

CENTURION FOOTNOTES

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DATES...DATES...DATES

31 May 2006	Paris Colmar classic begins	France
3-4 June 2006	Continental Centurions 24 Hour Walk	Schiedam
11-13 August 2006	Australian 48 Hour C'ship and Queensland 24 Hour C'ship	Gold Coast, Qld
15-16 August 2006	India's first 24 Hour event Contact darsham@coindia.com	Bangalore, India
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

The Continental Centurions qualifying event for 2006 will be held on 3-4 June in Schiedam (near Rotterdam) and is being organised by the "Rotterdamse Wandelsport Vereniging". For further details, contact the RWV secretary Hans van der Knaap, C938 – email is Hansvanderknaap@cs.com

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

AUSTRALIAN CENTURIONS 24 HOUR EVENT, COBURG, 22-23 APRIL 2006

First the big news – we have 2 new Australian Centurions, **Jens Borello (C 52)** from Denmark and **Pat Fisher (C 53)** from Canberra.



Jens Borello (C 52)



Pat Fisher (C 53)

The 2006 Coburg 24 Hour carnival was held on the weekend of 22-23 April at the Harold Stevens Reserve in Coburg. A total of 25 walkers and 27 runners submitted entries, and all bar a few late scratchings keenly contested the various

running and walking events on offer. It was particularly gratifying to see 31 of the 52 entrants choosing to compete in the 24 Hour events. And it was great to see so many of our current Centurions competing – **Deryck Skinner, Geoff Hain, David Billett, Stan Miskin, Karyn Bollen, Robin Whyte, Carol Baird, Terry O'Neill** and **Bill Dyer**.

The carnival started at 10AM on the Saturday morning in typical Melbourne autumnal weather – variable and impossible to predict! The forecast threatened showers but luckily the race was spared and conditions, although slightly on the cold side, turned out to be nearly ideal for such an event.

The 24 Hour Walk events saw 4 walkers – Jens Borello, Pat Fisher, Deryck Skinner and Geoff Hain - reach the 100 mile mark and thus achieve the Centurion standard.

Jens Borello (C 52) from Denmark was already a triple centurion - Continental (C317 22:15:34 2004), British (C1026 23:17:36 2005) and American (C62 23:21:14 2006) – and he made the trip to Australia specifically for this event. He judged his pace perfectly, sitting back in the field as others pushed the pace early. His patience was rewarded as those ahead of him came back to the field. He took the lead soon after the 100 km mark and was untroubled to become Australian Centurion number 52 with a fine time of **22:36:14**.

Patrick Fisher (C 53) came into the event with only one ultra distance walk to his credit, a noteworthy 87.8 km in the 2006 Gosford 12 Hour. Prepared by and supported during the event by Canberra based centurions Robyn White and Carol Baird, he always looked strong and was still full of walking as he reached the 100 mile mark in **23:14:03** to become Australian Centurion number 53.

Deryck Skinner (C 51) became Australian Centurion number 51 with an astonishing walk in the 2005 Sri Chinmoy. Aged 72 years at that time, he completed the 100 miles in 22:39:55 to set a whole swag of new Australian M70 running and walking records. Now aged 73, he completed his second centurion qualifier, this time with a time of **23:23:43**.

Geoff Hain (C 49) had already completed 3 100 mile qualifiers in the previous 18 months (including one in NZ). Coming from a background as an ultra distance runner, he has made a very successful transition to ultra distance walking and produced a fourth centurion performance at Coburg in a time of **23:38:25**.



Deryck Skinner (C 51) approaches his second 100 mile at 73 years of age!



Geoff Hain (right) strides out near the end

Of particular interest to all was the race within a race between octogenarians Ken Matchett (84 years young) and **Stan Miskin (C 23)** (80 years young) who between them broke 3 IAU World M80 running records. Ken, entered as a runner, broke the World M80 record for 12 Hours. Stan, entered as a walker, broke the World M80 100 km and 24 hour records. Stan commented

“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 very small margin to spare at the finish and could never have forgiven myself if I had missed the record.”

Karyn Bollen (C 41) looked set for another 100 mile walk until suffering dizzy spells with about 4 hours to go. She was forced to rest and had to be content with a distance of 154,725 km. **Terry O'Neill (C 18)** has not walked an ultra

since he did his 100 mile in 1979 but he showed that he has lost little. He powered through the 50 mile mark in under 10 hours to be well ahead of the field and then suffered through to the 100 km mark which he reached in 13:19:08 to win the Australian 100 km championship. After a good rest overnight, he returned to the track in the dying hours to get a few more laps under his belt. **David Billett (C 50)** had wanted to do another 100 mile walk but suffered badly from blisters and a bad knee and had to lower his expectations in the last 6 hours and be content with a distance of 152.992 km. **Robin Whyte (C 29)** and **Carol Baird (C 39)** won their respective 6 hour walks and then helped Pat Fisher for the rest of the event. **Bill Dyer (C 15)** made a surprise appearance in the 6 Hour run, winning easily with a great distance of 66.809 km. Will we see Bill back for a shot at a 100 mile run next year?

Results and a selection of photos from the events are available at the following websites

http://www.coburgharriers.org.au/joomla1/index.php?option=com_content&task=view&id=5&Itemid=6

<http://home.vicnet.net.au/~austcent/index.html>.

