

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/>.

Mar 16-18, 2018	Canberra 48H Carnival	Canberra, ACT
Mar 17-18, 2018	Les 24 heures de Château-Thierry (2018 Paris-Alsace qualifier)	Château-Thierry, FRA
Apr 21-22, 2018	2018 Australian Centurions 24H Qualifier See http://www.coburg24hr.org/24hr/race-entry/	Coburg, VIC
Apr 21-22, 2018	Les 24 heures de Dijon (2018 Paris-Alsace qualifier)	Dijon, FRA
May 19-20, 2018	Continental Centurions 24H Qualifier http://www.rotterdamsewandelsportvereniging.nl/index.php?page=rwv-wandelweekend-english	Schiedam, NED
June 2-3, 2018	2018 USA Centurions 24H Qualifier See http://www.fans24hour.org/index.html	Fort Snelling, Minnesota, USA
June 2-3, 2018	Sri Chinmoy 24 Hour Track Race	Sydney, NSW
June 10, 2018	Gold coast 100 (100km)	Gold Coast, QLD
June 23-24, 2018	Parish Walk (85 Miles)	Isle of Man
Jul 14, 2018	Adelaide 24H/12H/6H	Adelaide, SA
Aug 12, 2018	Inaugural 100km Walk	Komló, HUN
Aug 25-26, 2018	Wadelincourt 24 Hours Walk (2019 Paris-Alsace qualifier)	Wadelincourt, FRA
Sep 15-16, 2018	Nijmegen-Rotterdam (160km)	Nijmegen, NED
Sept 15-16, 2018	Roubaix 28 Hours Walk (TBC)	Roubaix, FRA
Oct 7-8, 2018	2018 NZ Centurions 24H Qualifier See https://nz.srichinmoyraces.org/races/auck/24hr	Aucklsnd, NZ

I received the following information from race director Ian Cornelius last month – sounds like a walk friendly event!

The Gold Coast 100 is now back at the Runaway Bay course, used in 2003-6 and again last year. It is 16 laps of a 6.25 kms loop, on footpaths of about 50% concrete and 50% bitumen. It is flat and traffic free. The course is fast, with Francesco Ciancio achieving 7:07:54 last year (fastest time on Australian soil since 1996) and Marita Eisler 7:59:16 (2nd fastest time on Australian soil ever). I intend to open the event up to walkers this year. The event will start at 0630, soon after first light and there will be no cut off time imposed. The next event is on Sunday 10 June 2018. The website is at <https://www.goldcoast100.com/>

Kindly pass this information on to your members.

Kind regards

Ian Cornelius, CEO, Gold Coast Ultras

Emmanuel Tardi has forwarded to me the details of a new 100km walk in the European calendar. Being organized by top Hungarian ultra walker Zoltán Czukor, it will be held in the Hungarian city of Komló on Sunday 12th August 2018. I have added it to the calendar above and will publish the event website when it is up and running.

OUT AND ABOUT

Justin Scholz (C61) and **Sharon Scholz (C63)** are travelling again this year. They certainly get around. Here is what Justin had to say recently:

We are very excited to be heading back to Vierdaagse Nijmegen in July this year (4 days, 50km walk each day, 47000 participants in total). Sharon is a guaranteed entrant too of course, and hopefully Jasmine makes it through

the lottery for a place in the 30km event each day. It's a whirlwind part of our trip this year, but probably the part I'm personally most looking forward to.

American based **Rob Robertson (C68)** has made a start to what will be a busy year. Last weekend, he completed the Cowtown 50km ultra marathon in Fort Worth, Texas. He commented:

My training has not been ideal with a lot of cold days. I do not enjoy training in the cold. I tend to skip days. I walked the first 28 miles at my goal pace to finish in 6 hours but faded at the end to finish with 6:01:19. I am looking forward to some serious training now as I prepare for the U.S. Qualifier in Minneapolis this June. We also have a good looking field of walkers signed up. I plan to finish my second 100 miles at FANS and use that race as a springboard for the New Zealand Centurions qualifier in October. New Zealand is my main Goal this year. I want that New Zealand Centurion badge.

Great work Rob. All the best with your ongoing preparations.

AUSTRALIAN CENTURIONS QUALIFIER UPDATE

Our Coburg 24H entry list has now grown to 45, with a total of 17 walkers – 3 women and 11 men in the 24 Hour Walk, 2 men in the 12 Hour Walk and 1 man in the 6 Hour walk. With just under 8 weeks to go, I am hopeful of lots more entries overall, with more walkers to be added to the mix. Scroll to the bottom of our race entry page <http://www.coburg24hr.org/24hr/race-entry/> and you can click on a link to get the current entry list.

LES 8 HEURES DE CHARLY-SUR-MARNE, CHARLY-SUR-MARNE, FRANCE, SUNDAY 4 FEBRUARY

Emmanuel Tardi was in Charly-sur-Marne, about 100km east of Paris, in early February for the first ultra walk classic for the year. The temperature was around 0°C for the 8am start and stayed very cold for the entire day, along with a very cold wind. The opening lap was 1.075km, followed by laps of 2.575km, enabling a 50km time on the 20th lap. The field was big with 75 starters (57 men, 9 women and 9 teams).

In the men's event, **Daniel Foudjem** led the race for 50km before slowing. Daniel was in the Cameroon team in the Naumburg World Cup (91st in 1:36:44) and in La Coruna (53rd in 5:05:51). **Maxime Faiteau**, a young walker, then took the lead and kept it to the end of the event, eventually winning by over 2km with a distance of 73.175km. In the women's event it was a tough battle for the lead, with the top three finishing within a 2:25 margin, with **Emilie Bizard Planchot** first, reaching the end of lap 24 (62.875km) in 7:59:57. As for Emmanuel, he kept warm with a stroll in the ancillary 10km which started at 10AM.

