

CENTURION FOOTNOTES

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DATES...DATES...DATES

4-5 March, 2006	200 km de Bourges (postponed from October 2005)	Bourges, France
18-19 March 2006	200 km de Chateau Thierry	France
?? April 2006	200 km de Dijon	France
22-23 April 2006	Australian Centurions 24 Hour Walk	Coburg, Victoria
29-30 April 2006	200 km de Bar Le Duc	France
30 June 2006	Paris Colmar classic begins	France
11-13 August 2006	Australian 48 Hour C'ship and Queensland 24 Hour C'ship	Gold Coast, Qld
19-20 August 2006	British Centurions Qualifier	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

Entries are coming in thick and fast for our annual event at Coburg. We already have nearly 30 runners and walkers entered and we have some 7 weeks to go. Entries include some of our own Centurions back for more torture – Terry O'Neil, Clarrie Jack, Stan Miskin, David Billett, Geoff Hain, Deryck Skinner and Karyn Bollen. Entry forms are available on our Centurions website - <http://www.vicnet.net.au/~austcent/index.html>

The Rules & Entry Forms for the Isle of Man British Centurion 100 mile walk have now been published. The downloads (PDF & Word) can be obtained from www.isleofman100milewalk.co.uk/1.html or from www.manxathletics.com

MORE REFLECTIONS ON BOYD MILLEN

Jill Green has added her own words of tribute to Boyd Millen and I reproduce them here for our readers.

As these tributes reflect, Boyd meant so much to many different people. I went up to stay with Lilian and Boyd so Boyd could give me some lessons in race walking. He famously said "you walk like a bloody navy luv". At 50 I was a very very late starter. This remark led to a team of ladies called "Boyd's Navvies" winning the MEN'S CUP in the Manx Parish race.

On another occasion I went to walk the route of the first L.D.W.A. Cumbrian 100 with Lilian. Boyd asked if I had been to the top of all the Lakeland mountains. "All except Helvelyn" I said. It was either too windy or too icy. "We can go now" he said. "But it's dark, it's February" I said. No matter, up we went in cloudy murk. We came out above the cloud with the tops of the mountains popping up through as we stood beneath a black sky, studded with stars. Oh what joy; money can never give us moments like this.

Boyd walked for hours holding a green umbrella to shade me from the sun on one of the long race walks across France. He may have been small but he was one of the biggest people I've known.

So many of us owe a lot to Boyd and all our memories will be different.

NEWS ON OUR MEMBERS

George Audley (C 22) and **Fred Brooks (C 42)** have now both participated in their respective legs of the Commonwealth Games Torch relay. Interestingly, both were born in Birmingham U.K., Fred in 1934 and George in 1935. Hmm..is there some significance in that, I wonder?

George and his wife Christine left Albany on Wednesday 8th February for a long drive to Dunsborough on the Coast of West Australia and camped for the night there as he had to be at the Bay Store in Gracetown at 7am on Thursday Feb 9th. His start time was 08.21 am and he reported on the event as follows

Attached photo is me with the Baton It is not alight, that is just the sun's reflection. We got there OK It was a bit further than I thought and our return journey covered 888 kilometres or 555 miles, but it was worth it. The woman who passed the Baton to me came from Esperance which means she had more than twice as far as me to travel but she was also delighted to get to carry the Baton. It is 24 years since I carried the baton for the games in Australia so I guess I had better not count on the next one.



George Audley carries the Commonwealth Games Relay Torch in the early morning sun

In early March 1981 George spotted an article in the local paper for a fun run on March 15th. He got out his badminton shoes and decided to have a go. Since then in training and events he has covered nearly 139,000 kilometres (87,000 miles). To celebrate his 25 years of running and race walking he lined up to compete in the Bunbury 12 hour event as a Race Walker. He lasted the full 12 hours and completed 62.5 km in the warm conditions. George now feels that this is a good time to announce his retirement from serious competition and he will now just enjoy his running to keep fit. This is something that we must all face at one time or another and we congratulate George on his wonderful 25 years of achievements and record breaking in the sport. Enjoy yourself George!

They say a photo tells a thousand words but **Fred Brooks (C 42)** has included his own 1000 words anyway ... and I am tired just reading about it.

