

CENTURION FOOTNOTES

DECEMBER 2006 – VOL 13 NUMBER 8

*The Official Magazine of Australian Centurion Walkers Inc
Founded 1971, Incorporated 2000, No. A0040301S
<http://www.vicnet.net.au/~austcent/index.html>*

President	Bill Dyer (C 15)	03-98174349
Vice-President	John Smith (C 16)	02-96361500
Secretary	Tim Erickson (C 13)	03-93792065

DATES...DATES...DATES

Jan 6-7, 2007	Coastal Classic 12 Hour event	Gosford, NSW
April 21-22, 2007	Australian Centurions 24 Hour Qualifying Event	Coburg, Victoria
May 19-20, 2007	Continental Centurions 24 Hour Qualifying Event	Weert, Holland

NEWS ON OUR MEMBERS

On the weekend of 23 October, **Sue Clements (C 35)** and **Sandra Brown (C 36)** took part in the Sri Chinmoy 24 Hour event at Tooting Bec track in South London. Sue was delighted to complete yet another 100 miles in around 23.40. After doing some 199 kms last year, Sandra was pleased this year to complete 200.138kms, improving the UK W55 record. She advises she very largely walked, but with running breaks every now and then. Sandra was also the recipient of a special award at the Centurions AGM, donated by C337 Brian Scrivens, to mark her remarkable achievement of 21 UK 100 miles completions. Well deserved, Sandra!

Fred Brooks (C 42) and **Stan Miskin (C 23)** have managed to retain their sense of humour while being kept busy of late looking after their wives Lill and Ellwyn. Fred penned the following tongue-in-cheek poem to celebrate their new found domesticity

There was these two old walkers from Berwick
Who were always sending E mails to Terick,
Telling him about their troubles and woes
and how they used to beat their foes,
Then one day both men got into strife
when illness struck each other's wife,
Now they are chief cooks, cleaners and mowing the lawn
both wished that they had never been born,
So this is a lesson to all men in life
Don't take for granted the work done by your mother and wife.

Tim Thompson (C 6) and his wife Bev have been continuing their trip around Australia. After spending 4 days at The Gold Coast for the Pan Pacific Games, they are now enjoying a break at their property in Queensland before doing the final leg back to Adelaide.

Geoff Hain (C 49) and his wife Annie have been enjoying a world trip after Geoff's successful finish in the British Centurions even. Geoff emailed me to say

Annie and I are presently tango dancing in Buenos Aires on our way back home. Haven't done any serious walking since the IOM, just enjoying backpacking in interesting places. Climbed up Macchu Picchu in Peru, only a 4 day hike with porters carrying the gear, but with an altitude of up to 4200 metres, the going was very, very tough and slow and breathing quite difficult at times. I will start walking again next year!

Yours in the long walk,
Geoff C1051 UK, C14 NZ, C49 AUS !!!!!!!

Yes, Geoff, I like that triple Centurion designation at the end of the email – fantastic.

Deryck Skinner (C 51) has had a fantastic last 12 months with his ground breaking walks at age 72 and 73 but Sandra Brown advised me recently that Eddie McNeir completed the British Centurions hundred every year from age 65 to age 75 – so probably holds the record as the oldest Centurion finisher at age 75. Two more years to go, Deryck, and you enter new territory! Of course, Deryck's 48 Hour performance is a standard that no one else has come close to!

Australian Centurions founder **Brian Parkinson** has just come out of hospital after cataract removal surgery. He will now have a very quiet few weeks before he is allowed to do anything. Enjoy the rest, Brian!

Terry O'Neill (C 18) and **Karyn Bollen (C 45)** recently competed in the Victorian 50 km track championship ultra at Moe. Terry finished 7th with 51.641 km and Karyn finished 14th (3rd lady) with 41.041 km. Terry tells me that he may soon be moving to Melbourne as he has accepted a position with Fitness First In Chadstone as a Personal Trainer.

STAN MISKIN ANNOUNCES HIS RETIREMENT FROM ULTRAS.

Stan Miskin (C 23) has formally announced his retirement, at age 81, from ultra distance walking and running. First to Stan's announcement.

It is with regret , that acting on advice from my cardiologist, I announce my retirement from competition as an Ultra-marathoner and Centurion walker.

In doing so , I hereby thank and pay tribute to all those wonderful people who have made my sport possible over many years by organising, staging and supporting events, and encouraging me over many years.

I particularly thank Ellwyn who has always supported me so well, and I am pleased to advise that she has commenced stage 2 of her cardiac recovery program following quadruple by-pass surgery on 13th October. She is progressing well and is expected to make a good recovery.

Whilst I am disappointed that the opportunity to try for further records is denied, I am very proud of my past achievements.

Our friends in the Ultra-marathon and Centurion communities may be assured that we shall retain our interest, attend meetings and socials, assist at events and even stroll around for the odd lap or two (if permitted) at some events.

We wish all of you our very best for the future, and for the competitors, may the track be always downhill for your future events.

Stan Miskin.