<http://tallarookimages.com/coppermine/index.php?cat=8>



Karyn Bollen (C 45) and Terry O'Neill (C 18) - winners of the Australian 100 km walk championships

Thanks to the many people who put in to help support the walkers. Special mention to **Michael Harvey (C 43)**, **Graham Watt (C 48)**, **Geoff Peters (C 20)** and Robin Wood who did the vital night shifts. And now to the results:

24 HOUR WALK MALE	1	FISHER, Patrick	414 laps	165.605 km
	2	SKINNER, Deryck	411	164.577
	3	HAIN, Geoff	403	161.200
	4	BORELLO, Jens	402	160.934
	5	BILLETT, David	382	152.992
	6	MISKIN, Stan	350	140.018
	7	CUMMINS, Louis	328	131.517
	8	O'NEILL, Terry	273	109.525
	9	SKRUCANY, Rudolf	215	86.220
	10	BAKER, Fred	178	71.200
	12	JEMMESON, Sean	78	31.405
	24 HOUR WALK FEMALE	1	BOLLEN, Karyn	386
2		HOWORTH, Sandra	209	83.668
12H WALK MALE	1	TURNER, Gary	171	68.715
	2	JACKSON, Ross	156	62.457
	3	CARTER, Ken	134	53.827
12H WALK FEMALE	1	CHOMYN, Sharon	207	82.814
6H WALK MALE	1	WHYTE, Robin	128	51.200
	2	JORDAN, Stephen	110	44.121
	3	PROUDFOOT, Gordon	91	36.431
6H WALK FEMALE	1	BAIRD, Carol	105	42.35
	2	MARSHALL, Diana	105	42.007

	3	MISKIN, Ellwyn	96	38.756
AUST. 100 KM WALK C'SHIP MEN	1	O'NEILL, Terry	13:19:08	
	2	BORELLO, Jens	13:33:01	
	3	FISHER, Patrick	13:54:19	
AUST. 100 KM WALK C'SHIP WOMEN	1	BOLLEN, Karyn	14:02:39	
JACK WEBBER TROPHY		FISHER, Patrick		
100 MILE QUALIFIERS		BORELLO, Jens	22:36:13	C52
		FISHER, Patrick	23:14:03	C53
		SKINNER, Deryck	23:23:43	C51
		HAIN, Geoff	23:38:25	C49

And the final word from **Fred Brooks (C 42)**

Regarding last week-end's race I thought it was symbolic that we presented the Gordon Smith Trophy to Deryck Skinner only two days from Anzac Day and that Stan Miskin, a wireless operator in the 2nd World War in the RAAF, broke the World 24 Hour M80 Walking and Running record. If you do not know, Stan enlisted at 16 years of age in around 1941, served in the U.K. and celebrated his 21st birthday on a ship bringing him back to Australia. He rose to the rank of Warrant Officer.

And as a special treat, our newest centurion, Pat Fisher, has put his own thoughts down on paper. It's a great read.

THE ROAD TO BECOMING CENTURION 53

I never intended to be an ultra walker. My background was in running with some racewalking in my younger years. I went to seed in the early '80's and in 1993 found that my suit from a few years earlier was 4 inches short of meeting in the middle. I then made a comeback to running and shed 17Kg. By now I was 45 and the running eventually took its toll on my joints. I got sick of running in pain so started to walk. I found when I walked my joints weren't as sore and if I did longer walks and threw in some hills I could get some of the training effects I got from running.

My last run was the Canberra Marathon in 1996, this finally finished me off and I couldn't do anything for months after it. I then started to walk for fitness and weight control and started walking with the ACT Race and Fitness Walking Club in 2003. I was pleased that they had expanded from being just Race Walking as I could not get the style right and would be scrubbed out of any race. I had a good year in 2004 walking the ACT Veterans half marathon in 2 hr 14 and the ACTRFWC 50 Km on a freezing day in September in 5 hr 53min, and winning the Vets handicap walking pointscore for the year. I was particularly pleased with the 50Km and was thrilled that I could cover this distance and in particular that I was able to go on at a consistent pace and didn't hit the wall.

Carol Baird (C39) was encouraging me to attempt a Centurion Walk in 2003 and even gave me the entry form for the Coburg 2004 event! I told her I thought you would have to be crazy to walk for 24 hours. Carol was also suggesting I try the Gosford 12 hour which is held every January, but I thought you'd have to be crazy to walk all night as well! I stood firm on this resolve but in September 2005 I started to have a few walks with a group training for the Gosford 12 hour walk in January 2006. I had no intention of going to Gosford and saw the outings as a social event and used them to try and get myself motivated after having gone through a rough patch in mid 2005 and having some leg problems.

There are pivotal moments in anyone's life and, on Saturday 1 October 2005 one of mine occurred a few kilometres into a 2-hour walk around Lake Ginninderra when Val Chesterton asked whether I'd like to go to Gosford for the 12-hour walk in January 2006. For some reason unknown to me I said I would! I think the fact that a large group was going was attractive; I didn't really think through at that time how hard it would be to walk for 12 hours around a track.

