

# CENTURION FOOTNOTES

JUNE 2006 – VOL 13 NUMBER 4

*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

11-13 August 2006	Australian 48 Hour C'ship and Queensland 24 Hour C'ship	Gold Coast, Qld
19-20 August 2006	<b>British Centurions Qualifier</b>	Douglas, Isle of Man
30 Sept – 1 Oct 2006	Sri Chinmoy Australian 24 Hour Championship	Adelaide, SA
Sat 14 October 2006	British Centurions Annual Dinner and AGM	Picadilly, London
6 Nov 2006	Victorian 6 Hour Track Championship	Moe, Victoria
29-25 Nov 2006	Australian 6 Day Championship	Colac, Victoria

The Rules & Entry Forms for the Isle of Man British Centurion 100 mile walk can be obtained from [www.isleofman100milewalk.co.uk/1.html](http://www.isleofman100milewalk.co.uk/1.html) or from [www.manxathletics.com](http://www.manxathletics.com)

## MORE FROM THE AUSTRALIAN CENTURIONS 24 HOUR EVENT

The dust has now settled on our 2006 event and the lapsheets have been scrutinised and confirmed. And the good news is that our two new centurions have each had an extra lap allocated to their final results and the website has been updated accordingly. Their 100 mile times are now as follows

C52	Jens Borello	22:33:01
C53	Patrick Fisher	23:10:38

I can now also confirm the times and final placings in the 2006 Racewalking Australia 100 km Walking Championships which were held as part of our Centurion walk.

Men	1	Terry O'Neill	VIC	13:19:08
	2	Jens Borello	DENMARK	13:33:01
	3	Pat Fisher	ACT	13:54:19
Women	1	Karyn Bollen	VIC	14:02:39

## NEWS ON OUR MEMBERS

**Peter Bennett (C 24) and Robin Whyte (C 29)** competed in the annual Racewalking Australia 20 Mile championship in Canberra on Sunday 11 June. Both were successful with Peter (representing Queensland) coming 9<sup>th</sup> in 3:07:45 and Robin (representing ACT) coming 10<sup>th</sup> in 3:32:36. Robin has started every 20 Mile event since its inception in 1967 and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 37 finishes out of 40. This fantastic effort was recognised this year with a special award at the Presentation night. What makes it even more remarkable is that Robin is one of the main organisers and works tirelessly before and after the 20 mile event to ensure that the carnival is an overall success. For Peter, it was his 14<sup>th</sup> finish in this event, a great effort in itself.

**Geoff Hain (C 49)** has now recovered from his Coburg 100 mile and is back in training for the British Centurion qualifying event which will be held on the Isle of Man in August. If he is successful, he will become the first Australian to qualify. Geoff has completed 3 hundreds in Australia and one in New Zealand since swapping to walking a couple of years ago and looks a pretty good prospect for adding a third Centurion badge to his collection later this year. Good luck Geoff.

**Sue Clements (C 35) and Jill Green (C 38)** recently completed the 292 km Paris to Tubize (Les Roses Noires) walk which was spread across 2, 3 4 and 5 June. This is a 4 day non-competitive walk with the daily distances being 75 km, 80 km, 75 km and 60 km. In particular, it was Sue's fifth appearance in this gruelling event. Sue commented "The big problem is sleep privation; they get you up at 1AM for a 4AM start. Sue told me I could find some photos at [www.wandelmee.be](http://www.wandelmee.be) but I had no success – perhaps you will have more luck!

## INDIAN ULTRA SET TO GO

As mentioned in our last newsletter, the first ever Indian ultra event is set to be held from 23 October to 2 November in Mysore. This city, located 770m above sea level, is the Indian state of Karnataka and is 135 km from the state capital Bangalore. The event offers three different races in one with competitors able to choose between a 3 day, a 6 day and a 10 day endurance challenge. You can read all about it (and download your own entry form) at Phil Essam's very comprehensive website : <http://www.freewebs.com/worldultranews/mysoreultra.htm>

Some of the finer points are as follows

- First priority will be given to runners/walkers with a proven ability to cover at least 130 kilometers in 24 hours - 250 kilometers in 48 hours, and who have cover at least 500 kilometers in 6 days.
- The committee reserves the right to allow a number of wildcard entrants.
- Applications will be accepted/rejected at the sole discretion of the organisers.
- A minimum of 42.195 kms to be completed every day and not more than 8 hours of rest allowed at a stretch.
- The Race Director / Committee / Organisers reserve the right to ask a participant to stop should they feel that the participant does not have the ability to continue.
- Each participant will be provided with 1 helper.

Further information can be obtained from Phil Essam ([pessam@bigpond.net.au](mailto:pessam@bigpond.net.au)) or Dasham ([darshan@coindia.com](mailto:darshan@coindia.com)) .