8 Hour Walk Men

1.	FAITEAU Maxime	Entente Poitiers Athle 86	28	73.175 km	7:52:29	9.292 km/h	SEH 1
2.	FOUDJEM GANNO Daniel	Bordeaux Athle	27	70.600 km	7:48:05	9.050 km/h	VEH 1
3.	GILLES Philippe	Usm Montargis	27	70.600 km	7:49:58	9.013 km/h	VEH 2
4.	MOREL Philippe	Ac Chateau Thierry	27	70.600 km	7:51:03	8.993 km/h	VEH 3
5.	VANDERCOILDEN David	Cm Roubaix	27	70.600 km	7:53:33	8.945 km/h	VEH 4
6.	VARAIN Cedric	Ac Chateau Thierry	26	68.025 km	7:49:50	8.687 km/h	SEH 2
7.	LASSALLE Emmanuel	Cm Roubaix	26	68.025 km	8:03:21	8.444 km/h	SEH 3
8.	MALFONDET Alain	Nl Paris	26	68.025 km	8:04:36	8.422 km/h	VEH 5
9.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	25	65.450 km	7:45:45	8.432 km/h	VEH 6
10.	LABARRE Bertrand	Cs Provins Athletisme	25	65.450 km	7:50:32	8.346 km/h	VEH 7
11.	PELLERIN Alain	Rc Epernay	25	65.450 km	7:50:56	8.339 km/h	VEH 8
12.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	25	65.450 km	7:58:25	8.208 km/h	SEH 4
13.	COULOMBEL Pierre	Cm Roubaix	24	62.875 km	7:45:42	8.101 km/h	VEH 9
14.	BOUFFLERT Eric	G.a.b.s	24	62.875 km	7:49:12	8.040 km/h	VEH 10
15.	GIRAUDEAU Denis	Union Laique Athletique De Cor	24	62.875 km	7:50:20	8.021 km/h	VEH 11
16.	LEIJTENS Frans	Rotterdam Wv	24	62.875 km	7:51:14	8.006 km/h	VEH 12
17.	THEVENIN Pascal	Marne Et Gondoire Athletisme	24	62.875 km	7:51:28	8.002 km/h	VEH 13
18.	TOUTAIN Eric	As Culturelle Francophone	24	62.875 km	7:54:14	7.955 km/h	VEH 14
19.	LETESSIER Gilles	Plm Conflans	24	62.875 km	7:54:14	7.955 km/h	VEH 15
20.	HIERNARD Alain	Nl Afd 02	24	62.875 km	7:55:25	7.935 km/h	VEH 16
21.	GRADOS Stephane	Cm Roubaix	24	62.875 km	8:00:29	7.851 km/h	VEH 17
22.	DIEN Daniel	Neuilly Sur Marne Athletisme	24	62.875 km	8:06:20	7.757 km/h	VEH 18
23.	BALLAND Johann	Athletic Vosges Entente Clubs	23	60.300 km	7:45:59	7.764 km/h	VEH 19
24.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	23	60.300 km	7:51:30	7.673 km/h	VEH 20
25.	DELANGE Dominique	Aj Auxerre Section Marathon	23	60.300 km	7:53:00	7.649 km/h	VEH 21

26.	BUISSON Dominique	Saint-brice Athletisme	23	60.300 km	7:54:53	7.619 km/h	VEH	22
27.	HELLER Denis	Ref Issy Avia	23	60.300 km	7:58:42	7.558 km/h	VEH	23
28.	PIOT Cedric	NI Crepy-en-valois	23	60.300 km	7:58:44	7.557 km/h	SEH	5
29.	PAPI Luca	NI Waa Running	23	60.300 km	7:58:44	7.557 km/h	SEH	6
30.	CHATILLON Dominique	NI Fublaines	23	60.300 km	7:59:06	7.552 km/h	VEH	24
31.	SEYNAEVE Serge	Cm Roubaix	23	60.300 km	8:00:29	7.530 km/h	VEH	25
32.	MICHELOT Remi	Es Thaon	23	60.300 km	8:01:30	7.514 km/h	VEH	26
33.	BOVIN Laurent	A Marcheurs St Thibault Des V	23	60.300 km	8:07:06	7.428 km/h	VEH	27
34.	CHAUVITEAU Daniel	NI Jouy-sur-morin	22	57.725 km	7:45:09	7.446 km/h	VEH	28
35.	HUART Gilles	Asptt Besancon	22	57.725 km	7:46:36	7.423 km/h	VEH	29
36.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	22	57.725 km	7:51:28	7.346 km/h	VEH	30
37.	THEVENIN Hugues	NI Torcy	22	57.725 km	8:01:09	7.198 km/h	VEH	31
38.	FILLIEUX Christian	Caf Belgique	22	57.725 km	8:06:37	7.118 km/h	VEH	32
39.	DALOZ Robert	Neuilly Sur Marne Athletisme	21	55.150 km	7:55:21	6.961 km/h	VEH	33
40.	FARAGO Bela	Ecla Albi	20	52.575 km	7:45:34	6.776 km/h	VEH	34
41.	GARCIA Ludovic	NI Free Runners 93	20	52.575 km	7:45:36	6.775 km/h	VEH	35
42.	BORDIER Daniel	Ac Chateau Thierry	20	52.575 km	7:57:31	6.606 km/h	VEH	36
43.	HAGHEBAERT Eric	Ac Chateau Thierry	20	52.575 km	8:06:44	6.481 km/h	VEH	37
44.	EMONIERE Philippe	Cosm Arcueil	19	50.000 km	7:52:59	6.343 km/h	VEH	38
45.	KESSELMARK Patrick	NI Mareuil-les-meaux	18	47.425 km	7:56:30	5.972 km/h	VEH	39
46.	NICOLAS Alain	NI	18	47.425 km	8:07:09	5.841 km/h	VEH	40
47.	ESTEVEES Jean-marc	NI Chierry	18	47.425 km	8:07:10	5.841 km/h	VEH	41
48.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	18	47.425 km	8:10:15	5.804 km/h	VEH	42
49.	LEMOINE Daniel	NI Domont	17	44.850 km	7:45:13	5.784 km/h	VEH	43
50.	SAUNEUF Lola	Marne Et Gondoire Athletisme	17	44.850 km	7:45:42	5.778 km/h	VEF	7
51.	MAES Marcel	NI Montlignon 95	9	24.250 km	7:54:21	3.067 km/h	VEH	47
52.	LETOURNEAU Florian	Ac Chateau Thierry	16	42.275 km	4:22:31	9.662 km/h	SEH	7
53.	GEORGELIN Serge	Bruz Athletisme	15	39.700 km	4:47:42	8.279 km/h	VEH	44
54.	JORDANA Alexis	Blagnac Sc	15	39.700 km	5:07:10	7.755 km/h	VEH	45
55.	LACROIX Jean-louis	Ac Chateau Thierry	12	31.975 km	4:12:38	7.594 km/h	VEH	46
56.	LOUGRADA Saadi	Cm Roubaix	5	13.950 km	1:41:36	8.238 km/h	VEH	48
57.	DEPARDAY Fabien	NI Acdf 78	3	8.800 km	0:58:36	9.010 km/h	VEH	49