Stan (right) and Ellwyn (centre) in the 2003 Centurions event at Coburg

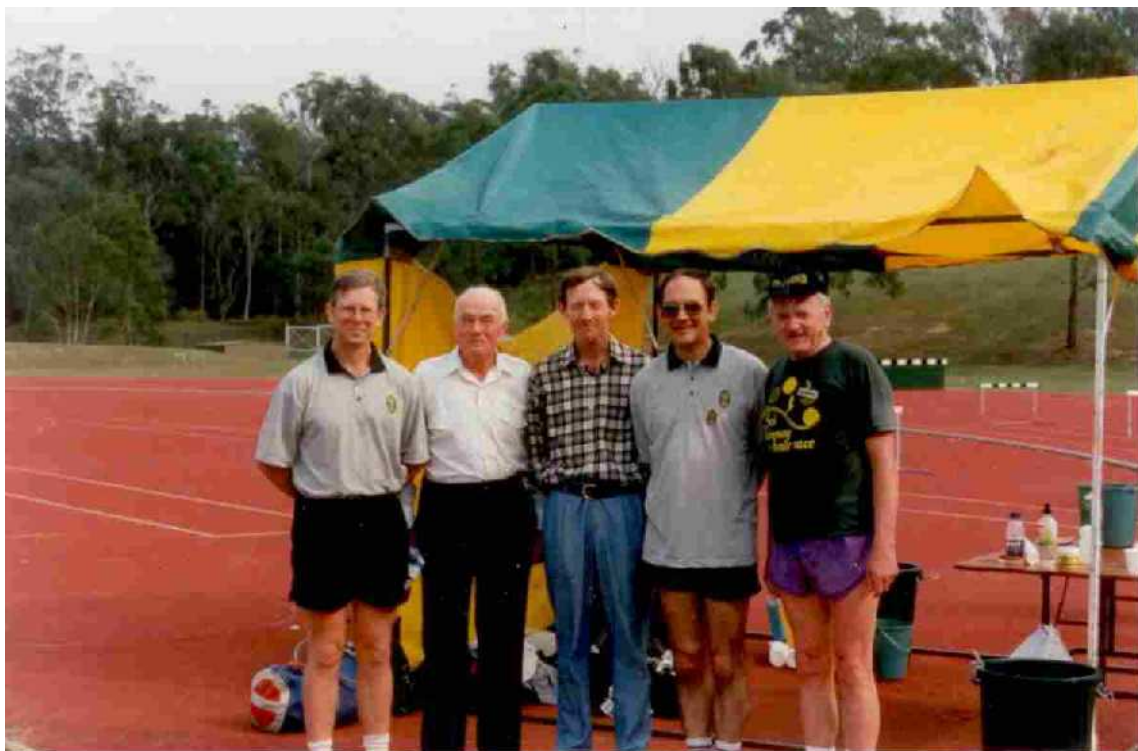
Now a bit more about Stan for those who don't know the full story. Stan was a Melbourne based Veteran walker and runner who had completed many ultra-distance running events during the 1980s. In 1988 he decided to walk rather than run in the annual Sri Chimney 24 Hour event being held at the old cinders Adelaide Harriers track in Adelaide. He successfully completed the distance in 22:59:38, becoming our oldest Centurion at 63 years of age. He also became only the fourth Australian to both walk and run the 100 mile distance within 24 hours. Within a period of less than 2 years, we had seen Claude Martin, Jim Turnbull, George Audley and Stan achieve the run/walk double. No further athletes achieved this feat until Yiannos Kouros in 1998.

Stan did not even know that the Australian Centurion club existed at the time he qualified. It was only after he saw a race report of our 1994 event that he contacted us in early 1995 and sent the relevant documentation to verify his performance. This created a difficult situation for us – should we recognise the performance or not?

After extensive investigation, it was decided to grant Stan Centurion membership (after all, it had been our own fault in that we had been out of circulation all these years) but to set a firm rule that no such dispensations would be made in the future. Now the onus is on the competitor to contact us beforehand and forewarn us of any attempt. Only if one or more of our members can be present and only if we can absolutely verify the correctness of the performance will we consider such applications.

Stan was a well known ultra-distance runner. He ran his first marathon in 1978, aged 53 years, and caught the bug. By 1988, he had run 81 marathons (best time of 3:16), many 50 milers (best time of 7:39), had a best 24 hour running distance of 187 km and a best 48 hour distance of 241 km.

Stan's career as an ultra competitor has extended nearly 30 years from 1978 to 2006. His race toughness is legendary and anyone who has raced against Stan knows just how determined and single minded he is in his approach to racing. He has also been a wonderful club member during his 11 years with the Centurions and our conversations over the phone and on the track have been too numerous to count. I look forward to Stan's continuing involvement with the club in his new capacity as senior advisor and mentor. Put your feet up and enjoy it, Stan!



1977 in Brisbane – Tim Erickson (C 13), Chris Clegg (C 11), John Harris (C 12), Tim Thompson (C 6) and Stan Miskin

2006 GORDON SMITH MEMORIAL AWARD WINNER ANNOUNCED

The time of the year has come to announce this year's winner of the **Gordon Smith Memorial Award**. This annual award, named after Australian Centurion Number 1, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**. Award criteria are as follows

- It is restricted to performances done in Australia.
- It is awarded for the best SINGLE performance.
- All Australian Centurions vote on a short list of performances, as proposed by the Executive.