The rest, as they say, is history. I was on a slippery slope towards attempting what I vowed I would never do, the 24 hour ultra. I went to Gosford, thoroughly enjoyed the camaraderie and, thanks to quite a lot of long walks both with the group (including 8 hours with Val one day) and by myself, managed to get used to longer walks and get fit enough to walk the 12 hours without stopping and finished quite strong at the end. The only problem was my feet were so painful I could barely walk after the event. I managed to cover 87.8 Km in the 12 hours and finished 2nd to a great walker called Peter Bennett from Queensland who bashed out 98Km, amazing! Peter was a Centurion and I knew this was something special.

A couple of weeks after Gosford and when my feet had peeled, I was feeling quite good and I recall a thought coming into my mind going up a hill near home "If I can walk the 12 hour with relative ease, I might be able to do the Centurion walk!" On returning home after this walk I announced to the family "I'm going to be the next Australian Centurion!!" This comment was greeted with looks of disbelief and my wife reminded me that I had said I would NEVER do Gosford and I would NEVER do a 24 hour walk. I had no reply to this, I could see that I could live to regret this decision but at the time I felt I could do it.

With the decision made I counted out the days between D-day and the Coburg event and set out to do as much training as I possibly could handle in the intervening days. There wasn't a large group preparing for Coburg but Sharon Chomyn who had competed in the Gosford event was keen to give the 12 hours at Coburg a go so we started doing weekend training walks. These walks started in the dark and we mostly did laps of the lake with the occasional venture into tougher terrain. The walks were at a good pace and were generally about 5 hours in duration.

At the same time I was doing regular walks of four to seven hours' duration by myself. Early on I was training in Stromlo Forest, which had been treeless since the 2003 bushfires. I had many memories of running and walking through the forest years ago when there were trees there. I made sure I picked out as many hills as I could and I just tried to maintain a steady pace. Carol advised me to walk on harder surfaces to prepare for the Coburg track so six weeks out from the event I threw in a lot of footpath and bike path walks.

I had read an article by Tim Erickson about preparing for the 100-mile walk and he advocated a long all day stroll to get used to being on your feet for long periods. So on Wednesday 8 March (45 days out from the event) I set off from home at 6am and circumnavigated most of the southern part of Canberra returning home to the bemused looks of my family 14 hours later just after dark. I was really tired and all I could think of was 'at Coburg I would still have 10 hours to go!!' My family were a bit concerned when I hadn't returned by dark and my son apparently said to his mother 'I think dad's gone a bit weird'. The 14-hour walk put my feet back to how they were after Gosford so I knew I had to pay more attention to taping my feet. I made some tactical errors like complaining two days after my 14 hr walk that my feet were sore and actually expecting any sympathy at home! I can remember sitting on the lounge with my feet up with the balls of both feet throbbing wondering why I had decided to try for the Centurion walk! My feet improved considerably after I soaked them in neat metho each night for about a week.

In all I covered about 1,500 Km in February and March and started to taper and carbo load about a week before the Coburg event. If I counted my preparation for Gosford and Coburg I had been doing long stuff for seven months so I hoped this was enough. As the event drew closer I began to lose the confidence I had when I made my decision in January to try for the Centurion.

Robin Whyte (C29) drove me to Melbourne with his caravan attached. The closer we got to Melbourne the day before the race the colder and more menacing the weather looked. The night before the race was freezing and raining.

We set up camp on the edge of the track at Coburg on the night before; a tent city slowly grew in the hours before dark. As we had no power, we had no heating and I slept with several layers on top, a beanie, gloves and woollen socks. I tossed and turned all night wondering why I ever thought I could do it. I felt like someone about to face the gallows in the morning. It finally dawned and the day was here! Hard to believe it had all come to this. There was a guy called Louis who must have been tough, he was sleeping in his truck next to us having driven 1200 Km to walk 24 hrs and he was in shorts and a T-shirt! I remember we had a discussion on whether the 24-hour ultra was 10 per cent physical and 90 per cent mental; someone said perhaps it was 70 per cent mental and 30 per cent physical. What we all failed to see was that we were all 100 per cent mental to be trying it.

Prior to the race I prepared a schedule and my aim was to complete 17 laps per hour, which, IF I could maintain it, would give me 408 laps after 24 hours, over the magic 402.3 laps required to do the 100 miles. I was careful at the start not to go off too fast. I was going a bit faster than schedule for the first few hours but felt good. I saw Louis fresh from his sleep in the truck lap me many times in the first few hours, looking good. He would later pay dearly for this, as would several other walkers who went out far too fast. After 6 hrs I was 9 laps ahead of schedule, 111 laps down only 291 and a bit to go!! After 12 hrs I had covered 86 Km (almost as much as Gosford) and was 12 laps ahead of schedule. I was feeling ok and was pleased to have the 12 lap buffer as it would be foolish to think that I could cover the same number of laps in the last 12 hours as in the first 12.

