

CENTURION FOOTNOTES

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DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2013 has provided many opportunities for walkers and runners - and there are still a few key events to go. 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.

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
Oct 27, 2013	Ned Kelly Chase 100km	Wangaratta, VIC
Nov 24, 2013	Victorian 6 Hour Championships (Date TBC)	Moe, Victoria, AUS
Dec 7-8, 2013	4 th Putrajaya International 12 Hour Walk	Putrajaya, Malaysia
Sun Feb 23, 2014	Coburg 24 Hour Carnival - 6 Hour Walk/Run	Coburg, Victoria, AUS
Apr 5-6, 2014	Coburg 24 Hour Carnival - 24 Hour Walk/Run	Coburg, Victoria, AUS

A special plug for the inaugural Ned Kelly Chase event (see <http://www.nedkellychase.com.au/>) which is being put on by centurions **Justin Scholz (C 61)** and **Sharon Scholz (C 63)** on 27th October. It uses a 100km sealed and relatively flat course out from Wangaratta and return, 74km on cycling paths (bitumen) and 26km on road. Options include 100km solo, teams of 2 (50km each), relay teams (approx. 25km each) and RunNBike (2 people, 1 bicycle). I have entered the 100km solo division so fingers crossed I make the start line!

Note that Coburg Harriers have set dates for their Coburg 24 Hour Carnival next year - the 6 Hour event will be held on Sunday 23rd February and the 24 Hour event (which will incorporate the AURA 24 Hour Australian Track Running Championships) will be held on the weekend of 5-6 April.

NOT LONG NOW UNTIL OUR 2013 CENTURIONS QUALIFYING EVENT

With just over 2 weeks to go before our 2013 Australian Centurions 24 Hour Qualifying event in Melbourne, entries are coming in and our field is building. Entries so far include a number of our centurions - **Carol Baird (C 39)**, **Steve Jordan (C 64)**, **Karyn O'Neill (C 45)**, **Justin Scholz (C 61)** and **Sharon Scholz (C 63)** - as well as a number of other likely candidates. The event will be run in conjunction with the Victorian Race Walking Club and will be held at their headquarters in Middle Park, just south of the Melbourne CBD.

Events will include 24 Hours Walk, 12 Hours Walk, 6 Hours Walk and Racewalking Australia 100km Walk Championships for men and women. See <http://www.centurions.org.au/event2013.shtml> for further information.

And a special thank you to Sean Pender of the UK who sent us over six beautiful small cups which I have earmarked for our presentations.

ADELAIDE 24 HOUR ROAD WALK, ADELAIDE, SA, 13-14 JULY 2013

Only a month after completing his centurion qualifying walk in Sydney, **Steve Jordan (C 64)** was back in action in the Adelaide 24 hour race in the Adelaide University Sports Fields in Adelaide in mid July. Unfortunately, Steve twisted his ankle on a dark section of the 2.2km course overnight and was forced to withdraw with 123.200 km under his belt. Bad luck Steve.

NSW walker Saul Richardson was also in action and completed a PB 78.911 km in the 12 Hour event. Saul tells me that it had rained heavily before the race and a bit during so there was quite a bit of mud and plenty of puddles to dodge.

Also as a point of interest, **Justin Scholz (C 61)** and **Sharon Scholz (C 63)** were also in action, only a month after their

wonderful walks in Sydney. This time they were running, Sharon finishing fourth in the 12 Hour run (104.517km) and Justin running a leisurely 60km in the 24 Hours before calling it quits. And their 10 year old daughter Jasmine came 20th in the 6 Hour run with 43.513km. Now that IS impressive!

Full results at http://www.aura.asn.au/data/Results/2013/Adelaide_6_12_24_2013.xlsx. And you can check out the event website at http://www.yumigo.com.au/adelaide_24/.

