

CENTURION FOOTNOTES

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DATES...DATES...DATES

There are always ultra opportunities on offer for those walkers wanting a challenge. Some are shown below. In addition, the AURA calendar shows additional Australian ultra events that may suit serious ultra walkers – check it out at <http://aura.asn.au/>. I am pleased to see an increased number of longer track based ultras on our local calendar.

Sep 16-17, 2017	Roubaix 28H Walk	Roubaix, FRA
Sep 16-17, 2017	Nijmegen-Rotterdam 160km Walk	Nijmegen, NED
Sep 23-24, 2017	2017 USA Centurion 24H Qualifier See https://raceroster.com/events/2017/10378/not-just-a-walk-in-the-park-v20	Owego, NY State, USA
Oct 7-8, 2017	St Thibault de Vignes, 24H Walk	St Thibault de Vignes, FRA
Oct 7-8, 2017	Sri Chinmoy NZ 24 Hour Championships 2017 New Zealand Centurions 24H Qualifier	Auckland, NZ
Oct 21-22, 2017	2017 African Centurions 24H Qualifier See http://www.africancenturion.com	Robben Island, Sth Africa
Oct 22, 2017	Ned Kelly Chase (100km, 50km)	Wangaratta, VIC
Nov 11-12, 2017	MKH International 12 Hour Walk See http://www.racewalkermalaysia.com/	Kajang, Selangor, Malaysia

There are three Centurion qualifiers to go for the year – USA, New Zealand and Africa. A special plug for the USA Centurion 24 Hour Qualifier on 23-24 September. Erin and Dave Talcott organized a once-off qualifier last year in Owego, New York state, and they have decided to take this task again on their shoulders.

OUT AND ABOUT

- On the weekend of 12-13 August, **John Kilmartin (67)** completed 64.517km to finish third in the 12 Hour event held in conjunction with the Track Ultra WA 24 Hour carnival in Bunbury, Western Australia. Well done John, you certainly put yourself to the test regularly.
- I have just returned from 3 weeks in England and was able to catch up with a number of our UK based Australian Centurions, namely **Fred Brooks (C42)**, **Sue Clements (C35)**, **Mark Wall (C58)** and **Jill Green (C8)**. They are all well and send regards.
- Irish ultra distance legend **Tony Mangan** has just passed the 17,000km mark in his world walk. The last thousand or so kms has been from Perth, across the Nullabore Plain and then NE towards Sydney. He commented on his website www.myworldwalk.com that this was definitely the toughest thousand of his entire walk and who can blame him for that comment. The Australian interior is a harsh land. Currently, he is near Collinguille in New South Wales. He started his walk in February 2016 and hopes to finish some time in 2019. Now that is what I call commitment!
- Tony is of course no stranger to the ultra community. He holds the World Indoors 48H Run record and who has previously both cycled and run around the world. A true legend, he was the official starter at our Australian Centurions 24 Hour qualifying walk at Coburg in April.

LIVERPOOL TO LEEDS CANAL RACE, ENGLAND, 27-28 AUGUST

68 year old **Sandra Brown (C36)** has been pounding the tracks once again, completing the 3rd annual Liverpool to Leeds Canal Race. Approximately 130 miles long and on the trail and towpath along the Leeds & Liverpool Canal, the event started at 6AM on Saturday 27th August, with a time limit of 42 hours, cutoff being midnight on the Sunday night. As is her usual wont, Sandra walked the whole way, finishing 22nd amongst the 49 entrants (most if not all runners) with a time of 34 hours 42 mins. See event info and race photos at <https://www.facebook.com/groups/1441278772789234/>.

Sandra reported as follows:

It was walking and completing the St Annen 100 miles round-N Holland run which inspired me to walk another journey run - this time across Northern England along the 130 miles towpath of the historic Leeds-Liverpool canal, constructed between 1780 and 1820.

This canal rises then falls through 109 locks to cross the Pennine "backbone" of England and link Liverpool and Leeds, two great industrial and commercial cities on the west and east of the country, and, via their great rivers, to link the west and east coasts, thus avoiding long sea or overland journeys, and enable the many towns and villages along the canal to be supplied with coal and other materials in the Industrial Revolution. The coming of the railways from the 1830s - often paralleling the route of the canals - made transporting materials even faster and cheaper. The canal passes through glorious countryside, and today is a great resource for leisure and wildlife.

I was looking forward to the whole experience, and treated myself to a couple of days in Liverpool before the race, enjoying the vibrant and historic street scene of this great port city and visiting its sights, from Elizabethan manor houses, through the cathedrals, world-class museums and art galleries, to the Beatles sites - humming along to myself through the Cavern Quarter and on the bus to Penny Lane!

