

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.

27 Oct 2012	100 km Walk	Vaxjo, SWE
28 Oct 2012	French 100 km Championship	Fameck, FRA
28 Oct 2012	Sri Chinmoy 6/12 Hours	Christchurch, NZ
25 Nov 2012	Victorian 6 Hour Track Championships	Moe, Victoria, AUS
	See http://regonline.activeglobal.com/register/checkin.aspx?eventid=1126683	
2-3 Dec 2012	24 Heures de Guadalupe	Bouillante, FRA
8-9 Dec 2012	Malaysian 12 Hour	Putrajaya
	See http://www.racewalkermalaysia.com/12-hour-walk.php	
Dec 2012	6 Heures de Palma	Mallorca, SPA
	Date to be confirmed - see http://www.atletasdebaleares.com	
Sat Feb 16, 2012	Injinji Stromlo 12 Hour Walk/Run (also 6H, 50km and 100km)	Mt Stromlo, Canberra
	See http://stromlorunningfestival.com.au/	
Sun Mar 10, 2013	Coburg Carnival 6 Hour Walk/Run	Coburg, Victoria, AUST
13-14 Apr, 2013	Coburg Carnival 24 Hour Walk/Run	Coburg, Victoria, AUST
May 7-13, 2013	French Ultra Festival (6 Day, 3 Day, 2Day, 1 Day, 100 miles, etc)	Le Luc, FRA
	See http://french-ultra-festival.fr/	

Race co-organiser Phil Essam explains about next February's Injini Stromlo 12 Hour Walk/Run event in Canberra. I helped out in 2012 and it was a superb event which I can recommend.

After the great success of the 2012 Stromlo 12 Hour, it will be back in 2013 as part of the Stromlo Running Festival with a Saturday night start on 16th February. The main changes are that we will be removing the relay option and adding a 6 Hour and a 50km option. So there will now be 4 options to compete on the night - 6 Hour, 12 Hour, 50km or 100km. We have the perfect scoring system to do that, so why not give it a try? Hope to see you all there in 2013. We can't promise another spectacular weather display, but we will do our best to make it a good night.

*Regards.
Phil*

24 HEURES DE WADELINCOURT, BELGIUM, 25-26 AUGUST

Thanks to Emmanuel Tardi who was in Belgium (he does get around!) for the first of the qualifying races for the 2013 Paris-Colmar classic. A new race, it was held on a 3.685km road circuit for the first 23 hours after which walkers swapped to a 683m loop for the last hour. French ultra walker Philippe Morel won the race with the very strong mark of 206.738km after passing the 100km mark in the excellent time of 10:40:49. Corinne Fauqueur won the women's race with 187km after passing the 100km mark in 12:01:26. Conditions were far from perfect with 3 hours of strong rain during the Saturday night and rain again on the Sunday morning.

The meet also included 6 Hour walks (individual and teams). Remi Bonotte won with 59.112km while Benjamin Leroy (4:01 for 50km in 2000) was second with 57.478km while Dominique Malochet was the first woman with 53.109km. As for Emmanuel, he had an easy walk with Robert Schoukens in a team named Les Escargots (The Snails). Partial results follow

Les 24 heures de Wadelincourt (finishers only)

1.	Morel Philippe	AC Chateau-Thierry	206 km 738 m
2.	Letessier Gilles	PLM Conflans Ste Honorine	193 km 587 m
3.	Langlois Patrick	AM St Thibault des Vignes	193 km 100 m

4.	Lailler Patrick	ASPTT Tours	192 km 825 m
5.	Fauqueur Corinne (F)	Elan 59 Dunkerque	187 km 124 m
6.	Pellerin Alain	Club athletique Ageen	184 km 787 m
7.	Varain Cedric	Ac Chateau-Thierry	183 km 819 m
8.	Hazenbosch Kris (Bel)	DCLA	178 km 023 m
9.	Thevenin Pascal	AM St Thibault des Vignes	177 km 909 m
10.	Marechal Jean	AC Chateau Thierry	173 km 279 m
11.	Boufflert Eric	GABS	172 km 093 m
12.	Thevenin hugues	Marne et Gondoire Athletisme	170 km 830 m
13.	Biet Christophe	NL	170 km 723 m
14.	Varin Sylviane (F)	AM St Thibault des Vignes	161 km 825 m
15.	Seynaeve Serge (Bel)	CM Roubaix	161 km 156 m
16.	Derrien Franck	NL (Bruz)	154 km 718 m
17.	Mauny Claude	Neuilly/Marne Athletisme	146 km 446 m
18.	Renoncourt Christian	NL	145 km 446 m
19.	Hausmann Martina (F)	Ger) (LG Wurzburg	137 km 673 m
20.	Landru Noelle (F)	AS Corbeil Essonnes	134 km 233 m
21.	Pichon Jean	AM St Thibault des Vignes	126 km 319 m
22.	Rassaind Andre	AL Voiron	119 km 387 m
23.	Auvre Alain	AAE St Blimont	115 km 971 m
24.	Spieser Jean-Paul	AVEC	106 km 282 m
25.	Biebuyck Pascal	Bel) (Ath AC)	103 km 189 m
26.	Dandoy Jeremy	CM Roubaix	92 km 133 m

