk, Justin becomes Australian Centurion number **61**. His thoughts after the race:

Thanks everyone, I'm really proud of this effort. Had no clue if I could do it or not. And though I was sceptical of others who had said it was harder to walk a strong 24 hours than run one, I now believe it. I just kept wanting to either run or sit down. And the almost 2 hours to spare was only because I was scared that if I slowed down excessively I'd get nauseous or overly tired or something that may have allowed gremlins into my head! After it was over I walked the remainder of the lap I was on and one more just for prudence sake. Never insisted that I stay out there longer than I had to unless I either wasn't going to make the 100miles (in which case 24 hours was mandatory in my mind) or if I was feeling strong enough to keep pushing hard which I definitely wasn't.



Justin Scholz in walking mode in Adelaide (photo purchased from <http://www.sarrc.asn.au>)

For full race results and for race photos, check out

results - http://sarrc.asn.au/SARRC_Race_results/Print_24hr_race_2012_table.php

photos - <http://sarrcphotos.smugmug.com/2012PHOTOS/Adelaide-61224-Hour-Event>

David Billett (C50) described the effort as follows:

As you may already know - I did run in the Adelaide 24 hour over the weekend. More importantly, I was able to witness Justin Scholz's attempt at 100 miles walking. I am happy to say that his technique satisfied the criteria for centurion acceptance. In fact his action was very similar to my own - mostly a street walk with contact maintained with the ground at all times and no obvious deliberate bending of the knees.

So strong was Justin's performance that he spent much of the race in the top five positions (all the others were runners of course!). I found it extremely hard to keep up with him when I was walking myself, though this did help to get me going at a reasonable pace!

Sharon Scholz and Ben Hockings were both present at the 100 mile point on the course to record his time. I passed

that point (with still three laps to complete my own 100 miles) at around 22 hours and 4 minutes. Sharon said she was expecting Justin to arrive in around five minutes, so I assume that Justin finished in about 22h10m. I am sure he will forward the official time to you in due course.

Of course, this means that Justin joins the select group of Australian Centurions who have done the 100 mile run/walk double. That makes 13 in total so far:

Men Claude Martin, Jim Turnbull, George Audley, Stan Misikin, Yiannis Kouros, Geoff Hain, David Billett, Ian Valentine and Justin Scholz

Women Sandra Brown, Carol Baird, Lyn Lewis and Michelle Thompson.

But here's an even better stat: David has pointed out to me that Justin is the first Australian-born person to have performed both of the feats of walking 100 miles and running 200km in 24 hours (note that prior to Justin the only two members of the Australian Centurion Club to have run 200km in 24 hours were George Audley and Yiannis Kouros and both were born overseas, George in England and Yiannis in Greece).

A bit of further discussion is warranted. We do recognise 100 mile walks on road although all our records are track based. This is principally because our annual race has always been on the track (as it is much easier to organise a track event than a road event). We follow AURA's lead with regard to distinguishing between track and road - a track has to be 500m or less on a certified course. Justin is in fact our second road based Australian centurion - the first was Dudley Pilkington from Tasmania (see <http://www.centurions.org.au/centprofiles/07%20dudley%20pilkington.pdf>). All our other centurion performances have been track based.

And the full splits for Justin:	12 Hours	93.353km
	100 Km	12:53:57
	100 Miles	22:09:03
	24 Hours	163.900km

And finally, I must point out that **David Billett (C50)** came fourth as a runner with 170.731km - not a bad effort either!

2012 AUSTRALIAN 48H AND QUEENSLAND 24H TRACK CHAMPS, CABOOLTURE, QLD, 27-29 JULY

The weekend of 27-29 July saw the annual Australian 48 Hour and Queensland 24 Hour Track championships which are always held over a 500m road circuit around the Caboolture Historical Village. It is called a track championship even though it is on a road course as ultra rules designate any measured course of 500m or less to be 'track'.