My concern about the race was whether the checkpoint cut-off times - aimed at runners - would catch me out as a walker over the first 40-60 miles. At CP1 I was 40 minutes inside the cut off and well over an hour at CP2, so I knew I should be OK and my finish time was over 5 hours inside the 40h final cut off. This is billed as a tough race, with outdoor CPs 15 miles apart, and cheap and cheerful support, and organisers encourage runners to have their own back-up if possible. As a veteran LDWA walker, I'm happy about carrying plenty of liquid and food, clothing etc and having no personal back-up. I found the CP teams wonderful, kind and helpful, and the food and drink were just the job.

This race is a fabulous journey, with glorious countryside and wildlife, historic towns and villages [including George Orwell's "Wigan Pier" which is a coal loading point on this canal,] and wonderful friendly people, from the organising team and fellow runners, to families on the barges, fishermen and local dog walkers. And another amazing medal!



Sandra in action in the Liverpool to Leeds Canal walk

That takes Sandra's tally of 'hundreds' to 183, with 7 of them completed so far this year

177	Mar	24 Heures de Bourges	177.027km	24hW
178	Apr	Crawley, West Sussex	174.346km	24hW
179	Apr	LDWA 100, Yorkshire	100mi / 34h04m	L
180	June	Weert	100mi / 22:07:25	C
181	June	Sint-Annem, Holland	100mi / 26:27:11	R

182	Aug	Bury St Edmunds, England	100mi / 21.44:16	C
183	Aug	Liverpool to Leeds Canal Race	130mi / 34h42m	M

Now that is what I call impressive.

YOLANDA HOLDER FINISHES THE MOUNT EVEREST OF ULTRAMARATONS.

The Self-Transcendence 3100 Mile Race (<https://3100.srichinmoyraces.org/#event-second-section>), held annually in New York, is known as 'The Mount Everest of ultramarathons' and is the longest certified footrace in the world. Entrants have the daunting task of completing 3100 miles in 52 days (meaning they must log an average of 59.6 miles per day or better). The runners/walkers begin at 6am each day and run for extended periods, taking breaks as needed. If they want to, they can continue as late as 12 midnight when the course closes for the night. It takes place on a route which takes everyone repeatedly covering the same block in Queens, New York.

The 2017 event, the 21st held thus far, ran from 18th June until 8th August and has now been completed. It came to my attention after a New York Times article was published on July 20th about 59 year old endurance walker **Yolanda Holder** who was the sole walker in the field. At that time, she was coming 5th overall (third woman) and doing well. See <https://www.nytimes.com/2017/07/20/nyregion/yolanda-holder-walking-diva-3100-mile-race.html>.

Fast forward a further 2+ weeks and here is how it panned out for Yolanda

On day 51 the pedestrienne **Yolanda Holder** became a legend, walking the entire 3100 miles and finishing fifth overall in **51 days+17:00:13**. She became the oldest woman to finish the 3100 mile race, and only the second American woman to complete this difficult race. She is the first pure walker to attempt the distance. She has now set many age-group women's best marks for daily totals, as well as miles and kms.



Yolanda Holder finishes her epic 3100 mile walk in just over 51 days (photo www.facebook.com)

2017 ENGLISH CENTURIONS 24H QUALIFIER, BURY ST EDMONDS, ENGLAND, 5-6 AUGUST

The 94th annual English Centurions 100 Mile qualifying walk was held in the city of Bury St Edmunds in early August. The concept is a simple one – walk 100 miles within 24 hours to earn membership of this exclusive group – but the execution is something else indeed. With a 2 mile lap, it meant walkers had to complete 50 laps to earn a finish. Start time was midday on Saturday and events on offer included 100 Miles, 50 Miles and 20 Miles.

First to the 100 Miles bare bones - 43 entries, 41 starters, 23 finishers and 15 new centurions (C1173-C1187). That makes it a great success in my book. I hear the course was a little demanding, with a few uneven bits and a hill to be negotiated each lap, but hey, you have to make it tough enough to challenge these sorts of walkers. Well done to the Positive Steps Events team, especially Sue Clements and Kevin Marshall, who ticked all the boxes with a well organized event, and well done to all the support staff and crews who keep the walkers at it for the full 24 hours.

Event websites <https://www.facebook.com/events/990973581012094/> and <http://www.centurions1911.org.uk/bury-st-edmunds-2017.html>.

I am pleased to include the race report from organisers Sue Clements and Kevin Marshall.