6 Hour Walk (only those who walked further than 50km)

1.	Bonnotte Remi	Dijon UC	59 km 112 m
2.	Leroy Benjamin	ACLO	57 km 478 m
3.	Gilmet Patrick	NL	54 km 060 m
4.	Demaerschalk Patrick	CABW	53 km 109 m
5.	Malochet Dominique (F)	ASC Le Havre	53 km 109 m.
6.	Giraudeau Denis	PLM Conflans Ste Honorine	52 km 426 m
7.	Pannier Josiane (F)	Havre AC	50 km 375 m

The race included the Belgium 100k walk Championship with results as follows

1.	Pascal BIEBUYCK	11:43:42
2.	Kris HAZENBOSCH	13:14:16
3.	Peter VAN HOVE	15:19:31

Thanks to Emmanuel for the following photos



Remi Bonotte



Philippe Morel



Dominique Malochet



Corinne Fauqueur



Belgium 100km Podium - Pascal Biebuyck Kris Hazenbosch Peter van Hove

AV, RWA AND AV CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 9 SEPTEMBER 2012

The Victorian Race Walking Club winter season finished in early September with its annual long distance championships which were contested in ideal conditions at Middle Park.

The main events on offer were the men's Victorian 50km championship and the women's Racewalking Australia 50km championship. Normally I don't report on men's 50km races but I do report on women's 50km events and keep my own stats on female performances over this distance.

Four walkers (3 men and one women) toed the start line and all four finished this tough challenge. Box Hill walker Simon Evans added to his wins in the Victorian 20km and 30km championships to take his third gold for the winter in a big PB time of 5:17:01. He led the whole way to finish ahead of our own **Terry O'Neill (C 18)** with 5:22:44 and Preston's Aaron McDonough with a first up 5:28:38. **Michelle Thompson (C 58)** mixed it with the men to win the RWA women's championship in 5:23:38, a new Australian Masters W40 record but well outside her winning time last year.

VICTORIAN 50KM CHAMPIONSHIP			10km	20km	30km	40km	50km
1.	Simon Evans	BOH	0:58:57	1:57:59	2:56:42	4:01:17	5:17:01
2.	Terry O'Neill	GPA	1:05:52	2:04:19	3:12:19	4:16:25	5:22:44
3.	Aaron McDonough	PTN	0:59:15	1:58:24	2:57:44	4:09:11	5:28:38

RWA 50KM CHAMPIONSHIP - WOMEN							
1.	Michelle Thompson	VRWC	1:02:10	2:05:00	3:08:30	4:18:17	5:23:37

A number of other VRWC long distance events were contested over 35km, 4 Hours, 5 Hours and 6 Hours. Husband and wife team Terry O'Neill (c 18) and **Karyn O'Neill (C 45)** took the honours in the 6 Hour event in what was one of the morning's other highlights while Sandra Howorth and Gary Turner won the 5 Hour and 4 Hour events. Medals in the 35km Club Championship went to Simon, Aaron and Michelle.

VRWC 6 HOUR WALK								
1.	Terry O'Neill		1:05:52	2:04:19	3:12:19	4:16:25	5:22:44	54.971km
2.	Karyn O'Neill		1:09:51	2:25:10	3:40:31	5:02:40		47.170km PB 737m
3.	Steve Jordan		1:16:04	2:37:52	4:01:53	5:27:30		43.873km

VRWC 5 HOUR WALK								
1.	Sandra Howorth		1:18:33	2:40:10	4:07:15			35.774km
2.	Rudolf Skrucany		1:20:50	2:45:58	4:14:10			35.000km

VRWC 4 HOUR WALK								
1.	Gary Turner		1:25:12	2:56:14				26.000km



Centurions Michelle Thompson (C 58) and Terry O'Neill (C 18) in action at Middle Park

VALE DOMINIQUE NAUMOWICZ

The European long distance walk community was shocked in early September to learn of the death of Dominique Naumowicz, one of the best French ultra walkers and a well known and respected figure on the walks circuit. He died on Tuesday 11 September, aged only 49 years.