The events are principally running championships but we often see walkers in action and this year was no exception with 4 walk participants. Victorian ultra run champion **Barry Loveday** tried himself out in the 48 Hour walk (his first ever walking race) and he finished second overall against the runners with 283.500km, the longest distance ever walked in Australia and some 3 km further than Peter Bennett's current Australian record. QRWC president **Peter Bennett** finished 2nd overall and first male in the 24 Hour track championship with 185.293km to set a new Australian M55 record (and he was only 1km outside his best ever Australian walk). Victorian **Steve Jordan** also walked in the 24H race, recording a final distance of 115.635km. The final walker was QRWC member **Sarah Vardanega** who finished 12th in the 6 Hour walk with 48.242km. She then continued on to the 50km mark, done in **6:12:40** for a new Queensland record. So it was a good weekend for the small group of walkers.

You can check out the full results at <http://geoffsruns.com>. A quick extract follows:

Australian 48 Hour Track Championship

1. Trevor Allen 288.492 km
2. Barry Loveday (W) 283.500 km
3. Tamyka Bell 272.822 km
4. Mark McGowan 268.507 km

Queensland 24 Hour Track Championship

1. Kerrie Williamson 187.233 km
2. Peter Bennett (W) 185.293 km
9. Steve Jordan (W) 115.635 km

6 Hour Track Event

12. Sarah Vardanega (W) 48.242 km

Full lapsplits can be sourced at <http://results.timingplus.com.au/Meet.aspx?MeetID=40a61152-4557-477e-b8fe-2779bdd2c510>.

See <http://dreamsportphotography.com/image-galleries/event-galleries/running/2012-caboolture-24-48-hour-event> for lots of superb photos. Here are two which I have purchased from Dreamsport.



Barry Loveday and Peter Bennett in action at Caboolture last weekend

I chatted to Barry a week or so after the event and he commented:

The photo is me in the first day where I think my finish total was 167km, so I was very happy with that! But the following day I was not moving very quickly and felt like stopping a lot of the time. I came off the track at 8pm for an hour or so on the second day and then started to feel really good again in the last 10 hours. I think I walked between my fastest laps 6 and 7 o'clock so I was really pleased with my last 10 hours and that really bumped my total up!

And Barry's splits for those statistically minded:

12 Hours	86.887 km	
100 km	13:50:38	
100 Miles	22:37:56	
24 Hours	167.500 km	
200km	31:35:49	
48 Hours	283.500 km	New Australian All-Comers Record

And not to forget Peter Bennett whose 24 Hour walk distance of 185.293 km saw him second overall, beating all but one of the runners. This is Peter's 15th walk of 100 miles or more in 24 Hours and saw him set three new Australian M55 records. His vital stats were

12 Hours	98.664km	
100km	12:11:03	
100 Miles	20:40:22	New M55 All-Comers and Residential Records
24 Hours	185.293 km	New M55 All-Comers and Residential Records

And now, indepth profiles of our two newest centurions, starting with Justin.

Justin Scholz, born 8 Oct 1974, is married to Australia's top woman ultra distance runner Sharon Scholz and, usually accompanied by their daughter Jasmine, they are regulars on the elite ultra scene.

But it has not always been so. Up until their early thirties, they did not engage in any form of physical activity apart from club / social golf and their health and fitness declined. It was in late 2006 that they determined to change their lifestyle, reduce stress and improve fitness, health and well-being. In January 2007 they each took their first steps as 'runners'. Running was the chosen pursuit only because it appeared to be the easiest, cheapest and simplest way to burn calories quickly.

Such was the motivation to improve fitness that by the end of 2007 the Scholz's had lost a combined 30kg of weight and had completed their first marathon. Whilst their time of 3:38 was not world beating, it was, by today's standards, a reasonable achievement and quite remarkable considering it was just 10 months earlier that they first began to run.

In April of 2008 Sharon entered her first track ultra - the 24 hour event at Coburg (which she won with an inaugural distance of 184.17km) - and Justin was soon to follow her, completing the Tan Ultra 100km (Melbourne) later that year in 8th place with a time of 10:37:00.

Since then, they have both gone onto bigger things but let's concentrate on Justin for the purposes of this article.

2009 saw Justin compete at both our Coburg events, taking 4th in the 6H Run with 69.666km and 9th in the 24H run with 161.600km (100 miles at his first attempt). But the fact is that he was in third place for the first 16 hours and on target for 200km+ before he hit the wall and slowed. Later in the year, he improved his 24 Hour run distance to 182km when coming fifth in the Adelaide based Sri Chinmoy 24H event.