Last year, Deryck Skinner was the inaugural winner. The 2 nominees for the award this year were

- **Stan Miskin (C 23)** who started the year with a new Australian 12 Hour M80 walk record of 74.077 km. His distance also beat the Australian and World M80 running record held by Australian runner Ken Matchett. But this is not the event on which we are voting. It was just the appetiser. It was in our own 2006 Centurion event

in April that Stan set an even tougher standard, completing 140.018 km in 24 hours to set a new Australian M80 walking record. This time also beat the existing World M80 running record held by the amazing Ernie Warwick. To complete 140 km at 80 years of age is astounding by any standards and it was done walking! Along the way, Stan also set new Australian M80 walking records for 50 miles (12:31:26) and 100 km (16:45:07). This wonderful achievement was completed while Stan battled the debilitating effects of prostate cancer disease.

- **Deryck Skinner (C 51)** who started the year with yet another 100 mile qualifier at our annual Coburg event, completing the distance in 23:23:43 at 73 year of age, thus becoming probably the oldest person ever to complete the 100 mile walk within 24 hours. But. Like Stan, this was just the appetiser. We are voting on his performance in the Australian 48 Hour Championship in Queensland in August. In typically hot conditions, he came 3rd overall with an absolutely fantastic distance of 257.877 km. This is an Australian best ever 48 hour walking performance (the previous best was 230.3 km, set by John Harris in 2002). What makes it even more amazing is that Deryck covered 162.8 km for the first 24 hours to record yet another centurion mark (100 miles in less than 24 hours). At the half way mark, he was only 3.3 km behind his current M70 Australian record for 24 hours. Deryck's 200 km and 48H marks also set Australian M70 walking and running records!

Voting is now far enough advanced to announce that the 2006 winner is **Stan Miskin**. Many of our members commented that it was virtually impossible to decide between the two nominations, such was the standard of the two performances. But vote they did. It seems somehow only fitting that Stan should win this illustrious award only weeks after announcing his retirement from ultras. Congratulations Stan – enjoy the accolades of your fellow centurions. And to Deryck, how unlucky can you be to come up against a performance of the quality of Stan's. In any other year, you would have romped it in.

OUR CENTURIONS WEBSITE CELEBRATES 10 YEARS

Our Australian Centurions website went live on 3rd November, 1966. So we have just passed our 10 year anniversary. The site has matured a lot since the early days and is now known world wide. Gosh...that's a fair while! Point your browsers at <http://home.vicnet.net.au/~austcent/index.html>

DORIT ATTIAS – US CENTURION NUMBER 63



Dorit Attias (<http://tritown.gmnews.com>)

Dorit Attias, 44, of Cerrillos, NM, has qualified, subject to confirmation, as a US Centurion as she finished with 101.52 miles at the Ultracentric 24-Hour Race in Texas on November 18-19. She finished as the 10th overall female (most participants were runners) and 24th overall amongst the 79 competitors. This was also the U.S qualifying race for the World 24-Hour Running Championships so saw all the big guns in attendance. The full race report can be read at <http://www.americanultra.org/news/nov2006.html>

Dorit is no stranger to walking, being a very good racewalker over the shorter distances as well as an accomplished ultra athlete. She finished 4th in the women's division (13th overall) in the 3rd Annual Malaysian 24 Hour Walk on September 18th 2005, just failing to reach the 100 mile mark. Again in April 2006, she completed the Rouen 24 Hour walk in France, just under the 100 mile distance for a second time. It was obviously third time lucky for Dorit as she made amends with a fine walk in Texas. She has indicated she wants to come to Coburg next year for our walk so fingers crossed!

For those who want to know a bit more about Dorit, the following article from the Tri Town News, Howell, New Jersey, is excellent : http://tritown.gmnews.com/news/2005/0316/Front_Page/004.html

3rd PENANG INTERNATIONAL 12 HOUR WALK, PENANG, MALAYSIA, NOV 25-25 2006

Khoo Chong Beng, the organiser of the Malaysia International 24 Hour walk, put on another enjoyable and very well organised edition of his annual Penang 12 Hour Walk. An amazing 495 competitors in a 12 hour walking race! As is to be expected, conditions were very hot and humid even though the race was held during the night . It has been described as more of a "Survivor Penang" than a race.

Peter Bennett (C 24) and **Charles Arosanyin (C 46)** were both in attendance and both performed magnificently in the tough conditions. Peter put in the following very comprehensive race report

At the end of November I joined about 490 other competitors in a 12 hours walking race around to the streets on the Esplanade in Georgetown, Penang, which is an island off the west coast of Malaysia.

The event was the 3rd Penang International 12-Hour Walk 2006. The race was organized by IAAF race walking Judge Mr. Khoo Chong Beng and the Race Walking Association of Malaysia. It was a very well organized and run event considering the large number of competitors. The organizers also had the support of a large number of generous sponsors.

