

# CENTURION FOOTNOTES

JUNE 2014 – VOL 21 NUMBER 4

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

President	Terry O'Neill (C 18)	03-95435753
Vice-President	Peter Bennett (C 24)	07 38703824
Secretary	Tim Erickson (C 13)	03-90125431
Treasurer	Lois Erickson	03-90125431

## DATES...DATES...DATES

The 2014 AURA calendar shows quite a few ultra events that may suit serious ultra walkers– check it out at <http://www.aura.asn.au/events.html>. Some key races follow.

June 28-29, 2014	Les 24 heures de Montguyon	Montguyon, FRA
July 12, 2014	Adelaide 24 Hour	Adelaide, SA
July 25-27, 2014	Caboolture 24H, 48H	Caboolture, QLD
Aug 2-3, 2014	<b>English Centurions Qualifier</b> See <a href="http://www.centurions1911.org.uk/southend-100.html">http://www.centurions1911.org.uk/southend-100.html</a>	Southend, England
Sept 27-28, 2014	<b>NZ Centurions 24H Qualifying event</b> See <a href="http://nz.srichinmoyraces.org/races/auck/24hr">http://nz.srichinmoyraces.org/races/auck/24hr</a>	Auckland, NZ
Sept 29, 2014	Adelaide 6 Day and 48H	Adelaide, SA
Oct 26, 2014	Ned Kelly Chase 100km	Wangaratta, VIC
Oct 4-5, 2014	<b>Australian Centurions 24H Qualifying Walk</b> See <a href="http://www.centurions.org.au/event2014.shtml">http://www.centurions.org.au/event2014.shtml</a>	Melbourne, VIC
Dec 6-7, 2014	Malaysian 12 Hour Walk See <a href="http://www.racewalkermalaysia.com">http://www.racewalkermalaysia.com</a>	TBA, Malaysia

And a special plug for the **Ned Kelly Chase** which will be held on October 26<sup>th</sup> in Wangaratta in country Victoria. Michelle Thompson and I competed in it last year and loved it so much that we have marked it in our 2014 calendars as well. Organised by fellow centurions Justin and Sharon Scholz, it is an event for ultra athletes, put on by ultra athletes. There are many options (100km or 50km or various relay options). Check it out at <http://www.nedkellychase.com.au/>.



The poster features a map of the Ned Kelly Chase route in the background, flanked by two silver helmets. The text on the poster includes: "ARE YOU CHASING, OR ARE YOU BEING CHASED?", the website [www.nedkellychase.com.au](http://www.nedkellychase.com.au), and the Facebook page [www.facebook.com/nedkellychase](http://www.facebook.com/nedkellychase). It lists organizers Justin Scholz (0417 229 222, [justin@nedkellychase.com.au](mailto:justin@nedkellychase.com.au)) and Sharon Scholz (0407 081 070, [sharon@nedkellychase.com.au](mailto:sharon@nedkellychase.com.au)). The main event is "Next Event: 26 OCTOBER 2014", which occurs on the 4th Sunday in October each year. Other event options listed are 100km / 50km Solo, 4x25km Relay, 100km Run+Bike, 100km Cycle Challenge, and 10km Fun Run.

We will **try** to have someone onsite to verify any centurion walk performances done at the following events but no promises as this stage.

July 12, 2014	Adelaide 24 Hour	Adelaide, SA
July 25-27, 2014	Caboolture 24H, 48H	Caboolture, QLD

## NEWS ON OUR MEMBERS

First some very sad news in that we have lost **Jim Gleeson (C 3)** who passed away after a few days in hospital on Saturday 14 June. It was Jim's 83<sup>rd</sup> birthday and he had been admitted to hospital a few days before in generally failing health. A comprehensive review of Jim's great contribution to our sport is found later in the newsletter. It is no surprise

that his Australian 24 Hour record of 196.490 km still stands after 43 years. It was one of many astonishing performances by a man who was generally regarded as the consummate long distance walker.

I must also update readers about **Steve Jordan (C 64)** who was diagnosed with a brain tumour in April. Collapsing during a training walk in suburban Melbourne, Steve was rushed to hospital where scans revealed the worst. He was quickly under the knife and amazingly back home again in a couple of weeks. Since then, he has progressed well and is now half way through a subsequent round of chemotherapy. All is going well and he is filling in his days at home with some gardening and lots of small walks. He was even able to come to our annual luncheon in May and looked 100%. It just goes to show that fit people can bounce back quickly from these sort of life threatening issues.

A number of our centurions were in action in the annual Lake Burley Griffin carnival in Canberra earlier this month. The classic 20 Mile walk event saw 4 of us in action - **Peter Crump (C 66)** came 6<sup>th</sup> with 3:10:05, **Terry O'Neill (C 18)** came 8<sup>th</sup> with 3:38:10, **Robin Whyte (C 29)** came 9<sup>th</sup> with 3:45:03 and **Karyn O'Neill (C 45)** came 10<sup>th</sup> with 3:54:36. Well done everyone!

#### SRI CHINMOY 24 HOUR TRACK CHAMPIONSHIPS, BLACKTOWN, NSW, 14-15 JUNE 2014

And now onto our race reports, starting with the latest Australian effort.

The annual Sri Chinmoy 24 Hour and 12 Hour Track Races were staged at the Blacktown International Sportspark last weekend and I was lucky enough to be present to view yet another fantastic walk performance by **Justin Scholz (C 61)**. Although short on preparation after a broken toe earlier in the year and a more recent 5 week cycle tour of Japan, he was keen to try to improve on his 189.678km, achieved in this same event last year. Alas, after a good start, he realised that it was not to be the day so he eased back and was content to walk through to his fourth centurion walk milestone in a time of **21:03**. From there on, he enjoyed the dawn hours and walked through to a final distance of 174.406 km.

He was one of 3 serious walk contenders but was the only one to complete the 100 mile walk challenge. NSW walker **Charbel Sandroussi** had walked in last year's event, stopping at 100km (15:47:25). This year, he did much better, passing the 50 mile mark in around 11:08 with plenty of time up the sleeve. Alas, very bad blisters put paid to his gallant attempt and he was forced to stop just past the 21 hour mark with 140.8km under his belt. New Zealand walker **Andrew Shelley** was already an NZ Centurion, having qualified in Auckland in 2010 with a time of 21:37:55. Alas, this was not Andrew's weekend either as his legs tightened early and he was effectively out of the race after about 10 hours. He rested for a while and struggled on to his 50 mile mark and then called it quits just after the 15 hour mark.