Born in Lille in 1963, he racewalked as a young boy but gave it away in his teens. He returned to the sport in 2003, initially racing over the shorter distances but soon deciding to test himself out over the traditional longer distances so popular in France. His first effort, the 2005 28 Heures de Roubaix, saw him stop after 95km. From then on, it was a different story as evidenced by this brief list of some of his achievements.

2006	28 Heures de Roubaix	15 th	190.285 km
2007	24 Heures de Guadeloupe	2 nd	208.200 km
2008	24 Heures de Guadeloupe	1 st	189.900 km
2008	Paris-Colmar	7 th	65h03 (440km)
2008	28 Heures de Roubaix	3 rd	229.315 km
2009	28 Heures de Roubaix	6 th	210.890 km
2010	24 Heures de Guadeloupe	1 st	180.700 km
2010	28 Heures de Roubaix	2 nd	226.575 km
2010	Antibes 6 Day C'ship	2 nd	633.257 km
2011	Antibes 6 Day C'ship	1 st	665.225 km

His ultra PBs were excellent and he was possessed of a near perfect technique - a long and flowing style which saw him maintain impeccable form throughout the gruelling events.

50km walk	5:03:42	2006
100km walk	11:08:49	2007
200km walk	23:53:05	2008
24h walk	201.528 km	2008
28h walk	229.315 km	2008
6 days walk	665.225 km	2011

To his wife Véronique and their daughter Elodie, we pass on our condolences.



Podium of the 2010 Antibes 6 Day event (Dominique on left)



Dominique in the 2008 Guadeloupe 24 Hour event



Dominique walking in the 2010 Antibes 6 Day event



Dominique in the 2008 Paris-Colmar



Dominique in the 2007 Guadeloupe 24 Hour



Dominique in the French 2010 National 100k Championship

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 15-16 SEPTEMBER

But for his untimely death, Dominique Naumowicz would have been racing in the 2012 edition of the 28 Heures de Roubaix, put on by his athletics club. So there was a lot of emotion during the one minute of silence before the event. Emmanuel Tardi was at Roubaix and sent the following report on how events unfolded.

One lap of 15km, then laps of 3km and finally laps of 1km in the final hour of competition. Lots of starters and lots of foreign walkers from Belgium, Holland, Russia, Hungary, the Czech Republic and Great Britain. As usual Zoltan Czukur started very fast, passing the 50km mark in 4:55 and reaching 100km in 10:10. But as usual, he began to slow around the 15 hour mark, at which stage he was some 10km in front of the British walkers Vinny Lynch and Richard Gerard who both walked so well in this year's Isle Of Man Parish Walk. Although they slowly closed the gap, Zoltan was able to hold on, eventually winning by just over 2km with an impressive 235.350km. Lynch 232.865km and Gerard 228.865km were part of a very strong Isle of Man team.

In the women's event, as in 2011, Dominique Alvernhe and Italian Nicoletta Mizera started fastest and they walked together until the 8 hour mark when suddenly Dominique was forced to slow, eventually relinquishing second place to Guadalupe walker Maguy Labyllle. Although Nicoletta herself had stop for more than one hour towards the end of the race, she had a big enough lead to hold onto first place, her distance of 201.878km some 13km ahead of Maguy with 188.677km.