The race started at 8pm on the Saturday night, just as it got dark. It was still hot and the humidity was oppressive and nothing much changed over the next twelve hours. An hour before the race I was sweating profusely just sitting under a shady tree sipping copious amounts of sports drink. I had arrived in Penang two days before the race and spent the time sight seeing and trying to acclimatize to the equatorial conditions. I had made up my mind as soon as I walked out of my air conditioned hotel for the first time and my glasses fogged up that I would not be walking for distance but rather survival.

The course was a fairly scenic rectangular loop around the Esplanade .Each lap was 1,078 metres and the laps were counted electronically with competitors having a micro chip attached to a shoe. It took quite a while for the competitors to sort themselves out and there was a lot of zig zagging to get through the masses of walkers. Judges were on the course for the duration of the race and any infringement of the race rules earned competitors a one lap penalty(which was deducted from their total at the end of the race). Besides the normal race walking rules you could also lose a lap by not putting your drink cups and rubbish in the bin .

A group of 10 or so competitors had lapped me after the first hour but in the steam bath conditions it didn't take much to resist the impulse to lift the pace. Cold water, sports drink fruit and power bars were available to competitors throughout the race. More substantial food was put on at three hourly intervals. Some of the competitors would have a long rest and only get back up to walk when the food was brought out again. The venue was well lit with music played all night and a crowd of supporters and sightseers coming and going during the course of the race.

During the night there was constant lightning but no rain to cool things off. There was a lot of heat radiating from the pre-dominantly bitumen road course and was I hoping there would be a downpour. My feet especially were feeling the effects of the build up of heat and were bright red for days after the race. Other than that I didn't suffer any other ill effects due to a conservative approach to the race. I was alternating large cups of cold water and electrolyte sports drink every kilometre, slowing right down to make sure I drank every drop but even then I was dehydrated .

The race was conducted in categories so there was no overall winner declared. I was fortunate to win the Men's Senior Veterans Category with 86 laps (92.708km) which was the same as the winners of the Open Men and Men's Junior Veterans category. Many of the early pace setters had taken extended breaks or had slowed right down as the race wore on. By midnight, the rest area was full of competitors with blistered feet, cramps and muscle strains.

Fellow Australian Centurion club member Charles Arosanyin (C46) from Nigeria came second in the Men's Open Category after setting off at a blistering pace. Alex Vandenhoeck from Belgium who would normally exceed 100 km in the first 12 hours of a 24 hour race was a victim of the conditions. Alex had been weakened by illness a few days before the race and was completely drained a few hours after the start and unfortunately had to retire from the race. The walkers from Hong Kong showed what tough competitors they are by dominating the

trophies in the women's categories. They may lack a bit of technique but they are very determined and brave competitors.

The presentations were made immediately after the conclusion of the race. All competitors received special participation medallions and the eight competitors who covered more than 50 miles received a special achievement plaque. Trophies were presented to the top six placegetters in each category. After the presentations I walked the kilometer back to my hotel with my sports bag, trophy and a carton of sports drink (which was part of the placegetter prize), had a hot shower and went to the hotel restaurant to get some breakfast. I then returned to my hotel room to drink the can of Tiger beer I had been thinking about over the last three hours of the race.

It was a very enjoyable trip and it was good to catch up with old friends and to enjoy the warm hospitality of the Malaysian people. The race strengthened my belief that no matter where you compete, walkers are always courteous and supportive of their fellow competitors. The sightseeing and the abundant variety of tasty and inexpensive food was an added bonus. There was some talk of pushing to have a Penang 24 hour walk but that would be far too dangerous. Much better that they stick to holding their 24 hour race in the cooler climate of the Genting Highlands even though the Malaysians reckon it is far to cold up there!

Regards,

Peter Bennett (C 24)

Men Open

Rank	RankTot	Strno	Name	Cat	Nation	NetLap	Dist (km)
1	3	A080	MOHD HANIZAM BIN HARUN	A	MAS	86	92.708
2	4	A176	CHARLES OLATUNDE AROSAYIN	A	NGR	82	88.396
3	5	A147	LIM KOK CHEONG	A	MAS	82	88.396
4	17	A071	AIMAN CHEAH TIONG CHAP	A	MAS	70	75.46
5	18	A076	LEE KEAN EWE	A	MAS	70	75.46
6	25	A175	MUNIANDY A/L M'NISNA	A	MAS	66	71.148
7	33	A146	MALEK REDONE	A	MAS	63	67.914
8	36	A166	LOO JEE CHYE	A	MAS	63	67.914
9	40	A150	TEY ENG TIONG	A	MAS	62	66.836
10	44	A067	MUHAMMAD HARUN TEE BIN ABDULLAH	A	MAS	62	66.836

Men Junior Veteran

Rank	RankTot	Strno	Name	Cat	Nation	NetLap	Dist (km)
1	1	B205	YOW KANG HUAT	B	SIN	86	92.708
2	6	B211	LIEW THO FATT	B	MAS	79	85.162
3	7	B291	ABD. HALIM	B	MAS	79	85.162
4	8	B215	LEE CHOON KEAT	B	MAS	77	83.006
5	9	B206	NG HUAT BENG	B	MAS	77	83.006
6	12	B262	CHEAH SIN CHOR	B	MAS	75	80.85
7	19	B208	DR.DEVINDER SINGH	B	MAS	69	74.382
8	22	B240	KRISHNAN A/L RENGASAMY	B	MAS	68	73.304
9	23	B220	OH KEAN CHEONG	B	MAS	67	72.226
10	35	B286	MIRZA MANIRAJAH BIN ABDULLAH	B	MAS	63	67.914