Louis had warned me about the danger time 2am - 4am when the body wants to shut down, you just had to keep plodding on in the dark and cold and possibly rain. He was right, after about 15.5 hours (about 1.30am) I went into a slump. With almost 9 hours still to go my stride shortened, my legs felt like lead, and I was convinced at that time that I would not achieve it. I was almost asleep on my feet and I was lurching into the second lane. I was running the risk of being pulled off by the medics if I kept that up. Carol and Robin, both Centurions who had been where I was, were great. They had completed their races but chose to stay all night long to support me and hand me drinks, food etc. I am sure that without their support I would not have achieved my goal. I said to Carol I was completely stuffed and she said 'keep going, you haven't done all that training for nothing'. I told Tim (Race Director) that I was shot and he said 'walk through it'. At the time I couldn't imagine that I could walk through how I felt. I asked Robin for a very strong very sweet cup of coffee which seemed to help. I then remembered the MP3 player, which I left in the caravan in case I needed it. I had done most of my training listening to music and felt walking to a beat helped.

What happened next amazed me. With almost 9 hours to go til the finish I put the headphones in to listen to Dire Straits (how appropriate - I was in dire straits at the time). As soon as 'Brothers in Arms' started I lifted my pace to walk in time with the music. I literally went from half dead to flying - sub 3-minute laps with 8.5 hours to go. I began lapping people who were lapping me just half an hour before. Someone commented on my pace and I said Robin must have put some illicit drugs in the coffee - I had to quickly assure the chap that I was joking, as I did not want to be pulled off for a swab.

I kept this pace up for a while and I made up the few laps I lost during my slump, and was over 12 laps ahead of my schedule with 7 hours to go. At that time I thought perhaps I might be able to achieve it.

Carol was SMS-ing my sister and son about my progress and she was reading replies from my family to me trackside as I went past to the amusement of the other competitors. It was great to know that other people were thinking of me during the event and how good to know that my son was taping the Brumbies game for me! My sister was ringing my 90-year-old Mum in Bathurst late into the night advising her how I was going. I found out later that mum and my wife were lying awake praying for me about the time I had my slump, so it might not have been the coffee or Dire Straits that perked me up?

In the last 4 hours Tim was advising each walker who had a chance of reaching the 100 miles how they were going, how many laps they had covered in the last hour, how many still to go and how many they would have to average per hour in the time left. This was very helpful. With 4 hours left, I had to cover 51 laps to get to the 100 miles, an average of just under 13 per hour. I felt at that time I could do it. I was feeling very tired and Dire Straits were not having the magic effect of several hours earlier but I kept telling myself that I had done numerous 4 hour walks and this was just another, besides it was now less than 2 laps of the lake to go!

Two hours to go, now only 21 laps to cover. I knew that, unless one of my legs fell off I was going to do it. I was now extremely tired. Jens Borello the Danish walker who was already a triple Centurion in 3 different countries and who had flown to Australia just for the event encouraged me saying that everyone else felt exactly how I was feeling. I found tucking in behind Jens or the extraordinary Deryck Skinner from South Australia who achieved his first Centurion at the age of 72 last year (the oldest person ever to do so) and who was heading for his second at age 73 with apparent ease, or multi-Centurion Queenslander Geoff Hain was a great help to me in the last hours – something I never had on my solitary training walks. I found all the ultra walkers to be thorough gentlemen and it was a pleasure to be on the track with them.

Somehow I managed to string together 17 laps in the 22nd hour and as the clock ticked over to 23 hours Tim said ‘You have only got 4 laps to go’. I can’t describe how great this made me feel, I knew now that my dream would be a reality! It was great, other competitors were patting me on the back and shaking my hand and encouraging me, I had never experienced anything like it.

They had a tripod set up at the 100-mile mark for photos. I had watched Jens finish 8 laps ahead of me and he chose not to continue on to the 24 hours. I decided I would continue just in case they had miscounted the laps and, besides, it was a 24-hour race, not a 100-mile race. I’m glad I made that decision because it meant that in the end I turned out to be the overall winner on distance.

Coming down the straight with one lap to go I got rid of the hat and asked Carol how my hair was for the photo. Next lap 100 metres from the 100 miles Carol appeared with a comb and offered it to me. I said you are my crew you can comb it so she was walking next to me combing my hair. I passed through the 100-mile mark in 23 hours 14 minutes 03 seconds, the 53rd person to complete the feat in Australia since 1938. I will never be able to describe how I felt. I had done it, my statement on 17 January to my family about becoming the next Australian Centurion had come to pass!

The pressure was now off and I strolled around the track for another 45 minutes eventually reaching 165.605 Km in the 24 hours. I was amazed to later discover that this distance would have placed me 3rd in the 24-hour run. Carol passed me the mobile and suggested I ring Marg which I did while I was still on the track. I was almost in tears as I spoke about what I had just achieved.

I found out at the presentation that I was provisionally third in the Australian 100 Km Championship, which was incorporated into the 24-hour event. Geoff Hain and I were on the same lap at the 100 Km mark and they will have to do a manual check of the times to see which of us was ahead. I was also awarded the Jack Webber trophy for the most meritorious performance in the Centurion 24-hour event. I don’t know a lot about Jack except that he was the second Australian to achieve a Centurion performance in 1971.

As I passed the 100-mile mark my training partner Sharon asked ‘What’s next?’ to which I replied ‘The 48 hour and the Colac Six Day!’ Some people I didn’t know looked at me strangely (as an ultra walker you get used to such looks). But I was only joking, I think.....