8 Hours Walk Women

1.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	24	62.875 km	7:59:57	7.860 km/h	SEF	1
2.	BARBIER Florence	NI Plaisance Du Touch 31	24	62.875 km	8:01:20	7.838 km/h	VEF	1
3.	DAVID Christine	CO Les Ulis	24	62.875 km	8:02:22	7.821 km/h	VEF	2
4.	BIZARD Claudie	Thiais Ac	23	60.300 km	7:51:40	7.671 km/h	VEF	3
5.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	23	60.300 km	8:02:00	7.506 km/h	VEF	4
6.	RODIER Nicole	Efs Reims A.	22	57.725 km	8:02:32	7.178 km/h	VEF	5
7.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	22	57.725 km	8:05:36	7.132 km/h	VEF	6
8.	REGARDEBAS Audrey	NI Antony 92	19	50.000 km	7:48:34	6.403 km/h	SEF	2
9.	SAUNEUF Lola	Marne Et Gondoire Athletisme	17	44.850 km	7:45:42	5.778 km/h	VEF	7

10km Walk

1.	DA SILVA CARVALHO LEITE Thomas	Coulommiers BA		54:09	SEH	1
2.	Marie Frederic			57:40	VEH	1
3.	BRASTEL Adeline	Efs Reims A.		57:41	VEF	1
4.	CHRISMENT Gilles Pascal	Marne Et Gondoire Athletisme		1:00:33	VEH	2
5.	NICOLAS Zoe	Efs Reims A.		1:01:29	CAF	1
6.	ROPERs Adele	Pays De Colmar Athletisme		1:04:24	SEF	1
7.	BIEBUYCK Pascal			1:05:55	VEH	3
8.	LANGLOIS Chloe			1:06:54	ESF	1
9.	DUCRUET Nadia	Ac Chateau Thierry		1:13:15	VEF	2
10.	MALLET Martine	NI Afd02		1:17:30	VEF	3
11.	JOBERT Jacqueline	NI Afd02		1:18:24	VEF	4
12.	MAURICE Fabienne	Ac Chateau Thierry		1:20:15	VEF	5
13.	ANTHONY Michel	NI Etampes		1:20:35	VEH	4
14.	MOINEAU Isabelle	Ac Chateau Thierry		1:20:35	VEF	6
15.	TARDI Emmanuel	La Postillonne Longjumeau		1:23:12	VEH	5
16.	MALLET Christian	NI Afd02		1:26:42	VEH	6
17.	DANHIEZ Florence	NI Afd02		1:26:42	VEF	7



Maxime Faiteau, Daniel Foudjem and Philippe Gilles



Emilie Bizard Planchot, Florence Barbier and Christine David (photos Emmanuel Tardi)

24 HEURES DE BOURGES, BOURGES, FRANCE, 24-25 FEBRUARY

Emmanuel Tardi was in Bourges, France, in late February for the 24 Heures de Bourges classic. Billed as one of the qualifying races for the 2018 Paris-Alsace race later this year, it was keenly contested by many of the top ultra walk exponents.

The race started at 1PM on Saturday on a flat but cambered road, with each lap 2.5km in length, until the last hour when the lap distance changed to 633m. Unfortunately, the event was marred by very cold conditions, around 0°C during the first day and then down to around -8°C overnight. You can see the many layers of clothing in Emmanuel's photos. On the Sunday morning, the sun came out but it was still very cold, forcing the walkers to put their sunglasses on but not tempting them to shed any layers.

In the men's race, **Christophe Laborie** and **Alexandre Forestieri** led for the first 14 hours, sometimes with **Florian Letourneau**. Laborie and Forestieri led through the 100km mark in 11h50 with Letourneau not far behind with 11h54.

As dawn broke on Sunday morning, Laborie managed to break clear, going on to win with 189.800km. **Guido Vermeir** (12h24 at 100k) finished strongly, coming through from 8th place to finish 2nd with 186.299km. Special mention to USA based **Ivo Majetic (C71)** who finished 5th with 175.223km.

In the women's race, Russian **Tatiana Maslova** led from beginning to end, her final distance being 173.827km. Second place saw a big battle between the legendary English walker **Sandra Brown (C36)** and French walker **Karine Zeimer**, having her first long distance race. Sandra held her out to finish second with 169.359km, Zeimer third with 168.116km.

It is Sandra's first 'hundred' for the year and takes her grand total to **187**. At her current rate of 8-10 hundreds per year, she will hit the 200 mark in 2020! Check out the full list at <http://centurions.org.au/centranks.shtml>.

The ancillary 2x6 Hour race (first stage from 1PM to 7PM on Saturday and second stage from 7AM to 1PM on Sunday) saw a strong win to **Cedric Varain** (106.051km) ahead of 69 year old **Alain Gibelli** (103.301km).