Men Senior Veteran

Rank	RankTot	Strno	Name	Cat	Nation	NetLap	Dist (km)
1	2	C462	PETER BENNETT	C	AUS	86	92.708
2	10	C360	HOR AH SIEW	C	MAS	76	81.928
3	13	C465	MOHD JAFARI BIN OTHMAN	C	MAS	74	79.772
4	15	C378	WONG BOO WIL	C	MAS	71	76.538
5	16	C364	YUM BENG SOO @ YUM PING FOOK	C	MAS	70	75.46
6	20	C377	HJ.IBRAHIM BIN ASMONI	C	MAS	68	73.304
7	24	C392	LIM SOON HOCK	C	MAS	66	71.148
8	26	C370	ANG THEAN HOCK	C	MAS	66	71.148
9	27	C435	A.NAMADASON	C	MAS	65	70.07
10	38	C391	LO KE SAY HONG	C	MAS	63	67.914

Women Open

Rank	RankTot	Strno	Name	Cat	Nation	NetLap	Dist (km)
1	11	D539	KWOK CHIK HA	D	HKG	76	81.928
2	37	D540	CHAN YEE HUNG (CAROL)	D	HKG	63	67.914
3	42	D508	LING KING CHOO	D	MAS	62	66.836
4	56	D541	KASTURI A/P MUNIANDY	D	MAS	58	62.524
5	70	D509	TAN YOW YEE	D	MAS	55	59.29
6	71	D542	NOR JULIANA BT ALI	D	MAS	55	59.29
7	76	D545	KATHLEEN MUJAN NANDONG	D	MAS	54	58.212
8	78	D544	TAN KUAN LING	D	MAS	54	58.212
9	84	D531	LOY KIN	D	MAS	52	56.056
10	90	D543	TAN MIN PAU	D	MAS	51	54.978

Women Junior Veteran

Rank	RankTot	Strno	Name	Cat	Nation	NetLap	Dist (km)
1	14	E651	MAY, LAI YUET-MEI	E	HKG	73	78.694
2	21	E652	WONG YUET-WAN	E	HKG	68	73.304
3	29	E653	IRENE, TAI SAU-KING	E	HKG	65	70.07
4	30	E648	ECHO, YEUNG MAN-CHUN	E	HKG	65	70.07
5	31	E605	CHEAH BEE TIN	E	MAS	64	68.992
6	32	E650	BETTY, CHAN WOON-KAM	E	HKG	64	68.992
7	34	E607	LIM SIEW LEAN	E	MAS	63	67.914
8	46	E611	LIM CHENG HOON	E	MAS	61	65.758
9	63	E621	TAN CHOOI KHIM	E	MAS	57	61.446
10	67	E608	LEONG SIEW HAR	E	MAS	55	59.29

Women Senior Veteran

Rank	RankTot	Strno	Name	Cat	Nation	NetLap	Dist (km)
1	28	F708	OOI POH CHOO	F	MAS	65	70.07
2	41	F706	LIM MOOI KIANG	F	MAS	62	66.836
3	47	F720	KANG BEE LOOI	F	MAS	61	65.758
4	50	F703	JACINTA CHIN AH LAN	F	MAS	60	64.68
5	51	F729	OOI POH KEAH	F	MAS	60	64.68
6	62	F726	MARY GERALDINE PHIPPS	F	MAS	57	61.446
7	65	F731	NORMA BT MAN	F	MAS	56	60.368
8	66	F707	TAN HOI TIANG (TINNY)	F	MAS	56	60.368
9	81	F713	LEO TENG WAH	F	MAS	53	57.134
10	100	F711	GOH NAN YANG	F	MAS	50	53.9

Full results may be analysed at <http://www.championchip.com.my/>

MORE NEWS OF OUR PROUD PEDESTRIAN PAST

Phil Essam has found a number of very interesting newspaper articles which shed further light on the proud pedestrian history of early colonial Australia.

The first few are taken from 'Hugh Capel's Australian History Pages' a very comprehensive website of archival material pre 1901. The section 'FEATS OF PEDESTRIANISM' has the following articles, taken from the Mudgee Newspaper of rural New South Wales. (<http://pandora.nla.gov.au/pan/41811/20060527/www.historypages.net/FPedestrianism.html>)

The Mudgee Newspaper, December 7, 1858

PEDESTRIANISM. – The astonishing feat of walking 1000 miles in 1000 consecutive hours, is now being performed at the Olympic Theatre, Melbourne, by Allan McKean. He commenced on Tuesday, and at midnight, yesterday, completed his 42nd mile. He walks at a quarter before every hour and a quarter after. The shortest time occupied by him in walking a mile was at ten o'clock on Tuesday night, when he accomplished the distance in eight minutes and forty seconds. – *M. Herald.*