## SHAUL LADANY WALKS A BLINDER, MAY 18-19 2006, ASHTABULA, OHIO

In our last newsletter, I reported that Jill Green (C 38) had been doing lots of training with Israeli ultra walking legend **Shaul Ladany** first in England and then in Israel. Shaul has popped up again, walking an astounding 100 mile time-trial in Ohio in USA in mid May. Here is the brief report from Jack Mortland which was published on the web

Last Thursday and Friday, Shaul Ladany completed a 100 mile effort in **21:45:13** in Ashtabula, Ohio under the close watch of Ron Laird and other observers. Shaul, who many of you know, is notorious for his ultra-walking feats, was a 1972 Israeli Olympian, and won four U.S. titles at 75 Km and one at 100 Km while living in the U.S. in the '70s. He has been in the U.S. for a few months and staying with Ron in Ashtabula for the past month. He departs for Europe on Friday to participate in some of his beloved long-distance walks.



Shaul Ladany walking in Melbourne in late 2005

The race was held on a 285m illuminated asphalt lap and the event was covered by the local newspaper, radio and TV media. The event was organized by Ron Laird (4 time USA Olympian) and other local identities. Shaul's time is the fastest ever done by a 70+ year old person and shows just how well older walkers can hold their form over the years. However, since the event was not a gazetted event, the performance probably cannot count for record purposes so our own Deryck Skinner will continue to hold the records with his wonderful walk last year in Adelaide (at 72 years of age). You can rest easy Deryck!

Shaul was one of the best race walkers in the world in the 1960s and 1970s, competing in two Olympiads for Israel. At the 1968 Mexico City Games, he finished in 24<sup>th</sup> place in the 50 km walk with a time of 5:01:06. He then returned to the Olympics at the 1972 Munich Games as Israel's sole male representative in track and field. He again competed in the 50-km walk and improved to finish in 19<sup>th</sup> place with a time of 4:24:38.

The morning after his race, in the early hours of September 4, 1972, Palestinian terrorists broke into the Olympic Village with the intention of taking the entire Israeli delegation hostage. The terrorists captured wrestling coach Moshe Weinberg, who led them away from Ladany's apartment towards the two rooms housing Israel's bigger wrestlers and weightlifters. Weinberg and 10 other Israelis were killed by the terrorists, but Ladany and four others escaped.

Born in Beograd in Yugoslavia on April 2<sup>nd</sup> 1936, Ladany was sent to the Bergen-Belson concentration camp at the age of 8. He told the Jerusalem Post in 1972, "...I saw my father beaten by the SS and I lost most of my family there...A ransom deal that the Americans attempted saved 2,000 Jews and I was one. I actually went into the gas chamber but was reprieved. God knows why." Ladany later received a doctorate in business administration from Columbia University (in New York), and is currently a professor of Industrial Engineering and Management at Ben-Gurion University. In 1997, Ladany's memoirs, *The Walk to the Olympics* were published in Hebrew.

He still holds the world record in the 50-mile walk (**7:23:50**), and the Israeli national record in the 50-km walk (**4:17:07** -- set in 1972). He began his athletic career as a marathon runner, but turned to walking in the early 1960s. In 1972, Shaul won the gold medal in the 100-km (**9:31:00**) at the World Championships. He also won the Israeli national walking championships 28 times from 1963-1988; won the U.S. walking championship six times (from 1973-1981); the championship of Belgium twice (1971 and 1972); Switzerland in 1972 and South Africa in 1975. In 1976, Shaul became the first person ever to win both the American Open and Masters (40 years and over) 75 km walking championship. He repeated the feat in 1977 and 1981 (by which time the event had become a 100 km race). He also won the 20 km, and 50 km walk at the 1973 Maccabiah Games.

#### CONTINENTAL CENTURIONS 24 HOUR WALK, SCHIEDAM, HOLLAND, 3-4 JUNE 2006

The annual Continental Centurions qualifying race was held on the weekend of 3-4 June in Schiedam (near Rotterdam) and was organised by the "Rotterdamse Wandelsport Vereniging". The Wandelweekend included 50 km, 50 miles, 100 km, 100 miles and 24 hours categories. A total of 72 participants started, with 41 choosing the tough 100 miles/24 hours challenge. And what a success it was with 11 new Continental Centurions, 7 new Kennedyfriends (50 miles within 12 hours) and 2 walkers who qualified for "Honderdman" (100 km within 11h30) for the first time. Many thanks to Hans van der Knaap for kindly providing me with the full race results.

#### 24 Hour Walk

With a distance of 182.7 km, Huib van Broekhoven (RWV) was the overall winner of the 24 hours. After his previous attempt in Schiedam, he planned this event very thoroughly and started conservatively, passing the 100 km mark back in sixth place. But by the end of the race, he had walked through the field and taken the lead. Piet van der Kroft, 61 years old, was only 2 km behind in second place. It was indeed interesting to see the older brigade dominating this event with 58 year old Robert de Wolf taking third, 60 year old Rob Frielink taking fourth and 61 year old Con Bollman taking fifth. It was good to see one of our newest Australian centurions, **Jens Borello (C 52)** completing 97 km in under 13 hours.