24 heures de Bourges

1.	LABORIE Christophe	CO des Ulis	189.800 km
2.	VERMEIR Guido	Belgium	186.299 km
3.	LETOURNEAU Florian	AC Chateau-Thierry	184.521 km
4.	FORESTIERI Alexandre	UST Courir a St Tropez	183.080 km
5.	MAJETIC Ivo	USA	175.223 km
6.	MASLOVA Tatania (F)	Russia	173.827 km
7.	PINEAU Laurent	Haute Saintonge Athlétisme	172.565 km
8.	BROWN Sandra (F)	GBR	169.359 km
9.	ZEIMER Karine (F)	AO Nivernaise	168.116 km
10.	DURAND Gerard	US Aigrefeuille Athletisme	167.617 km
11.	MALFONDET Alain	N.L. Paris	163.080 km
12.	TOUTAIN Eric	ASC Francophone	161.932 km
13.	DAVID Christine (F)	CO des Ulis	160.843 km
14.	ECHE Dominique	Nice Cote d'Azur Athletisme	158.851 km
15.	JACQUEMIN Mickael	AV Pays de Mirecourt	155.828 km
16.	GILLET Max	N.L. Ascheres-le-Marche	155.408 km
17.	BIZARD Claudie (F)	Thiais AC	154.660 km
18.	VINCENT Dominique	N.L. Toulouse	146.555 km
19.	CRILLEY Kathy (F)	GBR	143.621 km
20.	CAIN Marie (F)	Esperance Antibes	142.837 km
21.	ARNAULT Françoise (F)	Neuilly-sur-Marne Athlétisme	141.470 km
22.	CHUI Didier	US Berry Athletisme	141.098 km
23.	RINGUEDE Dominique	N.L. Audax Rando Gien	140.054 km
24.	CARREY Franck	N.L. - Berry-Bouy	135.666 km
25.	DE MARCILLAC Bertrand	CA Montreuil	133.401 km
26.	MULLARD Michel	N.L. - U Berrichonne Loiret	125.420 km
27.	SVENSSON Christer	Sweden	124.049 km
28.	BOURSAIN Mickaelise (F)	N.L. Checy	122.917 km
29.	DEPARDAY Fabien	N.L. AP Yvelines	122.715 km
30.	BUTET Marc	N.L. - EM Bourges	118.275 km
31.	GLASER Bernard	Neuilly-sur-Marne A	117.658 km
32.	DELANGÉ Dominique	AJ Auxerre Sect. Marathon	107.398 km
33.	RASSAIND Andre	Amicale Laique Voiron	105.666 km
34.	LANDRU Noelle (F)	AS Corbeil-Essonnes	100.845 km
35.	DUVAL Bernadette (F)	N.L. Clermont-Ferrand	99.540 km
36.	EMONIERE Philippe	COSM Arcueil	62.857 km
	GEORGELIN Serge	Bruz Athletisme	122.500 km in 16:24:38
	DE SOUSA Marie-Lise	AO Charenton	102.500 km in 16:39:26
	THEVENIN Pascal	Marne et Gondoire A	85.000 km in 11:18:38
	ARNAULT Jacques	Neuilly-sur-Marne A	85.000 km in 13:16:34
	BOUILLON Philippe	N.L. Nevers	77.500 km in 14:01:48
	NAUDIN Jean-Pierre	N.L. - Saint-Jean-de-Braye	65.000 km in 18:49:02
	LACROIX Jean-Louis	AC Chateau-Thierry	60.000 km in 07:57:50
	CHEVALLEREAU Mathieu	US Aigrefeuille Athletisme	45.000 km in 07:38:40



Florian Letourneau, Christophe Laborie, Cedric Varain and Guido Vermeir in action in Bourges



Karine Zeimer, Tatiana Maslova and Sandra Brown (photos Emmanuel Tardi)

And for completeness, here are the results of the 2x6 Hours Race

2x6 Heures de Bourges

1. VARAIN Cedric	AC Chateau-Thierry	106.051 km
2. GIBELLI Alain	CSM La Seyne	103.301 km
3. BOCUZE Daniel	FAC Andrezieux	100.902 km
4. LABARRE Bertrand	CS Provins Athletisme	96.951 km
5. GRASSI Alain	Pass Athle Team TDA	95.606 km
6. GIRAUDEAU Denis	ULA Cornouaille	91.703 km
7. BALLAND Johann	Athletic Vosges EC	90.340 km
8. BOVIN Laurent	A.M St Thibault des Vignes	88.503 km
9. DIEN Daniel	Neuilly-sur-Marne A	88.503 km
10. DALOZ Robert	Neuilly-sur-Marne A	87.374 km
11. PANNIER Josiane (F)	Havre AC	85.921 km
12. MOUGENOT Patrick	Marne et Gondoire A	85.604 km
13. BEN EL KEBIR Hafid	CSL Neufbrisach	78.908 km

14. GILLARD Lydia (F)	ASC Francophone	78.228 km
15. AUBERT Patrice	Die AC	74.679 km
16. MAUNY Claude	Neuilly-sur-Marne A	39.241 km
HARBULOT Francis	Pass Athle Dijon	40.000 km in 06:01:20

SUPER VETS AND THE ONE HUNDRED MILE

Following on from our last newsletter when I talked about those older Australian Centurions who had excelled with centurion walks of one hundred miles or more, renowned Dutch statistician **Gerrit de Jong (C40)** has extended the list to reflect a wider world view. It makes for very impressive reading! Here is the full list of those walkers aged 70 or older who have walked 100 miles within 24 hours in certified centurion competition. Wow!

100m	Larry O'Neil	USA	1907-01-01	M	21:55:23	1-okt-1977	Columbia-MO	R	70
100m	Eddy McNeir	GBR		M	22:27:55	31-jul-1970	Leicester to Skegness	R	70
100m	John Borgars	GBR	1946-04-21	M	22:31:52	6-aug-2016	Redcar	R	70
24hr	Joop Wissink	NED	1925-09-25	M	167.693	18-mei-1996	Schiedam	R	70
100m	Joop Wissink	NED	1925-09-25	M	22:38:54	18-mei-1996	Schiedam	R	70
100m	Richard Brown	GBR	1946-11-18	M	22:48:55	5-aug-2017	Bury-St.Edmunds	R	70
100m	Jac. Heidendaal	NED	1912-09-18	M	22:50:07	24-jun-1983	Ewhurst	R	70
100m	Joop Wissink	NED	1925-09-25	M	22:50:42	3-aug-1996	Colchester	R	70
100m	Joop van den Hoek	NED	1929-01-22	M	23:27:00	15-mei-1999	Weert	R	70
100m	Dave Boxall	GBR	1933-10-28	M	22:11:10	30-jul-2005	Kings Lynn	R	71
100m	Jaap Visser	NED	1937-07-27	M	22:44:34	11-jul-2009	Newmarket	R	71
100m	Eddy McNeir	GBR		M	22:55:58	25-jun-1971	Ewhurst	R	71
100m	Jaap Visser	NED	1937-07-27	M	23:34:24	16-aug-2008	Milton Keynes	T	71
100m	Johan Bakker	NED	1923-08-19	M	23:44:53	5-aug-1995	London	R	71
24hr	Joop Keetman	NED	1944-09-16	M	160.934	14-mei-2016	Schiedam	R	71
100m	Deryck Skinner	AUS	1932-11-27	M	22:39:55	15-okt-2005	Adelaide-SA	T	72
24hr	Joop Wissink	NED	1925-09-25	M	166.791	6-jun-1998	Schiedam	R	72
100m	Joop Wissink	NED	1925-09-25	M	23:10:34	6-jun-1998	Schiedam	R	72
100m	Jaap Visser	NED	1937-07-27	M	22:36:36	7-aug-2010	Colchester	R	73
100m	Jaap Visser	NED	1937-07-27	M	22:46:31	2-jul-2011	Lingfield	R	73
100m	Jac. Heidendaal	NED	1912-09-18	M	23:22:38	25-jul-1986	Leicester-Congerstone	R	73
100m	Deryck Skinner	AUS	1932-11-27	M	23:23:30	11-aug-2006	Gold Coast-QLD	T	73
100m	Deryck Skinner	AUS	1932-11-27	M	23:23:43	22-apr-2006	Coburg-Vic	T	73
100m	Deryck Skinner	AUS	1932-11-27	M	23:30:12	30-sep-2006	Adelaide	T	73
100m	Eddy McNeir	GBR		M	23:10:33	27-jun-1975	Ewhurst	R	75
100m	Eddy McNeir	GBR		M	23:13:48	28-mei-1976	Woodford	T	76
100m	Jaap Visser	NED	1937-07-27	M	102,777	5-aug-2017	Bury-St.Edmunds	R	80