Tim, Stan and myself have had or going to have a busy week. Stan walked in the Sri Chinmoy 5km on Sunday, walked a fair distance Monday training, on Tuesday we both pushed a wheelchair for the Wheelchair Foundation from Hallam to Endeavour Hills, we are possibly doing a bit of training today and tomorrow and then Stan has got to speak and walk at the Relay for Life on Friday at Berwick. Myself trained Saturday Sunday and Monday about 16km each day, Tuesday out at 5.30am trained 17km, took the dog for a walk about three km, then Lil and I went to a strength exercise class 1 and a half hours, then drove Lil to Dandenong. walked from Dandenong to Hallam for the start of the Wheelchair Walk from Hallam to Endeavour Hills, walked from Endeavour Hills back to Dandenong to pick up Lil - total day about 11 Hours and walked about 50km. Tomorrow the Baton. I am trying to raise \$3600 for two teenagers with learning difficulties who have been chosen to represent Victoria at The Australian Special Olympics. Wrote to 30 would be sponsors. So who said life gets easier when you retire!



Fred Brooks and Stan Miskin (C 23) get into the swing of things at the Wheelchair walk

Mike Porter (C 9) has reported back from Canada where he continues to enjoy his holiday.

I hope to be back in OZ by those dates and hope to meet up with all the Centurions at Docklands. I am still in Anchorage but hope to be flying to Houston and then Kansas City within five days. Time flies when you are having fun. Best wishes to Chris on his Games berth and hope it leads to Olympics in time. Hope to see him walk in Melbourne . Best wishes to all and yourself and family. Mike Porter

And if you are wondering what that last little comment means, I am proud to announce that our son Chris will be representing Australia in the 50 km racewalk in the Commonwealth Games in a couple of weeks time. Chris is well known to most of our Victorian based members and has been a regular member of our Ekiden Relay team in Ballarat. The date of the 50 km walk is Friday 24 March and the event will be held over a 2 km loop at the Docklands Precinct in inner Melbourne. We will all be there cheering Chris on and hoping for a medal.



Chris Erickson competes in the 2005 Australian 30 km championship in Adelaide

And still on the Commonwealth Games, **Charles Arosanyin (C 46)** worked hard to convince the Nigerian Athletics Federation that he was good enough to represent Nigeria in the Commonwealth Games and he was successful. He rang me today from the Games Vilage in Melbourne – he is here to compete for Nigeria in the Commonwealth Games 50 km walk. That is fantastic news for us and yet another reason to come down to Docklands for the Games walks.

Tim Thompson (C 6) has confirmed details for his sixtieth birthday bash in Adelaide. Just to reiterate the details from the January newsletter, Tim turns 60 on 16th March and a few days later the family are having a party at Tim's daughter's place at Plympton, before Tim and Bev head west on a Round-Australia Trip. Any club members who will be in Adelaide at that time are most welcome to join in the celebrations. Details are

From 12-00 noon to 6-00pm on the 19th of March.
79 Waterhouse Ave PLYMPTON SA 5038
Lunch is at 12-30pm, with cake being served at 3-00pm.
RSVP By 3rd March on (08) 8388 5550 or 0428 828 209,
or reply to - PO Box 227 PLYMPTON SA 5038.

Jil Green (C 38) has been working with our New Zealand correspondent/statistician **Dudley Harris** to put together a list of all her valid long distance achievements. I have previously published Sandra Brown's list of 'hundreds' – that was another of Dudley's ventures while working with Sandra. Dudley tells me that at the moment Jill's list is around 60+ hundred-milers and about 93 100km+ events. I can hardly wait to see the finished product. Jill and Dudley are both champions for their efforts!

And still talking of Jill Green, she shows no signs of stopping judging by her latest letter which I received last month

Dear Tim

The week before Christmas, I went to walk the Plombieres-Hauffalize walk for the 8th time, lots of ice and snow. As usual, I went with the fastest group but I did have a battle to keep up with the 6.7 km/hr group. The snow and ice did not help. Next year I will go with the 6.5 km/hr group, no disgrace as I'll be 65. There were 48 people in the first group.

