

CENTURION FOOTNOTES

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DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2013 will provide 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.

May 7-13, 2013	French Ultra Festival (6 Day, 3 Day, 2Day, 1 Day, 100 miles, etc) See http://french-ultra-festival.fr/	Le Luc, FRA
May 18-19, 2013	Continental Centurions 24 Hour Qualifying Walk See http://www.olat.nl/InternWeekend.html	Weert, Netherlands
Jun 1-2, 2013	USA Centurions 24 Hour Qualifying Walk	Snelling Lake, Minneapolis FRA
Jun 12-15, 2013	Paris Colmar Classic	Sydney, NSW
Jun 15-16, 2013	Sri Chinmoy 24 Hour	Isle of Man, UK
Jun 22-23, 2013	Parish Walk (80 miles)	Adelaide, SA, AUS
Jul 13, 2013	Adelaide 24 Hour	Binche, BEL
Jul 19-20, 2013	100km de Binche	Caboolture, QLD
Jul 19-21, 2013	Caboolture 24 Hour and 48 Hour Championships	Douglas, Isle of Man
Aug 3-4, 2013	English Centurions 100 Mile Qualifying Walk See www.isleofman100milewalk.co.uk	
Sept 14-15, 2013	Australian Centurions 24 Hour Qualifying Walk	Melbourne, AUS
Sept 14-15, 2013	Roubaix 28 Hour - 60 th Anniversary	Roubaix, FRA
Oct 5-6, 2013	24 Heures de St Thibault des Vignes	St Thibault, FRA
Oct 5-6, 2013	NZ Centurions 24 Hour Qualifying Walk	Auckland, NZ
Nov 24, 2013	Victorian 6 Hour Championshipc (Date TBC)	Moe, Victoria, AUS
Dec 7-8, 2013	4 th Putrajaya International 12 Hour Walk	Putrajaya, Malaysia

All five of the 2013 Centurion qualifying walks are now locked in - Continental Centurions in May, American Centurions in June, English Centurions in August, Australian Centurions in September and NZ Centurions in October.

COBURG 24 HOUR CARNIVAL, MELBOURNE, 13-14 APRIL 2013

Last month, I spent a weekend in the Melbourne suburb of Coburg where the Coburg 24 Hour Carnival and AURA Australian 24 Hour Track Championships were being staged. It is always a tough gig to stay up for the entire weekend but it's not as bad for the officials as it is for the competitors who are on the go the entire time as they accumulate laps of the 400m track.

The weather was the best we have had for some years with total cloud cover throughout the Saturday daytime and a relatively mild night (by Melbourne standards) on the Saturday night. This helped ensure that, of the 44 starters (34 runners and 10 walkers) who toed the start line at 10AM on Saturday morning, most were still on the track 24 hours later when the final gun sounded.

There were a number of highlights

- Queensland runner Keith Sullivan setting a new Australian M60 6 Hour running record of 66.136km (nearly 3km ahead of Vlastik Skvaril's 2001 record of 63.600km). Keith will also apply for this to be accepted as an IAU M60 record.
- Victorian **Barry Loveday (C 62)** winning the 24 Hour Run event with an impressive 243.377km. It could have been even more considering his 12 Hour split of 138km! Barry is not only a champion runner - he is also an Australian Centurion, having walked 100 miles within 24 hours as well.
- Queensland barefoot runner Rob Knowles breaking his own Guinness Book of Records record for running for 24 Hour barefoot - the old record was around 166km. On this occasion, he ran 180.801km and seemed no

worse for wear after such an amazing feat.

- Victorian **Michelle Thompson (C 58)** winning the 24 Hour walk with a new Australian Open record of 184.724km (over 2km further than Carol Baird's 2002 record). Along the way, she also broke the Australian Residential 100 Miles record by just under 9 minutes with her time of 20:22:36.
- The first 4 male runners all running in excess of 200km .
- An amazing 20 competitors (19 runners and 1 walker) achieving in excess of 100 miles. We think this makes this the biggest depth 24 Hour track race ever seen in Australia and it befits its status as the Australian Championship.