NICK MARSHALL INDUCTED INTO AMERICAN ULTRARUNNING HALL OF FAME

When I wrote in our January newsletter about the centurion feats of our older members, I was responding to a series of emails with Andy Milroy, based on information written by USA historian Nick Marshall. Nick had been working from a 2012 list produced by Dan Gaglione of runners 70 years or older who had completed a 100 mile race. Nick brought it up to date and broke it up into the Masters/Veterans Age categories of V70, V75, V80+. The list comes to over 200 entries.

Lo and behold, within weeks of the newsletter being published, I found out that Nick had been very recently inducted into the American Ultrarunning Hall Of Fame. Now I would not normally include such things in my newsletter, but it is fitting to give recognition to those movers and shakers who work tirelessly behind the scenes, ensuring that our ultra distance sport continues to thrive. So here is the press release acknowledging Nick's induction.

NICK MARSHALL INDUCTED INTO AMERICAN ULTRARUNNING HALL OF FAME

The 2017 inductee into the American Ultrarunning Hall of Fame breaks a mold. As he did 40 years ago—although that was more a case of creating a mold. He is the first in the 14 year history of the Hall of Fame to be inducted not primarily based on pure athletic performance. But that doesn't mean that he didn't run ultras (he has been doing so for 43+ years). And it doesn't mean that he didn't rack up some stellar performance

credentials. Between the mid-1970's and the mid-1980's, Nick Marshall finished 3rd in the U.S. National 50 mile championship, and achieved all-time U.S. rankings of #2 at 100Km (just missing the American Record by 6 minutes) and #6 at 24 hours. He is one of only a handful of Americans to have won an ultramarathon in each of three different decades (70's, 80's, 90's). An American race director who has been organizing and observing ultras for 4 decades was asked to give a brief description of Marshall. He chose one word: "Tough. Nick was a tough competitor. One of the toughest I've ever seen."



Nick in running mode

Photo from http://www.pennlive.com/sports/index.ssf/2014/12/camp_hills_nick_marshall_conti.html

But Marshall's unique, groundbreaking, Hall-of-Fame-ranking contribution to the sport of ultrarunning consists primarily in his role as organizer, correspondent, journalist, statistician, archivist. If Ted Corbitt was the father of American Ultrarunning, Nick Marshall was its caretaker, it's nanny in its toddler years. And he remains its wise old man. These are monikers he would probably eschew. Nick can accurately be described by all of the following: scholar, researcher, bookworm, recluse, iconoclast, friend, statesman, humorist, good sport. The sport of ultrarunning existed prior to the 1970's—but barely. In America there were about 30 ultramarathons and 1,000 ultra participants (half of them from a single event, the JFK 50 Mile). Working (as he still does) from his home base in Camp Hill, PA, Nick tracked them all down and catalogued them. In the mid-1970's a handful of men around the world scrounged around until they found each other and, by networking and establishing regular chains of communication, planted the seeds of a global community for the sport. Driven primarily by Englishman Andy Milroy (who can rightfully be called the Dean of global ultrarunning), the group's American correspondent was Nick Marshall. Nick was the first American to attempt (and mostly succeed) to find, and then publish, an exhaustive list of American ultra events. And then to compile annual and all-time performance lists. And then to track down and establish regular correspondence (including photos) with ultra race directors and athletes. And then to publish an annual summary of it all. He did this for almost a decade. For half that decade it was a one-man show. His annual "U.S. Ultradistance Summary" laid the groundwork for, and was the precursor to, Ultrarunning Magazine, which was first published in 1981.

Milroy himself, the global ultra oracle, assesses Marshall's role in the sport as follows: "One man did more than any other to establish American Ultrarunning as a cohesive community, linking it into its history. That man was Nick Marshall. In his Annual Summary he not only produced annual and all-time rankings for the different ultra disciplines, he researched and added marks by earlier runners, initially from the 1950s and 60s and then from the heydays of pedestrianism in the nineteenth century. Alongside this statistical wrap up was a commentary that brought the whole to life through its insights and humour. Over the following years ultra race directors and runners would send in reports that would add further to the summaries which were enlivened by Nick's opinions on issues relating to the developing sport."

Nick's dedication to the sport was, and continues to be, straightforward, rigorous, and uncompromising. Pedantic, not flashy. In the early 1980's he was instrumental, when most other observers and reporters were conned and fawning, in exposing a flashy charlatan who became, in Nick's words, "the most famous ultramarathoner in America without ever running an ultramarathon." Nick was the boy who pointed out that

the emperor had no clothes. The individual's publicity machine came down hard on Marshall, in a David vs. Goliath standoff. But Nick's uncompromising persistence, and attention to unfiltered detail, eventually triumphed (only after many years), and the individual was later exposed as a fraud in a number of other celebrity-seeking and financial scams.

In the 21st century Nick Marshall has carried on, following his natural inclinations, to pursue many different types of painstakingly and exhaustively researched statistical lists, focusing on the longevity of both American and international ultrarunners. Lists such as career durations at different distances, victories multiple years (and decades) apart, and similar esoteric topics of interest that can be catalogued and presented in a way that makes them fascinating to many. Often he publishes these at his whim on an internet ULTRA Listserv, from which they then "go viral" within the international ultra community. It's the kind of thing no one else would do. And probably no one else could do. And it brings surprise and delight to many in America and abroad. Which is pretty much what Nick Marshall has been doing for over 40 years, and will hopefully continue to do for many more.

2017 GORDON SMITH AWARD

This annual award, named after **Gordon Smith**, Australian Centurion Number 1, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**.