Last weekend, the 21/22 January, Sue Clements came with me, we met Herbert Neubacher and we all walked 100 km from Verviers. It was a Eurodax walk, all at 6 km/hr. It's the first long walk Sue has done since June, the 6 km/hr speed was a good test, not too fast. We all had such a happy time. 120 people walked 100 km. Lots of rain, lots of friendly people and lots of checkpoints.

From the first 20 days of the year we are told we had only 8 hours of sunshine – that's 8 hours out of a possible 200! I'm off to do the Bossche 100 in Brussels, Dave is coming as one of their helpers, we have lots of warm clothes with us.

AMERICAN CENTURION QUALIFYING WALK, HOUSTON, TEXAS, 24-26 FEBRUARY 2006

The 2006 American Centurion qualifier was held in late February in Bear Creek Park in Houston. The course was a 2.008 mile flat asphalt loop and the event saw a new Centurion badge being awarded to Danish walker **Jens Borello**. Jens became **American Centurion Number 62** with his time of **23:21:14**. This is Jens' third separate qualifier, having previously completed the Continental (C317 22:15:34 2004) and British (C1026 23:17:36 2005) events. And the big news is that Jens has already entered our Australian event in April and will be trying for his fourth badge of honour here in Australia. I can hardly wait! Results were as follows

1. Jens Borello	DEN	M58	100 miles / 23:21:14 . US Centurion #62
2. Ollie Nanyes	IL	M46	76.30 miles / 24 hours. Ulli Kamm Award.
3. Beth Katcher (F)	MA	F51	66.26 miles / 24 hours. Ulli Kamm Award.
4. Lawrence Block	NY	M67	64.25 miles / 24 hours. Ulli Kamm Award.
5. Andy Cable	CT	M40	62.24 miles / 24 hours. Ulli Kamm Award.
6. Doug Brown	FL	M62	50.20 miles / 24 hours.

Ollie Nanyes has included a report on his blog website - <http://blueollie.blogspot.com/2006/02/houston-ultra-centurion-walk-report.html>



The participants in the American Centurion event – new Centurion Jens Borello (C 62) is on the right (from Ollie Nanyes' website)

Here are a few excerpts from Ollie's comprehensive report

Dave Gwyn, who really helps keep racewalking alive in the Houston, area worked with the race director of the Houston Ultra weekend to get a Centurion walk for the 2006 race. 7 walkers signed up. Unfortunately, Marshall King (the newest US Centurion) couldn't make it due to a family emergency. So there were 6 walkers filling out the Centurion field, including first timer Beth Katcher (she has had success in the shorter walks, Lawrence Block (aka Buffalobear), yours truly, Doug Brown (from Florida), Andy Cable (finished the hilly Vermont 100 miler in 29 hours) and Jens Borello (who walked a 22:15 100 mile at the Dutch Centurion race in 2004).

The course was a 2.008 mile asphalt loop in Bear Creek park. The loop could be a fast one as there were relatively few turns; it was bordered by woods on one side (where deer, raccoons and armadillos would pay us visits), a street on one side,

and soccer/softball fields on the inner part and on the other two sides.

But, within a hour or so of the start, it started to rain and it stayed rainy and windy for about 7 hours. The rain and the wind weren't that bad, but the pavement quickly became slippery which caused one to slip just a bit when using the "heel-toe" action. That was to have an effect.

...

The walk had become a race of attrition by then; Doug Brown had taken a massive break, Andy Cable was limping due to a sore knee, Beth Katcher was struggling with a recent cold and had slowed dramatically, Lawrence Block had taken a long break and only Jens Borello was still going strong, though he too had a 30 minute nap to deal with jet lag.

...

The race itself was fun (for the most part) as I got to meet several people. I didn't come close to my goal, but the fact is I am not a good enough walker to make 100 miles (in 24 hours) under these conditions (the slippery course). So, had my goal been simply to amass as much mileage as possible, I would have started off with 30-31 minute laps. But I went for it and burned out early.

I don't have official results, but if my memory serves me, Jens got his 100 with 40 minutes to spare, Beth got 66, Lawrence (Buffalobear) got 64, Andy got 62 (100 km) and Doug got 50.