Of course, it is the walkers with whom we are concerned in this newsletter. It was only a small walks field as the majority of places were allocated to runners, it being the Australian 24 Hour Track Running Championship. But we did have 10 starters in the walk division, headed by the amazing **Michelle Thompson (C 58)**. Michelle walked so well that only the top 6 male runners and the top 3 female runners actually ran further than she walked in the 24 Hours. Her final distance of **184.724 km** was an **Australian Women's Open 24 Hour Walk record** and her 100 mile split of **20:22:36** was an **Australian Women's Residential 100 Mile Walk record**, but her final distance could have been even further if she had not finally succumbed to fatigue in the last couple of hours (the first 12 Hours saw her cover 98.118km).

Walking in lane 3 of the 400m track (runners use lanes 1-2 and walkers use lanes 3-4), she covered an amazing 445 laps in the 24 hours, only slowing in the dying hours as the effort started to take its toll. The hourly lap totals tell the story of a huge effort - 20, 21, 20, 20, 21, 19, 19, 20, 19, 20, 19, 19, 18, 19, 18, 19, 18, 18, 17, 18, 17, 16, 13.

Michelle now holds the Australian track and road bests for 50km and the Australian records for all ultra distances up to 24 hours - 6 Hours, 50 Miles, 12 Hours, 100km, 100 miles and 24 Hours.

All that remains now are Sandra Brown's amazing All-Comers records which she set in 1999 at Coburg but I am sure that even Michelle would admit that they are of such a high standard that it would take an amazing walk from anyone else to challenge them!

12 Hours	Sandra Brown	103.600 km
50 Miles	Sandra Brown	09:08:52
100 Km	Sandra Brown	11:33:24
100 Miles	Sandra Brown	19:14:56

Victorian Steve Jordan won the men's walk with 148.504 km - he had been well up at the half way mark (84.8km) but slowed in the second half as fatigue and a stomach upset took its toll. Steve was one of a number of walkers including Saul Richardson, Dawn Parris and **Karyn O'Neill (C 45)** who were all on track for 100 mile finishes in the event based on their 12 Hour splits but this is indeed a tough event that tests the limits of human endurance.

24 Hour Walk Men

1.	JORDAN, Steve	VIC	148.504 km	
2.	RICHARDSON, Saul	NSW	139.028 km	PB 11.2km
3.	TIMMS, John	VIC	136.540 km	
4.	McKAY, Doug	VIC	129.585 km	
5.	O'NEILL, Terry (C 18)	VIC	74.646 km	
6.	CARTER, Ken	VIC	58.480 km	

24 Hour Walk Women

1.	THOMPSON, Michelle (C 58)	VIC	184.724 km	PB 11.8km
2.	PARRIS, Dawn	VIC	142.521 km	PB 1.4km
3.	O'NEILL, Karyn (C 45)	VIC	141.711 km	
4.	KELLY, Diana	WA	124.795 km	

Full race results can be sourced from <http://www.coburgharriers.org.au/joomla1/content/view/55/39> and you can see lots of event photos at <http://www.rwa.org.au/coppermine/>. I will be updating our Australian Centurion website as soon as I have time.



Michelle Thompson, Dawn Parris and Karyn O'Neill in action



Steve Jordan, Saul Richardson and John Timms in action

RECORDS UPDATE

There were a number of records set at Coburg this year, both by winner Michelle Thompson and by second placed Dawn Parris.

Michelle Thompson	100 Miles	Open Residential Record	20:22:34	Coburg	14/04/2013
	100 Miles	W40 All-Comers & Residential Records	20:22:34	Coburg	14/04/2013
	24 Hours	Open All-Comers & Residential Records	184.724 km	Coburg	14/04/2013
	24 Hours	W40 All-Comers & Residential Records	184.724 km	Coburg	14/04/2013
Dawn Parris	50 Km Track	W60 Residential Record	7:00:57	Coburg	14/04/2013
	50 Miles	W60 Residential Record	11:47:10	Coburg	14/04/2013
	100 Km	W60 Residential Record	15:48:55	Coburg	14/04/2013
	24 Hours	W60 Residential Record	142.521 km	Coburg	14/04/2013

And further records were set at the Coburg 6 Hour Championship on 10 March 2013, again by Michelle and Dawn.

Michelle Thompson	50km	Open All-Comers & Residential Records	5:20:57	Coburg	10/03/2013
	50km	W40 All-Comers & Residential Records	5:20:57	Coburg	10/03/2013
Dawn Parris	6 Hours	Open All-Comers & Residential Records	55.865 km	Coburg	10/03/2013
	6 Hours	W40 All-Comers & Residential Records	55.865 km	Coburg	10/03/2013
	6 Hours	W60 Residential Record	43.476 km	Coburg	10/03/2013
	6 Hours				

It is fantastic to see both women setting new levels for our women to challenge themselves against. And you can read more about Dawn later in the newsletter.