Pat Fisher , C 53, 11 May 2006

NEWS ON OUR MEMBERS

Bob Lee (C 47) has just finished 6 weeks work at a nickel mine in Kalgoorlie and has now started another work stint in Townsville where he will be based for about 5 months. He is getting to see a lot of the country and being paid at the same time. The best of both worlds!

Fred Brooks (C 42) has had some bad news on his health. To quote him directly:

I have been told that I shall never be able to compete again owing to my present condition. I have had a wonderful 58 years in Athletics and Soccer. I still have one last fling of the dice. In 1987 as the under 12 Development Coach for the Victorian Soccer Federation, I found at a tournament in Rosebud a young 10 year old boy and drafted him into the elite soccer programme. In June he will be captaining Australia in the World Cup Soccer finals. His name Mark Viduka.

Stan tells me that he and Fred are still going out for long slow strolls so Fred is not completely sidelined. But with an irregular heart beat, he has to make sure he does not over-exert himself. We hope that you soon get on top of it, Fred!

Merv Lockyer (C 30) was intending to come down to Melbourne for our Centurion event last month but was hit on the head and shoulder with a falling tree branch (“a weeping willow no less, and it made me cry!!!”). He suffered a broken collar bone, a fractured skull, bruises and cuts. Merv is not one to be laid low for long so I expect to hear soon that he is back into action. Have a good rest Merv!

Over 70 people turned up to celebrate **Tim Thompson's (C 6)** sixtieth birthday in Adelaide, and it turned out to be a really great day. The guests included Ruth Webber, Geoff Peters and John Harris who travelled all the way from Queensland to attend. Once the partying was all over, Tim and Bev headed off for their big driving trip around Australia. I recently had an email from Tim who was enjoying a brief stay at the Murray River Resort in Yunderup. From there, it is onto Perth and then up North. Good luck Tim and Bev. Enjoy yourselves!

Tim composed a little poem that a friend of his read at the party. I thought it was so good that I have reproduced it here:

"Thomo's Lament on turning 60"

Just a line to say I'm living,
That I'm not alone or dead,
Though I'm getting sure forgetful,
And more mixed up in my head.

For sometimes I can't remember,
When at the bottom of the stairs,
If I must go up for something,
Or have I just come down from there?

And before the fridge so often'
My mind is filled with doubt,
Have I just put the food away,
Or have I come to take it out?

And while I'm standing at my gate,
On my face a sheepish grin,
I scratch my head and contemplate,
Am I going out or coming in?

While in my car I sit and stare,
My confusion clearly seen,
Do I need to go somewhere,
Or maybe I've just been?

And in the dark sometimes,
With my nightcap on my head,
I don't know if I'm retiring,
Or just got out of bed?

So if it's not my turn to write to you,
There's not need getting sore,
I can't remember if I've written,
And don't want to be a bore.

So remember that I miss you
And wish you were here, my friend
For now its nearly mail time
And this letter I must send.

There I stood before the mail box,
My face was very red,
Instead of posting you this letter,
I opened it instead.!

My bi-focals I can Manage,
My dentures fit just fine,
I can turn up my hearing aid,
But how I miss my bloody Mind!!

Jill Green (C 38) is truly inspirational. She is always on the move. Her latest letter to me makes me tired just reading it. Amongst the many interesting items is one particular 12 day period as follows

Shaul Ladany (Shaul is one of the legends of walking and still holds the world 50 mile walk record of 7:23:50, set in 1972 – Tim) came to stay with us for 12 days. I had to work some days hairdressing or leading walks but at all available times we went training, cold weather training. We walked along the Thames to visit Ann Sayer – 34 miles. It was so nice to have someone to walk with. Another day we walked to Windsor Castle and back, 24 miles. I decided he should do a L.D.W.A. event. I was able to get the instructions beforehand so we went to walk it out. Shaul had never walked on frozen ground before and he was amazed at how long the 26 miles took us, reading the route sheet, climbing over the many stiles, checking the compass bearings.

Dave came home from Switzerland and then we went to walk the old canal tow path from Grantham to Nottingham and back, 33 miles each way. We started at 11:30PM. It was -7°C. I had ice on my hair and frost on my jacket. Shaul had 2 pairs of gloves and 2 hat sand 5 layers. Dave was the hero, coming to meet us and give us food. It took us 17¼ hours. Then we stayed at a very nice bed and breakfast to recover.

The LDWA event had 220 people. Again it was cold with ducks and swans walking on the ice, but a beautiful clear blue sky. **Sue Clements (C 35)** came with us; it was very cosy with 4 people in our little mobile home.

Back to the Isle of Wight and we did a 53 mile training walk all on roads. It was raining all day, cold and horrid.

Jill and Dave then travelled to Israel with Shaul and enjoyed being his guests. Amongst the highlights for Jill was a walk around the Lake of Tiberias. But that's a story for another time.

THE 2006 PARIS-COLMAR QUALIFIERS

On Wednesday May 31, the elite of the ultra walking world will line up in Paris for a challenge of superhuman proportions. The men will race over 440 km from Paris to Colmar and the women will race over 265 km from Chalons-en-Champagne to Colmar. The toughest walking race in the world, it will be covered in less than 3 days. Such is the pace of these walkers that they will cover the first 100 miles in under 19 hours and just keep going.