I was also in the mix as a competitor in the 12 Hour event but, like Charbel and Andrew, this was not my day either as I ran out of puff and eventually stopped after 74.8km, just before the 9 hour mark. There were a number of other centurions present - **Anyce Melham (C 65)** was having a run while **Michelle Thompson (C 58)** and **Sharon Scholz (C 63)** were there in support roles.

Walk results are reproduced below. Full results can be viewed at <http://au.srichinmoyraces.org/events/24hour>.

##### Sri Chinmoy 24 Hour Championship

10	Justin Scholz	VIC	174.406km	
22	Charbel Sandroussi	NSW	140.800km	(21:19:53)
43	Andrew Shelley	NZL	80.800km	(15:14:52)

##### Sri Chinmoy 12 Hour Championship

11	Tim Erickson	VIC	74.800km	(8:52:38)
----	--------------	-----	----------	-----------

As mentioned above, this was Justin's fourth 100 mile walk in quick time and come mixed in with an illustrious ultra distance running career. The list of his 100 mile qualifying walks now reads as follows

<b>Justin Scholz (C 61)</b>	22:09:03	14-15 July 2012	road 2200m circuit, Adelaide, SA
	19:43:21	15-16 June 2013	Blacktown, NSW
	22:40:37	14-15 Sept 2013	Middle Park, Vic
	21:03:00	14-15 June 2014	Blacktown, NSW

This does raise an interesting exercise for me - how do we compare the performances of those centurions who have both run and walked in excess of 100 miles within 24 hours. We have 11 men who have both walked and run the 100 mile distance in Australia inside 24 hours. These members are (in order of achieving this feat) **Claude Martin, Jim Turnbull, George Audley, Stan Miskin, Yiannis Kouros, Geoff Hain, David Billett, Ian Valentine, Justin Scholz, Barry Loveday and Anyce Melham**. Claude was a walker by sport while the others were all ultra-distance runners by

trade. We have 5 women who have also achieved the ultimate double - having both run and walked 100 miles in 24 hours. These are **Sandra Brown, Carol Baird, Lyn Lewis, Michelle Thompson and Sharon Scholz.**

One such was is to look at the combined total of their best 24 Hour Run and their best 24 Hour Walk. Here is how the top few pan out. It's very incomplete and just a few minutes work tonight before I put the newsletter out. I hope to find time to complete the process for our next newsletter. I am sure the people listed below will let me know if I have any of their stats wrong!

<b>Name</b>	<b>24 Hour Run</b>	<b>Year</b>	<b>24 Hour Walk</b>	<b>Year</b>	<b>Total Kms</b>
Yiannis Kouros	303.506 km	2003	168.410 km	1998	471.916 km
Barry Loveday	265.000 km	1997	170.000 km	2012	435.000 km
Sandra Brown	215.058 km	1993	200.000 km	1991	415.058 km
Sharon Scholz	224.885 km	2010	187.653 km	2013	412.538 km
Justin Scholz	214.185 km	2013	189.678 km	2013	403.863 km
Carol Baird	194.945 km	2005	182.657 km	2002	377.602 km
Michelle Thompson	182.705 km	2010	190.984 km	2014	373.689 km



**Justin Scholz (C 63), Charbel Sandroussi and Andrew Shelley walking in Blacktown**



**In running mode - Anyce Melham (C 65), Sharon Scholz (C 63) and Michelle Thompson (C 58)**

**LA RONDE DES DUCS 24 HOUR WALK, DIJON, FRANCE, 26-27 APRIL**

Now to our overseas reports and it has been busy since our last newsletter.

Our European correspondent Emmanuel Tardi was in Dijon in late April for the annual La Ronde des Ducs 24 Hour walk. The last of the 2014 Paris-Colmar qualifiers, it was also the French national championship and saw walkers get underway at 1PM on Saturday under a cloudy sky. The race was around Lake Kir on a good road, with only one small 100m long hill to be negotiated each lap. The first lap was 926m long, followed by loops of 3.739km until the 23 hour mark (to enable an exact 100km mark) before finishing with shorter 0.786km lap during the last hour.

In the men's event, Remi Bonotte, the organizer of the event, started fast and led the race for the first 15 hours. At that stage, Jean Marie Rouault (the winner of the 2014 Paris-Colmar) took the lead in the early morning light and went on to win to win the race. The results were very strong - Jean Marie beat his 2011 record of 202.114km, walking a magnificent 206.647km on this occasion. Remi also shattered his PB with an equally superb 204.687km! In the women's race, Aida Diallo led from the beginning to the end, increasing her meet best 151.661km to 173.280km. Since she is a Guinean by nationality, the French national championship went to second placed Claudine Anxionnat with 168.639km.