LA RONDE DE DUCS, DIJON, FRANCE, 27-28 APRIL 2013

After a successful first edition in 2012, the Dijon University Club were in action again on the weekend of 27-28 April 2013 with La Ronde des Ducs, a 24 Hour walking race around Lake Kir in Dijon (see <http://www.larondedesducs.fr>).

This year's race was expected to be keenly contested with three French walkers who have walked in excess of 200km in 24 Hours - Philippe Thibaux who was second in the 2012 Paris-Colmar 2012, Philippe Morel who is amongst the favorites for this year's Paris-Colmar and Fabrice Henry who completed 206km a month ago in Château-Thierry. Add into the mix the presence of Russian walker Sergei Lukyanov who was third last year, Eddy Roze who was fourth last year, former French 100km champion Philippe Gilles and Rémi Bonnotte who walked 190km in February in the French championship. Among the women, Claudine Anxionnat was back to defend her title against youngster Deborah Geimer. A 6 Hour event was held concurrently during the last 6 hours of the Ronde on Sunday morning and it also attracted a good field of walkers. You can get some idea of conditions from this excellent video: <http://youtu.be/ewlygNuiSFY>. And here is another short video - <http://www.youtube.com/watch?v=7k-Nd1X-x7g>.

And of course, Emmanuel Tardi was there to report on the event. His comments:

Last weekend was the last event for walkers to qualify for this year's Paris-Colmar in June. The initial lap was 1.010km followed by laps of 3.666km to enable an accurate 100km split. In the last hour, the lap was reduced to 827m. The main lap around Lake Kir is flat for nearly the whole way, with only 100m of hill to negotiate. If the weather is good, it is a pleasant lap near beaches and woods but this year it was raining hard. In Bourges the walkers had to contend with snow. This time around it was rain with the temperature at event start only 6°C and, at one stage, the event was nearly stopped because of flooding!

Fabrice Henry and Eddy Roze set off at a fast pace, Henry stopping after 40km. That left Roze on front and he passed the 50km mark in just under 5 hours, some 3 minutes ahead of Philippe Morel. He maintained his lead to the 100km mark but then stopped, leaving Morel to take the lead and eventually win the race. In the women's event, Deborah Geimer has produced an huge race effort, winning with over 175km.

24 Hour Championship

1.	MOREL Philippe	192.771 km	24:00:00
2.	LUKYANOV Sergei	181.291 km	24:00:00
3.	BONNOTTE Remi	176.594 km	24:00:00
4.	GEIMER Deborah (F)	175.115 km	24:00:00
5.	LOUGRADA Saadi	174.043 km	24:00:00
6.	THEVENIN Pascal	168.302 km	24:00:00
7.	BIET Christophe	164.384 km	24:00:00
8.	GALICIA Alfredo	161.248 km	24:00:00
9.	GILLES Philippe	159.906 km	24:00:00
10.	MONTOIS Didier	150.470 km	24:00:00
11.	GUILLIOU Anne (F)	149.596 km	24:00:00
12.	SONNOIS Martine	148.716 km	24:00:00
13.	FABRE Francoise	148.061 km	24:00:00
14.	GUERINIER Christian	147.762 km	24:00:00
15.	BAUDRILLART Antonio	145.497 km	24:00:00
16.	HASSEVELDE Sebastien	143.403 km	24:00:00
17.	BOVIN Laurent	132.350 km	24:00:00
18.	RASSAIND Andre	126.258 km	24:00:00
19.	BIEBUYCK Pascal	124.895 km	24:00:00