1.	Huib van Broekhoven	RWV	61	24.03.58	182.690
2.	Piet van der Kroft	RWV	44	24.00.07	180.714
3.	Robert de Wolf	RWV	47	24.02.13	175.766
4.	Rob Frielink	RWV	46	24.01.04	173.790
5.	Con Bollmann	RWV	44	24.04.03	168.846
6.	Leo Houben	RWV	51	24.07.13	166.866
7.	Vincent Yeung	RWV	65	23.57.25	161.922
8.	Rieks Haan	RWV	65	19.05.22	160.934
9.	Marcelino Sobczak	OLAT	68	20.50.47	160.934
10.	Ties van den Berg	sv de LAT	63	21.02.47	160.934
11.	Jaap Visser	RWV	37	21.17.02	160.934
12.	Ernst Westerhoff	OLAT	39	21.50.33	160.934
13.	Gerrit van Haandel	OLAT	47	21.50.33	160.934
14.	Frank van der Gulik	sv de LAT	77	21.53.33	160.934
15.	Ronald van Meensel	RWV	64	22.00.01	160.934
16.	Wim Freriks	sv de LAT	50	22.17.08	160.934
17.	Martijn Biesmans	sv de LAT	72	22.56.29	160.934
18.	Ilona Klinkendon (f)	RWV	63	23.17.41	160.934
19.	Ton Groenendaal	RWV	59	23.17.41	160.934
20.	Wim Veerman	RWV	53	23.28.43	160.934
21.	Huib Stheins		52	23.38.32	160.934
22.	Hedwig Vandeputte	RWV	59	23.49.11	160.934
23.	Aart van Dijk	RWV	52	23.51.50	160.934

24.	Joop Flipse	RWV	54	20.42.33	145.110
25.	Cath Duhig (f)	Loughton AC	54	19.45.23	141.154
26.	Erik Dikken	WS'78	67	20.34.44	141.154
27.	Marry Heuvelman-Goudriaan (f)	WS'78	43	23.54.44	141.154
28.	Hanny Klumpkens (f)	OLAT	49	23.54.44	137.198
29.	Oscar van der Koogh	RWV	62	23.55.23	137.198
30.	Adrie Zoon	RWV	55	17.54.47	133.242
31.	Luc Dekeirsschieter	RWV	64	18.29.14	129.286
32.	Julius vd Vlist	RWV	62	19.05.55	121.374
33.	Hans de Vries	OLAT	64	19.19.04	113.462
34.	Bart Snoeren	DAK	69	13.04.49	109.506
35.	Frans Leijtens	RWV	76	13.51.54	105.550
36.	Hugo Bonnyns	VOS Schaffe	41	17.23.34	105.550
37.	Gerrit Nederlof	RWV	37	21.00.17	105.550
	Jens Borello		47	12.43.39	97.638
	Co de Jong	RWV	47	11.31.14	89.726
	Danny Long	LDWA	44	14.01.17	81.814
	Theo Plate	RWV	48	04.10.16	30.386

### Honderdmannen (Hundred Men)

Amongst the 24 hour walkers were a number who were trying to achieve the very tough 'Honderdmannen ' status – 100 km within 11:30:00. The two successful walkers were Frans Leijtens (RWV) and Bart Snoeren (DAK). Since this award was recognised in 1959, only 58 people have bettered 11:30:00 (43 dutchmen and 15 others). The Honderdmannen award numbers were actually up to 66 because up until 1962, a limit of 12 hours applied. Both walkers passed the mark in 11:24:10 to set become Honderdmannen numbers 67 and 68. Rieks Haan (RWV) also bettered the standard, passing the 100 km mark in 11:07:54, but he had previously achieved Honderdmannen status in 2003.

### 100 miles

The truly amazing number of 23 walkers reached the 100 mile mark within 24 hours. Amongst them were 11 new Continental Centurions. Rieks Haan was an easy winner with an excellent time of 19:05:22. 68 year old Jaap Visser finished 6<sup>th</sup> overall with a fantastic time of 21:17:08, setting a whole new swag of intermediate records along the way.