Previous winners are	2005 Deryck Skinner (C 51)	2006 Stan Miskin (C 23)
	2007 Terry O'Neill (C 18)	2008 Deryck Skinner (C 51)
	2009 Peter Bennett (C 24)	2010 Peter Bennett (C 24)
	2011 Michelle Thompson (C 58)	2012 Barry Loveday (C 62)
	2013 Tim Erickson (C 13)	2014 Michelle Thompson (C 58)
	2015 John Kilmartin (C 67)	2016 Linda Christison

As is always the case, we had a number of very worthy local performances in 2017 and it was hard to whittle it down to four nominations. But that we did, the votes are now in and I am pleased to announce that this year's winner is **Robin Whyte (C29)**.

The performance that caught everyone's eye was his 6 hour walk, done at Coburg in March 2017. There he set a new Australian M75 record of 49.406km. This significantly bettered Deryck Skinner's M75 record of 47.9km and has set a very high standard that will be hard to match.

I will be presenting Robin with the Gordon Smith perpetual trophy when I am in Canberra next month.



Robin in action at Coburg in March 2017, when he set a new M75 6 Hour record distance of 49.406km

RICHARD BROWN – ULTRA WALKER, ULTRA RUNNER

I have previously written about British ultra distance legend and multiple centurion Sandra Brown (see <http://www.vrwc.org.au/tim-archive/articles/wo-sandra-brown.pdf>) and I have wanted for some years now to balance the books and write something comparable about her husband Richard, an ultra distance legend in his own right.

First to the bare bones. Richard (born Beckenham, Kent, 18th November 1946) and Sandra (born 1st April 1949) met at London University, where they were both studying Economic History, and married soon afterwards.

While Richard had been the sportsman of the two in their younger years (he was a very successful oarsman at Oxford University), their favoured recreation post-university was recreational walking. During their twenties, their holiday strolls became progressively more demanding and energetic and were a welcome relief from their busy careers as Civil Servants.

What many people don't know is that Richard became a world class athlete despite a challenging physical condition. At university, he was diagnosed with Ankylosing Spondylitis.¹ At times, he would experience such acute pain in the back and hips that he was unable to move. Fortunately, newer generations of anti-inflammatory drugs now help control the condition. A century ago, he would probably have been completely crippled. Now doctors have come to realise that activity is the key to remaining flexible and mobile.

Against this background, Richard's athletic achievements are all the more remarkable.

Richard and Sandra started to experiment with longer distance challenges in 1982. Firstly, they entered and ran the Winchester Marathon on an icy March morning (though Richard thought Sandra had entered them for the half-marathon!). Around this time, they also joined the Long Distance Walking Association (LDWA)² and began to take part in their events, quickly building up to the Pilgrims Hundred in May 1982, the first of many LDWA 'hundreds' that they have enjoyed in subsequent years.



Sandra and Richard leave a checkpoint in the 2006 Northumbria LDWA Hundred – one of many over a long LDWA career

Fast forward three months and, in August 1982, Sandra finished her first Centurion hundred (C735) in Leicester with an impressive 22:18:24. Richard vowed never to do such a mad thing, but was spurred to emulate her feat when their race walking club refused to allow Sandra to enter their event the following year “because women could not and should not do those things” – even though she had!. “I never thought I could walk a hundred miles, but Sandra did and completed the course in good time. So I had to give it a go.”

1 See https://en.wikipedia.org/wiki/Ankylosing_spondylitis.

2 See <https://www.ldwa.org.uk/>

With the 1983 Snowdonia 100 Miler under his belt and with a smattering of shorter distance walks with the Surrey Walking Club, he followed Sandra's lead and won his own Centurion badge (C760) in Ewhurst with a time of **21:03:49**.

The next year, 1984, saw Richard and Sandra walking with greater confidence and speed. At the annual Centurions qualifier in Leicester, Richard finished in a much improved **18:50.23**. Not to be outdone, Sandra walked even faster, storming home to finish with a new British women's record of 18:36:29. In fact, Richard was definitely playing second fiddle to Sandra at this stage as she went on to win silver medals in the European Veterans' Games in the W35 5000m track walk and 10km roadwalk and then to set a new World Best for the 24 Hour Run in Lancashire, recording an outstanding 131 miles 583 yards.

Coming in so late to such a demanding sport and lacking flexibility and rhythm due to his spondylitis, improvement for Richard only came with hard work and determination, with a mileage approaching one hundred miles a week.

Richard finally managed to turn the tables on Sandra in a 24 Hour track running race at Coatsbridge, Scotland, in November 1984, finishing 6th with 124 miles 169 yards, one place ahead of Sandra who recorded a distance of 120 miles 335 yards.

Over the next few years, his new found career blossomed, as he chipped away at his 100 mile walk time. In May 1985, he recorded **18:33:52** in Sint-Oedenrode in Holland (becoming Continental Centurion 144), then recorded **18:17:17** a year later at Leicester and finally recorded a superb **17:00:35** in July 1988 at Leicester.

His ultra distance running career was also blossoming, with equally impressive performances on the road and on the track. In 1988 alone, he recorded 8:05 at the Solihull 100km, completed 720 miles in the Sri Chinmoy 1,000 Mile race in New York (setting a UK 6 day road record of 518 miles and a W40 1,000km World best of 7 days 11 hours 40 mins 15 secs along the way), won and set a new record of 144 miles in the Preston 24 Hour Run, and finished second with 452 miles in the Gateshead International Invitation 6 Day Run.

At this stage, Richard's mind turned to other challenges. In 1982, the Irish ultra walk champion John 'Paddy' Dowling³ had walked the length of Ireland, starting from Malin Head (Ireland's most northerly point in County Donegal) and finishing at Mizen Head in County Cork. His time of 5 days 22 hours 30 minutes had been officially recognized as a record by the Guinness Book of Records. He had also completed the feat in the reverse direction (Mizen to Malin). In October 1986, Dowling had walked from Lands End to John o'Groats in just under 12 days 10 hours, only 9 hours outside the running record.

In April 1988, Richard ticked off the first challenge, completing the 375 miles Irish End-to-End run (Mizen to Malin) in a new record of 4 days 12 Hours. What made that performance special was the presence of Dowling, who had taken Richard and Sandra under his wing in their early overseas walks.

Paddy started out from Mizen Head with me. But I only had 2 supporters in one car and he had no-one! So we quickly got further and further apart until my car duo were worn out chasing around the lanes of rural Ireland trying to find us both. Paddy did the decent thing and stopped so I could go on and take the overall record – 4 days 12 hours. What a lovely man.