20.	SPIESER Jean-Paul	113.735 km	24:00:00
21.	MARECHAL Jean	111.706 km	24:00:00
22.	LANDRU Noelle	109.150 km	24:00:00
23.	LAILLER Patrick	106.928 km	24:00:00
24.	BRUNET Roger	104.493 km	24:00:00
25.	VESSIGAUD Jean Pierre	99.109 km	24:00:00
26.	LAURIN Martine	79.556 km	24:00:00
	BOCUZE Daniel	143.992 km	19:25:38
	ROZE Eddy	118.330 km	13:32:32
	SHILLABEER Edmund	118.330 km	16:41:51
	TERON Chantal (F)	110.998 km	17:14:41
	ANXIONNAT Claudine (F)	100.000 km	14:44:29
	GIROD Urbain	92.668 km	11:21:08
	HARTMANN Emmanuel	74.338 km	09:33:54
	DIALLO Aida (F)	74.338 km	10:43:52
	CHAUVITEAU Daniel	70.672 km	09:12:00
	QUINQUETON Bernadette (F)	63.340 km	09:35:42
	HENRY Fabrice	37.678 km	03:37:30
	GRAZIANO Morotti	29.328 km	03:25:03
	LETOURNEAU Florian	23.014 km	02:46:27
	LEZIN Jean-claude	21.996 km	03:17:56

6 Hour Championship

1.	LABARRE Bertrand	53.392 km	6:00:00
2.	VARAIN Cedric	53.392 km	6:00:00
3.	CHATILLON Nicolas	51.029 km	6:00:00
4.	L ASTRAGALE Thanron-lescure	49.910 km	6:00:00
5.	LACHIVER Pierre	49.278 km	6:00:00
6.	HARBULOT Renata-Francis	45.929 km	6:00:00
7.	PANNIER PILLE Magali	45.653 km	6:00:00
8.	MERCIER Jean-pierre	44.804 km	6:00:00
9.	PICHON Jean	42.827 km	6:00:00
10.	CRILLEY Kathy	42.704 km	6:00:00
11.	HOBEN David	38.865 km	6:00:00
12.	DELASSAUX Jacqueline	32.570 km	6:00:00
13.	HATTE Joseph	21.654 km	6:00:00



Remi Bonnotte and Philippe Morel (photos Emmanuel Tardi)



Henry Roze, Fabrice Henry and Deborah Geimer (photos Emmanuel Tardi)

As mentioned above, this was the final qualifying meet for the 2013 Paris Colmar classic (450km over 3 days). The final ranking list can be seen at [http://www.marchons.com/attachments/626_Classement%20des%20marcheurs%20\(ses\)%20de%20grand%20fond%202012-2013%20apr%C3%A8s%20Dijon.pdf](http://www.marchons.com/attachments/626_Classement%20des%20marcheurs%20(ses)%20de%20grand%20fond%202012-2013%20apr%C3%A8s%20Dijon.pdf).

Zoltan Czukor leads the male qualifiers with 208.267km while Corinne Fauqueur leads the women with 187.124km.

35TH DE NACHT VAN LOON OP ZAND, NETHERLANDS, 20-21 APRIL 2013

Rudy Schoors (C 55) was in action last month in the annual Nacht van Loon op Zand, a 15 hour overnight walk held in Loon op Zand in the Netherlands. He finished third overall with a very good 122.65km.

1.	Dirk-Jan Nieuwehuizen	135.400 km	15:07:00	8.950 km/hr
2.	Frank van der Gulik	133.650 km	15:10:00	8.812
3.	Rudy Schoors	122.650 km	15:04:00	8.140
4.	Gerard Heunks	122.650 km	15:10:00	8.087
5.	Kim Janssens	122.650 km	15:11:00	8.078
6.	Daniel Lhoest	120.900 km	15:11:00	7.963
7.	Wilma Driessen (F)	119.150 km	15:01:00	7.935
8.	Herwin Weststrate	118.400 km	15:10:00	7.807
9.	Adrie Zoon	116.650 km	15:05:00	7.734
10.	Johan Koning	114.150 km	15:11:00	7.518
11.	Hilde Krols (F)	113.150 km	15:00:00	7.543
12.	Wout Dekkers	108.150 km	15:00:00	7.210
13.	Luc Soetewey	108.150 km	15:04:00	7.178
14.	Jan van Best	106.400 km	15:08:00	7.031
15.	Jos van Gorp	106.400 km	15:10:00	7.015
16.	Rob Tersteeg	105.400 km	15:00:00	7.027
17.	Marcel Dekker	104.650 km	15:00:00	6.977
18.	Dario Legito	104.650 km	15:00:00	6.977
19.	Ernst Westerhof	104.650 km	15:09:00	6.908
20.	Wim van Gemert	103.900 km	15:02:00	6.911
21.	Manfred Loch	103.900 km	15:04:00	6.896
22.	Willy Vermeulen	103.900 km	15:05:00	6.888
23.	Trudy van de Meer (F)	103.900 km	15:09:00	6.858
24.	Yvonne Grootswagers-Leermakers (F)	103.900 km	15:12:00	6.836
25.	Rinus Meijers	102.150 km	15:00:00	6.810
26.	Armando Vandavelde	101.150 km	15:00:00	6.743