**La Ronde des Ducs 24 Hour Walk**

1.	ROUAULT Jean Marie	206.647 km	24:00:00
2.	BONNOTTE Remi	204.687 km	24:00:00
3.	BUNEL Dominique	197.162 km	24:00:00
4.	MOREL Philippe	195.767 km	24:00:00
5.	LETESSIER Gilles	185.944 km	24:00:00
6.	LAILLER Patrick	183.462 km	24:00:00
7.	LETOURNEAU Florian	181.686 km	24:00:00
8.	DIEN Daniel	176.689 km	24:00:00
9.	BIET Christophe	174.975 km	24:00:00
10.	BANO Jean Michel	173.669 km	24:00:00
11.	DIALLO Aida (W)	173.279 km	24:00:00
12.	BUNEL Pascal	172.074 km	24:00:00
13.	OLIVARES Mathieu	171.576 km	24:00:00
14.	LACHIVER Pierre	169.980 km	24:00:00
15.	ANXIONNAT Claudine (W)	168.639 km	24:00:00
16.	NAVARRO Martine (W)	167.017 km	24:00:00
17.	GILLES Philippe	166.299 km	24:00:00
18.	PICOT Gerard	164.925 km	24:00:00
19.	WALLAEYS Jean	163.797 km	24:00:00
20.	SONNOIS Martine (W)	163.048 km	24:00:00
21.	RODIER Nicole (W)	156.091 km	24:00:00
22.	DANDOY Jeremy	154.595 km	24:00:00
23.	SALOMEZ Benedicte (W)	150.599 km	24:00:00
24.	BIZARD Emilie (W)	147.871 km	24:00:00
25.	HASSEVELDE Sebastien	147.077 km	24:00:00
26.	CASSIN Yves	145.394 km	24:00:00
27.	MASSON Pascal	145.114 km	24:00:00
28.	DE MARCILLAC Bertrand	144.391 km	24:00:00
29.	EMONIERE Philippe	140.702 km	24:00:00
30.	COUGOUREUX AUGÉ Emilie (W)	138.284 km	24:00:00
31.	BIEBUYCK Pascal	136.235 km	24:00:00
32.	PANNIER Josiane (W)	135.649 km	24:00:00
33.	CHABIN Frederic	133.595 km	24:00:00
34.	VARAIN Sylviane (W)	132.315 km	24:00:00
35.	CHAUVITEAU Daniel	131.400 km	24:00:00
36.	RASSAIND Andre	131.394 km	24:00:00
37.	MESMOUDI Anne Marie (W)	127.717 km	24:00:00
38.	DUBOIS D ENGHIEEN Catherine (W)	124.431 km	24:00:00
39.	GALICIA Alfredo	123.078 km	24:00:00
40.	BIZARD Claudie (W)	121.885 km	24:00:00
41.	MIGNEROT Gerard	120.271 km	24:00:00
42.	SPIESER Jean-Paul	120.029 km	24:00:00
43.	MAZEAU Daniel	106.566 km	24:00:00



44. LAURIN Martine (W)	93.613 km	24:00:00
REGY David	137.392 km	17:18:29
PETER Vincent	122.435 km	15:45:41
GEORGELIN Serge	100.000 km	11:55:25
GIROD Urbain	96.260 km	11:24:41
PICHON Jean	85.042 km	13:49:40
FABRE Françoise (W)	81.303 km	12:04:03
PHEULPIN Adrien	73.825 km	13:01:52
NOEL Jean-Claude	51.389 km	06:59:34
BLOM HERTBEEK Boudewijn	25.214 km	03:03:25
LHERITIER Michel	17.736 km	03:12:29
LANDRU Noelle (W)	10.257 km	02:16:53



**Jean Marie Roualt, Remi Bonnette and Dominique Bunel (photos Emmanuel Tardi)**



**Aida Diallo, Claudine Anxionnat and Martine Navarro (photos Emmanuel Tardi)**

There was an ancillary event of 6 Hours duration which was won by Louis Thiriot with 56.089km.

### 6 Hour Walk

1.	THIRIOT Louis	56.08905 km	06:20:58
2.	RAULET Christophe	52.34978 km	06:18:57
3.	GIRAUDEAU Denis	52.34978 km	06:28:01
4.	LAUVERGNE Vincent	48.61051 km	05:59:58
5.	VARAIN Cedric	48.61051 km	06:00:52
6.	MALOCHET Dominique (W)	48.61051 km	06:02:18
7.	RAYNAUD Christine (W)	48.61051 km	06:04:36
8.	BORNEL Veronique (W)	48.61051 km	06:09:42
9.	DALUZ Robert	44.87124 km	06:00:34
10.	JACQUEMIN Mickael	44.87124 km	06:00:56
11.	PETETIN Beatrice (W)	44.87124 km	06:07:08
12.	PENKALLA Marie (W)	44.87124 km	06:25:44
13.	LACROIX Jean Louis	37.3927 km	05:28:33

### PENANG INTERNATIONAL 12 HOURS WALK 2014, PENANG, 3-4 MAY 2014

This year sees two 12 Hour events in Malaysia, the first one in May and the second in the more traditional December timeframe. The May one was held around the central Esplanade, Padang Kota Lama , in Penang over a 1.078km road circuit and was held overnight, starting at 8PM on Saturday 3<sup>rd</sup> May and finishing at 8AM the next morning. The website report advises that the temperature was in the 26-28°C range and the weather was rainy overnight and sunny. For more details, see the event website at [http://www.actifestyle.com/view\\_event.php?event\\_id=7](http://www.actifestyle.com/view_event.php?event_id=7).

Alpha Kit won with a distance of 80.8km in the hot humid conditions while Catherine Yin was the first woman with 69.0km. The places of the first 30 finishers are shown below.