This year Bury St Edmunds welcomed the “St Edmunds 100 mile” race walk, the annual qualifier for the Centurions and the RWA Long Distance Championship. Supporting races over 20 & 50 miles were included to attract as many walkers as possible and 20 mile entrants were automatically included in the BMAF 20 mile Championship if they met the criteria. The strategy paid off and the event attracted entries from the Netherlands, Belgium, Australia, UK and the Isle of Man. 43 entered the 100 miles, 19 the 20 miles and 2 the 50 miles.

41 walkers toed the 100 mile start line in heavy rain to hear Terry Clements, Mayor of St Edmundsbury, set them off. After a few hours the rain stopped then walkers enjoyed a mostly dry day. The race was only two days before the full moon and St Edmundsbury Borough Council arranged to leave the street lights on so walkers enjoyed a well lit route at night which helped them maintain sufficient speed during an exceptionally cold night. The cold probably contributed to some walkers calling it a day, but 23 continued until they completed their 100 miles. Warmer weather greeted walkers Sunday morning and by mid-morning the sun was shining.

Guido Vermeir from Belgium led from the start, walking strongly throughout the race to complete his 100 miles in 20.39.35. He was followed by Australian husband and wife team **Justin & Sharon Scholtz** who finished together in 21.04.53. **Peter Asselman** (Belgium) finished 21:11:07 in fourth place, earning his first Centurion badge. **Sandra Brown**, legend of ultra-distance walking, finished in 21.44.15 completing her 31st Centurion in Britain. **Richard Brown** added a 19th completion to his tally, 22.48.54. Novice ultra-distance walker **Gabriel Farmer** completed his first 100 miles in 23.08.56. **Martin Fisher**, a stalwart of 100 mile races, finished in 23.31.11 notching up his 27th completion.

Jon Petty was aiming to be the 3rd visually-impaired walker to qualify as a Centurion. He was accompanied by experienced walkers to ensure his safe passage. Walkers relinquishing the opportunity to race were England Commonwealth Games representative Daniel King, former international George Nibre, the oldest person to qualify as a Centurion John Borgars, and UK National 100 Miles Walking Silver medallist Kevin Marshall. Jon walked with determination but stopped after completing 68 miles.

Overall there were 15 new Centurions, out of these 7 walkers attempted it for the first time and succeeded. These included Manx walker **James Bassett** whose experience of completing the 85 mile Parish Walk stood him in good stead. He finished in 21.24.38. **Hardeep Minhas** had never walked more than 30kms/20 miles but walked steadily to finish in 22.37.59. **Joyce Crawford** almost qualified in 2014 at Southend and since then has been training hard for this race. This year she trained on the circuit every week and at the finish some of the residents came out to cheer her on. Joyce’s persistence paid off and she completed 100 miles in 23.42.22.

Early preparation and planning was key to incorporating 3 races into the weekend. Holding a ‘taster’ race in April paid off, giving the organisers time to respond to walkers’ and officials’ observations and suggestions regarding the route and venue.

This was the fourth time the 100 mile race had been held in Suffolk and the organiser worked hard organising and building local links to ensure the event was well-received and ran smoothly. We are grateful to St Edmundsbury Borough Council for their support and co-operation; the council even arranged to cut a grass verge a few days before the races to provide an area for tents. The Skyliner Sports Centre, managed by Abbeycroft Leisure, was a well-appointed venue and they ‘went the extra mile’ to help us on the day. The Mayor presented the awards, giving the event real sense of local importance. He was so impressed he invited all the helpers to a reception in the Mayor’s parlour the following week. The races certainly raised the profile of race walking in Suffolk.

A further race report by Kathy Crilley, along with photos, can be read on the English Centurions website at <http://www.centurions1911.org.uk/bury-st-edmunds-2017.html>.

100 Miles Walk

1.	Guido Vermeir	1958	M55-59	Belgium	50	20:39:35,36	C1099
2.	Justin Scholz	1974	M40-44	Australia	50	21:04:53,19	C1173
3.	Sharon Scholz	1976	F40-44	Australia	50	21:04:53,65	C1174
4.	Peter Asselman	1980	M35-39	Belgium	50	21:11:07,24	C1148
5.	James Bassett	1976	M40-44	Isle of Man	50	21:24:38,69	C1175