CABOOLTURE 24 HOUR AND 48 HOUR CHAMPIONSHIPS, CABOOLTURE, QLD, 19-21 JULY 2013

A week after the Adelaide 24 Hour event, **Peter Bennett (C 24)** was in action in the Australian 48 Hour Track Championships in Caboolture in Queensland. Competing against a field of runners, Peter walked **272.114km** to take 8th place overall, a good effort by any standard and only about 8km below his best. His race report follows:

Going into a 48 hour race just 5 days after a hard 20km State Championship race is not recommended ! On top of that I don't think I had even recovered from my 24 hour race in France. I knew from the very beginning it was not going to work. After the first 24 hours I was completely spent and could barely stay awake on my feet. After a break I was able to push on to 200km but once I reached that mark I was going nowhere and John Harris stepped in to get me to sleep (on a park bench). It was more a salvage effort than a race. If I was sensible I would have stopped after 100 miles but being stubborn I told myself I had entered a 48 hour so I would finish a 48 hours race. It was amazing to be on the track though to witness all the superb 24 hour and 48 hours runs going on around me. Just incredible stuff and very inspiring.

For the record, it wasn't all bad as Peter passed the 161km mark (just over 100 miles) in 22:44:26 for yet another Centurion qualifier, his 17th in total. Not a bad effort for someone who was struggling.



Peter Bennett walking at Caboolture in July (photo <http://dreamsportphotography.com>)

Full results available at <http://results.timingplus.com.au/Meet.aspx?MeetID=c677e13f-dceb-4f5a-830e-5d215b360ab7>.

And here are Peter's 17 centurion finishes - he is building up a very impressive list!

19:42:54	08-09 Oct 1994	Clifton Hill, Victoria	(C 24)
172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Mal	(C 32)
176.175 km in 24H	15-16 April 2006	Rouen, France	
165.26 km in 24H	11-12 August 2007	Kuala Lumpur, Malaysia	
214.65 km in 24H	5-6 July 2008	Rouen, France	
213.885 km in 24H	30-31 May 2009	Rouen, France	
19:48:40	27-28 June 2009	St Lucia, Queensland	

177.300 km in 24H	1-2 August 2009	Caboolture, Queensland
22:01:35	17-18 April 2010	Coburg, Victoria
216.240 km in 24H	12-13 June 2010	Rouen, France
165.5km in 24H	31 Jul-1 Aug 2010	Caboolture, Queensland
213 km in 24H	25-26 June 2011	Rouen, France
22:53:09	14-15 April 2012	Coburg, Victoria
213 km in 24H	16-17 June 2012	Rouen, France
20:40:22	28-29 July 2012	Caboolture, QLD
213 km in 24H	16-17 June 2012	Rouen, France
22:44:26	19-20 July 2013	Caboolture, QLD

TOWER INSURANCE ISLE OF MAN 100 MILE WALK, DOUGLAS, ISLE OF MAN, 3-4 AUGUST 2013



The weekend of August 3-4 saw the Tower Insurance Isle of Man 100 mile walk (incorporating the RWA National Long Distance Championships), held at the National Sports Centre, Isle of Man. The full quota of 100 spots had been filled and it was expected to be a highly competitive event. But who could have imagined that it would see a record 24 new centurions of whom 17 (including the first 3) were from the Isle of Man. In fact, there were an amazing 36 centurion walks from the field of 100 - what depth!

You can read lots more on the event website <http://www.isleofman100milewalk.co.uk/index.html>. For our purposes, here is the roll of honour from the race. First time British Centurions are designated C1106-C1129. Overall, Richard Gerard won easily with 18:29:40 ahead of Vinny Lynch 19:00:51 and Robbie Callister 19:19:45 while the amazing **Sandra Brown (C 36)** led the ladies home with a superb 19:57:50. The centurion finishers included walkers from as far afield as Sweden, Belgium, Netherlands and South Africa.