This year, the organizers have put up a new website at <http://www.pariscolmar.org> and it has a healthy mix of historical and current information. To qualify for this event, men are expected to complete 200 km in 24 hours in one of the

qualifying events and women are expected to complete 170 km in 24 hours. There were 3 qualifying events last year and the remaining 4 have been held over the past few months. They were

200 km de BOURGES	3-5 March 2006
200 km de CHÂTEAU-THIERRY	18-19 March 2006
200 km de ROUEN	15-16 April 2006
200 km de BAR-LE-DUC	29-30 April 2006

Reports on these and other European ultra walk races follow.

200 KM de BOURGES, FRANCE, 4-5 MARCH 2006

Talk about bad luck. The organisers of this event postponed it from last year and rescheduled it to March 2006 only to find their event threatened by the worst weather conditions possible. Before reading the results of this first classic for the year, read **Sandra Brown's (C 36)** report. Incredible!

Kevin Marshall and I went to Bourges last weekend for the 200kms. We arrived on Friday in heavy rain (in N Europe it had been raining and snowing for some days), but we were ready for 24 hours of rain if necessary. Unfortunately the organisers weren't quite ready for what happened. We got up on Saturday to a (European) Christmas card scene - thick snow lying and still falling. This continued all day. At 15.00 the race started as scheduled, pretty much with everyone in their woolly hats, gloves, jackets etc. There were lots of jokes about needing our skis. The going was hard as it was typically snowy conditions with feet slipping and sliding, especially whenever there was a corner or slope on the 2.6kms circuit. There was - surprisingly - no attempt to grit or sand the course, until a truck appeared after about 5 hours and sanded a stretch along a main road, which was about a quarter of the circuit - but only that.

Suddenly, after about 6 hours, we were told "last lap" as we passed through the hall where the organisers and recorders were. I must confess I protested - although the conditions were bad, walkers had come from several countries (including Bernardo Jose Mora from Spain, and others from Holland and Belgium, as well as we two from the UK) all with the intention to walk for 24 hours. And of course some of us had walked 100 miles in snow and ice in Golden, Colorado, and knew it was possible, so long as you walked steadily and were well wrapped up. Of course the organisers were bound to take a risk averse approach - and I think everyone fully understood their decision, and sympathised with them in their terrible dilemma. I also sensed that the organisers were frustrated that the local authority didn't come out with grit and sand for the roads.

In any event, by 21.00 hrs (ie after 6 hours) when the race was stopped, the weather forecast was for temperatures to fall to minus 5, so the snow and slush would have frozen and lead to very dangerous conditions. So the decision to stop the race was probably very wise, but of course many walkers were very disappointed. The organisers made presentations on the basis of positions after 6 hours, when many walkers had completed 50kms or more. You'll have seen the results on the web I expect.

Given the weather, the turnout was surprisingly good, from all over France and beyond. Some big names who were down to race, including Urbanowski and Rodionov, did not turn up; I expect they had listened to the weather forecast! Kora and I were walking together for several laps, until she sprinted off with a lap or so to go, obviously expecting the race to end shortly. The race organisation seemed very professional and helpful (a new club has taken over the job following the cancellation of the event last October.) Bourges is also a lovely town, very historic and attractive, especially coated in snow! We would go again with pleasure, not least to show solidarity with the organising club for whom the weather was very bad luck. On Monday, when we made our way back across France, the melting snow had caused quite a bit of flooding in the fields around Bourges and further north. Let's hope for better weather next year!

Warm regards to all
Sandra

And now onto the results (first 15 only)

1.	Sergei Dvovreski	RUS	56.007 km
2.	Stephane Paille	FRA	53.340 km
3.	Patrick Langlois	FRA	53.340 km
4.	Pascal Biebuyck	BEL	53.340 km
5.	Thierry Heinrich	FRA	53.340 km
6.	Urbain Girod	SUI	53.340 km
7.	Kora Boufflert (F)	FRA	50.673 km
8.	Pascal Dufrien	FRA	50.673 km
9.	Daniel Dien	FRA	50.673 km
10.	Pascal Bunel	FRA	50.673 km
11.	Sandra Brown (F)	GBR	50.673 km
12.	Jean-Franck Vanoosthuysse	FRA	50.673 km
13.	Jean-Loius Bruck	FRA	50.673 km
14.	Louison Payen	FRA	50.673 km
15.	Alain Costils	FRA	48.006 km

200 KM de CHATEAU THIERRY, FRANCE, 18-19 MARCH, 2006

With 5 men reaching the 200 km mark and with 4 women reaching the 170 km mark, this was an event of great depth. Sergueï Dvoretzki, who has finished 2nd, 7th and 5th in the Paris-Colmar in the last 3 stagings, laid his cards on the table with a wonderful walk, beating French ace Regy and Urbanowski, the undisputed king.

In the women's event, Kora Boufflert, the 1995 Chalons-Colmar winner, finished nearly 1 hour in front of last year's winner Mesmoudi. The stage looks set for some great battles on the road to Colmar.