6.	Sandra Brown	1949	F65-69	United Kingdom	50	21:44:15,24	C 735
7.	Frank van Der Gulik	1977	M40-44	Netherlands	50	21:56:14,55	C1022
8.	Chris Van Cauwenbergh	1964	M50-54	Belgium	50	22:19:25,96	C1139
9.	Jack Bertrums	1963	M50-54	Netherlands	50	22:20:42,47	C1142
10.	Hardeep Minhas	1958	M55-59	United Kingdom	50	22:37:59,60	C1776
11.	Richard Brown	1946	M70+	United Kingdom	50	22:48:54,45	C 760
12.	Gustaaf Salu	1949	M65-69	Belgium	50	23:01:40,07	C1177
13.	Adrie Ros	1962	M55-59	Netherlands	50	23:05:02,52	C1178
14.	Gabriel Farmer	1957	M60-64	United Kingdom	50	23:08:56,01	C1179
15.	Martin Vos	1969	M45-49	Netherlands	50	23:13:34,95	C1180
16.	Hein Sanders	1964	M50-54	Netherlands	50	23:17:59,62	C1181
17.	Martin Fisher	1962	M55-59	United Kingdom	50	23:31:11,65	C 788
18.	Jean-Baptiste Bernard	1962	M55-59	France	50	23:42:22,37	C1182
19.	Joyce Crawford	1967	F50-54	United Kingdom	50	23:33:48,58	C1183
20.	Jos van de Wyngaert	1983	M30-34	Belgium	50	23:48:31,79	C1184
21.	Arie Kandelaars	1964	M50-54	Netherlands	50	23:49:27,16	C1185
22.	Gertrude Achterberg	1970	F45-49	Netherlands	50	23:49:28,24	C1186
23.	Larissa Droogendijk	1972	F45-49	Netherlands	50	23:52:38,56	C1187
	Marco Bloemerts	1965	M50-54	Netherlands	47	21:44:01,81	
	George Smolinski	1952	M65-69	United Kingdom	45	23:27:29,51	
	Colin Vesty	1965	M50-54	United Kingdom	42	19:20:10,76	C1167
	Christopher Flint	1944	M70+	United Kingdom	42	23:50:42,74	C 849
	Martin Payne	1960	M55-59	United Kingdom	36	16:47:50,68	
	Claire Law	1973	F40-44	United Kingdom	36	17:29:33,93	
	Jonathan Petty	1959	M55-59	United Kingdom	34	15:22:55,39	
	Jaap Visser	1937	M70+	Netherlands	32	16:33:39,82	C 944
	Jannie Bos	1955	F60-64	Netherlands	27	12:22:34,03	
	Sailash Shah	1964	M50-54	United Kingdom	26	14:08:29,02	
	Dick Stoevelaar	1957	M60-64	Netherlands	25	10:34:21,16	
	Albert Bos	1947	M70+	Netherlands	24	11:16:57,38	
	Trudy Geldhof	1967	F50-54	Netherlands	21	9:54:28,36	
	Arjan Lukken	1967	M50-54	Netherlands	20	8:43:47,40	
	Frans Leijts	1976	M40-44	Netherlands	18	8:43:51,38	C 949
	Gerda Stoevelaar-Engelkes	1955	F60-64	Netherlands	16	7:22:15,36	
	Adrian Walker	1963	M50-54	United Kingdom	15	7:06:20,24	
	Haydn Kenna	1960	M55-59	Isle of Man	9	4:17:00,46	

50 Miles Walk

1.	Richard McChesney	V45	New Zealand	10:24:48.4
2.	Ilonka Bommel (F)	V40	Netherlands	12:58:09.1

20 Miles Walk

1.	Rob Tersteeg	1976		2:58:31.1
2.	Ian Richards	1948	Steining AC	3:10:54.5
3.	Lisa Kehler (F)	1967	Wolverhampton & Bilston	3:23:18.0
4.	David Annetts	1964	North Herts RRC	3:32:17.4
5.	Peter Watts	1951	Swanley & District AC	3:46:38.0
6.	Maureen Noel (F)	1963	Belgrave Harriers	3:51:46.1
7.	Jim Fulton	1954	Dark Peak Fell Runners	4:03:13.6
8.	Mark Culshaw	1966	Iiford AC	4:05:04.6
9.	John Borgars	1946	Herts Phoenix AC	4:05:54.9
10.	Colin Stephen Moore	1959	Isle Of Man Veterans AC	4:07:16.8
11.	Sue Davies (F)	1965	Aldershot Farnham & District	4:12:26.4
12.	Tony Brackstone	1943	Southern Counties Veterans AC	4:14:49.0
13.	Edmund Shillabeer	1939	Iiford AC	4:16:03.6
14.	David Hoben	1952	Surrey Walking Club	4:24:24.1
15.	Suzanne Beardsmore (F)	1971	Aldershot Farnham & District	4:30:05.6
16.	Kathy Crilley (F)	1947	Surrey Walking Club	4:37:25.4
17.	Darren Sears	1968		4:58:04.8
18.	Mr David Jones	1949		5:03:01.3
19.	Pamela Abbott (F)	1963	Enfield and Haringey A C	5:12:55.9