	Name	Rank	Category	Laps	Km	TotalTime
1	Chin Man Kit, Alpha	1	Men Senior (21yr to 30yr)	75	80.8	79:54:16
2	Michael Campaniello	2	Men Veteran Gold (51yr and above)	73	78.7	80:00:11
3	Leong Siew Kee	3	Men Senior Veteran Two (46yr to 50yr)	70	75.5	79:58:08
4	Edwin Yeo Boon Seng	4	Men Senior Veteran Two (46yr to 50yr)	70	75.5	79:58:30
5	Liu Hak Ming, Sam	5	Men Veteran Gold (51yr and above)	70	75.5	80:14:00
6	Mohd Zaini Bin Harun	6	Men Senior Veteran Two (46yr to 50yr)	70	75.5	80:17:29
7	Wong Lai Huat	7	Men Junior Veteran Two (36yr to 40yr)	68	73.3	80:01:17
8	Siva Subramaniam V Gurwanaidu	8	Men Senior Veteran Two (46yr to 50yr)	66	71.1	79:58:59
9	Azman Bin Abdullah	9	Men Veteran Gold (51yr and above)	65	70.1	79:57:20
10	Harivinoth A/I Andrews	10	Boys (16yr to 20yr)	65	70.1	79:57:41
11	Ibrahim Bin Asmoni	11	Men Veteran Gold (51yr and above)	65	70.1	80:00:16
12	Tan Kok Hee	12	Men Junior Veteran Two (36yr to 40yr)	65	70.1	80:00:30
13	Guandasamy Sinnasamy	13	Men Veteran Gold (51yr and above)	64	69.0	79:55:29
14	Suresh Kumar Goobinnaan	14	Men Senior Veteran One (41yr to 45yr)	64	69.0	79:57:41
15	Kwan Siu Yin, Catherine	1	Women Veteran Gold (51yr and above)	64	69.0	80:15:12
16	Tan Ewe Cheong	15	Men Junior Veteran One (31yr to 35yr)	63	67.9	79:56:09
17	Md Puzi Bin Abd Manan	16	Men Veteran Gold (51yr and above)	63	67.9	79:56:50
18	Ong Soon Kok	17	Men Junior Veteran Two (36yr to 40yr)	61	65.8	79:50:03
19	Yeap Gi Ching	2	Women Senior Veteran One (41yr to 45yr)	61	65.8	79:55:14
20	Lin Wing Yee	3	Women Senior Veteran Two (46yr to 50yr)	61	65.8	80:01:1
21	Cheah Sin Choh	18	Men Veteran Gold (51yr and above)	61	65.8	80:02:50
22	Raymond Tan	19	Men Senior Veteran One (41yr to 45yr)	60	64.7	79:46:13
23	Kelvin Tharm Wai Weng	20	Men Junior Veteran One (31yr to 35yr)	60	64.7	79:51:11
24	Ma Wai Fun, Wendy	4	Women Veteran Gold (51yr and above)	60	64.7	79:57:52
25	Hoh Kim Keng	21	Men Senior Veteran One (41yr to 45yr)	60	64.7	79:58:29
26	Khor Jenq Yang	22	Boys (16yr to 20yr)	60	64.7	79:58:43
27	Lim Chew Peng	23	Men Junior Veteran One (31yr to 35yr)	59	63.6	79:47:01
28	Tani Clace A/I Sebastian	24	Men Veteran Gold (51yr and above)	59	63.6	79:47:09
29	Cheung Wing Hin, Daniel	25	Men Veteran Gold (51yr and above)	59	63.6	79:55:19
30	Donald Edward Schulz	26	Men Senior Veteran Two (46yr to 50yr)	59	63.6	79:56:59

## 2014 PARIS COLMAR CLASSIC, 3-7 JUNE

On Saturday 7<sup>th</sup> June, Russian ultra distance specialist Dmitriy Osipov crossed the finish line in blazing sunshine at Place Rapp in Colmar. It marked the completion of an epic 426.4km walk in 4 stages from Paris to Colmar with temperatures on the Friday and Saturday topping 35°C. His finishing time of 52:45:56 saw him win the toughest race on the world walking calendar for a fourth time, his average speed an amazing 8.081km/hr. He was followed by French walker Emmanuel Lassalle with a time of 52:56:44, second placed for the second time. It was a close battle for third with André Duterte eventually taking the bronze with 57:44:28, just ahead of Zoltán Czukor with 57:45:32. Olga Borisova won the women's race, also over 4 stages and a total distance of 292.4km, in 39:11:48 ahead of French walker Maggy Labyille and Russian walker Irina Poutintseva. Overall, 14 men and 7 women finished this most gruelling of events.

The event started with a prologue of 5.3km in central Paris before a slightly longer stage from Neuilly sur Marne to Saint Thibault des Vignes (15.3km for men and 21.4km for women). Then the event really ramped up with the third stage to Vittel (339.8km for men and 202.1km for women) before a final stage of 70km from Plainfaing to Colmar.

You can check out the full details at <http://www.pariscolmaralamarche.fr>. Final results read as follows

### Men - Paris to Colmar - 426.4km

1.	Ossipov Dmitriy	1	52:45:56	426.4 km	8.081 km/h
2.	Lassalle Emmanuel	3	52:56:44	426.4 km	8.054 km/h
3.	Duterte André	12	57:44:28	426.4 km	7.385 km/h
4.	Czukor Zoltan	11	57:45:32	426.4 km	7.382 km/h
5.	Bunel Dominique	2	57:54:45	426.4 km	7.363 km/h
6.	Letessier Gilles	4	59:38:59	426.4 km	7.148 km/h
7.	Gilles Philippe	15	59:44:17	426.4 km	7.138 km/h
8.	Varain Cédric	13	60:53:59	426.4 km	7.002 km/h
9.	Rozé Eddy	6	61:20:33	426.4 km	6.951 km/h
10.	Biebuyck Pascal	23	61:45:40	426.4 km	6.904 km/h
11.	Girod Urbain	10	61:50:19	426.4 km	6.895 km/h
12.	Dufrien Pascal	19	64:12:45	426.4 km	6.640 km/h
13.	Bunel Pascal	5	64:39:59	426.4 km	6.594 km/h
14.	Georgelin Serge	21	66:07:03	426.4 km	6.449 km/h
	Lougrada Saadi	18	54:34:03	361.5 km	6.625 km/h
	Kerlau Yves-Michel	20	48:59:19	324.5 km	6.624 km/h
	Bocuze Daniel	22	32:12:37	216.6 km	6.725 km/h
	Letourneau Florian	17	28:02:17	194.0 km	6.919 km/h
	Raulet Christophe	16	20:37:17	173.0 km	8.389 km/h
	Blom Hertbeek Boudewijn	24	19:24:52	135.4 km	6.974 km/h
	Henry Fabrice	7	12:52:17	114.8 km	8.919 km/h
	Obydol Yvan	25	13:52:17	103.0 km	7.425 k m/h

### Women - Paris to Colmar - 292.4km

1.	Borisova Olga	52	39:11:48	292.4 km	7.460 km/h
2.	Labyille Maggy	53	39:33:23	292.4 km	7.392 km/h
3.	Poutinseva Irina	51	40:11:22	292.4 km	7.276 km/h
4.	Maison Sylvie	54	42:52:44	292.4 km	6.819 km/h
5.	Diallo Aida	57	43:21:43	292.4 km	6.743 km/h
6.	Bizard Emilie	59	48:33:47	292.4 km	6.021 km/h
7.	Fabre Françoise	55	49:03:37	292.4 km	5.960 km/h
	Anxionnat Claudine	58	25:15:17	172.0 km	6.811 km/h

Emmanuel Tardi was at the event for the full 3 days and has forwarded some great photos before going home to bed! Thanks mate!