The Mudgee Newspaper, January 18, 1859

THE GREAT WALKING MATCH AGAINST TIME. – On Monday night the 3rd inst., at 20 minutes past 10 the pedestrian, Allan McKean, accomplished his herculean task of walking 1000 miles in 1000 hours. For the last few days this event has caused great excitement in the sporting world, although there appeared to be only one opinion, namely, that McKean was possessed of sufficient powers of endurance to complete his task. The Olympic Theatre, which has been the arena on which this match was performed, was last evening crammed to excess, there being, as near as it is possible to form an opinion, between 500 and 600 persons present, every available corner being taken possession of. Allan McKean, it will be remembered, accomplished the feat of walking 1000 miles in 1000 hours at Ballarat a few weeks only before he commenced his second attempt in Melbourne, on Tuesday, November 23, at a quarter to 8 o'clock a.m., and it was generally thought that he had not allowed himself sufficient rest, but the event has proved that he did not overrate his capabilities. The shortest time in which he has walked a mile has been 8 min. 40 secs., and the longest time 26 mins. and 44 secs., that being during the period at which he was suffering a very severe sore on the sole of the foot. He completed his thousandth mile in fifteen minutes thirty-nine seconds, and appeared to be as little fatigued as when he had accomplished one-half of his allotted distance. Upon the completion of the 27th round, he was most loudly cheered, and it was some time before sufficient silence could be obtained for the result to be made known. – *Argus* of Tuesday.

The Mudgee Newspaper, November 8, 1859

PEDESTRIANISM. – A Miss Beverly Howard has accomplished the feat of walking 1250 miles in 1000 consecutive hours. The *Ballarat Times* says: – “Those who had seen the almost utterly helpless state to which the task of walking one thousand miles in (one) thousand hours rendered Allan McKean here, on Ballarat, expected to see Miss Beverly Howard creep or crawl rather than walk her last rounds; but it was not so: she was neither lame, nor halt, nor slow, but walked her last one and a quarter mile in 21 minutes and 45 seconds, or at almost a regular pace, with her body suitably thrown forward, but not bent, with a free motion of both hands and feet, and with no perceptible heaviness of step.”

Special acknowledgement to David Studham, Librarian at the MCC Library, Museums Department, Melbourne Cricket Club, for passing these next two newspaper articles onto Phil. These document what might have been the first successful attempt to walk 100 miles in 24 hours in what might be construed as a proper walking gait rather than the 'go as you please' gait employed by many of the pedestrians of the time.

The Australasian, Saturday December 21, 1878, p.780. W. EDWARDS, THE LONG DISTANCE CHAMPION WALKER.

W. Edwards, the champion long-distance walker, yesterday evening commenced his arduous undertaking to walk 110 miles in 24 hours. The place selected for performing the feat is the Melbourne Cricket-ground, an oblong walk having been constructed in front of the grand stand, and slightly encroaching on the green. The walk is composed of ordinary planking nailed to joists laid on the ground. A canvas covering is stretched on poles overhead, to screen the pedestrian from the sun.

The rink was measured yesterday afternoon by Mr. J. S. Jenkins, town surveyor for Richmond, who certified that it was 117yds. 1ft. 0 $\frac{1}{2}$ in. round, so that it takes 15 laps to make a mile, and Edwards will have to walk round the ring 1650 times before he completes his task.

Shortly before the time for starting Edwards emerged from the tent in the centre of the rink in his walking dress, which is rather a peculiar one, the tights being of black satin, trimmed with delicate white lace. He is a well-made young man, 26 years of age, 5ft. 7 $\frac{1}{2}$ in. high, and weighs in his walking dress 9st. 8lb. He appears to be in the perfection of condition.

Exactly at 6 o'clock he started off with a light springy step, going over the ground at a good pace, and with great ease. He made the first miles in 10 minutes and 10 seconds, and on finding the time he was making he eased a little, and did the second mile in 11 minutes 7 seconds, and was keeping on at that pace. His rule is to walk about 30 miles, and then take a rest for about 20 minutes.

At a meeting held on Thursday night, several gentlemen volunteered to attend at certain times throughout the 24 hours, so that there should always be some one present to attend to the scoring-book. Of the three gentlemen who were to attend for the first three hours, not one was present. Mr. Mount, who was on the ground, acted as starter, and took charge of the scoring-book.

The task will be concluded at 6 o'clock this evening.

The Australasian, Saturday December 28, 1878, p.813. W. EDWARDS, THE LONG DISTANCE WALKER.

Edwards ... successfully concluded his task on Saturday evening, having six minutes to spare ... Although a heavy shower or two fell after midnight on Friday, the pedestrian had splendid weather on Saturday, but the attendance was meagre in the extreme, not more than 300 persons being present, and most of these were members of the club.

Commencing at 6 p.m. on Friday, he walked the first mile in 10m. 10s.; but easing up a bit in the second, he took 11m. 7s., and kept on at a nice swinging gait. The first 10 miles were done in 1h. 51m., the second in 1h. 52m., the third in 2h., the fourth in 2h. 21m., the fifth in 1h. 59m., and the sixth in 1h. 52½m.