27. Walter van der Lee	99.650 km	15:10:00	6.570
28. Ad Leermakers	99.650 km	15:12:00	6.556
29. Ton Telkamp	98.650 km	15:00:00	6.577
30. Jean Pierre Begin	97.900 km	15:00:00	6.527
31. Bertus van Ginkel	97.900 km	15:10:00	6.455
32. Dick van Peer	96.900 km	15:00:00	6.460
33. Sandra de Graaf (F)	93.650 km	15:08:00	6.188



The photo on the left shows Rudy (number 14) in action at Loon op Zand.

The photo on the right shows the presentation of the Sunday Dispatch Trophy which the Dutch Walking Club RWV team of Guido Vermeir, Rudy Schoors and Luc Soetewey won last year at Colchester. The photo shows Luc (left) and Rudy (right) with presenter **Gerrit De Jong (C 50)**. Normally the presentation would have been made in January but the weather conditions were too bad for them to make the trip to Rotterdam.

You can see photos as <https://picasaweb.google.com/centurion949/RodeKruisBloesemtochtEnNachtVanLoon#>.

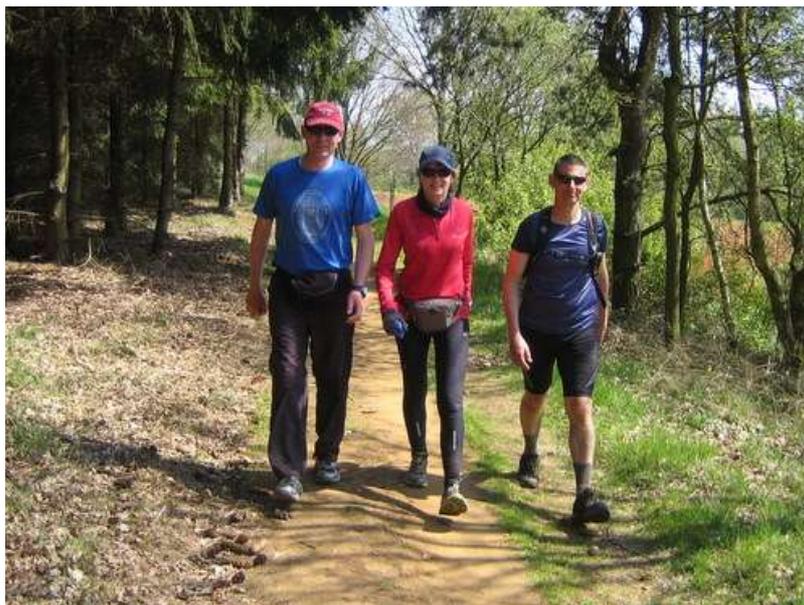
100 KM GILDENTOCHT, SCHAFFEN, BELGIUM, 30 APRIL - 1 MAY

A little over a week later, **Rudy Schoors (C 55)** was back in action with his wife **Caroline Mestdagh (C 56)** in the annual 100km Gildentocht at Schaffen, Belgium (see <http://gildentocht100km.skynetblogs.be>). This walk is organised by Kris Hazenbosch and his excellent team of VOS-Schaffen and started at 9PM on the Tuesday evening and extended into Wednesday 1st May which is a European holiday.

There were 4 groups of 32 walkers, each led by 2 road-captains. The average speed per group is 6.5, 6.2, 6.1 and 6.0 km/h. You must walk with your group for the first 55 km and then you can go at your own pace for the remainder of the 100km. It's a hilly trail, mostly through forests and fields. Thus it is a participation walk rather than a race, one of many such wonderful opportunities for our European members. Rudy tells me

We were very lucky with the weather: clear at night and 4°C, sunny during the day and 15°C. It's a very enjoyable walk with walkers from all parts of Belgium, The Netherlands, Germany and Luxembourg.