Left: Olga Borisova



Right: Emmanuel Lassalle



Left: The first 3 women



Right: Dmitriy Ossipov



Left: Maggy Labylle



Right: André Duterte (12) and ZoltanCzukor (11)



**CONTINENTAL CENTURIONS QUALIFYING WALK, SCHIEDAM, NEDERLANDS, 7-8 JUNE 2014**

And more ultra distance walking news, this time from Holland where the Continental Centurion title has been contested each year since 1973. The centurion rules are simple - walk 100 miles (160.934km) within 24 hours. In the Netherlands, the annual qualifying race is held either in Weert (around the Iron Man Lake) or in Schiedam (in the Beatrix Park). This year it was Schiedam's turn. The meet includes the 24 hours race, a 100km race, a 50 miles race and a 50km race. These events are the only opportunity to obtain the Continental Centurion title, the Honderdman title or the Kennedyvriend title.

Dutchman Jan Vos was the inaugural qualifier back in 1973. Now they have over 400 members of that exclusive club, compliments of 9 new qualifiers this year. See <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=rwv-wandelweekend> to read more about this unique event.

And now onto this year's results: Overall, Isle of Man walker Jock Waddington reached the 100 mile mark first in 20:06:53 and was content to stop there, having qualified at C400. That left second placed Jantinus Meints, then over an hour in arrears, to go on and win the 24H event with a distance of 168.866km. The amazing English walker Sandra Brown (now 64!) was the third overall to reach 100 miles (21.19.17) and she was also content to stop there. Overall 15 walkers walked 100 miles or further and 9 new Continental Centurions were welcomed to the club.

**24 Hour Walk (first 30)**

1.	Jantinus Meints	RWV	58	168.866km	22.36.11
2.	Adrie Zoon	RWV	55	164.813	24.08.45
3.	Jock Waddington	IoMVAC	--	160.934	20.06.53
4.	Sandra Brown (F)	Surrey WC	49	160.934	21.19.17
5.	Jane Foster (F)	Manx Har.	73	160.934	21.22.40
6.	Harm Voortman	LAT	63	160.934	21.31.12
7.	Frank van der Gulik	LAT	77	160.934	21.32.42
8.	Caroline Mestdagh (F)	GAC	65	160.934	22.27.17
9.	Richard Cole	York CIU WC	55	160.934	22.48.03
10.	Rick Liesting	OLAT/WGC	77	160.934	22.51.56
11.	Ap van Gelderen	Pr. Marijke	59	160.934	23.03.09
12.	Jajo Wit	LAT	51	160.934	23.16.58
13.	Jane Farquhar (F)	IOM VAC	69	160.934	23.34.19
14.	Ed Walter	Manx Harr.	75	160.934	23.36.05
15.	Louise Smith (F)	N. Athlet.	79	160.934	23.36.22
16.	Sandra Irene de Graaff (F)	RWV/OLAT	67	151.622	24.08.45
17.	Bertus van Ginkel	RWV	61	151.622	24.08.45
18.	Vincent Yeung	RWV	65	147.656	24.00.19
19.	Hanny Klumpkens (F)	OLAT	49	147.656	24.06.08
20.	Willy Vermeulen	RWV	48	145.070	22.14.30
21.	Marry Heuvelman-Goudriaan (F)	RWV	43	143.690	24.05.51
22.	Christopher Flint	Surrey WC	44	139.724	23.59.33
23.	Larissa Droogendijk (F)	RWV	72	119.894	24.02.54
24.	Wilma Driessen (F)	WS'78	66	113.342	15.20.32
25.	Ilona Klinkendon (F)	RWV	63	109.376	15.47.38
26.	Arie Klootwijk	RWV	55	109.376	15.50.11
27.	Martin Payne	DPF Runners	60	109.376	16.16.20
28.	Jim Fulton	DPF Runners	54	109.376	16.16.20
29.	Con Bollmann	RWV	44	109.376	17.14.08
30.	Hans Pranger	OLAT	43	109.376	17.51.42

**100 Mile Qualifiers**

1.	Jock Waddington	IoM VAC	--	160.934km	20.06.53	CC400 New
2.	Jantinus Meints	RWV	58	160.934	21.16.34	CC388
3.	Sandra Brown (F)	Surrey WC	49	160.934	21.19.17	CC131
4.	Jane Foster (F)	Manx Har.	73	160.934	21.22.40	CC401 New
5.	Harm Voortman	LAT	63	160.934	21.31.12	CC365
6.	Frank van der Gulik	LAT	77	160.934	21.32.42	CC343
7.	Caroline Mestdagh (F)	GAC	65	160.934	22.27.17	CC366
8.	Richard Cole	York CIU WC	55	160.934	22.48.03	CC402 New
9.	Rick Liesting	OLAT/WGC	77	160.934	22.51.56	CC403 New
10.	Ap van Gelderen	Pr. Marijke	59	160.934	23.03.09	CC404 New

11. Jajo Wit	LAT	51	160.934	23.16.58	CC405 New
12. Jane Farquhar (F)	IOM VAC	69	160.934	23.34.19	CC406 New
13. Adrie Zoon	RWV	55	160.934	23.35.33	CC305
14. Ed Walter	Manx Harr.	75	160.934	23.36.05	CC407 New
15. Louise Smith (F)	N. Athlet.	79	160.934	23.36.22	CC408 New

Two other categories from this event are always of interest. The Honderdman title is awarded to those who can walk 100km within 11:30:00 - this is within reach for only a very few walkers and this year Rob Tersteeg was the only one to manage it. Another title that can only be won in Schiedam or Weert, is the Kennedyvriend (Kennedy friend) title. Like the Centurion and Honderdman titles, this title also comes with a unique number and is awarded to those walking 50 miles within 12 hours. It can only be won whilst doing the 50 miles event (not whilst doing the 100km or 24 hours events). This year, 25 people achieved it, of whom 20 were first timers.