1.	Richard Gerrard	Isle of Man	18:29:40	C1106
2.	Vinny Lynch	Isle of Man	19:00:51	C1107
3.	Robbie Callister	Isle of Man	19:19:45	C1108
4.	Jock Waddington	Isle of Man	19:34:01	
5.	Sandra Brown (W)	UK	19:57:50	
6.	Mark Denby	Isle of Man	20:05:33	C1109
7.	Christer Svensson	Sweden	20:19:00	C1110
8.	Kim Janssens	Belgium	30:37:05	C1111
9.	Terry Moffat	Isle of Man	20:37:38	
10.	Simon Briggs	Isle of Man	20:44:42	C1112
11.	Brian Kelly	Isle of Man	20:50:13	C1113
12.	Chris Cale	Isle of Man	20:52:02	
13.	Stephen Corkill	Isle of Man	20:59:52	C1114
14.	Noel Ash	Isle of Man	21:35:45	C1115
15.	Maureen Moffat (W)	Isle of Man	21:36:12	C1116
16.	Janette Morgan (W)	Isle of Man	21:46:12	C1117
17.	Suzanne Bearsmore (W)	UK	21:47:36	
18.	Rob Tersteeg	Netherlands	22:02:08	C1118
19.	Andrew Titley	Isle of Man	22:04:05	
20.	Rudy Schoors	Belgium	22:05:25	
21.	Frank van der Gulik	Netherlands	22:11:26	
22.	Joanne Cubbon (W)	Isle of Man	22:20:05	C1119
23.	Gareth Davies	UK	22:30:49	
24.	Herwin Weststrate	Netherlands	22:31:23	C1120
25.	Johan Koning	Netherlands	22:41:11	
26.	Philip Vermeulen	South Africa	22:42:54	C1121

27. Andrew Dawson	Isle of Man	22:58:10	C1122
28. Stewart Jones	Isle of Man	23:12:06	C1123
29. Nouraddine Ayyoub	South Africa	23:18:23	C1124
30. Stephanie Quayle (W)	Isle of Man	23:26:09	C1125
31. Christopher Burn	Isle of Man	23:44:57	C1126
32. Frank Feeney	Isle of Man	23:47:16	C1127
33. Chris Flint	UK	23:48:53	
34. Paul Phillips	Isle of Man	23:50:21	C1128
35. James Vickers	Isle of Man	23:56:11	C1129
36. Robert de Wolf	Belgium	24:03:11	

Sandra Brown (C 36) had a busy couple of weeks as she and husband **Richard** had competed in the British 50km championships the weekend before. There they excelled, Sandra winning the women's title with 5:29:04 and Richard finishing third in the men's title with a time of 5:55:18. Then Richard looked after Sandra in her 100 mile walk at Douglas (after walking the first 20 miles as a training walk) before setting his sights on his own 6 Day race in Europe the following weekend where he walked and ran a total distance of 653kms, a British M65 6 Day record and very close to his 654kms on the road two years ago! It was a big international field with entrants from many different countries.



Sandra and Richard Brown started their big 3 weeks of walking with medals in the RWA 50km championships. This photo from Sandra shows them relaxing after their 50km walks.

Rudy Schoors (C 55) was amongst the walkers in the IOM centurion walk, finishing 22nd with 22:05:25. He emailed me to say

We travelled to Douglas with five Belgians: three walkers (Robert De Wolf, Rudy Schoors and Kim Janssens) and 2 Centurion ladies to support us (Caroline Mestdagh and Mart Pemen). One Belgian walker Luc Soetewey couldn't come because his mother was at the hospital a few days before travelling. We arrived on Friday noon but our luggage didn't! We had to wait until 10.30 PM. This isn't an ideal way to prepare for a 24 hour walking race. During the night I felt more tired than at other events because I didn't take a sleep in the afternoon the day before.

The Centurion race itself was excellently organised. Steve Taylor promised me a tent a few weeks before. He kept more than his promise: the tent was raised when we arrived at the National Sports Centre so we had plenty of time to focus on the race. Caroline and Mart took care for the Belgian and Dutch delegation: 10 starters. It was nice for them to be sheltered when it started to rain in the afternoon and twice during the night; showers on the island are a common thing, we were told. Overall it was fine weather - mild temperatures between 12°C and 20°C, sometimes a strong wind, cloudy and sunny. The race court was very enjoyable and the surface clean and good. We had to walk 200 laps of 0.5 mile.

The organisers provided water and food stands as well as masseurs and medical support. We just had to walk and count our laps! This was the only point of criticism; automatic lap counting failed after some hours and walkers

didn't know their distance anymore. After the race, all went well again and the walkers who succeeded got their certificates with their time on it. The organisers apologised for the problem which was also for them something they'd never faced before. So all ended well!

