

AUSTRALIAN CENTURION DETAILS

57. **Ian Valentine (29/12/60)**
23:37:03
18-19 April 2009
Coburg Harriers Track, Coburg, Vic

Ian Valentine (C 57) is yet another centurion to come from an ultra distance running background. In 2003, Ian travelled down from his home in Nowra in NSW to compete in the Coburg 24 Hour as a runner and that was when I met him. The records show that he won the event with 175 km, his first time over 100 miles and his first major win. Of course, that does not really tell what happened on that weekend as he covered 110 km in the first 12 hours and 65 km in the second 12 hours. But it did mark Ian as a runner to watch and over the next few years, he continued to compete and improve. He showed his real mettle in the Gold Coast 48 Hour championship in 2004 when he ran 283 km. But once again, the result does not tell the complete story. On that occasion, he covered 106 km in the first 12 hours, a PB 189 km for the 24 hours and then struggled through only 94 km for the final 24 hours.

He learnt a lot about ultras beyond 24 hours when he crewed for Ken Matchett at Colac in 2005 and probably learnt a lot about the need to pace yourself more carefully. He emailed me in early 2008 to ask about how he should go about doing the 100 mile walk and qualifying as a centurion. He was untested at walking but well known ultra identity Nobby Young reckoned he was a born walker and he was willing to give it a go. By now, he had moved to Queensland and conditions were not ideal for training but he knuckled down and started his preparation.

His first walking effort, in the 2008 Caboolture 48 Hour event in Queensland, ended ingloriously when he was forced to retire after only 110 km. His next effort was in February 2009 in the Caboolture Dawn to Dusk 12 Hour when he was 13th in the mixed field with 81 km in 11:51. Not exactly big walking credentials but enough to convince him to enter for our Coburg event two months later and give it a crack.

The rest is history – passing through the 50 mile mark in a little less than 10:30 (a 90 minute PB), he racewalked the whole way to reach his 100 mile target with a time of 23:37:03 and became Australian Centurion Number 57. He also took second place in the Australian 100 km championship enroute with a time of 13:10:41.



Ian on his way to his centurion finish in 2009 at Coburg

His comments post race:

I arrived back at work today, almost walking properly. Thanks so much for your support and encouragement throughout the night and morning. This race was my most memorable ultra to date. Being presented with the Jack Webber Trophy was very special. I feel a great sense of achievement and

will start thinking about future quests shortly. I hope to be back next year to spend some quality time with my fellow Centurions.

He returned the next year, hoping to improve on his centurion time. He started well, covering over 46km in the first 6 hours but an old shin injury put paid to his efforts and he was forced to retire mid race. Since then, his ultra efforts have been few but we wait to see if he can get his injuries under control and take the track again.