- 20. George Wilkinson
- 21. Tony Wilkinson

DNF (1:45:26.8 10 Miles)
DNF (2:15:29.2 10 Miles)

A few additional comments:

Justin Scholz (C61) and Sharon Scholz (C63) earned their fifth centurion badges (to go with their Australian, Continental, US and NZ badges). They now join a very select group of 7 walkers with this honour. The only walkers ahead of them are Sandra Brown (all 7 possible badges) and Jill Green (6 badges). You can see a nice video of Justin and Sharon finishing at <https://www.facebook.com/linda.mcdermot.3/videos/10156623260899968/>.

SA based centurion Rob Robertson has updated his list of all those multiple-badge centurions. It is indeed an impressive document. See <http://www.walk100miles24hours.com/centurions-with-multiple-world-bagdes/>.

The amazing **Sandra Brown (C36)**, at 68 years of age, finished 6th overall and 2nd woman with 21:44:16. For Sandra, it was her 50th world-wide Centurion finish and her 31st UK Centurions finish to add to those completed elsewhere in the world. She continues to set records that will never be challenged.

Sandra also reported on the race:

We thoroughly enjoyed the whole weekend. We thought Bury St Edmunds a very interesting and attractive town and were so pleased we took an extra day to look around – massive abbey ruins in what is now a glorious park right in the historic centre, still surrounded by the old abbey walls, cathedral and other churches, Georgian theatre, old brewery, the old town laid out around 900 AD by Abbot Baldwin, with lovely buildings of a mix of periods, nice old pubs etc... including the tiny “Nutshell” pub which claims to be the smallest pub in England. Well, we just had to have a pint of ale from the excellent local Greene King brewery!

The 100 mile race and supporting 20 and 50 mile events were very well organised by Kevin Marshall and Sue Clements [both UK Centurions and Sue an Australian Centurion]. It was a great pleasure to walk with Justin and Sharon and the many Dutch and Belgian walkers who came to take part. The number of new Centurions – fifteen - was very pleasing. Richard and I both enjoyed and survived another 100! Jill Green very kindly offered to help us in addition to other walkers she looked after. I did 21.44 and Richard 22.48. This was my 50th Centurion 100 miles completion worldwide [of which 31 in UK Centurion races, 14 in Continental Centurion events and 1 each in the five other countries where there are Centurion clubs.] So it was very satisfying to complete the race, and especially in such good company, in a well-organised and enjoyable race, and in the friendly community of a delightful town. We were very pleased that we both finished; this was Richard’s 19th in UK. And the medal is one of the most beautiful I’ve ever received – a reproduction of a famous stained glass window of the legend of St Edmund.



*Left: Justin and Sharon Scholz on their way to their fifth centurion badges
Right: Overall winner Guido Vermeir takes the lead from the gun*

48TH DODENBTOCHT (DEATH MARCH), BORNEM, BELGIUM, 11-13 AUGUST

The Dodentocht (Dutch for March of the Dead) is a long-distance march of 100 km organized annually in Bornem, Belgium, since 1970 (see <http://www.dodentocht.be/>). The grueling march derives its name from the length of the march and the rough and forested terrain over which it is held. The 2017 edition saw a record 13030 entries and started at 9PM on Friday 11th August in the Belgian city of Bornem.

There are no rankings or records. If walkers complete the route in under 24 hours, they are awarded a certificate confirming their timings, along with a medal, a badge and a large gingerbread.

Rudi Schoors (C55) and **Caroline Mestdagh (C56)** were both in action. Thanks to Rudi for his walk reported

Hello Tim,

Fourteen days ago we went to the most important walk in Belgium: 'The Death March' at Bornem'. It started as a walk in 1970 but at this moment a lot of runners do participate in this walk.

Compared with the other 100 km walks in Belgium, this is totally different. If other organizations have around 250 participants they are satisfied. Bornem has again broken its record with 13,952 registrations this year! You could only start if you had an entry in advance and this was for the first time ever.

The start is at the Abbey of Bornem at 9 PM on Friday. You get 24 hours to reach the finish. The circulation is very flat and most of the time on paved roads. First you make a loop of 14km before you arrive back at the atmospheric center of Bornem. The main street and the market are full of supporters and most of them are laying back in one of the pubs which are along the road. They encourage the walkers and this for long after midnight. The same in the small villages where you pass.