#### 100km in 11:30:00 (Honderdman)

1. Rob Tersteeg	RWV	52	100 km	11:12:06	HM073
-----------------	-----	----	--------	----------	-------

#### 50 Miles in 12 Hours (Kennedy Friends)

1. Jack Bertrums	OLAT	63	80.467	09.45.31	KV409 New
2. Leon Pullens		74	80.467	10.15.44	KV410 New
3. Remy van den Brand		75	80.467	10.39.36	KV411 New
4. Ronnie Timmermans	RWV	82	80.467	10.42.19	KV412 New
5. Zeeger van den Berg	KNBLO	79	80.467	10.48.54	KV413 New
6. Johan Koning	LAT	60	80.467	10.51.10	KV414 New
7. Gerard Schuurmans		--	80.467	10.52.11	KV415 New
8. Ton van Andel	RWV	58	80.467	11.02.29	KV342
9. Marco Bloemerts		65	80.467	11.04.28	KV416 New
10. Dick van Peer	HvB	63	80.467	11.11.27	KV417 New
11. Ilonka van Bommel (F)	RWV	72	80.467	11.12.22	KV418 New
12. Martien van Achterberg	OLAT	43	80.467	11.25.50	KV327
13. Aaf Peters-de Rijk (F)	SV de LAT	53	80.467	11.26.30	KV355
14. Adrie Ros		62	80.467	11.31.22	KV420 New
15. Harrie Wijtsema	NOAD	58	80.467	11.45.02	KV393
16. Robert Janssen	NOAD	62	80.467	11.45.02	KV421 New
17. Gerda Stoevelaar-Engelkes (F)	LAT	55	80.467	11.46.34	KV422 New
18. Dick Stoevelaar	LAT	57	80.467	11.46.34	KV423 New
19. Piet van der Kroft	RWV	44	80.467	11.47.54	KV261
20. Jaap Visser	RWV	37	80.467	11.48.53	KV424 New
21. Stijn Segers		78	80.467	11.49.37	KV425 New
22. Hans Bekx		--	80.467	11.52.09	KV426 New
23. John Constandinou	Birchfield	72	80.467	11.55.32	KV427 New
24. Jan Brand		59	80.467	11.56.41	KV428 New

### USA CENTURIONS QUALIFYING WALK, LAKE SNELLING, MINNESOTA, USA, JUNE 7-8, 2014

And while on Centurion qualifiers, off to Minnesota in USA for their annual qualifying event which is held in conjunction with the Fans 24 Hour endurance event (see <http://www.fans24hour.org>). Located at Lake Snelling in scenic Fort Snelling State Park, the scenic course offers asphalt and packed gravel surfaces, plenty of shaded sections, and a distinct risk of encounters with the native deer and wildlife population. The loop is approximately 2.2 miles around Lake Snelling, with one gradual incline rising about 20 feet.

Alas, this year, no new centurions were added to the list. Of the 7 12 Hour walkers, John Greene was the best with 66.1 miles. In the associated 12 Hour walk, Linda Beduhn was the best with 40.2 miles.

#### 2014: 24 Hour Walk

1. John Greene	66.1 miles
2. Barb Bengtson	57.8 miles
3. Barbara Curnow	53.0 miles
4. Haley Bengtson	50.9 miles
5. Jerry Young	44.5 miles
6. David Daubert	44.5 miles
7. Bruce Leasure	40.2 miles

#### 2014 12 Hour Walk

- |                  |            |
|------------------|------------|
| 1. Linda Beduhn  | 40.2 miles |
| 2. Keith Hardy   | 38.4 miles |
| 3. Phil Aaron    | 35.3 miles |
| 4. Will Bengtson | 21.0 miles |

#### VALE JIM GLEESON 1921 - 2014

Last Saturday morning, the Australian Centurions lost one of its legends in **Jim Gleeson (C 3)**. We last saw Jim at our 2010 annual luncheon but I kept close contact with him since then and had received a letter only a few weeks before his untimely passing. I profile him below for those younger members who never had the privilege of meeting him.

**Jim Gleeson**, born 14 June 1931, was recognised as one of the greatest exponents of long distance walking in Australia and he was regarded for many years as the iron man of Victorian Racewalking. I remember Clarrie Jack talking in awestruck terms of Jim's 1971 24 hour walk at the Preston Track when he set the current Australian record of 122 miles 215 yards (196+ km). What made that walk so special was the incredibly bad conditions with gale force winds and very adverse conditions.

Jim became a racewalker in 1958 after Frank McGuire kidded him into the sport. He wanted to be a marathon runner but finished up as a marathon walker instead. He did thirty five 50 km races in his years with the Victorian Amateur Walkers Club (VAWC) and won the Victorian 50km titles in 1963 and 1964. His career also included various VAWC club titles and numerous placings at all levels of racewalking in Australia.



**The 1959 Victorian racewalking team for the National Championships  
Ted Allsopp, Don Keane, Noel Freeman, Alan Hancock, Laurie Hehir, Noel Norris and Jim Gleeson**

He won the VAWC 50 mile titles in 1961, 1962 and 1963 and this set him off down the path of long distance walking. His first effort in 1961 saw a time of **8:42:29** and a win by some 35 minutes. His second effort in 1962 saw him improve his time by 27 minutes to set a new Australian best time of **8:15:19**. Here is how the VAWC "Heel and Toe" newsletter reported the race

*Showing tremendous grit and determination, Club 50 mile champion Jim Gleeson annihilated the Australian best-time on record by retaining his title in 8 hrs 15 mins 19 secs at Albert Park on October 14<sup>th</sup>. Jim becomes the first Australian to better 10 mins per mile for the gruelling journey of more than 16 laps of Albert Park lake. The half-way mark saw only two of the seven starters still on their feet, with Gavan Breen retaining the lead he had set up in the second lap. However, after being  $\frac{3}{4}$  mile behind Gavan at 23 miles, Jim's experience in this type of event asserted itself and by the 50 kilo. Mark, reached by Gavan in 5 hrs 3 mins, Jim was only 5 mins down, and was gaining hand over fist. The 36<sup>th</sup> mile saw Jim stride past the fading Gavan with the fastest lap of*