ANNOUNCEMENT – NEW 24 HOUR AND 10 DAY ULTRAS SCHEDULED FOR INDIA

Last year I mentioned the possibility of the first Indian Ultra. It looks like it is finally coming off. Local runner Arun Kumar Bhardwaj has distributed the following brief news release. I will publish more when further info is available.

Dear ultrarunners,

Very shortly India is also coming in to the "Ultramarathon World". 2 races are scheduled to take place, the full details will be announced around mid-March.

No. 1 24 hr on 15-16 August 2006, in Bangalore on all-weather track.

No.2 10 Days starting from 23rd Sept. 2006, in Mysore on cinder track.

Both events are international and open for the ultrarunners from all over the world, and will be held under the approval of Govt. sports bodies.

Regards,
Arun Kumar Bhardwaj

8 HOURS DE CHARLY, 19 FEBRUAY 2006

The first of the European classics has been held for 2006. The course was a 2.6 km lap in the French town of Charly. As usual, the cream of the French ultra community competed and David Regy and Anne Marie Mesmoudi won out against the class fields. We will soon see the first of the 200 km events and you can expect to see more great times.

Men

1. REGY David	Neuilly Plaisance	7:56:20	78,391
2. BELLOIR Gilles	U.L.A.Quimper Cornouaille	7:59:02	78,391
3. MOREL Philippe	A.C.C.T.	7:49:06	75,810
4. TERRAZ Denis	R.C. de France	7:53:06	73,229
5. DIEN Daniel	GS CL Paris	7:56:00	73,229
6. BUNEL Pascal	Neuilly/Marne	7:57:39	73,229
7. HEINRICH Thierry	G.A.S.M. Ligny	8:00:23	73,229
8. FRECHENGUES Bernard	S.C.B.A.	7:45:41	70,648
9. BIEBUYCK Pascal	UA FlobecqAth Licence belge	7:46:53	70,648
10. COLLINET Marc	R.F.C. Liège Licence en cours	7:51:34	70,648
11. GEORGELIN Serge	A.S.C. Rennes	7:52:31	70,648
12. PENKALLA Patrick	A.S.P.T.T. Bar	7:58:42	70,648
13. HARBULOT Francis	C.M. Dijon	7:58:50	70,648
14. GIRAUDEAU Denis	PLM Conflans	7:59:58	70,648
15. PELLERIN Alain	A.M. Bazancourt	8:00:45	70,648
16. GICQUEL Bernard	PLM Conflans	7:47:32	68,067
17. MARECHAL Pascal	A.C.C.T.	7:48:37	68,067
18. VAN DER GULIK Frank	SV de LAT Amsterdam	7:53:05	68,067
19. COULOMBEL Pierre	C.M. Roubaix	7:59:25	68,067
20. LEIJTENS Frans	R.W.V. Rotterdam Ned	7:45:17	65,486
21. MICHELOT Rémi	E.S Thaon	7:46:00	65,486
22. PAYEN Louison	A.C.C.T.	7:55:01	65,486

23. BORDIER Daniel	A.C.C.T.	7:55:46	65,486
24. JACQUET Pierre	E.M. Bourges	8:02:42	65,486
25. LEPLUMEY Claude	PLM Conflans	7:46:51	62,905
26. SPIESER JeanPaul	C.S.L. Neuf Brisach	8:07:14	65,486
27. PASTI Christian	PLM Conflans	7:59:09	62,905
28. POULAIN Emmanuel	C.O. EuBresles	7:45:03	60,324
29. ANDRE Hugues	Bertrix Basse Semois	7:47:29	60,324
30. DALOZ Robert	Neuilly/Marne	7:58:27	60,324
31. MOREL Eric	PLM Conflans	8:04:11	60,324
32. LANGRENE Hervé	E.A. 58 ASFUson	7:47:56	57,543
33. GERARD Philippe	Bertrix Basse Semois	7:52:54	57,743
34. TABOURET Guy	U.S. Toul	8:04:07	57,743
35. GLASER Jean Bernard	Neuilly/Marne	8:03:10	55,162
36. HURBAIN François	S.C.B.A.	7:55:28	52,581
37. HILMOINE Abel	A.S.M. Bar	7:56:41	52,581
38. HATTE Joseph	Neuilly/Marne	7:46:41	44,838