The following photo gallery shows just what wonderful country the walk encompasses:
<https://picasaweb.google.com/106033969530400447719/GildentochtSchaffen20km>



Rudy (left) and Caroline (centre) in action in the Gildentocht 100km walk

THE FRENCH ULTRA FESTIVAL, LE LUC, FRA, 7-13 MAY 2013

The 8th edition of the French Ultra Festival is currently underway in Le Luc, France. With events ranging from the marathon distance to the classic 6 Day, it has both run and walk categories and is being held at the motor racing track, Le Circuit Du Var. With a 2.3km lap, it looks a fantastic venue (see <http://french-ultra-festival.fr/>) and we are now into Day Three as I go to press.

In the 6 Day Walk division, the placing at 63 Hours and 39 minutes show that Spanish walker Bernardo Jose-Mora is leading with a distance of 315.704km from French walkers Jean-Michel Bano 311.550km and Dominique Bert 309.473km.

Place	Number	Name	M/F	Laps	Distance	Time
1	29	JOSE-MORA - Bernardo	M	152	315704	63:37:57
2	90	BANO - Jean-michel	M	150	311550	61:52:41
3	91	BERT - Dominique	M	149	309473	62:55:46
4	18	PAILLE - Stephane	M	148	307396	63:14:25
5	99	EMONIERE - Philippe	M	132	274164	63:36:39
6	76	VARIN - Sylviane	F	128	265856	62:57:22
7	28	PRUCKNER - Jaroslav	M	127	263779	63:39:15
8	34	RABREAU - Yves	M	121	251317	63:31:29
9	33	MASSON - Pascal	M	120	249240	63:02:57
10	36	HAUSMANN - Martina	F	113	234701	62:55:50
11	11	DALPHIN - Daniel	M	103	213931	49:24:16
12	104	WALLAEYS - Jean	M	101	209777	60:27:34
13	38	CORNICHON - Laurent	M	89	184853	63:19:49
14	71	CORMIER - Mireille	F	87	180699	63:12:34
15	106	HAKIMNIKTOU - Gwynplaine	M	87	180699	63:35:48
16	37	SEGUI - Santiago	M	79	164083	62:20:45
17	32	PIERRE - Patrick	M	69	143313	60:23:40
18	84	NICLASS - Simone	F	52	108004	63:38:03
19	111	BURGER - Alain	M	37	76849	57:26:42

I will have the full event results and report in the next newsletter but, in the meanwhile, this is just to whet the appetite!

FOCUS ON DAWN PARRIS

Since Dawn Parris is featured in this newsletter with her W60 track walk records at Coburg this year, I thought I would do a bit of research and let our readers know about more about Dawn. So here goes!

Dawn started running marathons in 1981 and was a regular competitor in both the Melbourne Marathon and other Victorian marathons from that year up till 1994. She set her marathon PB in 1984 in the Ballarat Marathon (3:22:57).

Towards the end of the 1980's, she caught the ultra running bug, inspired, presumably, like so many of us by the yearly Westfield Ultra Marathon between Sydney and Melbourne.

The first reference I can find to her in an ultra event is in August 1989 when she was one of a number of runners in a 24 Hour race held in Melbourne. Entry was by invitation only which helped to ensure the high quality of the field. Bryan Smith won the Event with 254km, holding out a fast finishing Eleanor Adams from Great Britain who ran a new Women's World 24hr record of 240km. David Standeven was third with 238km and John Briet finished forth with 227km. Eleven of the 23 runners were to beat 200km for the race. Dawn who finished eleventh, ran 203.65km and set a new Australian 24 Hour Women's record! Truly an amazing Event. Even after all this time, that distance still ranks her third on the Australian All-Time Track 24 Hour list behind Helen Stanger (1998 - 229.080km) and Susannah Harvey-Jamieson (2009 - 209.458km). She also set her 12 Hour PB of 117.600km during this same event.

In August 1990, she placed 13th in the inaugural Toto's International 24 Hour Challenge in Melbourne with 170.160km and, two months later in October 1990, she competed in the IAU 100km World Championships in Duluth, USA, finishing 57th (11th woman) in an impressive 9:10:47.

Her next serious outing was something special indeed - an appearance in the 1991 Westfield Run from Sydney to Melbourne. This event had been staged annually since 1983 and had caught the public's attention when, in its very first year, a relatively unknown potato farmer from Colac by the name of Cliffy Young had upstaged his more credentialed rivals and won the event. As an aside, you should read Phil Essam's comprehensive and very readable Westfield Ultra history at <http://www.coolrunning.com.au/ultra/westfieldbook-v2.pdf>.