1.	CZUKOR Zoltan	HUN	235 km 350 m	28:00:00
2.	LYNCH Vinny	GBR	232 km 865 m	28:00:00
3.	GERARD Richard	GBR	228 km 681 m	28:00:00
4.	LETESSIER Gilles	FRA	223 km 224 m	28:00:00
5.	WADDIMHON Jack	GBR	219 km 460 m	28:00:00
6.	FAUQUEUR Raymond	FRA	212 km 138 m	28:00:00
7.	OSIPOV Dmitriy	RUS	211 km 605 m	28:00:00
8.	FROLOV Nicolai	RUS	210 km 615 m	28:00:00
9.	FURSOV Vetcheslaw	RUS	207 km 706 m	28:00:00
10.	KONDRATENKO Alexi	RUS	205 km 551 m	28:00:00
11.	LYKYANOV Sergey	RUS	201 km 878 m	28:00:00
12.	MIZERA MARGONELLI Nicoletta (F)	ITA	201 km 220 m	28:00:00
13.	TITLEY Andreuw	GBR	192 km 138 m	28:00:00
14.	AGONESSIAN Arthur	RUS	191 km 395 m	28:00:00
15.	BIBRAC Eric AC Bouillante	GUA	191 km 315 m	28:00:00
16.	BUNEL Dominique	FRA	190 km 792 m	28:00:00
17.	ROSALE Jean Jacques	GUA	190 km 405 m	28:00:00
18.	LABYLLE Maggy (F)	GUA	188 km 677 m	28:00:00
19.	KERLAU Yves Michel	FRA	188 km 612 m	28:00:00
20.	ALVERNHE Dominique (F)	FRA	186 km 645 m	28:00:00
21.	WALKER David	GBR	186 km 087 m	28:00:00
22.	ELIEZER Jocelyn	GUA	185 km 117 m	28:00:00
23.	CALE Chris	GBR	184 km 972 m	28:00:00
24.	BLOM HERTBEEK Boudewign	NED	183 km 814 m	28:00:00
25.	LOUGRADA Saadi	FRA	183 km 471 m	28:00:00
26.	BUNEL Pascal	FRA	183 km 273 m	28:00:00
27.	OBYDOL Yvan	GUA	183 km 031 m	28:00:00
28.	BORISOVA Olga (F)	RUS	179 km 314 m	28:00:00
29.	PRUCKNER Jaroslav	CZE	178 km 671 m	28:00:00
30.	PICOT Gerard	FRA	178 km 374 m	28:00:00
31.	BOVIN Laurent	FRA	177 km 300 m	28:00:00
32.	PSUTKA Roman	CZE	174 km 030 m	28:00:00
33.	MORGAN Jeannette (F)	GBR	172 km 568 m	28:00:00
34.	SEYNAEVE Serge	BEL	169 km 503 m	28:00:00
35.	KOROTKOV Alexander	RUS	168 km 174 m	28:00:00
36.	FABRE Francoise (F)	FRA	167 km 126 m	28:00:00
37.	GALICIA Alfredo	FRA	165 km 780 m	28:00:00
38.	KELLY Ronnie	GBR	164 km 474 m	28:00:00
39.	TROPAREV Alexander	RUS	163 km 110 m	28:00:00
40.	WATTS Kenneth	GBR	161 km 040 m	28:00:00
41.	MORVAN Nicole (F)	FRA	160 km 193 m	28:00:00
42.	MASLAVA Tatiana (F)	RUS	159 km 688 m	28:00:00

43.	WALLAEYS Jean	FRA	153 km 477 m	28:00:00
44.	BAUDRILLART Antonio	FRA	152 km 179 m	28:00:00
45.	HAUSMANN Martina (F)	GER	151 km 110 m	28:00:00
46.	WATTS Robert	GBR	150 km 439 m	28:00:00
47.	KHLUSEVICH Vasily	RUS	149 km 994 m	28:00:00
48.	MIROCHNITCHENKO Vera (F)	RUS	148 km 342 m	28:00:00
49.	RASSAIND Andre	FRA	147 km 815 m	28:00:00
50.	MASORSKIY Nicolai	RUS	147 km 563 m	28:00:00
51.	MACHAL Francis	FRA	146 km 438 m	28:00:00
52.	FRADKINA Zhanna (F)	RUS	141 km 684 m	28:00:00
53.	AUVRE Alain	FRA	124 km 217 m	28:00:00
54.	MERCIER Jean Pierre	FRA	120 km 869 m	28:00:00
55.	CORMIER Mireille (F)	FRA	120 km 635 m	28:00:00
56.	SPIESER Jean Paul	FRA	113 km 964 m	28:00:00
57.	LOUKHAD Karim	FRA	93 km 990 m	28:00:00
	YVERT Louis	FRA	169 km 724 m	25:42:52
	ROZE Eddy	FRA	139 km 409 m	17:29:11
	LASSALLE Emmanuel	FRA	127 km 283 m	16:44:42
	DUFRIEN Pascal	FRA	118 km 189 m	16:39:39
	DUTERTE Andre	FRA	112 km 126 m	17:36:24
	GIROD Urbain	FRA	106 km 063 m	12:31:58
	HASSEVELDE Sebastien	FRA	96 km 968 m	14:08:28
	GRADOS Daniel	FRA	84 km 842 m	11:47:20
	DANDOY Jeremy	FRA	84 km 842 m	11:58:48
	PISTORIUS Rein	NED	81 km 811 m	10:24:07
	BIEBUYCK Pascal	BEL	72 km 716 m	08:56:25
	MASSE Bernard	FRA	72 km 716 m	09:35:34
	MAGNIER Joel	FRA	69 km 685 m	10:10:35
	BIZARD Claudie (F)	FRA	60 km 590 m	12:01:02
	SIMON Zdenek	CZE	57 km 559 m	07:00:30
	ZAJIC Jakub	CZE	54 km 527 m	07:27:32
	VERMEERSCH Christian	FRA	27 km 244 m	03:30:01