1.	Rieks Haan	RWV	65	19.05.22	160.934
2.	Marcelino Sobczak	OLAT	68	20.50.47	160.934
3.	Huib van Broekhoven	RWV	61	20.58.07	160.934
4.	Ties van den Berg	sv de LAT	63	21.02.47	160.934
5.	Piet van der Kroft	RWV	44	21.09.18	160.934
6.	Jaap Visser	RWV	37	21.17.02	160.934
7.	Robert de Wolf	RWV	47	21.45.39	160.934
8.	Ernst Westerhoff	OLAT	39	21.50.33	160.934
9.	Gerrit van Haandel	OLAT	47	21.50.33	160.934
10.	Frank van der Gulik	sv de LAT	77	21.53.33	160.934
11.	Ronald van Meensel	RWV	64	22.00.01	160.934
12.	Rob Frielink	RWV	46	22.16.22	160.934
13.	Wim Freriks	sv de LAT	50	22.17.08	160.934
14.	Con Bollmann	RWV	44	22.52.51	160.934
15.	Martijn Biesmans	sv de LAT	72	22.56.29	160.934
16.	Leo Houben	RWV	51	22.57.53	160.934
17.	Ilona Klinkendon (f)	RWV	63	23.17.41	160.934
18.	Ton Groenendaal	RWV	59	23.17.41	160.934
19.	Wim Veerman	RWV	53	23.28.43	160.934
20.	Huub Stheins		52	23.38.32	160.934
21.	Vincent Yeung	RWV	65	23.48.18	160.934
22.	Hedwig Vandeputte	RWV	59	23.49.11	160.934
23.	Aart van Dijk	RWV	52	23.51.50	160.934
	Joop Flipse	RWV	54	20.42.33	145.110
	Cath Duhig (f)	Loughton AC	54	19.45.23	141.154
	Erik Dikken	WS'78	67	20.34.44	141.154
	Marry Heuvelman-Goudriaan (f)	WS'78	43	23.54.44	141.154
	Hanny Klumpkens (f)	OLAT	49	23.54.44	137.198
	Oscar van der Koogh	RWV	62	23.55.23	137.198
	Adrie Zoon	RWV	55	17.54.47	133.242
	Luc Dekeirsschieter	RWV	64	18.29.14	129.286
	Julius vd Vlist	RWV	62	19.05.55	121.374
	Hans de Vries	OLAT	64	19.19.04	113.462
	Bart Snoeren	DAK	69	13.04.49	109.506
	Frans Leijtens	RWV	76	13.51.54	105.550
	Hugo Bonnyns	VOS Schaffe	41	17.23.34	105.550
	Gerrit Nederlof	RWV	37	21.00.17	105.550
	Jens Borello		47	12.43.39	97.638
	Co de Jong	RWV	47	11.31.14	89.726

Danny Long	LDWA	44	14.01.17	81.814
Theo Plate	RWV	48	04.10.16	30.386

The new Continental Centurions are as follows. Congratulations to them all on their wonderful achievement.

CC 340	Marcelino Sobczak	OLAT
CC 341	Huib van Broekhoven	RWV
CC 342	Ties van den Berg	LAT
CC 343	Frank van der Gulik	LAT
CC 344	Martijn Biesmans	LAT
CC 345	Ilona Klinkendon	RWV
CC 346	Ton Groenendaal	RWV
CC 347	Wim Veerman	RWV
CC 348	Huib Stehns	
CC 349	Hedwig Vandeputte, België	RWV
CC 350	Aart van Dijk	RWV

### 100 km

Husband and wife team Connie and Huub Raymakers (both OLAT) walked together to take the first two places in the 100 km event.

1.	Connie Raymakers (f)	OLAT	47	12.52.22	
2.	Huib Raymakers	OLAT	48	12.52.22	
3.	Ad Leermakers	Attila	51	13.58.03	
4.	Rinus Meyers		59	15.06.43	
	Mark Schacken	Waalwijk	87	07.31.21	56.484
	Wout van Wieringen	RWV	33	04.40.08	32.748

### 50 miles

The 50 miles event saw an easy victory for Pedro Huntjens (Unitas). But for most walkers in this event, the aim was to complete their 50 mile within 12 hours to become Kennedyvriendens.

1.	Pedro Huntjens	Unitas	67	09.44.44
2.	Anton Nap	RWV	67	10.25.52
3.	Hugo Prinsen	OLAT	49	10.36.37
4.	Wim Brink		64	10.43.57
5.	Gerard Rasens	VTM	49	11.00.32
6.	Wil Ubben	KNBLO	41	11.26.47
7.	Aat van't Oor	RWV	42	11.31.16
8.	Dave Bindervoet	RWV	40	11.31.16
9.	Frances Rouppe vd Voort	OLAT	58	11.42.53
10.	Wilco Smaal	VTM	64	11.52.20
11.	Carry Ombelet (f)	OLAT	71	11.53.13
12.	Stefan de Winter		70	11.54.37
13.	Jan Dinnissen	DePosthoorn	55	12.37.06
14.	Maarten Suidman		65	12.56.54
15.	Maarten van der Meer	VTM	55	13.19.49
16.	Ad Mollen	OLAT	47	13.43.11

The new Kennedyvrienden members are

KV 307	Anton Nap	RWV
KV 308	Wim Brink	
KV 309	Gerard Rasens	RWV
KV 310	Wil Ubben	
KV 311	Wilco Smaal	VTM
KV 312	Carry Ombelet	OLAT
KV 313	Stefan de Winter	

The final event on offer was the 50 km which saw Jacques van Bremen (RWV) and Marcel Bunschoten (LAT) cross the line together in a nice time of 5.41.30.