The 1991 Westfield saw a new route and a total distance of 1028km, making it the second longest ever scheduling. The event started on Wednesday 15th May from the Westfield Shopping Town in Liverpool (Sydney). From there, runners negotiated the Hume and Federal Highways to Canberra and then the Monaro Highway to Cooma. The course then followed the Snowy Mountains Highway to Cabramurra, Australia's highest town, before meandering through the Kosciusko National Park, then along the Alpine Way to Corryong, then to Wodonga and finally down the Hume Highway to Melbourne. It was indeed a daunting prospect for the 24 starters (there were 50 entrants but only 24 made the final list of acceptances). Dawn was amongst the 3 female entrants - the other two being Helen Stanger of NSW and Randi Bromka from Colorado, USA. Dawn had an ankle scare early in the race but looked to have overcome it after a couple of days and was running well. Alas, she was eventually forced to withdraw after 606km in 6 days, due to the ankle issue coupled with severe tendonitis. Phil Essam quotes her "*It's not fair: Everything about me is fantastic - my crew is in high spirits, I feel great, I'm motivated, but this bit in my instep just won't let me run - and it won't go away!*"

Little did the runners know that the 1991 staging of this iconic event would be the last. In the months following that 9th Westfield, the Westfield company decided to withdraw its financial support and the toughest annual ultra in the world was no more.

Dawn soon recovered from her efforts and was back in good form the next year, setting her 6 Hour Track PB of 66.115km in a track 6 Hour event at East Burwood in Melbourne.

It was at this stage that she ran the first of her eight Colacs. The Colac had been going since 1984 and was an iconic 6 Day race around the central square in the Victorian city of Colac. It regularly attracted the cream of the world's ultra runners and has seen some fantastic performances over the years. Her Colac appearances showed both quality and consistency - her best distance was 696.400km in 2000 and she ran further than 600km in all but two of her completions.

1992	11 th overall	2 nd woman	614.800km
1995	9 th overall	2 nd woman	676.400km
1997	6 th overall	1 st woman	660.000km
2000	4 th overall	1 st woman	696.400km
2001	9 th overall	2 nd woman	564.800km

2002	10 th overall	2 nd woman	563.600km
2004	5 th overall	1 st woman	649.640km
2005	8 th overall	1 st woman	640.000km

She participated in her first Coburg 24 Hour Carnival in 2002, coming 4th in the 12 Hour run (first woman) with 93.641km. Further running appearances followed in 2004 (48.000km in the 6 Hour run), 2005 (49.330 km in the 6 Hour run) and 2006 (45.020km in the 6 Hour run).

By now the ravages of over 30 years of distance running had taken their toll and Dawn knew that her running days were behind her. As she was keen to continue to participate, she swapped to ultra distance walking which she is still enjoying some 7 years later.

Her first ultra walk was in the 2007 Coburg 6 Hour Championship and her distance of 43.8km was an excellent first up effort. Since then she has competed in the walk division each year in Coburg with a series of great walks.

2007	2 nd in the 6H walk with 43.8km
2008	1 st in the 12H walk with 78.5km
2009	2 nd in the 24H walk with 137.27km
2010	1 st in the 24H walk with 134.12km
2011	3 rd in the 6H walk with 43.958km and 3 rd in the 24H walk with 134.778km
2012	3 rd in the 24H walk with 141.097km
2013	3 rd in the 6H walk with 43.476km and 2 nd in the 24H walk with 142.541km



Dawn steps it out in the cold early morning towards the end of her 12 Hour walk in the 2008 Coburg event

Now that she has joined the ranks of the W60 walkers, she has started to set new standards for our women. And by the look of things, we can expect to see Dawn in action for a few years yet!

FINANCIAL NEWS

A quiet month for us but the finances are good ahead of our own Australian Centurion qualifying event in September.

Incoming	Barry Loveday - donation	8.00
Outgoing	Postage and Photocopying	36.10
	Racewalking Australia annual affiliation fee	102.00
Balance		\$1694.07

UNTIL OUR NEXT NEWSLETTER

That's it for another month. As usual, lots of news from around the world and, hopefully, some interesting reading for everyone.

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