In September 1988, Richard attempted the much longer and tougher Lands End to John o'Groats. This would require a separate article on its own. Suffice it to say, he finished the 875 mile slog in 10 days 18 hours 23 minutes, to officially break the record by over a day. Conditions had deteriorated during the 10 days and his final few days were completed in driving rain and a northwesterly wind.

Just as Richard was now dominating the men's ultra run and walk scenes, Sandra was doing likewise on the women's front. For their efforts, they earned their first English vests in 1989. Richard would be 43 and Sandra 40 when they finally toed the line in their first international (the Rouen 24 Hour Walk in May of that year). It had been a long time coming and it was not a once off recognition, both subsequently donning Great Britain vests in 1991, 1992 and 1993.

Rouen was a family success, with Richard winning overall with **205.320km** and Sandra finishing as the first woman with 185.620km.

³ See <http://www.vrwc.org.au/tim-archive/articles/wo-john-dowling.pdf>



Richard and Sandra have made a habit of finishing first man and woman in many events over the years. Here they pose for the cameras after this feat at the 1990 English Centurions race at Leicester

Soon after this dual victory, Sandra joined the walkers for the 1989 Paris Colmar Classic⁴ – 524km for men and 376km for women. She was not successful on this occasion, stopping after 247.5km, but it left her and Richard both keen to set the record straight the following year. And that they did, Richard finishing 9th with 73 hours 29 minutes (522.5km) and Sandra finishing 2nd with 51 hours 48 minutes (340km). Their performances were captured in a 52 minute BBC Documentary *Mad Dogs and Englishmen*⁵ which still makes for compulsive viewing. With their dual efforts, they became the first husband-and-wife to finish the great classic.

1990 also introduced Richard to the great Polish walker Zbigniew Klapa.⁶ Klapa had won the Chateau Thierry 200km walk in 21:26:36, Richard finishing second with **22:44:59**. Klapa again had Richard's measure in the Bar le Duc 200km and won the first of his five Paris Colmar Classics in 1990. They would have more battles over the next few years. Klapa remains to this day one of the few ultra walkers who always won!

Richard and Sandra would participate in two further Paris Colmar Classics, in 1991 and 1992.

The next few years saw Richard setting more records. In 1991, he won the Surgeres 48 Hour Run with a British record of **401.208km** (being only the 6th man in modern times to go over 400kms). In 1992, he won the Bazancourt 200km Walk in a British record of **21:42:41**. In 1993, he improved his 100 Mile Walk time to **16:50:28**, with a win in the Continental Centurions qualifier in St. Oedenrode. This bettered the 33 year old British record of 16:54.14, set by the great Bill O'Reilly. A couple of months later, he won the classic Manchester-Blackpool 50 Mile walk with a record time of **7:49:40**.

Richard's Lands End to John o'Groat record had lasted less than a year, being beaten by 3 hours by the great Don Ritchie. Richard was keen to take it back, and finally in 1995, he and Sandra organized a dual attempt, in which they were both successful. Richard finished first in a time of 10 days 2 hours 25 minutes, taking 13 hours off Ritchie's record. Sandra had a dreadful time, blistering badly on the first day and being forced to walk for the remainder of the attempt. Yet her final time of 13 days 10 hours 1 minute had taken nearly 8 hours off the women's record. Their record performances are discussed in Richard's book *The Winning Experience*.⁷

4 See <https://en.wikipedia.org/wiki/Paris-Colmar>

5 See https://www.youtube.com/watch?v=c2srX_Mj69g. This 47 minute video follows the fortunes of Richard and Sandra as they compete in the toughest ultra distance walk in the world

6 See https://pl.wikipedia.org/wiki/Zbigniew_Klapa

7 *The Winning Experience* by Richard Brown, 1996, Redwood Books, Trowbridge, Wilts



Richard and Sandra in the 2006 24 Heures de Bourges in France – they have been competing with distinction on the European ultra walk and ultra run scene since the late 1980s

This would be a long article indeed if I were to document Richard’s run and walk feats year by year. Suffice it to say that he has completed 130 events of 100 miles or above, including 18 British Centurion hundreds – not as many as Sandra but still an awesome statistic.

He has set a significant number of World and British bests, both in walk and run mode.

He has 4 Centurion badges - UK C760 (1983), Continental C144 (1985), US C49 (2000) and Malaysian C8 (2001).

He has 24 finishes in official Centurion walks, with a best of 16:50:28 and has won the British Centurions race a record 10 times. Apart from his British best time, he has 4 further times under 18 hours and 6 further times under 19 hours.

21:03:49	24/06/1983	Ewhurst	GBR	UK760
18:50:23	27/07/1984	Leicester	GBR	
18:33:52	18/05/1985	Sint-Oedenrode	NED	CN144
19:00:09	10/05/1986	Sint-Oedenrode	NED	
18:17:17	25/07/1986	Leicester-Congerstone	GBR	
17:00:35	29/07/1988	Leicester-Congerstone	GBR	
17:54:28	28/07/1990	Hungarton (Leicester)	GBR	
17:52:47	28/06/1991	Ewhurst	GBR	
18:50:29	21/07/1992	Leicester	GBR	
16:50:28	22/05/1993	Sint-Oedenrode	NED	
17:58:17	21/07/1993	London-Battersea	GBR	
18:39:42	29/07/1994	Hungarton (Leicester)	GBR	
19:23:16	05/08/1995	London	GBR	
18:12:04	03/08/1996	Colchester	GBR	
19:22:26	20/06/1998	Douglas	IOM	
19:08:16	14/08/1999	London	GBR	
20:29:45	24/09/2000	Golden,CO	USA	US49
19:50:39	04/08/2001	Colchester	GBR	
177.772	25/08/2001	Genting Highlands	MA	MC8
20:31:59	07/05/2005	Weert	NED	
20:33:00	30/07/2005	Kings Lynn	GBR	
20:12:44	11/07/2009	Newmarket	GBR	
21:23:10	22/-9/2012	Colchester	GBR	
21:45:23	15/08/2015	Castletown	IOM	

He sits in second place in the World All Time Top-10 for the 100 miles walk with 16:50:28 and has a further Top-10 entry with 17:00:35.