1.	Jacques van Bremen	RWV	84	05.41.30
2.	Marcel Bunschoten	sv de LAT	78	05.41.30
3.	Robert van Bremen	RWV	82	05.50.18
4.	Paul Altena	sv de LAT	64	05.50.56
5.	Ton van Andel	RWV	58	05.56.08
6.	Rien Minheere	RWV	52	06.12.35
7.	Arie Klootwijk	Pr.Marijke	45	06.25.06
8.	Remke Rutgers (f)	sv de LAT	72	06.37.35
9.	Gertine Nap (f)	RWV	69	06.43.01

## NEW RECORDS

I am delighted to announce that the Australian Centurion Walkers have officially recognised a number of new Australian Age Group walking records. Ron McGregor's first ever ultra at Colac set new M60 standards while **Stan Miskin (C 23)** has been celebrating his entry into the M80 category with a number of record breaking performances (and I am sure there are more to come later this year). And finally Peter Bennett has set a new M50 24 Hour record with his walk in Rouen.

Stan Miskin	M80	24H	101.703 km	Sri Chimnoy 24H, Adelaide	15-16 October 2005
Ron McGregor	M60	200 km	2:19:06:37	Colac Australian 6 Day event	20-26 November 2005
Ron McGregor	M60	6 Days	306.8 km	Colac Australian 6 Day event	20-26 November 2005
Stan Miskin	M80	100Miles	1:18:43:07	Colac Australian 6 Day event	20-26 November 2005
Stan Miskin	M80	200 km	2:16:07:56	Colac Australian 6 Day event	20-26 November 2005
Stan Miskin	M80	48 Hours	173.648.0 km	Colac Australian 6 Day event	20-26 November 2005
Stan Miskin	M80	6 Days	431.648 km	Colac Australian 6 Day event	20-26 November 2005
Stan Miskin	M80	12 Hours	74.007 km	Gosford Coastal Classic, NSW	7-8 January 2006
Peter Bennett	M50	24 Hours	176.175 km	Rouen 24 Hour Event, France	15-16 April 2006
Stan Miskin	M80	50 Miles	12:31:26	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	100 Km	16:45:07	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	24 Hours	140.018 km	Coburg 24 Hour Carnival	22-23 April 2006

Stan regards his M80 24 Hour record as perhaps the pick of the bag and who can argue – 140 km at 80 years of age is astounding by any standards. To quote Stan

For myself, I was delighted to break the World M80 24 Hour Track Record which I had thought was just over 130 km, but was in fact over 139 km and held by that great English ultra runner Ernie Warwick. My policy of always doing my best and not stopping nor slowing when I passed a record certainly paid off. I had only a very small margin to spare at the finish and could never have forgiven myself if I had missed the record.



**Stan Miskin in action at Coburg – on his way to an M80 world record of 140.018 km**

## AMERICAN CENTURION QUALIFIER, MINNEAPOLIS, 3-4 JUNE 2006

The 17<sup>th</sup> annual FANS ultra 12 Hour and 24 Hour events were held on the weekend of 3-4 June at Lake Nokomis in Minneapolis. Conditions were warm with a predicted high of 89°F. The race categories also included walks and the American Centurions had certified it as a qualifying opportunity. Alas, no new centurions but a number of good walks none the less. Walkers placed as follows

<b>24 Hour Walk</b>		
John Green	93.63 miles	23 <sup>rd</sup> out of 86
Ollie Nanyes	83.00 miles	34 <sup>th</sup>
Barbara Curnow	79.85 miles	37 <sup>th</sup>

Keith Hardy:	54.63 miles	68 <sup>th</sup>
David Abbot	50.08 miles	73 <sup>th</sup>
Andy Penson	33.13 miles	83 <sup>rd</sup>

**12 Hour Walk**

Rosanne Kostelecky	36.30 miles
Monica Powers	31.16 miles

**THE 2006 PARIS-COLMAR**

The biggest event of the 2006 ultra walking calendar has been completed and, as usual, the performances were super-human.



The start of the men's race in Paris – 448 km to go (<http://www.pariscolmar.org>)

**Men's event – Paris to Colmar – 448 km**

The men's event from Paris to Colmar was over a distance of 448 km and saw 18 walkers toe the line (see photo above). The starting time was 7PM on Wednesday 31<sup>st</sup> May. French walker Christoph Erard forged to the front, building up a lead of 7 minutes by the time the first check point of 28.100 km was reached at Villeneuve Le Comte. But in an event of this magnitude, an early lead is purely academic. The first compulsory break of 2 hours would not be made until Bar le Duc at the 273 km mark.