Women

1. MESMOUDI Anne Marie	Stade Français	8:00:00	70,648
2. VARIN Sylviane	CBA Coulommiers	7:45:26	62,905
3. QUINQUETON Bernadette	St Thibault des Vignes	8:06:26	60,324
4. ANXIONNAT Claudine	RESDA Vosges	7:46:25	57,743
5. GAUTIER Janine	S.C.B.A.	7:49:36	55,162
6. DOUET Christiane	Neuilly/Marne	8:03:09	55,162

JACK LEWIS – VICTORIAN WALKING LEGEND

There had been very few formal opportunities for walkers to attempt truly long distances in the early years of the twentieth century. Jim McDonald's 50 mile walks in 1896 and 1904 stood alone as the only two on record and McDonald's 1904 time of 9:43:02 stood as the Australasian record.

When the N.S.W. Amateur Athletic Association and the N.S.W. Walking and Field Games Club pooled their resources to host a Fifty Miles Amateur Road Walking Championship in September 1926 in Sydney, it was the first race longer than 25 miles since 1904. Both Victoria and NSW had for some years held their own respective 25 Mile Walk championships but this was twice that distance and a daunting prospect for the walkers of the period.

The entry list of 26 walkers included the cream of Australia and amongst them was Victorian Jack Lewis. Lewis was a Warburton based forest ranger, a former Victorian 25 Mile champion (1922) and a former Victorian marathon champion. He was known as 'the Grecian marathon runner' and, in fact, showed Greece as this country of representation in his various races.

A newspaper of the time described him as follows

“He is a fine type of athlete, bronzed like a statue. He lives a healthy life in the Warburton district where he is one of the local rangers. Walking to him is a pleasure and 50 miles in the mountains is regarded as nothing more than part of his daily exercise. In the pre-war days, as a mere lad, he made a name for himself as a Marathon runner. Since then he has developed into an endurance athlete.”

Lewis did not disappoint his Victorian backers, finishing first, ahead of NSW walker Gordon Smith and easily beating McDonald's 50 mile time with **9:20:24**.

His record time did not last very long – in the very next edition of the NSW event the following year, Gordon Smith improved to win in a new best time of **9:17:32**. This was the first of a string of 50 mile wins for Smith, culminating in his successful 100 mile walks in 1937 and 1938. There were 11 starters of whom 10 were from NSW.

The Victorians now felt the need to schedule their own long distance walks and, when the Victorian Amateur Walkers' Club drew up its winter racing fixture for 1928, two new events were included on the program – a 50 Mile roadwalk from Melbourne to Frankston and Return on 25 August and a 24 Hour Test event at the Amateur Sports Ground in Melbourne on 8 September.

As it turned out, the scheduling of 2 such events proved overly optimistic and the calendar was eventually amended to show one ultra distance walking event for the year, a 10 Hour Race at the Motor Drome. This led to the following press release in Queensland where there was at least one disappointed walker!

Tom Byrnes, the Queensland endurance athlete, is down in the dumps. He intended to compete in the Victorian 12 hours' endurance event for walkers. Now 'tis said that the event may not be held. Byrnes is a regular competitor in such events and thinks nothing of journeying 1000 miles or so to take part. There was some talk originally of a 24-hours' test and this event interested Byrnes most. "Twenty five miles would be no test at all," he writes. "It is a mere sprint, and one hardly gets warmed up. But in regard to a 24 hours' test I would willingly walk to Melbourne for the privilege to taking part."

Byrne is well over 40 years of age, is more than 6 feet tall and weights 12.0 in hard condition. Tom and his friend Harold Parcell, a former marathon champion, train all the year round, and go on long jaunts together. On returning from a 20-mile walk, they don the gloves and set to for a few rounds. Parcell, Byrnes informs me, boxes very well.

So, after a break of 24 years, Victoria finally scheduled a long distance walk, over a compromise 10 hours. The venue was the Melbourne 'Motor Drome'. This was a sloping concrete track used for cycling and other sports that had been erected around the outside of the Olympic Park grass track in the 1920's. Lewis, the favourite, started slowly but came home strongly through the field to easily win with a distance of 53 miles 350 yards. His 50 mile time of **9:24:04** was a new Victorian best, some 18 minutes better than Jimmy McDonald's 1904 time. However, the motor drome was not regarded as a proper track so McDonald's Victorian Track Record stood.