Afterwards you walk near the Schelde and the first important stop is at the famous brewery of Duvel at the 36km mark. At this point, a lot of the inexperienced walkers quit the walk.

For the first time in many years, the next important stop was changed as the brewery the Palm at 53 km didn't open their facilities for the walkers. So the organization had to look for another shelter and the sports gym at Merchtem showed their hospitality. Here you could use the opportunity to have your bag with your personnel stuff and have a small meal. For many walkers this is a critical point as well. Should we go further? Or do we take the bus which brings us back to the start? The people of the Red Cross have loads of work by taking care of the blisters. Many walkers did have blisters this year; it was very humid and rather warm during the night and it rained for a couple of hours!

Until then, check points were between 7 km and 11 km. From that point onwards, they got closer and most were around 5 km. The weather stayed cloudy but it had stopped raining. So conditions were very good.

We arrived together with two friends at 10:09AM on Saturday. Caroline finished for the 16th time, Rudy one more. Satisfied and pleased we stayed some time at the market place to watch some of our friends arriving.

This international event is a special day for Belgian walking. What 'the 4 days of Nijmegen' means to the Dutch, 'The Death March' means to the Belgian people. The Death March is reported on TV and radio and in the newspapers. People talk about it for days and weeks before and after the event: at work, at the shops, with family and friends. It is a wonderful promotion for ultra-walking!

This year 8582 walkers finished, and 5370 are hoping to practice more for success next year!



*Left: Caroline and Rudi (centre two walkers) in action
Right: the finisher's medals*



Caroline and Rudy pass through one of the many towns along the way (photos Rudi Schoors)

2019 will be the 50th staging of this iconic event and is one to bookmark, if you want a great trip and a once in a lifetime experience.

6 JOURS DE FRANCE, PRIVAS ARDÈCHE, FRANCE, 20-26 AUGUST

We don't have many 6 Days races left in the world, but one of the regulars is the 6 Jours De France, held annually in the French city of Privas. This year saw the 12th edition of this iconic event, held from 20th to 26th August.

It features both run and walk divisions and featured 132 entrants in total (100 runners and 32 walkers). There used to also be a 72 Hour event but this was not part of the program this year. It is the longest official race in France, and the biggest 6-day race in the world, with regularly well over 100 participants.

It is deemed to be a 'road event', its course being a loop of 1.025km around a sporting precinct. Several world records have been set over the years during this competition, including the following two walking records

- Claudine Anxionnat, in 2014, set a new women's 6 day world walk record of 620.276 km.
- Dominique Bunel, in 2015, set a new men's 6 day world walk record of 752 km.

This year, the men's walk was won by **Philippe Clement** with 652.9km and the women's walk was won by **Claudie Bizard** with 627.3km. Yes, that's right. Claudie bettered Claudine Anxionnat's world best by just over 9km.

Also in action were English Centurions **Suzanne Beardsmore** (384.4km), **Kathy Crilley** (349.5km) and **Richard McChesney** (503.3km). Special mention to Kathy who is 69 years of age. What a superb performance.

Full results at <http://6jours-de-france.fr/index.php/42-banners/114-accueil-classement>. But a word of warning – these show the distance at the last completed lap. You have to click on the person's name and drill down to see the final distance which will be larger. Anyway, with that said, here is the walk snapshot, taken for each walker at the start of the last lap.