We enjoyed the race and the island. Overall Kim became a new Centurion, Rudy walked his ninth Centurion in a row but alas for Robert, he missed a centurion finish by three minutes.

A special thank to Caroline and Mart for their offer to take care of us during the full 24 hours. Also to Australian Centurion Mark Wall and his wife who were very thoughtful for me during the whole race!

And what of Emmanuel Tardi. He walked in the 20 Mile event, coming 4th in a time of 4:25:32. The event was won by Michael George in 3:14:43.

Thanks to Emmanuel for the following photos



**Left: Frans Leijtens (158), Simon Briggs (110), Andrew Titley (184), Karen Davies (129) and Sandra Brown (112)
Right: The incomparable Sandra Brown**



**Left: Richard Gerrard (144), Vinnie Lynch (160) and Jock Waddington (190)
Right: The first 4 - Jock Waddington, Vinnie Lynch, Richard Gerrard and Robbie Callister - all from Isle of Man**

24 HEURES INTERNATIONALES DES SEYCHELLES À LA MARCHÉ, SEYCHELLES, 21-24 AUGUST

Now to a walking event with a difference: the inaugural 24 Heures Internationales des Seychelles à la Marche which was held over four days last week in the Seychelles. The Seychelles? Well, the the Republic of Seychelles actually - it is a 115-island country spanning an archipelago in the Indian Ocean, some 1,500 kilometres east of mainland Africa, northeast of the island of Madagascar.

For a country far from anywhere with no racewalking history of any sort, they certainly jumped in the deep end, staging 6 Hour racewalks on four successive days to make a grand total of 24 hours of walking.

The article <http://www.nation.sc/article.html?id=117653> reports on what must have been a fantastic event.



Anna Barra leads Leung Ting Kin (photo <http://www.nation.sc/article.html?id=117653>)

You can see more press reports at <http://www.cybermarcheur.com/t6949-les-24-heures-internationales-des-seychelles>. Some key facts

- Anna Barra, a young teacher and middle distance runner, won overall with 169.880 km, over 15km ahead of Chan Chun Ging and Kwas Sin Yin.
- Hong Kong athlete Leung Ting Kin led the men's race from start to finish to win with a distance of 161.040 km, ahead of teammates Chan Wai On and Bill Purves.
- A total of 225 walkers contested the event.
- 39 walkers achieved distances in excess of 100km.

Men

1.	Leung Ting Kin	169.880 km
2.	Chan Wai On	154.302 km
3.	William Purves	148.990 km

Women

	Anna Barra	161.040 km
	Chan Chun Fing	155.140 km
	Kwa Sin Yin	150.980 km

Third placed Bill Purves explained a bit more to me about the race

The Seychelles race was organized by a guy from France -- Francis Herbet. Peter Bennett knows him well. He's an experienced organiser, but it's as if you were trying to organise an event in The Philippines. You have to rely on a lot of help from local people who may not fully understand what they're doing. So it was in The Seychelles.

It's a beautiful place, like Hawaii. Also expensive like Hawaii, but one thing Herbet did was to get us a very

good hotel deal, so it wasn't particularly expensive for a tropical island vacation. But it would have been without the hotel deal. It wasn't terribly hot (max about 29 each day), but extremely sunny. The racing ran from 11 to 5 each day, right through the melanoma hours.

The original plan was for 4 races on 3 different islands, but it was too expensive and time consuming, so all 4 races were on the main island but on 3 different courses. Two of the courses had some shade; one did not.