*the race, and Gavan's ultimate retirement was in the 42<sup>nd</sup> mile. Jim was after Harry Tetlow's record of 8 hrs 25 mins and held his form splendidly to clock a phenomenal 8 hrs 15 mins 19 secs. Jim describes the race as his hardest ever, but it must also be his most satisfying. He trained very hard for the event – one Saturday, he walked at least 20 miles in the morning, finished second in a two miler at Mentone, and then set off for another spin in the afternoon. Jim's performance is a fine example to all his clubmates of what can be achieved through patient and consistent hard training.*

The following year, he made it three in a row with a time of **8:23:05**. Again, to quote from the 'Heel and Toe'

*Victorian 50 km champion Jim Gleeson earned himself a place in Australian walking history at Albert Park on 12<sup>th</sup> October, when he scored his third successive victory in the VAWC 50 mile championship. Jim clocked a most creditable 8.23.05 to equal the three in a row record set in 1928-29-30 by the famous Jack Lewis (to whom the people of Warburton have recently erected a special memorial).*

*With 6 other enthusiasts, Jim set off at 7 a.m. on a cool overcast morning at a restrained 10.15 pace. Varel Newmark and Alan Hancock held a narrow lead over Jim and Gavan Breen for the first 15 miles (covered in just under 10's). However, when Alan retired at 22 miles, Jim, Gavan and Varel came together in approx 4 hrs 10 mins. From this point Jim began to apply the pressure and, walking each 5,000m lap in just over 30 mins, drew steadily away from Gavan with Varel further back in 3<sup>rd</sup> place. With 4 laps to go, there seemed a remote chance that Jim might even get down to his 1962 record of 8.15.19, but the strength-sapping wind took its toll and Jim was content to complete the course in his own time, recording 8.23.05 – the second fastest ever walked in Australia.*



**Jim in winner's sash after winning his first Victorian 50km championship in 1963**

Jim did many long distance walks over the ensuing years but none more impressive than his Darwin “Big Walks” of the mid sixties. In September 1961, The Northern Territory News had sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, the newspaper extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. With baton-changes every 5 miles, the Army team passed the 50 mile mark in 9:03:00 and finished in a time of 11:11:00. The winning women's team covered their 42 miles in just on 9 hours. This event gave a unique opportunity to some of the best Victorian walkers as the newspaper sponsored first one walker in 1964 and then teams of walkers in 1965-1967.

Jim was the first walker to benefit from the Northern Territory News sponsorship. A week after successfully defending his 1964 Victorian 50 km title, he flew to Darwin to compete by invitation in the gruelling race against eight teams of relay walkers (7 walkers per team). He left Melbourne on a 58<sup>o</sup>F day and reached Darwin late at night on a Friday after an unexpected diversion via Katherine due to storms. It was wet season and the conditions could only be compared to a sauna. He was billeted with Frank Scully, got to bed at about 10PM and was up again at 4AM the next day to drive down to the starting point some 60 miles from Darwin for a 7AM start. The starting temperature was 92<sup>o</sup>F and the humidity registered a massive 87%. Jim was to walk single handed against his rivals who only did a mile or two at a stretch before handing over to a fresh walker. The course was over laps of 8,333 km (5 miles) and a boomerang was used instead of a relay baton!

From the start, the temperature rose higher and higher, and after only 20 miles, it seemed the fair skinned Victorian couldn't last much longer – his skin was a deep red and the cruel sun was effecting even the local walkers. Jim held 3<sup>rd</sup>

place most of the way and was doing a magnificent job at about 11 min miles. As the day dragged slowly on, Jim still refused to give in and kept plodding stoutheartedly on, earning the intense admiration of all who followed the marathon race.

Very very tired, Jim was still only 6 mins behind the Navy team at the finish in the late afternoon, the race being won for the second time by the Army team in 10.36.10. Jim's time of **11.03.35** was a heroic exhibition and was marked by a handsome trophy presented to him after the race. Although on the point of collapse, Jim stood as the crowd roared and clapped continuously for nearly 10 minutes. His sterling achievement was described by the organisers as '*a superb athletic performance and classic example of endurance and plain old-fashioned guts*'.

The fine performance was not without its aftermath. He received second degree burns to his face, arms and legs and was taken into the Darwin hospital by Frank Scully the next day for treatment.

In 1965 Jim was again invited to go to Darwin along with Bob Gardiner (3 time Olympic representative and one of our greatest 50 km walkers ever) and they formed a 2-man relay team to compete against the other 7-man teams. Conditions were similar to the previous year with temperatures of up to 95 degrees.

Bob took off like a steam train, doing the fastest 5 mile leg. Jim was just over 2 mins slower than Bob for his 5 mile leg. Bob powered on, doing quick times for his next 2 legs of the journey. By the time 30 miles had been covered, they were miles ahead of their nearest rivals. Bob's next leg was the slowest that he had ever done, the heat and humidity taking their toll. He was then forced to retire and spent the next few days in Darwin hospital getting over sunstroke. Rather than stop, Jim decided to continue on and walk the remaining 30 miles alone. He did that and finished the race in 11.01.14, just over a mile ahead of the Army team which finished second and another mile back to the R.A.A.F team in third place. Again another performance to write home about.



#### **Jim strides out in the 1965 Darwin "Big Walk"**

In 1966 Bob Gardiner, Ted Allsopp and Jim again travelled to Darwin for the 100 km walk, competing as a 3-man team. They won of course, recording the fastest ever time of 9 hours 2 mins (a record that still stands today).

In 1967 Ted Allsopp, Harry Summers and Jim went up for the last time. Again, they won in a time of 9 hours 6 mins. The following article in the N.T. News sums up the atmosphere well.

*A rain soaked Harry Summers crossed the finishing line on Saturday afternoon at Gardens Oval No. 2 and gasped, "where's me stubbie . . . someone get me a stubbie." Harry had just completed the last leg of the 100,000 metres relay walk for the Victorian team which successfully defended the Jack Feeley Challenge Cup. Note that the Victorians' win detracted from the Territory team's performance They finished only 51 mins behind the Victorians and at one stage were only three minutes behind. Jim Gleeson, Victorian walker, summed up the Territory team's effort by saying: "They are very, very good. They have improved a lot and so have their styles."*

*The final leg of the race for the Territorians was walked by Walkathon winner Robert McFarlane.*

*The Victorians said that when the rain came towards the end of the race, they took full advantage of the cooler conditions. Harry Summers, walking in the race for the first time, felt the heat and humidity so much that at one stage he was on the verge of collapse.*

*Ted Allsopp said that Summers had looked so ill that he had had to go into a hotel and sit under a fan to cool off. But this did not deter Summers who came into Gardens No. 2 looking a mixture of red and white but still able to wisecrack as he made his way around the oval to finish the race.*

Of course, Jim remained competitive over the shorter distances and, in 1968, he won the Lake Burley Griffin 20 miler in Canberra, one of the first winners of this prestigious annual event.