The press reported as follows on the second half of the race

Pretty, in third place, was only 50 yards behind Cavell and had created the greatest surprise of the day, for previous to this event, he had restricted his activities to short distance events. In the next 2 hours, Lewis covered a little less than 10 miles. Pretty began to accelerate and passed Cavell. At 40 miles, Lewis had been walking for 7h 25mins and had 112mins in which to break G Smith's Australian record for 50 miles. It meant cutting off a full minute from his average time per mile at this stage and, although he quickened and beat Smith's time for the event of this year by 13 secs, he failed to beat the record by 6 mins. However, the effort seemed to freshen him for in his last 5 miles, the times became faster as he went on. His times for the last 5 miles were 11.50, 11.49, 11.44, 11.08 and 10.55.



Jack Lewis leads Frank Scully in the Motor Drome 50 mile event in 1928

The next year, the Victorian Amateur Walkers' Club committee, although acknowledging the success of the 10 Hour walk, decided to revert to their original plan and scheduled a 50 mile event from St Kilda to Frankston and Return. This was the first of a number of 50 Mile walk events held in Victoria, alongside the NSW ones and Jack Lewis continued his dominance with convincing wins in both 1929 and 1930. His 1929 winning time was **9:24:31** and he won by 28 minutes.

The 1930 event was even faster. Although Lewis was the obvious favourite, Ted Winstanley was considered by many as a serious threat. He was a proven distance walker who had taken a surprise 2nd place in the 1923 Victorian 25 Mile Championship as a 19 year old novice walker (with a time of 4:25:27). Since then, he had gone on to win the 1925 and 1926 Victorian 25 Mile titles. Marrying in 1926, he had retired from walking and had only returned to racing early in 1930 and had done well enough to win the Victorian 50 km title that year. At 6.45 am, the signal was given and the 7 contestants set out from the south gate of St Kilda Town Hall. Lewis stood out, dressed in black knickers and a white woolen sweater which showed his admirable physique to good effect. As the title holder, he was the centre of attention.

Winstanley surged through the 25 mile turn-around in a very fast time of 4:22:10 and was leading by about 150 yards from Robinson who was about 400 yards ahead of Lewis. Alas, he soon tired, Robinson retired and Lewis came over the top and won by nearly 10 minutes. But there was no doubting that it was Winstanley's game efforts that had led to the new record.

With his time of **8:58:07**, Lewis became the first Australasian walker to beat the 9 hour mark and his performance set new road standards for all distances and marks from 32 miles onwards.

“I thought that I would win today,” Lewis said after his finished his long walk. The record breaker said that he regarded Winstanley and Robinson as his most dangerous opponents, but that all the same he was content to play a waiting game, as he had set himself a schedule to break the record for the course which he established last year.

Lewis said that he was very surprised, however, to find that he had also broken the Australasian record for the distance. He paid a tribute to his opponents for their sportsmanship along the road. He was sorry that Wilson, the South Australian, had been forced to retire but said that, in his opinion, Wilson made too much use of his arms for long-distance walking, thus unnecessarily tiring himself.

The winner had only a short preparation for today's big test, but during the last few days has regularly walked 50 or more miles each day around the hills at Warburton, where he is employed as a forest ranger. “If people walked more, even if only for pleasure, they would be far healthier and have less doctors' bills to pay,” Lewis said with a smile.



Jack Lewis, the famous Victorian walker, as represented in caricature

Lewis's last big walk took place a year later in October 1931. The annual Victorian 50 Mile Walk championship had been scheduled on the Melbourne Showgrounds track to allow him to attack his various State records. Winstanley was also in the field and expected to provide stiff opposition. No one gave much credence to young Jim Gaylor who had been talked into participating simply to help Lewis in the early stages of the event. But it was Gaylor who took the lead at the 9 mile mark, held off several strong challenges by Winstanley and eventually won, setting new Victorian records for all distances from 15 miles to 50 miles. As usual, Lewis came through the field in the second half but the gap to Gaylor was just too big to bridge. Gaylor's time was 8:49:33 and Lewis's time in second place was **9:01:55**.