6 Jours de France – Walk Results					Laps	Distance	Final Lap Time
1.	58	CLEMENT - Philippe	M	FRA	637	650 123 km	143:58:12
2.	108	CAILLEAUX - Patrick	M	FRA	615	627 683 km	143:58:12
3.	53	BIET - Christophe	M	FRA	614	626 663 km	143:50:24
4.	122	BIZARD - Claudie	F	FRA	611	623 603 km	143:52:45
5.	30	BERT - Dominique	M	FRA	589	601 163 km	143:33:25
6.	99	MOUTIER - Jacques	M	FRA	570	581 783 km	143:53:45
7.	52	ODOUARD - Dominique	M	FRA	539	550 163 km	143:49:39
8.	68	ARNAULT - Jacques	M	FRA	517	527 723 km	143:59:11
9.	114	ARITA - Seïgi	M	JAP	499	509 363 km	143:50:34
10.	23	FREYBURGER - Sabrina	F	FRA	499	509 363 km	143:56:32
11.	96	HAUSMANN - Martina	F	GER	496	506 303 km	143:57:40
12.	128	BLONDE - Daniel	M	FRA	491	501 203 km	143:18:31
13.	15	MC CHESNEY - Richard	M	NZL	490	500 183 km	143:54:40
14.	20	ECHE - Dominique	M	FRA	471	480 803 km	143:49:07
15.	84	LINARD - Benoit	M	FRA	467	476 723 km	143:48:30
16.	67	ARNAULT - Francoise	F	FRA	440	449 183 km	143:59:10
17.	24	PRUCKNER - Jaroslav	M	CZE	403	411 443 km	143:55:01
18.	130	RABREAU - Yves	M	FRA	395	403 283 km	143:58:05
19.	135	BEARDSMORE - Suzanne	F	GBR	374	381 863 km	143:59:43
20.	28	PIERRE - Patrick	M	FRA	348	355 343 km	143:54:56
21.	51	SCHEFFER - Christian	M	FRA	346	353 303 km	139:51:22
22.	6	CRILLEY - Kathy	F	GBR	340	347 183 km	143:59:43
23.	72	JOASSARD - Patrick	M	FRA	330	336 983 km	128:43:52
24.	21	LESCURE-THANRON - Elisabeth	F	FRA	313	319 643 km	87:10:27
25.	42	POISSANT - Nicolas	M	FRA	304	310 463 km	143:51:02
26.	79	LESCURE - Frederic	M	FRA	251	256 403 km	89:17:46
27.	3	ESTATOF - Bernard	M	FRA	232	237 023 km	110:43:24
28.	115	SALOMEZ - Benedicte	F	FRA	222	226 823 km	143:44:40
29.	22	THANRON - Bernard	M	FRA	209	213 563 km	92:04:52
30.	87	BURGER - Alain	M	FRA	180	183 983 km	143:38:20
31.	39	VINCENT - Verone	F	FRA	162	165 623 km	143:48:40
32.	80	AUVRE - Alain	M	FRA	135	138 083 km	65:06:51

You can read mor about this event at https://fr.wikipedia.org/wiki/6_jours_de_France .

24 HEURES DE VALLORBE MARCHE, VALLORBE, SWITZERLAND, 26-27 AUGUST
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Unfortunately, the 24 Heures de Vallorbe ultra walk, due to be held in Vallorbe in Switzerland in late August, was cancelled as a result of insufficient entries (14 in total for all the races). This was billed as one of the qualificatin competitions for the 2018 Paris-Alsace Classic.

THE MOST PROLIFIC AUSTRALIAN BASED CENTURIONS

Now no one is ever going to get near Sandra Brown's 183 hundreds, but a number of our Australian based Australian Centurions have clocked up quite a few walks of 100 miles or more within 24 hours. **Peter Bennett (C24)** is way ahead with 21, followed by **Carol Baird (C39)** with 10, then by **Geoff Hain (C49)** and **Justin Scholz (C61)** with 9 each. The main contenders are:

Peter Bennett (C24)	(21)	19:42:54	08-09 Oct 1994 18-19 Sept 2005 15-16 Ap 2006 11-12 Aug 2007 5-6 July 2008 30-31 May 2009 19:48:40 27-28 June 2009 1-2 August 2009 22:01:35 17-18 April 2010 12-13 June 2010 31 Jul - 01 Aug 2010 25-26 June 2011 22:53:09 14-15 April 2012 16-17 June 2012 20:40:22 28-29 July 2012 8-9 June 2013 22:44:26 19-20 July 2013 20:33:00 14-15 Sept 2013 07-08 June 2014 22:58:16 27-27 July 2014 30-31 May 2015	George Knott Athletic Field, Clifton Hill, Victoria Completed 172.500 km in Malaysia (MC 32) Completed 176.175 km in Rouen 24H (3rd) Completed 165.260km in Malaysia (MC 40) Completed 214.65 km in Rouen 24H, France (1st) Completed 213.885 km in Rouen 24H, (1st) St Lucia, Queensland Completed 177.300 km Caboolture 24H, Qld Coburg Harriers Track, Coburg, Victoria. Completed 216.240 km in Rouen 24H, (2nd) Completed 165.400 km in Caboolture 24H, Qld Completed 213km in Rouen 24H, France (1st) Coburg Harriers Track, Coburg, Victoria Completed 213km in Rouen 24H, France (1st) Caboolture, QLD Completed 213km in Rouen 24H, France (1st) Caboolture, QLD Middle Park, VIC Completed 209.0km in Rouen 24H, France (1st) Caboolture 48H (273.861km in 48 hours) Completed 196.350km in Rouen 24H, France (1st)
Carol Baird (C39)	(10)	22:16:43 21:47:47 21:26:10 20:55:46 20:31:34 20:48:53 21:13:27 21:55:35 22:34:05	18-19 Sept 1999 08-09 April 2000 02-03 Sept 2000 07-08 July 2001 25-26 Aug 2001 13-14 April 2002 08-09 July 2002 19-20 Oct 2002 12-13 April 2003 11-12 July 2009	Coburg Harriers Track, Coburg, Victoria (ARR) Coburg Harriers Track, Coburg, Victoria (ARR) Coburg Harriers Track, Coburg, Victoria (ARR) Auckland, NZ (ARR) Completed 169.252 km in Malaysia (MC 9) Coburg Harriers Track, Coburg, Victoria (ARR) Auckland, NZ (NZC 6) Adelaide Harriers Track, Adelaide, SA Coburg Harriers Track, Coburg, Victoria Newmarket, England (EC 1071)
Geoff Hain (C49)	(9)	23:30:38 23:27:49 23:38:25 23:31:43 23:33:47 23:25:14 23:18:30 23:24:50	16-17 Oct 2004 16-17 April 2005 1-2 Oct 2006 22-23 April 2006 19-20 Aug 2006 21-22 April 2007 17-18 Nov 2007 31 May – 1 Jun 2008 18-19 April 2009	Santos Stadium, Adelaide, SA Coburg Harriers Track, Coburg, Victoria Completed 162.474 km in NZ Cent (NZC 14) Coburg Harriers Track, Coburg, Victoria Isle of Man, British Centurion Qualifier (EC 1051) Coburg Harriers Track, Coburg, Victoria Grapevine, Texas, USA (USAC 68) Schiedam, Holland (CC 368) Coburg Harriers Track, Coburg, Victoria
Justin Scholz (C61)	(9)	22:09:03 19:43:21 22:40:37 21:03:00 22:29:51 22:24:28 21:45:13 20:43:51 21:04:54	14-15 July 2012 15-16 June 2013 14-15 Sept 2013 14-15 June 2014 6-7 June 2015 03-04 Oct 2015 14-15 May 2016 18-19 June 2016 5-6 Aug 2017	Road 2200m circuit, Adelaide, SA Blacktown, NSW Middle Park, VIC Blacktown, NSW Minnesota, USA (USAC 76) Auckland, NZ (NZ C 20) Schiedam, NED (CC 437) Sydney, NSW Bury St Edmunds, ENG (C 1173)

Michelle Thompson (C58) (6)	22:03:27	16-17 April 2011	Coburg Harriers Track, Coburg, Victoria
	21:36:14	23-24 June 2012	Blacktown Olympic Park, Blacktown, NSW
	20:22:36	13-14 April 2013	Coburg, Victoria (AR)
	19:53:19	04-05 April 2014	Coburg, Victoria (AR)
	20:28:57	16-17 April 2016	Coburg, Victoria
	21:49:53	17-18 Sept 2016	28H de Roubaix, France
Sharon Scholz (C63) (6)	20:06:00	15-16 June 2013	Blacktown, NSW
	22:40:37	14-15 Sept 2013	Middle Park, VIC (AR)
	22:29:51	6-7 June 2015	Minnesota, USA (USAC 77)
	22:24:28	03-04 Oct 2015	Auckland, NZ (NZ C 21)
	21:45:13	14-15 May 2016	Schiedam, NED (CC 436)
	21:04:54	5-6 Aug 2017	Bury St Edmunds, ENG (C 1174)
Deryck Skinner (C51) (4)	22:39:55	15-16 Oct 2005	Santos Stadium, Adelaide, SA (Oldest perf)
	23:23:43	22-23 April 2006	Coburg Harriers Track, Coburg, Victoria
	23:23:30	11-12 Aug 2006	Aust 48H Championship, Gold Coast, QLD
	23:30:12	30 Sept - 1 Oct 06	Santos Stadium, Adelaide, SA

Let me know if you see any errors or omissions here.

FINANCIAL NEWS

No news is good news. No incomings or outgoings this month and our bank balance remains at \$677.86.

UNTIL OUR NEXT NEWSLETTER

Another edition completed and lots of news as usual. After 3 weeks in the English summer, I can report that it is well and truly COLD back here in the final throes of Melbourne's winter. Oh for the warmer weather of spring and summer. Of course, I will then be pining for the cool winter months!

Yours in Centurion walking

Tim Erickson (C 13)
1 Avoca Cres, Pascoe Vale, Victoria, Australia, 3044