Edwards rested for six minutes at the end of 50 miles, and when 60 were completed he rested for a longer time, and took some light food and refreshment. At 21 minutes to 9 a.m. he had completed 70 miles, and he did the next 10 in 2h. 3m. He rested for about 15 minutes at that stage, and then re-commenced walking, and by 11 minutes to 4 p.m. had accomplished 100 miles. There was then over two hours in which to do the last 10 miles, and so he consented to stand for the purpose of being photographed. The remaining 10 miles were travelled at an average of about 12 minutes per mile, the last lap being finished at 5.54 p.m., or 6 minutes before the 24 hours had elapsed.

During the latter portion of the journey, he was frequently cheered by the spectators, and when he finished he received an ovation. He was not much fatigued, and after a slight rest walked into town. As a recognition of the pluck he displayed in continuing his task under such dispiriting circumstances, a subscription was started on the ground, and something like £15 was raised for him.

Phil has been busy adding these and other interesting information items about the early history of Australian Ultra competitions to his website at <http://www.planetultrarathon.com/australianultrahistory.htm> . It's certainly worth a look. Phil is a tireless worker for the cause.

MORE ON THE BRITISH CENTURIONS 2006 QUALIFYING EVENT

Although I have previously reported on the 2006 British Centurions Qualifying event, this comprehensive report by Carl Lawton (C 750) is worth reading to give readers a more comprehensive picture of the event and fix up some slight inaccuracies in the previously published results.. Thanks Carl.

The Isle Of Man 100miles/24hours Weekend Saturday 19th/Sunday 20th August 2006.

74 competitors toed the line for a 2 pm start on what proved to be a successful event. Wearing number one was Sean Hands last years winner at Kings Lynn and number 50, Fred Baker competing 50 years after his first 100.

The course was a lap of the track and a lap of the famous Douglas Bowl known to many walkers over the years. With the track in the middle of the bowl it enabled ease of access to watch the whole race. For the first time in a 100mile walk in the UK the use of a computer chip in the shoes of all competitors was used enabling certified laps and timing. However, with a large field and short laps it was sometimes difficult to update competitors on their progress.

Sean led the field into the afternoon and night with Sandra Brown moving into second position after the retirement of Robbie Callister after 87 laps. Another retirement was Richard Brown at 83 laps with stomach problems and ending up at the local hospital for a short while.

At 10pm the Twilight 20 started, again all with chip timing and this did test the system with another 70 plus on the course. Some did not know they had finished until after crossing the line as the computer results tent was positioned before the finish and the competitor had to cross the line before the time and laps appeared. This did result in a couple of walkers doing an extra lap although they got the correct time and position in the final result.

As dawn broke after a pleasant night, on a well lit circuit and a little bit of rain in the early morning, Sean was still holding the lead but slowing to 10 minutes plus laps and Sandra Brown gaining 30 minutes on him in the last 20 miles . However, Sean held on to win in 19hours 16 minutes and 3 seconds with Sandra twelve and a half minutes behind.

Third home and completing her first 100 representing Canada was Sue Biggart. Eight minutes behind was Marcelino Sobczak who carried on to the 24 hours, with Kevin Marshall 5th taking 30 minutes off his best time.

With 42 completing the 100 of which 25 were new Centurions, it is not possible to report on every performance but mention to Hedwig Vandeputte who finished with 4 and a half minutes to spare, to the "twins" Jackie Campbell and Terri Salmon who walked the whole race together, to Fred Baker who walked consistently to complete 92 laps (70.33 miles) in what is reportedly his last 100 mile appearance and to the youngest competitor James O'Toole, who at the 75 mile point was just inside 18 hours but was forced to retire after 120 of the 131 laps.

Maureen Cox can take great credit with her team for the organisation which provided 24 hour feeding for all competitors and officials, for the physio's who gave their services throughout and to the officials. Thanks also to the computer results team who were put under a bit of pressure a few times when instant results were not

forthcoming and the “odd” phone call had to be made to sort out the problem. At the time of writing there was still a slight problem with the final result, but it was anticipated to be sorted out soon.

Addendum Eric Horwill put a lot of time in sorting out the final result. The computer timing was a few seconds out on all competitors (not the same amount for each one). And the final distances by those completing 24 hours had to be worked out manually in collaboration with the computer result. The other slight problem was that the overall race was 131.5 laps, the computer took crossing the line after half a lap as one lap but the manually prepared distance chart took 1.5 laps as the the first lap so giving walkers distances proved a little difficult.