When the Australian Centurions were formed in 1971 and the first 24 Hour races were set in motion, VAWC decided that they would stage one. The Edwards Lake Track in Reservoir, a recently laid rubber bitumen track set amidst parkland, was deemed to be a suitable venue. The date was set for 23-24 October 1971 and Alf Robinson, the President of VAWC, set about getting a good field in place. Although top walkers like Ted Allsop had declined the challenge, Alf had been successful in getting Jim to the line as his '*top gun*'.

There were 9 starters overall, an indication of the healthy state of Victorian walking at that time. But competitors were unprepared for the weather conditions thrown at them during the race. At the start of the race, the wind was blowing at over 50 miles per hour. This continued for the first 6 hours, followed by squally periods of rain that continued until the early hours of the Sunday morning when the weather became hot (typical Melbourne weather, I hear you say). Jim powered through these changing conditions with no breaks at all, passing the 50 mile mark in a very fast **8:31:27**, setting a new 100 mile mark of **18:33:58** (an Australian record that stood until 1979) and reaching a final 24 Hour distance of **122 miles 215 yards** (this still stands as the Australian record).

Next across the line was Clarrie Jack of the Glenhuntly Club. An experienced distance walker, Clarrie was not daunted by the distance and showed maturity in recording an excellent time of 20:39:45 to become Centurion Number 4. Both Jim and Clarrie eclipsed Gordon Smith's 1938 time.

Although only twenty years of age, Stuart Cooper of St Stephen's Harriers showed that inexperience and lack of a distance background are not obstacles if you have a good style and a firm measure of determination. He too was successful in his first attempt, becoming Australian Centurion number 5 with a time of 21:36:53.



**1971 - three new centurions – Stu Cooper (C 5), Jim Gleeson (C 3) and Clarrie Jack (C 4)**

Jim did this race on 50 km training and could not get out of bed to go to work the next day as his legs would not respond for some 24 hours. They then became black after a few days as the bruising of the muscles came out on the skin. He had to have a week off work.

He fronted again the following year but being newly married and having work commitments meant that he was unprepared to improve on his 1971 performance, recording **19:16:14** for the 100 miler.



Jim went on to become President of the Australian Centurions, holding office from 1975 to 1977.

Injuries, age and a lack of available time restricted him in subsequent years from attempting another 100 miler (what's to prove?) but he did take on the occasional long challenge. I came across a cutting in our Centurion records recording the fact that in 1977 Jim completed a 95 km walk from Richmond to Sorrento to re-enact a historic walk by Arthur Barrett in January 1893 after missing the boat from Prince Bridge to Sorrento. Jim attempted the walk to raise money for the Chelsea Historical Society's Museum Fund, completing the journey in 11 hours 57 minutes and bettering the late Mr Barrett's time by 2 hours, 18 mins. Long distance runner Tony Rafferty took 2.5 hours more to complete the distance than did Jim.

Up until his late seventies, Jim remained in great shape and still did a 2 hour stroll each morning. It was only a few years ago that he developed heart and circulation problems and he had to stop on his two most loved activities - walking and going to watch Collingwood Football Club play. Even so, we had expected him to continue on forever and were shocked when he was rushed to hospital and quietly passed away a few days later, on his 83<sup>rd</sup> birthday.

To his wife Gladys, our thoughts are with you.

Jim - you will be fondly remembered by us all.

PS: Jim's funeral is being delayed until next week to allow family to return from overseas / interstate.

#### AUSTRALIAN CENTURIONS ANNUAL LUNCHEON

The Victorian based centurions met in late May for our annual luncheon and to present the latest record certificates to **Michelle Thompson (C 58)** and **Terry O'Neill (C 18)**. And you can't let such an auspicious occasion pass without a photo shoot - it was our biggest group luncheon in many years.



**Back Row: Karyn O'Neill (C 45) , Ian Jack (C 17), Steve Jordan (C 64), Bill Dyer (C 15)**  
**Middle Row: Stuart Cooper (C 5), Clarrie Jack (C 4), Terry O'Neill (C 18), Tim Erickson (C 13), Justin Scholz (C 61)**  
**Front Row: Stan Miskin (C 23), Michelle Thompson (C 58), Sharon Scholz (C 63), Barry Loveday (C 62), Ken Walters (C 26)**

**SURREY LONDON TO BRIGHTON AND BACK WALK 1955**

You must check out this fantastic old black and white newsreel of the late great Hew Neilson winning the 1955 London-to-Brighton and Back (104 miles)! Hew went on to become one of the greatest ever of the British Centurions. See <https://www.youtube.com/watch?v=PBWWPa7Oero&feature=youtu.be&app=desktop>. You can read my article on Hew at <http://www.vrwc.org.au/tim-archive/articles/wo-hew-neilson.pdf>.

**FINANCIAL NEWS**

It has been a quite few months with only a couple of bills. We remain healthy.

<b>Expenses</b>	Postage and Photocopying	23.00
	Racewalking Australia annual affiliation fee	<u>110.00</u>
<b>Balance</b>		<b>\$867.56</b>

**UNTIL OUR NEXT NEWSLETTER**

It is with a sad heart that I send out this month's newsletter. I first met Jim Gleeson in 1967 so have known him for 47 years. He was indeed one of the legends of Australian racewalking and Australian centurion walking and the sort of person we encounter only infrequently during our lives. He was someone who lived life to the full and we celebrate his life and his achievements at this time. I am sure that Jim would want us all to go for a long walk to celebrate his life and I for one will be doing that in the next few days. Vale Jim - long may you live in our memories.

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

1 Avoca Cres  
Pascoe Vale  
Victoria, Australia, 3044