2010 should have been an even bigger year but the major results were disappointing - 6th in the Coburg 6H with 62.213km and 9th in the Coburg 24H with 119.200km. But he did bounce back in August when he finished 3rd in the Tan Ultra 100km with a big PB of 8:58:42.



Justin Scholz in running mode at Coburg - left (2009), right (2010)

He continued this good form into 2011, taking second in the Mansfield to Buller 50km mountain run with 4:43:15 and then doing another Coburg double - 7th in the 6H with 64.073km and 4th in the 24H with a huge PB of 203.378km. This was the big one - finally a 200km+ finish. For good measure, he improved his Tan Ultra 100km time to 8:37:37 in August of that year.

2012 saw him start the year with his usual Mansfield to Buller 50km run - 2nd with a PB 4:28:26 - and then a massive PB and 2nd once again in the Coburg 6H with 76.207km. Alas, you can't produce big ones every time and his Coburg

24H run was a bad one, being forced to retire with only 101.660km covered. Two months later, he bounced back in June with 3rd in the Sri Chimnoy Australian 24H Championship in Sydney, his distance of 190.660km his second best ever.

It was then that he approached me to discuss a possible Centurion walk. He had discussed this with me a few times previously but 2012 was to be the year and the Adelaide 24H in late July was to be the race. The rest is history - Justin powered through the required distance in 22:09:02 and then continued on for one further lap to make sure, reaching a final distance of 163.900 km.



Justin powers to his centurion finish in Adelaide in July

His recovery was quick and in mid August, he was back in action at the annual Tan 100km run in Melbourne where he recorded a PB of 8:35:55 to take 2nd place.

The next thing on his plate is to accompany Sharon to Poland next month when she will participate in the IAU World 24 Hour Running Championships as part of the Australian team. So it is fair to say that he has probably not had time yet to really sit down and savour his walking achievement - but once he has centurion badge number 61, I am sure that will be rectified!

BARRY LOVEDAY – AUSTRALIAN CENTURION 62

Barry Loveday, born 5th October 1977, migrated to Australia from England in 2009 and settled in Melbourne with his wife Vicki and son. Living in Pascoe Vale, Coburg Harriers was the obvious choice for him and he was soon a regular runner with the club. In England, his normal running regime had consisted of charity runs up to 10km and he was not looking for anything further.

It was in April 2009 that he witnessed his first ultra, the Coburg 24 Hour event. Talking to runners Justin and Sharon Scholz, he was amazed at the complexity of the event, the variety of goods on their feed table and their obvious organisation. That night at home, he thought further about the event and realised that they would still be pounding the laps while he slept through the night. This was something that he had to try!

With a limited amount of longer training under his belt, he embarked on his ultra career with the Tan Ultra (53.4 km) in August 2009. At the moment his career total stands at 4 ultra runs and 1 ultra walk - but for a bloke who has done so few ultras, Barry has made a huge mark on the Australian scene. Let's look at the 4 runs first

August 2009 - Tan Ultra, 53.5km

1. Barry Loveday 3:46:15

Barry's first Ultra was in August 2009 when he chose what is generally regarded as a very tough first up - the Tan Ultra in Melbourne. Just think about it - 13 laps of the Anderson St Hill! But it proved no great challenge for him, winning by the proverbial mile in a huge time of 3:46:15. From the race report:

I must make mention of the truly brilliant fun run time set by Barry Loveday, smashing to bits last year's time by a remarkable 34m 57s in the 53.5km event – (that's an average of 16 min laps, which for record is a minute better than my PB for one!) amazing and all the more impressive under the weather conditions.

April 2010 - Coburg 24 Hour Victorian Championship

1. Barry Loveday 232.602km

Being a local Coburg Harrier lad, Barry chose Coburg for his 24 Hour debut in April 2010 and once again, it was a huge victory for him. From the race report:

As other fall by the wayside, Barry took control, able to maintain a steady 10km/hr gait hour after hour. By halfway, he was well in front with 120.400km as against Justin Scholz with 114.000km and David Kennedy with 111.200km. Just before midnight, Justin gave it away, leaving Barry some 10km ahead of David with a further 11km gap to Tim Ablett.