By Conde Sur Marne at the 161.800 km (just over 100 miles), the leaders were spread as follows

1.	Serguei Dvoretiski	RUS	17h 13m
2.	Gregor Urbanowski	POL	17h 24m
3.	David Regy	FRA	17h 31m
4.	Alexsei Rodionov	RUS	18h 29m
5.	Alain Costils	FRA	18h 57m
6.	Gilles Belloir	FRA	19h 27m

This was in fact one of the fastest starts on record and a sizzling final time seemed assured. For the next 70 km little changed with Dvoretiski maintaining his 11 minute lead but as the race went past the 230 km mark, the gap started to slowly shrink. By Saint Dizier at the 253 km mark, the gap was only 6 minutes and Dvoretiski was fading fast. Another 20 km later at the compulsory rest stop at Bar le Duc, he was 31 minutes in arrears and Urbanowski was in his usual position – in the lead. The first few places now read as follows

1.	Gregor Urbanowski	POL	31h 11m
2.	Serguei Dvorsetski	RUS	31h 43m
3.	David Regy	FRA	32h 54m
4.	Alexsie Rodionov	RUS	33h 49m
5.	Gilles Bellior	FRA	36h 23m
6.	Paul Gilg	FRA	37h 39m

After the 2 hour break, it was Urbanowski who came out the fastest and his lead was quickly extended to 53 minutes over the next 20 km. From then on, it was just a case of how much and who would finish and who would retire. Let's jump to the end an aagonising day later and review the final placings.

			Ranking	Distance	Time	Avg pace	Distance behind
1	URBANOWSKI Grégor	POL	1	445,00 km	54 h 13 min	8,21 km/h	/
2	DVORETSKI Sergueï	RUS	4	445,00 km	55 h 48 min	7,97 km/h	01 h 35 min
3	REGY David	FRA	23	445,00 km	56 h 17 min	7,91 km/h	02 h 04 min
4	RODIONOV Alexsei	RUS	2	445,00 km	56 h 49 min	7,83 km/h	02 h 36 min
5	BELLOIR Gilles	FRA	6	445,00 km	62 h 20 min	7,14 km/h	08 h 07 min
6	GILG Paul	FRA	5	445,00 km	62 h 47 min	7,09 km/h	08 h 34 min
7	GEORGELIN Serge	FRA	15	445,00 km	66 h 08 min	6,73 km/h	11 h 55 min
8	PAYEN Louison	FRA	22	445,00 km	66 h 43 min	6,67 km/h	12 h 30 min
9	PELLERIN Alain	FRA	25	445,00 km	67 h 24 min	6,60 km/h	13 h 11 min
10	DIEN Daniel	FRA	7	445,00 km	67 h 34 min	6,59 km/h	13 h 21 min
11	MARECHAL Pascal	FRA	14	445,00 km	68 h 20 min	6,51 km/h	14 h 07 min
12	HARTMANN Emmanuel	FRA	12	402,80 km	arrêt		
13	FRECHENGUES Bernard	FRA	13	368,40 km	arrêt		
14	BIEBUCK Pascal	BEL	20	293,30 km	arrêt		
15	COSTILS Alain	FRA	8	273,05 km	arrêt		
16	BETZ Thomas	GER	17	194,60 km	arrêt		
17	PHEULPIN Adrien	FRA	19	188,00 km	arrêt		
18	ERARD Christophe	FRA	10	28,10 km	arrêt		



Urbanowski takes some refreshment in the foggy night

Dropping the paperwork at a checkpoint – but no stopping

Photos from <http://www.pariscolmar.org/photos2006.htm>

It was Urbanowski's 9<sup>th</sup> win in the last 12 stagings and confirms even further his ranking as the best ultra long distance walker the world has seen. Dvoretzki gallantly held on for second, a big improvement on his 5<sup>th</sup> place last year. Indeed, his gutsy effort to lead for the first half of the race marks him as a walker to watch next year. Will he be the man to finally dethrone Uranowski? Frenchman David Regy, one of the most consistent ultra walkers of the last decade, finished third and 2000 winner Alexsie Rodionov was pushed back to 4<sup>th</sup> place. Overall, 11 walkers managed to keep ahead of the cutoff marks and finish the event. The other 7 walkers were casualties of the long event. Amongst the non-finishers was Alain Costils who had so confidently won the Rouen 24 Hour event with 207 km six weeks before. He would have gone into this event with confidence but nothing is certain in a challenge of this dimension.

#### Women's event – Chalons to Colmar – 293.3 km

The women started with the men in Paris and walked the first stage alongside them. The Prologue is a 28.10 km stage to Villeneuve le Comte. They then travelled by car to Chalon to await the men. So it was a case of a short race, a day's break and then the long slog to Colmar. The Prologue was won by defending champion Anne Marie Mesmoudi in 2h 39m, one minute ahead of 1995 champion Kora Boufflert and two minutes ahead of 2003 champion Irena Poutintseva. A wonderful race looked on the cards.