This ended Lewis's racing career. He had never specifically trained as a walker and simply relied on his endurance base, built up from his years as a ranger. It was now time for a new generation of walkers to take over the mantle. He retired while still a champion and returned to his beloved Warburton forest. His job was open ended – spotting and fighting bush fires, finding lost hikers, helping those in difficulties, maintaining the various hiking huts or simply walking the length and breadth of the mountains. This area is now known as the Yarra Ranges National Park and amongst the sites along the Cumberland Walk is a particularly large Sitka Spruce (*Picea sitchensis*) planted by him in the 1940s.

He was responsible in later years for many articles and I am lucky enough to have one which he wrote in the Melbourne Herald in 1933. Some quotes from this article go a long way towards profiling this unique figure and his rough outdoors life.

In the summer months, I carry a ground sheet with me when I set out on the track. This is usually ample. But in winter, I like a blanket as well for we get it cold up in the ranges – and wet too, at times! But my pack never

weighs more than 45lb., which is a big enough load for a long day's tramp over rough country. And in my pack you will always find such valuable things as iodine, ointment, bandages and needle and some surgical thread.

One never knows what may happen in the way of mishaps, and out there amid the thick bush, one seems very far from medical aid. A slip on a slippery log or in a bog may mean trouble. At the present moment I have one stitch in my wrist from a cut and on several occasions, I have had to stitch wounds when I have been many miles from the nearest doctor. Lonely? Yes, it is, but that is part of the charm of a ranger's life, which he would never adopt if he did not know and love the forests and the solitude of the wild country.

Food, of course, is an important problem on these forest patrols, and one has to make sure of it. Actually I have food supplies stored in many hollow logs throughout the bush – logs which I can find again easily enough, though they might evade the man who is a stranger to the bush. And when I am setting out on a long trip that may necessitate recourse to "iron rations," I carry such food as boiled wheat and dried fruit which are sustaining and filling.

The ranger needs nothing elaborate in the way of shelter or comfort – bivouacking, so to speak, becomes second nature. Dry grass makes a good bed for a tired man after a day in the forests, and when the bad weather blows up, as it will sometimes, the hollow inside of some dead tree that is still standing gives you adequate protection. In cold weather I light a fire several feet away from a rock, and sleep in the space between – and that is a good tip for the novice, for the heat of the fire warms up the rock – and so I am kept warm on both sides, however chilly the wind that roars through the trees overhead.

The bark from a fallen forest plant makes a good roof too, when half peeled off, and in this simple shelter, I can sleep as snugly as people in their comfortable beds far off in the big noisy cities. By the way, I wear the same quantity of clothing in winter and summer and never catch cold.

There is no need for an alarm clock either; indeed, I carry no watch, but just sleep from twilight to daylight, and then up again ready to resume the patrol, when the birds and bush life are waking. And that very early morning in the bush is a wonderful time of the day.

Sometimes people will ask whether I ever get lost in the bush. Well, a city man in the big timber can easily lose his bearings; whereas I can easily lose mine in the city! I say to myself, "If you don't come out today, you will come out tomorrow – and if you never come out, you will die amongst your friends, the trees. Fear only helps danger and the fatalities caused by both snake-bite and being lost in the bush can be reduced by courage.



Jack Lewis in 1933

An unlikely walking champion, Jack Lewis nevertheless stands as one of the great figures in Australian ultra distance walking in the 1920's. He has left an indelible footprint that we can still trace after all these years.

FINANCIAL NEWS

Inbound	Stu Cooper – donation	50.00
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	Merv Lockyer – donation	12.00
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Outbound	Postage and Photocopying	34.80
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UNTIL OUR NEXT NEWSLETTER

Our 2006 event is fast approaching and significant numbers of Centurions will be in action. That is fantastic news – it shows we are still keen to enjoy our wonderful sport and challenge ourselves at a personal level. I look forward to seeing many of our small community at Coburg next month and wish everyone happy wanderings!

Yours in Centurion walking
Tim Erickson (C 13)
Secretary, Australian Centurion Walkers Inc.
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