And thanks to Emmanuel for the following photos from the championship. You can see all his event photos on gallery <http://www.facebook.com/media/set/?set=a.4205063699010.162122.1657411914&type=1>



Zoltan Cruzor, Maguy Labyille, Richard Gerard and Vinny Lynch



Nicoletta Mizera and Dominique Alvernhe take an early lead in the women's race

COLCHESTER 100 MILES, LOWER CASTLE PARK, COLCHESTER, 22-23 SEPTEMBER 2012

September was indeed a big month in the ultra distance walking world with the annual British Centurions qualifying event being held in Lower Castle Park in Colchester a week after the Roubaix classic. The event, jointly run by Colchester Harriers AC and the Brotherhood of Centurions, saw 33 starters, 19 finishers (the last in 23:59:19) and 8 new Centurion members. The aim was, as usual, to walk 100 miles (160.9km) within 24 hours.

Mark Wall (C 59) was there as a judge and sent through a quic post-race report. Thanks Mark!

Dominic King added the title of Centurion to that of 2012 Olympian by dominating the event start to finish. He started with real intent, passing the 50 mile mark in just over 8 hours. After a bit of a struggle with a very cold night he was able to record a strong 18:13:01. He was determined and deserves all the prizes that came his way. He is a Colchester lad so was on home turf. In second place Guido Vermeir added the title of British Centurion to his European achievements to record 20:20:29. Another good performance from the ever reliable Dutch walkers. Sandra Brown continues to churn out 100 mile performances and this time recorded another good one in 20:45:03. To be again fist woman. Despite suffering significant through the last 20 miles, the younger King twin, Daniel, known to Aussie fans from the 2006 Commonwealth Games also can celebrate being a centurion in 20:51:59. Are the Kings and the Jacks the only twins to achieve the feat? Surely the Kings the only ones to do so on the same day!

A great day for the women, Suzanne Beardmore took 2 hours of last year's time to finish 6th overall in 21:15:43, in a relentless feat of walking. Caroline Mestdagh and her husband Rudy Schoors both finished in 21:54:27. Says much for the togetherness of couples! Yet another new Centurion, the ever smiling Karen Ann Lawrie, came home in 22:23:40, ably supported by her husband and three young children, They then rushed off off for the ferry crossing back to the Isle of Man! All the women home in under 22:30!

Kathy Crilley (C 933) reported as follows on the British Centurions website (<http://www.centurions1911.org.uk>)

Well, what a 24 hours, er, sorry, 25 hours..... it was.

After a great send-off speech by Sir Bob Russell, MP for Colchester, the 33 athletes of the 100 miles plus 19 athletes taking part in the RWA 50km Championship roared off through Kings Head Meadow and Lower Castle Park - only to be mis-directed by a race walking official. Oops! Lap recorders were taken by surprise at the speed of all athletes as they completed what was supposed to be a 2.025 mile lap in record time! After a quick meeting between the referee and judges it was decided to restart the race at 13:00 hours. This must be a first in the history of the 100 mile race?

Well here we go again...

Ian Richards led the way in the 50km (as expected) and everyone was holding their collective breaths as to whether the King twins - Daniel and Dominic competing in their first 100 miles race, would hold back or would

they give Ian a run for his money? A bit of both really. People shaking their collective heads - oh they won't last long at that pace.... but they did!