1	Jan de Jonge	SV de LAT	NED	17-12-1946	16:37:02	14-05-1983	Sint-Oedenrode	NED	36
2	Richard Brown	Surrey WC	GBR	18-11-1946	16:50:28	22-05-1993	Sint-Oedenrode	NED	46
3	Frank O'Reilly	Lozells Harriers	GBR	01-01-1925	16:54:16	02-07-1960	Leicester-Skegness	GBR	35
	Jan de Jonge	SV de LAT	NED	17-12-1946	16:55:32	31-05-1980	Sint-Oedenrode	NED	33
4	John Moullin	Belgrave Harriers	GBR	08-09-1941	16:55:44	25-06-1971	Ewhurst	GBR	29
	Frank O'Reilly	Lozells Harriers	GBR	01-01-1925	16:58:16	06-07-1962	Leicester-Skegness	GBR	37
	Richard Brown	Surrey WC	GBR	18-11-1946	17:00:35	29-07-1988	Leicester-Congerstone	GBR	41
5	John Cannell	Boundary Harriers	GBR	29-12-1945	17:10:15	29-07-1988	Leicester-Congerstone	GBR	42
6	Derek Harrison	Boundary Harriers	GBR	02-03-1949	17:15:50	30-07-1976	Leicester-Skegness	GBR	27
7	Jan Vos	RWV	NED	13-11-1938	17:17:59	31-05-1980	Sint-Oedenrode	NED	41
8	Hew Neilson	Woodford Green	GBR	15-04-1916	17:18:51	20-10-1960	Walton	GBR	44
9	Mike Holmes	York Postal	GBR		17:21:52	20-08-1982	Leicester	GBR	
10	Dave Boxall	Brighton & Hove	GBR	28-10-1933	17:24:00	22-05-1979	Ewhurst	GBR	45

One statistic of note is the 24 Hour Walk / Run double. In Richard's case, with a 24 Hour Run distance of 233km and with a 24 Hour Walk distance, of 221km, he has a double of 454km, a mark which probably puts him in the number two all-time spot behind the great Yiannis Kouros (303km run and 168km walk, totalling 471km). He is indeed a champion in both formats.

He has raced less in recent years but has still managed some impressive performances in the older age groups. In 2010, he set a new M60 World 6 Day Run record of **705km** in Athens. In 2012, he set an M65 World 6 Day Run record of **654.3km** in Balatonfured. His finishing time of **21:45:23** in the 2015 English Centurion qualifier on the Isle of Man would have certainly been an M65 record but he has not bothered to claim it.



Richard proudly displays his British colours after setting a new M60 24 Hours Run World Record in Athens

Richard has been involved administratively for many years now on both the run and walks front. To quote him from a recent conversation:

I have really enjoyed putting any experience I have back into the sport as the Manager of Team GB's 24 hour running squads for the past 10 years. The team has been built up so that the men secured the World Gold medal last year (2015) in Turin (the first time ever) with the women winning European bronze. This year the men won silver in the European Championships in Albi (France) with the person I have helped (Dan Lawson) winning the individual gold medal. I have now passed on the baton!



Richard (second row, far right) with Team GB after their win at the 2015 World 24 Hour Championships in Turin

Richard helped Dan come 2nd in the grueling 250km Spartathlon run from Athens to Sparta, after helping a female athlete get a podium spot in a previous year and himself finishing this event as a 60th birthday present to himself!

I must alert readers to an interview with Richard, recorded by Rachel Cutler for the British Library Sound Archive. It is spread over 7 parts and is a wonderful listen – <http://sounds.bl.uk/Oral-history/Sport/021M-C0790X0049XX-0100V0>.

When I ran this article past Richard, he stressed that while an individual may get their name in the record books, there is always a great team of usually unsung heroes who make this possible - whether driving at 5mph for hundreds of miles on the Paris-Colmar road, manning check points on windswept hillsides on LDWA events, or encouraging from the road side or track side.

Richard's place in the ultra distance annals is secure. The quality of his performances in a career of over 30 years speak much louder than can I. Well done Richard! May you continue to enjoy those long strolls with Sandra for many years yet.

Tim Erickson, 28th February 2018

As an addendum to this article, Richard and Sandra have finally stepped down from the English Centurions committee after many years of service, but they are still contributing on so many levels in so many different areas, including

- Spearheading the push to create a National Park for Dorset (see www.dorsetnationalpark.com)
- Coordinating all the Purbeck Art Weeks events (see <https://www.purbeckartweeks.co.uk/events/>), as well as their winter series of Chamber Music in Purbeck Houses for the Festival Friends
- Roaming the countryside with their long walks, as they have done for the last 30+ years.

I can't ever see either of them actually 'retiring'.

CENTURIONS ANNUAL GENERAL MEETING

Our 2017 Annual General Meeting was held at the Leighoak Club in Oakleigh on Sunday 18th February. We had a good local turnout and successfully completed our main item of business, namely to ratify a new Executive and Committee to guide us for the next two years. It's an unchanged team which reads as follows

Club Executive	President	Terry O'Neill (C18)
	Vice President	Robin Whyte (C29)
	Treasurer	Lois Erickson
	Secretary	Tim Erickson (C13)
General members of Committee		Karyn O'Neill (C45), Michelle Thompson (C58), John Kilmartin (C67)

Thanks to those club members who continue to provide their expertise to keep us on the straight and narrow. And what would such an occasion be without that compulsory photo – and it is a good looking bunch if I say so myself!



Centurions AGM – Stuart Cooper (C5), Karyn O’Neill (C45), John Kilmartin (C67), Ian Jack (C17), Clarrie Jack (C4), Terry O’Neill (C18) and Tim Erickson (C13)

FINANCIAL NEWS

A few financial comings and goings this month so our bank balance remains relatively unchanged.

Incoming:	Donation – Robin Whyte	50.00
	Donation – John Kilmartin	50.00
	Donation – Clarrie and Ian Jack	20.00
Outgoing:	Photocopying	8.00
	Dept of Consumer Affairs – annual incorporation payment	56.90
	Racewalking Australia – medals for 2018/2019 RWA 100km	70.00
Balance:		\$713.28

If you have not made a donation lately, now is the time. You can always use electronic funds transfer if you are in Australia. Our bank details are

Bank: Westpac
BSB Number: 033003
Acct Name: Australian Centurions Walkers Inc.
Acct Number: 123947

UNTIL OUR NEXT NEWSLETTER

I leave readers with a quote from English historian G. M. Trevelyan:

I have two doctors, my left leg and my right. When body and mind are out of gear (and those twin parts of me live at such close quarters that the one always catches melancholy from the other) I know that I shall have only to call in my doctors and I shall be well again.

Yours in Centurion walking

Tim Erickson (C13)
1 Avoca Cres, Pascoe Vale, Victoria, Australia, 3044