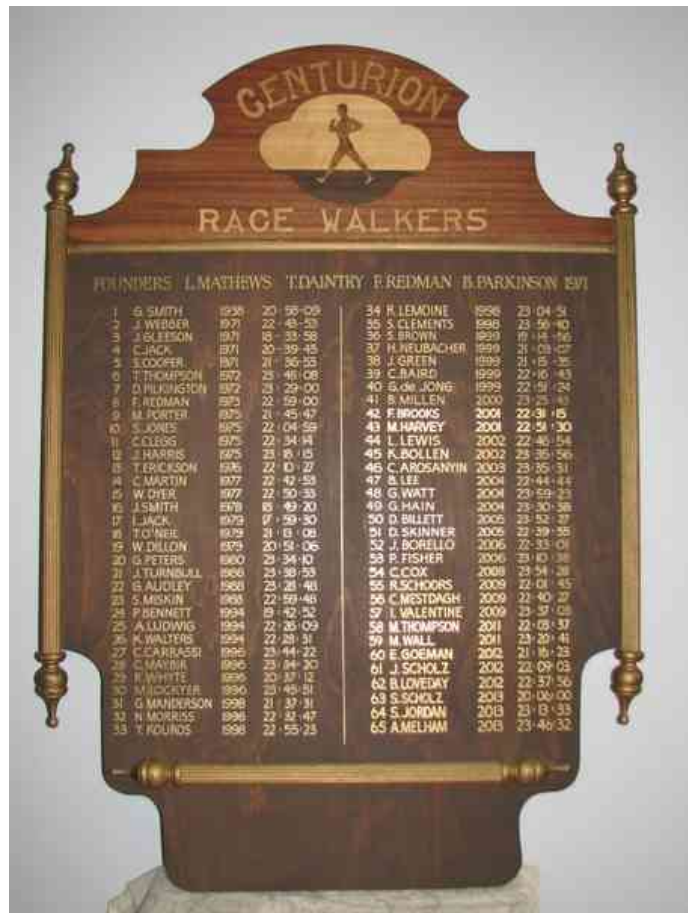
Our team of 35 from Hong Kong included about 6 pit crew, and it's a good thing it did, as their support was initially very inadequate. The first day there wasn't even enough water. Once they realised what it was all about, it got much better, but without our own crew we might have been dead by then. We (and the hotel) supplied a lot of our own Coke, ice, etc. The local guys had to stop at food stalls and buy drinks.

For this year it was just Hong Kong against the Seychelles army, the police school and a few local citizens, including one lady from the national team (Anna Barra) who walked very well. They're intending to do it again, and next time they'll presumably open it up and organise it much better. This time there was no judging at all. Except for Barra the Seychellois had no idea about racewalking technique. They just strolled for 6 hours. They were amazed to see a bunch of Hong Kong office ladies walking away from them. All the HK people, however, did their best to maintain true racewalking form the whole way (with some success).

You can see lots more photos in the facebook gallery of Hong Kong Master walker Janet Mak: check out https://www.facebook.com/janet.mak.564/media_set?set=a.10151798695562482.1073741865.632732481&type=3

CENTURION HONOUR BOARD UPDATED

Our Centurions honour board has been updated to now include our newest 3 centurions. It was crafted by co-founder Tom Daintry and presented to us in 1997. It records the names of all the walkers who have completed 100 miles of walking within 24 hours in Australia in sanctioned competition. I know that Tom would be so pleased to see this board just about full.



CENTURION LUNCHEON

Our Melbourne based Centurions met on on Sunday 28th July to welcome our three newest members - **Sharon Scholz (C 63)**, **Steve Jordan (C 64)** and **Anyce Melham (C 65)**. We were excited that Anyce could fly down from Sydney for the luncheon as it meant that we could present badges and certificates to all three.



Anyce (C 65), Sharon (C 63) and Steve (C 64)



Centurions all - Anyce Melham, Stan Miskin, Karyn O'Neill, Michelle Thompson, Clarrie Jack, Steve Jordan, Ken Walters, Ian Jack, Bill Dyer, Justin Scholz, Terry O'Neill, Sharon Scholz, Tim Erickson and Barry Loveday

FINANCIAL NEWS

A few regular payments for us this month but the finances are good ahead of our own Australian Centurion qualifying event later this month.

Incoming	Bank Interest	1.85
Outgoing	Photocopying	20.00
	Bank Fees	1.00
	Crazy Domains - Centurions website annual hosting payment	87.88
	Stationary and printer ink (for certificates)	72.35
	Hansen Sign Writing - Honour Board update	132.00
Balance		\$1382.67

UNTIL OUR NEXT NEWSLETTER

Another newsletter completed and lots of interesting news as always. Here in Melbourne, it's our second last day of winter and the weather forecast shows warmer weather just around the corner - just in time for our annual centurion qualifying walk.

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