The starting time at Chalons – 5PM on 1<sup>st</sup> June – was supposed to coincide with the expected time of the first of the men but Dvoretzki and Urbanowski were already well past the checkpoint by the time the gun fired. Bouffert quickly moved to the lead, with Mesmoudi gamely chasing and the rest spread out far behind. Again, the 100 mile mark at Demange aux Eaux (161.500 km) is a convenient place to stand and measure. The top women passed this milestone in what was basically an all French affair.

1.	Kora Boufflert	FRA	18h 32m
2.	Anne Marie Mesmoudi	FRA	18h 55m



3.	Sylviane Varin	FRA	19h 25m
4.	Irena Poutintseva	RUS	19h 31m
5.	Marina Tarassecich	BLR	20h 23m
6.	Sylvie Maison	FRA	21h 26m

There were no compulsory medical breaks for the women and their task was to complete the 293.3 km distance non-stop. Boufflert celebrated her second win after an 11 year break in a time of 37h 9m, just over an hour ahead of Poutinseva with defending champion Mesmoudi a surprise DNF. She had reached the 239 km mark in second place, only 28 minutes behind Boufflert, but had been unable to continue.

		Ranking	Distance	Time	Avg pace	Distance behind
1	BOUFFLERT Kora	FRA	293,30 km	37 h 09 min	7,90 km/h	/
2	POUTINTSEVA Irina	RUS	293,30 km	38 h 12 min	7,68 km/h	01 h 03 min
3	VARIN Sylviane	FRA	293,30 km	38 h 41 min	7,58 km/h	01 h 32 min
4	TARASSEVICH Marina	BLR	293,30 km	39 h 41 min	7,39 km/h	02 h 32 min
5	MAISON Sylvie	FRA	293,30 km	41 h 58 min	6,99 km/h	04 h 49 min
6	BARON Marie Claude	FRA	293,30 km	43 h 33 min	6,73 km/h	06 h 24 min
7	DOUBLET Evelyne	FRA	293,30 km	47 h 41 min	6,15 km/h	10 h 32 min
8	QUINQUETON Bernadette	FRA	293,30 km	49 h 07 min	5,97 km/h	11 h 58 min
9	BERTHAULT-KORZHYK Annie	FRA	293,30 km	50 h 06 min	5,85 km/h	12 h 57 min
10	MESMOUDI Anne Marie	FRA	239,60 km	arrêt		



Urbanowski wins a record 9<sup>th</sup> Paris-Colmar (<http://www.pariscolmar.org>)

#### Promotional event – Chalons to Colmar – 293.3 km

Following the practice of recent years, a third event was on offer again this year, a promotional event from Chalon to Colmar, following the same course as the women. This event is offered to those walkers whose qualifying performances rank them in the next echelon down. France underlined its depth in long distance walking with the first 6 places.

		Ranking	Distance	Time	Avg pace	Distance behind
1	HEINRICH Thierry	FRA	293,30 km	35 h 44 min	8,21 km/h	/
2	VARAIN Cédric	FRA	293,30 km	37 h 09 min	7,90 km/h	01 h 25 min
3	LANGLOIS Patrick	FRA	293,30 km	38 h 34 min	7,61 km/h	02 h 50 min
4	HARBULOT François	FRA	293,30 km	39 h 47 min	7,37 km/h	04 h 03 min
5	ALBRECHT Jacky	FRA	293,30 km	40 h 30 min	7,24 km/h	04 h 46 min
6	BUNEL Pascal	FRA	293,30 km	40 h 42 min	7,21 km/h	04 h 58 min
7	GIROD Urbain	SUI	293,30 km	42 h 01 min	6,98 km/h	06 h 17 min
8	ANDRE Hugues	BEL	293,30 km	43 h 37 min	6,72 km/h	07 h 53 min
9	DUFRIEN Pascal	FRA	293,30 km	43 h 42 min	6,71 km/h	07 h 58 min
10	BERT Dominique	FRA	293,30 km	45 h 01 min	6,52 km/h	09 h 17 min
11	ELIEZER Jocelyn	FRA	293,30 km	45 h 15 min	6,48 km/h	09 h 31 min
12	GIRAUDEAU Denis	FRA	293,30 km	46 h 03 min	6,37 km/h	10 h 19 min

## ANNIE VAN DER MEER – WALKING LEGEND

Earlier in the newsletter, I reported on the 2006 Continental Centurions qualifier, run by Dutch walking club Rotterdamse Wandelsport Vereniging. RWV has a proud history and it is an appropriate time to focus in on the the RWV member who is the arguably greatest woman ultra distance walker of all time.

Annie van der Meer was born on 24<sup>th</sup> February 1947 and is still walking at 58 years of age. Her RWV club records, taken from a 1996 club listing, are truly amazing.