Pos	No	Competitor	Club	100 M		Cent existing	Cent new	24 hr distance
1	1	S. Hands	Manx H. I.O.M.	19.16.11		C1014		
2	8	Sandra Brown	Surrey W.C.	19.28.47	1 st Lady	C735		
3	6	Sue Biggart	I.O.M. Vets A.C.	20.08.19	2 nd Lady		C1030	
4	69	M.Sobczak	OLAT (Holland)	20.16.26			C1031	111.15mls
5	57	K.Marshall	Ilford A.C.	20.29.22		C1001		
6	32	M. George	Manx H. I.O.M.	20.34.16			C1032	
7	38	E. Harkin	I.O.M. Vets A.C.	20.34.21		C1016		
8	55	Catherine Lowey	Unattached I.O.M.	20.50.32	3 rd Lady		C1033	
9	78	J. Waddington	I.O.M. Vets A.C.	20.57.42			C1034	
10	35	F. van der Gulik	LAT Holland	21.12.10		C1022		
11	34	A. Gosnell	I.O.M. Vets A.C.	21.21.20			C1035	
12	45	D. Jones	Redcar R.W.C.	21.33.52		C987		110.56mls
13	30	C. Flint	London Vidarians	21.38.11		C849		105.56mls
14	58	T. Moffatt	Unattached I.O.M.	21.43.10			C1036	
15	52	F. Leijtens	R.W.V. Holland	21.50.04		C949		
16	20	A. J. Collins	Birchfield Harriers	21.51.06		C688		108.78mls
17	80	R. de Wolf	R.W.V. Belgium	21.57.15		C980		107.42mls
18	5	M. Biesmans	LAT Holland	22.13.40			C1037	
19	74	A. Titley	I.O.M. Vets A.C.	22.19.59			C1038	
20	29	M. Fisher	Yorkshire R.W.C.	22.21.57		C788		
21	68	S. Sille	I.O.M.Vets A.C.	22.28.22			C1039	
22	48	A. Kinvig	I.O.M. Vets A.C.	22.29.39			C1040	
23	26	D. Doyle	I.O.M. Vets A.C.	22.41.54			C1041	
24	4	T. van der Berg	LAT Holland	22.47.03			C1042	
25	15	D. Chambers	Unattached I.O.M.	22.48.05			C1043	
26	71	J. Stubbs	I.O.M. Vets A.C.	22.53.40		C982		
27	76	J. Visser	R.W.V. Holland	22.55.20		C944		
28	53	D. Looker	Unattached I.O.M.	22.57.21			C1044	
29	42	L. Houben	R.W.V. Holland	22.58.40		C825		104.72mls
30	25	E. Dikken	OLAT Holland	23.01.39			C1045	
31	3	M. Bellando	Unattached I.O.M.	23.08.05			C1046	
32	51	P. van der Kroft	R.W.V. Holland	23.10.00		C977		
33	61	Anne Oates	Unattached I.O.M.	23.15.10			C1047	
34	14	Jackie Campbell	Manx H. I.O.M.	23.19.33			C1048	
35	66	Terri Salmon	Unattached I.O.M.	23.19.33			C1049	
36	60	H. Neubacher	Aachen, Germany	23.19.46		C959		
37	10	C. Cale	Manx H. I.O.M.	23.21.12			C1050	
38	36	G. Hain	A.U.R.A. Australia	23.31.54			C1051	
39	27	G. Evans	I.O.M. Vets A.C.	23.40.00			C1052	
40	31	M. Gellion	I.O.M. Vets A.C.	23.45.29			C1053	
41	79	K. Watts	London Vidarians	23.50.17		C859		
42	75	H. Vandeputte	R.W.V. Holland	23.55.39			C1054	100.28mls

END OF THE YEAR AND END OF OUR CURRENT EXECUTIVE

Our constitution rules that each two years, the positions of President and Vice President should rotate forwards, based on Australian Centurion Number. This December marks both the end of our financial year and the end of another two year cycle.

This means that **Bill Dyer (C 15)** steps down from the Presidency, Vice President **John Smith (C 16)** steps up to take over as the new President and **Ian Jack (C 17)** comes into the role of Vice President.

Our new Executive will be as follows

President	John Smith (C 16)
Vice President	Ian Jack (C 17)
Secretary	Tim Erickson (C 13)
Treasurer	Lois Erickson

Lois will be closing the financial books soon and you will soon receive our Annual Report and Annual Financial Statement so I won't prattle on at this stage except to welcome Ian to his new role and to thank Bill for the last 4 years he has spent on the Executive working for the club. It has been great to have Bill as a sounding board for many of the decisions of the last 4 years as we have moved forward as a club and developed new initiatives.

In my next newsletter I will formally welcome John and Ian to their roles and talk a little more about what the Executive does.

FINANCIAL NEWS

I am pleased to announce that we have successfully negotiated another financial year. Thanks to all our members who continue to support us financially and physically. A special mention to Deryck Skinner who donated all his earnings to the club from officiating at Adelaide based fun runs. Thanks a lot Deryck!

Receipts	Donation – Deryck Skinner	100.00
	Newsletter subs 2006/7 – Marion Parkinson	24.00
	Donation – Mike Porter	50.00
Expenditure	Postage and Photocopying (newsletters)	24.90
	Final Account Balance as at 10/09/2006	347.58

UNTIL OUR NEXT NEWSLETTER

Wow, another bumper filled newsletter. I was particularly excited by the performances of Peter Bennett and Charles Arosanyin in Penang – what a great event. It was also fantastic to learn a bit more about our proud pedestrian past in Australia. I'm actually out doing some walking myself after my hip operation (now don't all fall over in astonishment) and it's great to shake the cobwebs out with that most natural of exercise -walking. I wish everyone a wonderful and blessed Christmas and hope that your new year brings only good news.

Yours in Centurion walking

Tim Erickson (C 13)
Secretary, Australian Centurion Walkers Inc.
1 Avoca Cres, Pascoe Vale, Victoria, 3044