Barry defied the odds in only his second ultra and his first 24 hour event. Although left on his own overnight with no support staff, he continued his 10km/hr pace right through the night and did not drop his first lap until 6AM on the Sunday morning – 199.600km in 20 hours! By that stage, David with 187.600km and Rudi Kinsofer with 158.000km were in second and third places but looking unlikely to challenge. The only question was – how much would Barry slow!

Well, he did slow but not by all that much, still managing to get around at a consistent 8km/hr with no breaks of any significance. His final distance of 232.602km saw him become the first Coburg Harriers athlete to win this prestigious event and the cheering was long and hard.

During the 2010 winter season, Barry adopted an innovative training program - he combined competing for Coburg Harriers in Athletics Victoria's road and cross country season with his ultra training regime by running from his Pascoe Vale home to AV races held in metropolitan Melbourne. This included a run to Bundoora and back for the 12 km cross country race and later in the season to Burnley and back for the Half Marathon. His next two runs showed that he had moved up another rung in his fitness and running ability.

August 2010 - Tan Ultra, 100km

1. Barry Loveday 7:14:45

Back to the Tan again but this time Barry chose to move up from the 53.5km distance to the 100km distance. For those who know the inner Melbourne jogging track around the Botanic Gardens, that's 24 times up the Anderson St Hill! And once again, he won, this time by an amazing 1 hour and 21 mins. Again, the race director summed it up well

The most impressive and subject to AURA confirmation was the fantastic time of Barry Loveday in the 100m. By my reckoning he posted the fastest 100k time for over 20 years in Australia as recorded by AURA and is ranked 1 in the 100km for 2010. We may well have witnessed a small piece of history last weekend around the TAN. Barry improved the previous record by over 71mins and as you may have seen from some of the wonderful pictures posted on CR, he finished strongly and he talked to me about trying to go under 7hrs next time, which I think he could well do – what a talent.

Barry's time was the 8th best Australian time of all time and the best in recent years. Given the course which is not exactly a fast one, the room for improvement is obvious. He now holds the Tan records for both the 100km and the 53.5km. And I can't realistically see anyone except Barry beating them for some time yet.

January 2011 - Narrabeen Allnighter 12 Hour Race

1. Barry Loveday 147km

Barry's fourth ultra outing was in January 2011 in Narrabeen, NSW, and it was yet another runaway win, 24km ahead of the second placed runner. This is best 100km Road performance EVER by an Australian. In fact, the only two better performances were both done on the track and are as follows

1.	Kouros Yiannis	VIC	161.400	Kensington, SA	04-Oct-97	41
2.	Perdon George	VIC	155.800	Olympic Park, VIC	23-May-70	45

It's not too bad to be third behind Yiannis Kouros and George Perdon, the two best ever Australian ultra runners!

Dad and I finally got back home to Melbourne Sunday Night!!! I struggled to walk down the plane stairway and once on the tarmac I was offered a ride on the baggage buggy, which I gratefully accepted. WOW, love Sydney and Narrabeen great places, lovely people. Got to view the course Saturday lunchtime, good course, very flat. Found running condtions very humid, not used to that sort of heat in Melbourne or the UK so I had to dig deep to stay

focused on my race. Then of course the heavy rain and darkness made it that bit tougher for everyone. I am very pleased with my performance of 147km, I would love to eventually have a crack at George Perdon's performance of 155km set back in the 70's. I would like to thank everyone at the race especially my father who crewed for me for 12hrs and Jane who helped me recover after my race, also a big thank you to Ron and all the helpers who organised the event and for their generous hospitality, plus a big thank you to Horrie for his help and encouragement during the race



Left: Barry on his way to 232km at Coburg in April 2010
Right: Barry on his way to a win in the Tan 100km Challenge in August 2010 (www.fstop5.com)

Unfortunately these superb runs came at a personal cost with a niggling groin injury that failed to respond to rest and eventually forced him out for what was to be an 18 month period. We had met along the Moonee Ponds bike track earlier this year when I was out for a walk and he was out for a slow rehab run. The conversation soon turned to when and how he would return to competition and the fact that he was doing a lot of long walking as part of his recovery. I invited him to join us for one of our weekly walk training sessions and was impressed when he turned up and effortlessly fitted in with our walking speed. The style was pretty rough but the fitness and strength were obvious.