Dom, only a month after competing in the London 2012 Olympic 50km race walk, came home to a rapturous and emotional finish in 18:13:09. Twin, Dan, finished second in 20:51:58. Veteran ultra distance walker, Richard Brown finished 3rd in 21:23:10. [note: results are for the RWA Championship race]

In the ladies race, first home was Sandra Brown in 20:45:03. Only 30 minutes behind was Suzanne Beardsmore in 21:15:43. Suzanne had put in such a tremendous performance with strong walking all the way through and hardly dropping her pace. At times, the pain showed on her face during the last couple of hours (the prerogative of marshalling is that we do get up close to the athletes as they fight their inner demons), but she did not falter. Suzanne is not a "regular" race walker as we know it but she completed the Lingfield 100 in 2011. For me, it was a stunning performance. In third place was newcomer Karen Ann Lawrie from the Isle of Man. Karen's performance was equally stunning - smiling and clearly enjoying herself for the duration of the race (that's not natural!).



Dominic King wins the British Centurions 100 mile walk

1.	Dominic King	Colchester Harriers	GBR	18.13.11	100.0 miles	C-1098 (New)
2.	Guido Vermeir	RWV Rotterdam	BEL	20.20.24	100.0 miles	C-1099 (New)
3.	Sandra Brown (1st F)	Surrey Walking Club	GBR	20.45.03	100.0 miles	C-735
4.	Daniel King	Colchester Harriers	GBR	20.51.59	100.0 miles	C-1100 (New)
5.	Jantinus Meints	unattached	NED	21.08.23	100.0 miles	C-1101 (New)
6.	Suzanne Beardsmore 2nd F	Abbingdon Amblers AC	GBR	21.15.43	100.0 miles	C-1094
7.	Richard Brown	Surrey Walking Club	GBR	21.23.10	100.0 miles	C-760
8.	Frank van der Gulik	SV de LAT Amsterdam	NED	21.37.44	100.0 miles	C-1022
9.	Caroline Mestdagh (3rd F)	RWV Rotterdam	BEL	21.54.27	100.0 miles	C-1061
10.	Rudy Schoors	RWV Rotterdam	BEL	21.54.27	100.0 miles	C-1062
11.	Steve Allen	Ilford A.C	GBR	22.08.57	100.0 miles	C-1102 (New)
12.	Karen Ann Lawrie (4th F)	unattached	GBR	22.23.40	100.0 miles	C-1103 (New)
13.	Johan Koning	SV de LAT Amsterdam	NED	23.00.02	100.0 miles	C-1022
14.	Wilko van Nieuwenhuyzen	OLAT	NED	23.02.57	100.0 miles	C-1104 (New)
15.	Luc Soetewey	RWV Rotterdam	BEL	23.10.55	100.0 miles	C-1105 (New)
16.	Martin Fisher	Redcar R.W.C.	GBR	23.22.00	100.0 miles	C-788
17.	Oliver Browne	Ilford A.C.	GBR	23.28.29	100.0 miles	C-789
18.	Willy Vermeulen	RWV Rotterdam	BEL	23.34.12	100.0 miles	C-1018
19.	Robert de Wolf	RWV Rotterdam	BEL	23.59.18	100.0 miles	C-980
	Chris Flint	Surrey Walking Club	GBR	23.13.14	91.9 miles	C-849
	Graham McQuade	unattached	GBR	23.25.00	90.0 miles	
	David Toms	100 Marathon Club	GBR	23.38.57	83.8 miles	
	Sailash Shah	Lancashire W.C	GBR	19.02.02	65.7 miles	

Joyce Crawford	Red Lodge Runners	GBR	13.06.02	57.6 miles	
Sue Clements	Enfield & Haringey AC	GBR	12.13.41	55.5 miles	C-950
Jaap Visser	RWV Rotterdam	NED	11.35.48	51.5 miles	C-944
Fabiaan de Roeck	RWV Rotterdam	BEL	09.13.39	45.3 miles	C-1085
John Borgars	Loughton AC	GBR	08.43.30	39.2 miles	
Paul King	Belgrave Harriers	GBR	09.20.00	39.3 miles	C-972
Frans Leijtens	RWV Rotterdam	NED	04.58.13	25.1 miles	C-949
Richard Spenceley	Yorkshire R.W.C.	GBR	DQ	39.3 miles	C-1081

New Centurions	C1098	Dominic King	Colchester Harriers AC (GBR)
	C1099	Giudo Vermeir	RWV Rotterdam (NED)
	C1100	Daniel King	Colchester Harriers AC (GBR)
	C1101	Jantinus Meints	KNBLO (NED)
	C1102	Steve Allen	Ilford AC (GBR)
	C1103	Karen Anne Lawrie	Unattached (GBR/IOM)
	C1104	Wilko van Nieuwenhuyzen	OLAT (NED)
	C1105	Luc Soetewey	RWV Rotterdam (BEL)