1. Dvoretzki Sergueï	Dynamo Kemerova	RUS	22:25:07	200,000
2. Régy David	Neuilly Plaisance S	FRA	22:36:05	200,000
3. Urbanowski Grzegorz-Adam	WKS "Slask" Wroclaw	POL	22:38:26	200,000
4. Heinrich Thierry	GASM Ligny-Barrois	FRA	23:17:59	200,000
5. Les Miceys	Equipe	FRA	24:04:53	200,000
6. C.M. Roubaisiens	Equipe	FRA	23:59:19	196,270
7. Fréchengues Bernard	Sénart-Combs-Brie A	FRA	23:46:55	192,540
8. Haan Ricks Rotterdamse	WV	HOL	23:56:52	192,540
9. Letessier Gilles	PLM Conflans Ste H.	FRA	23:57:55	192,540
10. PéllerinAlain	AM Bazancourt	FRA	24:06:11	192,540
11. Jacob Bernard	Bertrix Basse Semois	BEL	23:46:32	188,810
12. Gilg Paul	PCA Neuf-Brisach	FRA	23:54:16	188,810
13. Maréchal Pascal	AC Château-Thierry	FRA	24:03:16	188,810
14. Hartmann Emmanuël	GASM Ligny-Barrois	FRA	24:13:54	181,350
15. Georgelin Serge	ASC Rennes	FRA	24:20:25	181,350
16. Varain Cédric	AC Château-Thierry	FRA	23:51:30	177,620
17. Albrecht Jacky	ASM BarleDuc	FRA	23:54:49	177,620
18. Giraudeau Denis	PLM Conflans Ste H.	FRA	24:02:41	177,620
19. Boufflert Kora (F)	AS Cheminots Havrais	FRA	20:19:02	170,160
20. Mesmoudi A.M.(F)	Stade Français	FRA	21:08:45	170,160
21. Maison Sylvie (F)	USSELAC	FRA	22:49:01	170,160
22. Dufrien Pascal	Sénart-Combs-Brie A	FRA	23:57:47	170,160
23. Coulombel Pierre	CM Roubaisiens	FRA	23:58:45	170,160
24. Veret Dominique (F)	NL Chierry	FRA	24:09:33	170,160
25. Girod Urbain	CM Monthey	SUI	3:47:24	166,430
26. Eliezer Jocelyn (F)	Sénart-Combs-Brie A	FRA	24:18:03	166,430
27. Baron M.C.(F)	LB Châteauroux	FRA	23:57:37	162,700
28. André Hugues	Bertrix Basse Semois	BEL	23:50:14	155,240
29. Leermakers Ad	AV Attila Hart	HOL	23:55:04	155,240
30. Spieser Jean-Paul	PCA Neuf-Brisach	FRA	24:04:33	155,240
31. Quinqueton B. (F)	AM St-Thibaut des V.	FRA	23:45:58	151,510
32. BruckJean-Louis	EA BourgenBresse	FRA	23:47:20	147,780
33. Bitard Michel	NL Lisses	FRA	23:46:12	136,590
34. Collinet Marc	RFC Liégeois	BEL	17:35:47	132,860
35. Betz Thomas	SV Saar 05	GER	23:46:18	129,130
36. Hatte Joseph	NeuillysurMarne A	FRA	24:00:22	114,210

200 KM de ROUEN, FRANCE, 15-16 APRIL, 2006

The 37th edition of the 24 Hours of Rouen was marked by terrible climatic conditions. Of the forty competitors from ten different nations who started at 5PM on the Saturday, half retired within the first five hours because of the ceaseless rain, violent wind and icy cold (it rained for nearly the entire race).

Amazingly, winner Alain Costils beat his own race record, established last year, with 205,500 km. Reputedly he looked fresh as he crossed the finish line. He has now won the last 3 editions of this event and will be a force to be reckoned with in the 2006 Paris-Colmar classic.

The hard luck story of the race had to be American walker Dorit Attias whose luggage was lost in transit to France. When she finally arrived at the race venue one hour before the race, after 2 days of travel, she was without her food, drink, racing apparel and shoes. The race organisers had to race out and purchase shoes and basic racing kit but it is not the same as having your own gear and Dorit was badly blistered by the 4 hour mark. To her credit, she continued on and reached 151 km to come 6th overall.

Peter Bennett (C 24) was a late invitation and he had only a couple of days to get time off work, sort out his travel and pack. Luckily he had been in training for our Melbourne event so he was in good shape. He ended up a fantastic third with a career best distance of 176.175 km.

1.	Alain Costils	KM 520, Barneville	207,350 km
2.	Philippe Vit	Torcy	180.525 km
3.	Peter Bennett	Australia	176.175 km
4.	Eric Boufflert	Harfleur	160.950 km
5.	Jean-Claude Courcy	Vernon	155.875 km
6.	Dorit Attias (F)	USA	151.525 km
7.	Violette Bourillon (F)	Vernon	141.375 km
8.	Micheline Année (F)	Vernon	135.575 km
9.	Chrisitan Guérinier	Vernon	131.950 km
10.	Raymond Année	Vernon	128.325 km.
11.	Angela Ruano (F)	Apperville	128.325 km
12.	Thomas Betz	Allemagne	113.100 km
13.	Jen Paul Speiser	Neufbrisac	110.925 km
14.	Olivier Degueurce	Chateau	109.475 km
15.	Didier Lenel	Rouen	103.675 km
16.	Pascal Burley	Vernon	102.950 km
17.	Christian Renoncourt	Louviers	102.225 km
18.	Joseph Hatte	Etrechy	100.755 km

Thanks to Peter who has sent the following race report to us.