50 km	5:40:59	05/06/1988	Goirle
100 km	10:57:0	10-11/05/1986	Rouen, France
100 Miles	18:06:10	10-11/05/1986	Rouen, France
200 km	22:36:46	10-11/05/1986	Rouen, France
250 km	33:20:00	08-11/-6/1983	Paris-Colmar
300 km	43:56:00	08-11/-6/1983	Paris-Colmar
400 km	59:16:00	08-11/-6/1983	Paris-Colmar
500 km	78:20:00	08-11/-6/1983	Paris-Colmar
24 Hours	212.500 km	10-11/05/1986	Rouen, France
28 Hours	228.100 km	20-21/09/1986	Roubaix, France
48 Hours	327.500 km	08-11/-6/1983	Paris-Colmar

She first came to prominence in the early 1980's with a strong of 100 mile and 24 hour performances that matched the top men of that era – in 1981 she achieved 197.895 km in the Rouen 24 hour walk and 225.400 km in the Roubaix 28 hour walk. But it was a couple of unexpected performances that made the ultra community really sit up and take notice. She entered the 1982 Paris to Colmar event and completed a distance of 180 km before retiring. The next year she was back for a second try and on this occasion, she completed the entire 518.5 km to finish 10<sup>th</sup> in 77 hours 40 minutes. There were 10 finishers and 18 retirees. She had beaten most of the elite male walkers at their own game. It was another 5 years before the depth of women's walking had grown sufficiently for their own race – the Chalons-Colmar classic.



**Annie van der Meer pictured at a walking event early this year**

Apart from her Paris-Colmar ground-breaking finish, her most remembered performance was achieved in the 1986 Rouen 28 Hour classic in France. At 39 years of age, she passed the 100 mile mark in 18:06:10, passed the 200 km mark in 22:36:46, was measured at 212.500 km at the 24 hour mark and made 228.100 km when the final whistle sounded the end of the 28 hour event. These still stand as road world records some 20 years later.

Her amazing times still put her at the top of the women's ultra walking ranking list 20 years later. The following table takes all the top performances of the last 25 years (1980-2005) for 100 miles to 28 hours and puts them through the calculator to work out the average speed of the walker. Annie has 7 of the top 20 all time performances and sits at the

top of the list with her wonderful 1986 Rouen performance. The next best woman based on quality and consistency would have to be Sandra Brown (C 36).

Av Speed	Name	Venue/Year	Distance	Time
8.818 km/hr	Annie van der Meer	Rouen, 1986	212.500 km	24:05:49
8.524	Kora Boufflert	Bar le Duc, 2005	170.000 km	19:56:41
8.490	Annie van der Meer	Mona, 1982	200.000 km	23:33:24
8.403	Edith Couhe	Rouen, 1986	202.500 km	24:05:58
8.378	Ludmila Amirova	Torcy, 2000	200.700 km	23:57:23
8.372	Aaf de Rijck	Mons, 1982	200.000 km	23:53:14
8.348	Annie van der Meer	Rouen, 1984	202.230 km	24:13:33
8.308	Sandra Brown	Vallorbe, 1991	200.000 km	24:04:20
8.282	Annie van der Meer	Rouen, 1983	200.000 km	24:08:59
8.269	Sandra Brown	Bazancourt, 1992	196.000 km	23:42:15
8.233	Annie van der Meer	Lagny, 1983	192.140 km	23:20:20
8.169	Sandra Brown	Rouen, 2004	198.000 km	24:14:13
8.191	Annie van der Meer	Rouen, 1981	197.895 km	24:09:33
8.186	Evgenia Gutierrez	Chatea Thierry, 2000	171.230 km	20:55:02
8.169	Edith Couhe	Chateau Thierry, 1996	195.496 km	23:55:55
8.139	Annie van der Meer	Roubaix, 1986	228.100 km	28:01:30
8.133	Sandra Brown	Dijon, 1990	196.476 km	24:13:02
8.093	Sandra Brown	Dijon, 1991	193.290 km	23:53:05
8.058	Francine Lachia	Chateau Thierry, 2004	170.000 km	21:05:50
8.054	Sandra Brown	Etrechy, 1990	193.306 km	24:00:00

We may have to wait a long time before someone can match Annie's performances.

#### FINANCIAL NEWS

Incoming	Fred Brooks – Donation	50.00
	Stan Miskin – Donation	50.00
Outgoing	Postage and Photocopying	34.95
	Farmer Trophy – engraving	12.50
Final Account Balance as at 15/05/2006		311.36

#### UNTIL OUR NEXT NEWSLETTER

It's been a busy time for me the last few months but I always enjoy the challenge of putting our newsletter together. In particular, the annual Paris-Colmar classic is always a wonderful event and this year was no exception. I have enjoyed the challenge of bringing it all together again. I hope you all enjoy the read and find the time to ponder the superhuman feats of our European colleagues.

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