Team Results and individual awards

Trophy	Recipient	Details
Huw Neilson Trophy	Dominic King C1098	The first new Centurion in a 100 miles race
Bill King Trophy	Daniel King C1100	The youngest finisher to reach 100 mile in a 100 miles or greater distance race
Sunday Despatch Trophy	RWV Rotterdam	Winning Team (Open)
Ko Van der Kwok Trophy	RWV Rotterdam	British vs Dutch Centurions 100 mile race. - awarded to the winning team
Hammond Trophy	Richard Brown	First Male – existing Centurion at the 100 Mile mark in a 100 miles or greater distance race.
Bristol Trophy	Sandra Brown	First female Centurion to reach the 100 mile mark in a race of 100 miles
Eddie McNair Shield	Richard Brown	First male walker, aged 65 years of age or over on the day of the race, who completes 100 miles within 24 hours

15TH SRI CHINMOY 6-12-24 HOUR RACES, SOVEREIGN STADIUM, AUCKLAND, OCTOBER 6-7, 2012

Thanks to New Zealand Centurions secretary Philip Sharp for the following report from the recent New Zealand Centurions walking events, held in conjunction with the Sri Chinmoy 24 Hour Running Festival in Auckland.

Simahin Pierce said the 15th Sri Chinmoy 6-12-24 hour races in Auckland would long be remembered. Who could argue with this opinion? Three family tents consigned to the bin by the wind, 15 hours of rain showers, and horizontal rain that made it to the back wall of the lap scorers' tent. Despite the elements, personal bests were set by runners and walkers, and Wayne Botha set a world record for the fast time to run 100 km barefeet.

There were five walkers: Linda Law (61) and Elizabeth Mead (59) in the six hour, Hilary Boyd and Cliff Harrison in the 12 hour, and Saul Richardson in the 24 hour. Linda had walked the six hour many times before and was using the race as her last long walk before the Auckland Marathon in three weeks. Elizabeth's experience contrasted markedly with Linda's - the race was her first ultra and her training had consisted mostly of attending zumba classes at the local gym. Hilary is a regular competitor in the 12 hour race and had set a personal best of over 64 km in the 2011 race. Cliff was the fastest of the five walkers with a time of five and a half hours for 50km, but had limited experience at longer events. Saul was over from Sydney to improve upon his distance of 128+ km set at the Sri Chinmoy Australian 24 hour track championship in June.

The end of the first hour saw Linda, Hilary, Cliff and Saul ordered as you might expect from their form. Cliff first, doing 2:40 laps, Linda and Saul not far apart and doing 3:15 laps, and Hilary doing 4:05 laps. Elizabeth was unsure what speed to start at. She began with 3:20 laps. I thought this a little too fast and suggested she slow down a bit. By the end of the first hour she was doing 3:25 to 3:30 per lap.

The weather aside, the first four hours went uneventfully. By the end of this period Cliff had done 35 km, Linda 29 km, Saul 28 km, Elizabeth 27 km and Hilary 23 km. Early in the fifth hour Cliff developed cramp in his quads. He dropped out of racewalking mode and started walking slowly. He recovered to a degree after three hours but never got back into racewalking mode, covering 25 km in the second four hours and 26 kilometres in the last four hours, to give a distance of 86 km for the twelve hours.

Linda maintained her steady pace and finished the six hours with 43 km. After three hours, Elizabeth slowed to 3:35 laps and maintained this to the end for a distance of 40.6 km. Saul and Hilary had reached 41 km and 33 km respectively at this point.

Saul slowed after seven hours. Partly to re-focus he stopped and changed his shoes. Some time after this he calculated that he could cover 80 km in the first 12 hours if he sped up, and he began doing laps noticeably faster than he had at any stage in the race up to then. But before the 12 hours were up he realised that he had misread the timing device he was wearing and needed more laps than he thought to reach 80 km. He ended up with 78 km after 12 hours.

Hilary concluded early in the second half of her race that if she could cover more than 64 km she might come third in the 12 hour race (runners and walker combined) and so get a medal. Thinking further, she decided if she was going to aim for 64 km, she might as well aim for a personal best. This line of reasoning focused her efforts and she ended up with 66.7 km, a personal best by two kilometres.