He soon confided to us that he was intending to start his walking career by competing in the Australian 48 Hour championship in Caboolture in late July. It would be an understatement to say that we were amazed and rather skeptical of his chances. But, after confirming that Peter Bennett and John Harris would be at Caboolture for most of the event, I gave the goahead.

The rest is history. After a few very long walks to prepare himself and with lots of advice from us on technique, he made the trip to Queensland where he completed his first walking race with an Australian All-Comers record of 283.500km and became Australian Centurion number 62 along the way with a 100 mile split of 22:37:56.

Note that since Barry currently travels on a British Passport, he can only claim the All-Comers record. We follow the lead of AURA who restrict residential records to Australian Passport holders. Hence Peter Bennett will continue to hold our 48 Hour Residential Record with his 2010 Caboolture distance of 280.203km.

Barry's next walking race will be in the Victorian 6 Hour Championships which are normally held in Moe in eastern Victoria in mid November. The sky's the limit for this super talented athlete.

We welcome Barry as our newest member and look forward to formally welcoming him and Justin to the club in the near future.



Barry on his way to his centurion finish in Caboolture

THE LATEST ENGLISH CENTURIONS CAPTAIN'S NEWSLETTER

Thanks to Centurions Captain Sandra Brown for forwarding to us her latest Captain's Letter. It always makes for interesting reading.

Captain's Letter

August 2012

Dear Fellow Centurions

I hope you are enjoying some good walking this summer. At last the weather is looking up!

Our 100 miles event is not far off, and in celebration of HM's Diamond Jubilee, we intend to mark this historic occasion by calling it the Queen's Diamond Jubilee 100. Before we became Centurions, someone stirred our imagination and our dream to achieve this feat of endurance. Becoming a Centurion is a great achievement, but it's also a realistic ambition. If I can do it, anyone can! So let's get out there and stir the imagination of walkers and others. Spread the word and encourage people to come to Colchester on 22-23 September and see what they can do. Everyone's achievement will be recognised, and walkers can be sponsored for charity if they wish. The event as a whole will benefit the Help for Heroes charity.

As we've seen in the Olympic torch relay, there isn't one torch but many! You can light the Centurion torch for others and keep it alight for yourself. Centurions do it again and again! So please come and walk or offer your help and support, and bring your friends – all will be very welcome.

Our annual 100 is a costly event to put on, and we try to keep entry fees as low as we can to encourage participation. The Centurions are making a contribution towards the costs. If any member would like to help by making a personal donation to the Centurions, this is always much appreciated.

In July, we held our social walk around London's 60kms Diamond Jubilee Greenway, a very enjoyable, interesting and sunny day for the 17 who joined the party. Congratulations and thanks to all who walked, and special thanks to Kathy Crilley who organised the event. Some exciting ideas were discussed for future social walks. Please watch our website for news of these.

Also in July, it was a joy to see so many Centurions at the RWA's Olympian lunch in London – very well organised by Pam Ficken and Peter Marlow. This was a wonderful opportunity to meet Olympian walkers in Games past and present, and to meet and chat with friends.

Hard on the heels of my last letter came great news on our archives. The Surrey History Centre at Woking chose the Centurions as their "Marvel of the Month" for July and mounted a display in their foyer. Our website has a

link to enable you to see the display panel.

Finally on our archives, some members have already responded swiftly to my request to look out personal archives and consider adding these to our collection at Woking. Our archivist there looks forward to receiving further Centurions material in the autumn. Please contact Chris Flint if you have personal archives you would like to share, and Sue Clements about sharing your Centurion memories.

I look forward to seeing many of you at Colchester in September.

My best wishes to you all

Sandra Brown, C735, Captain
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FINANCIAL NEWS

Thanks to Fred, Jill and Sue for their donations. All goes well for the moment!

Incoming	Bank Acct Interest	1.18
	Donation - Fred Brooks	59.79
	Donation - Jill Green	28.67
Outgoing	Donation - Sue Clements	14.33
	Photocopying and Postage	27.70
	Bank Fees	1.25
	CrazyDomains website re-registration fee	54.00
Balance	Photo purchases for newsletter	28.00
		\$629.28

UNTIL OUR NEXT NEWSLETTER

This newsletter sees some unexpected but very welcome news - two new Australian centurions. So it is a special issue in many ways and one which celebrates the relevance and life of our club.

Yours in Centurion walking

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