Three hours later at around half past midnight, the showers stopped and the wind died. But the damage had been done for Saul. Despite changing to a warmer coat, he continued to cool and by 3am could not stop shivering. He had a short break in his tent and then began walking. After two laps he realised he had not recovered enough and with the help of Elizabeth transferred his sleeping gear to the mens changing rooms in the club house on the other side of the track. I checked on him just before 7am and he was still asleep. Not long after he was back on the track and walked to the end of the race, finishing with a distance of just under 115 km, a very creditable performance given the weather.

After the race, I asked Saul for a quote for this report. He said "he wanted to thank AC/DC and Slade for getting him through the dark part of the night." I also asked Elizabeth for quote. She said "she is nearly bitten by the ultrawalking bug." My next goal is the erasement of the word "nearly".

Full results at <http://nz.srichinmoyraces.org/node/3223>. Walk results as follows:

24 Hour Walk

1.	Saul Richardson	NSW	114.934km
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12 Hour Walk

1.	Cliff Harrison	NZ	86.872km
2.	Hilary Boyd	NZ	66.761km

6 Hour Walk

1.	Linda Law	NZ	43.580km
2.	Elizabeth Mead	NZ	40.629km

24 HOUR WALK, ROYAN, FRANCE, 6-7 OCTOBER 2012

The Stade d'Honneur in Royan, a seaside resort in south west France, was the venue in early October for what was the first edition of a new ultra run/walk festival. Good fields contested the 24 Hour and 48 Hour runs and walks (see full results at <http://www.breizhchrono.com/resultats.htm>) in what will hopefully now become an annual event. Stéphane Paille won the 24 Hour walk with 161.011km while Jaroslav Pruckner won the 48 Hour walk with 215.972km.

24 Hour Walk

1.	PAILLE Stéphane	23:56:03	161,011 km
2.	PIOLET Edwige (F)	23:56:10	151,052 km
3.	PINEAU Laurent	23:48:50	131,008 km
4.	LAVAL Laurent	23:56:23	128,650 km
5.	BETAILLE Roger	23:48:38	126,884 km
6.	CAILLAUD Franck	23:56:59	123,983 km
7.	VEILLET Claude	23:54:02	121,799 km
8.	RAUZIER Christian	23:57:08	105,373 km
9.	RODRIGUES Laurence (F)	23:56:42	68,865 km

48 Hour Walk

1.	PRÜCKNER Jaroslay	47:56:37	215,972 km
2.	HAUSMANN Martina (F)	47:59:01	208,275 km
3.	CORNICHON Laurent	47:45:39	172,703 km
4.	DE MARCILLAC Bertrand	47:50:11	155,424 km
5.	GRASSI Alain	18:52:12	122,517 km

MELBOURNE MARATHON SHORTS

This year's Melbourne Marathon was held on Sunday 14 October in inner Melbourne in just about perfect conditions. It was a huge event with 6218 marathon finishers (making it the largest marathon ever held in Australia) and overall there were more than 32,000 entries across the five events that comprise the Medibank Melbourne Marathon Festival.

It was a special event for Australian Centurions **Terry and Karyn O'Neill** with Terry making his 10th appearance (hence qualifying as a Spartan) and Karyn her 20th. At a recent Spartan function, they were presented with their club singlets by Australian Rules football legend Tom Hafey. For the records, Terry ran the marathon in 3:52:50 while Karyn walked it in 5:12:06.



Terry and Karyn O'Neill with their Melbourne Marathon Spartan singlets

As an aside, Olympian **Chris Erickson** also walked the marathon with training partner **Brendon Reading** of ACT, the pair staying together for 35km before Chris put on a break, finishing with 3:25:56 as against Brendon's time of 3:32:43. Olympic walkers **Jared and Claire Tallent** also walked in the half marathon, finishing together in a time of 1:47:00.

FINANCIAL NEWS

A special thank you to Deryck Skinner who worked as a volunteer in the Adelaide City-Bay Fun Run and then donated all his earnings to the club. Deryck did this last year as well - thanks mate - very generous and much appreciated.

Incoming	Donation - Deryck Skinner	250.00
Outgoing	Photocopying	10.00
Balance		\$867.00

UNTIL OUR NEXT NEWSLETTER

Wow, another bumper newsletter full of race news. Our year is drawing to a close but we still have the Victorian 6 Hour championship in Moe next month where I expect to see some of our walkers in action.

Yours in Centurion walking ... Tim (c 13)