The 37th Annual Rouen 24 hours Walking Race

I attended this race in France over the 2006 Easter weekend at very short notice. I was privileged to receive an invitation from race organizer Mr. Francis Herbet (via a mobile phone conversation with Mr. Khoo Chong Beng) and his entity for economic and cultural promotion, Les Amis de L'Océan Indien. I then heard no more until a few days before the race. In the meantime I had great difficulty finding out any information on this race including race date and venue city. All I could tell my family was that I might be going to France to do a race but didn't know where or when.

Then I received an e-mail from France. The trip was 'on'. My flight out of Brisbane was confirmed only the morning before I departed. I did have some race gear packed as I figured that I would be flying to Melbourne for the Coburg 24 hour the following weekend anyway if I never ended up going to France. Arriving at work on the Wednesday morning I told (asked!) my boss that I would be flying to Paris after work the following evening. This didn't seem faze him one bit and within minutes he was asking me if I could change my return date so that I could visit our company corporate headquarters in the northern city of Lille. After working all day I departed Brisbane at 8.30pm that evening for Paris via Singapore and Dubai. Being Easter Holidays meant a crowded flight and no opportunities to stretch out and get any sleep.

Twenty five hours later I landed in Paris. I was met at the Charles De Gaulle Airport in the early afternoon and driven into the city to the train station at St. Lazare. From here I caught an express train to the city of Rouen arriving late afternoon. At the Rouen train station I was met by a very helpful race official in Alexandre Gaugain who had co-ordinated my flight plan. Alexandre took me on a walking tour around the old and historic parts of the city. Even though I was weary at the time I was pleased I did it as I never got another chance to look around this fascinating old Normandy city. It has cathedrals over six hundred years old and beautiful old buildings. I was then taken to see the race venue and then to meet with race organizer, Mr. Francis Herbet, at his physiotherapy practice. Later we went out to dinner and I finally got to bed at 10.30pm after being on the go for nearly 48 hours. Am I really going to do a 24-hour race tomorrow I asked myself before falling asleep?

The race was restricted to a maximum of 42 competitors. Entry was by invitation and there were representatives from ten countries and five continents participating.

Arriving at the race venue forty minutes before the start I checked in received my race numbers and met some fellow competitors. The first thing that I noticed was how well organized most of the other competitors were. They had their trailers and caravans parked inside the course, marquees, tables, rubdown benches and chairs set up. One team had a set up a field kitchen in a marquee to feed their walkers and support crew. I looked around to find somewhere dry to drop my sports bag.

U.S.A. walker Dorit Attias arrived at the start line less than 10 minutes before the gun. Dorit had been denied boarding a flight from New York the previous day as the airline had double booked. It took a lot of work by Francis Herbet and intervention by the French Ambassador in the US to get her on a flight the next day. When she did arrive in Paris on race day her luggage was missing. A quick stop a sports store to purchase shoes, running gear and a warm all-weather tracksuit was needed before she finally arrived at the race venue. She barely had time to change before the race started.

The race started on time at 5pm with a group of about six or seven, which set out at a solid pace, began lapping me regularly over the 725 metre loop. The race was held in the old port area of the city on the River Seine. The old warehouses are in the early stages of being re-developed into shops and restaurants. Of the two warehouses in the middle of the circuit one is a wine cellar and the other is used as a second hand market or for car-boot sales. On the river side there is a wide walking path and there were joggers going past late into the night, even in the rain. During the night we saw lots of cargo ships, barges and

a huge cruise ship sailing up the river. A very busy road bordered the other side of the course. There seemed to be a continual procession of police and ambulances with sirens blaring going up and down this road all day and night. There was a bar and a nightclub on the other side of the road that stayed open until about 4am when the police arrived. This provided some entertainment during the early hours of a long and soggy Sunday morning.

The weather turned bad soon after the start. At the start line I remarked that it looked like a good evening for sitting around a fireplace with a schooner or two. No one knew what I was talking about. First it was a light drizzle then strong gusting winds followed by continuous rain into the early hours of the morning. Strangely, the bad weather really didn't worry me that much. It did worry others a lot more and caused a high attrition rate of competitors as the night wore on. The gusting winds blew over some of the steel crowd control barriers and most of the crews were forced to pull down their tents and marquees. Francis Herbet later remarked to the press that it was the worst race conditions experienced in this race since 1971, when it snowed. The common drink station had to be re-located off the course in the sheltered side of one of the old warehouses. This meant that those like me that didn't have a crew had to leave the course and go into a tent everytime we required a drink or some food. Some of the competitors retired to their caravans for the evening when the rain didn't abate after many hours. The race recorders sat in a van with the windscreen wipers going all night and fighting to keep the windows from fogging up.

Marathon runners like to talk about 'The Wall'. I hit it hard very early in the race. After only three hours I went through a dark patch where I struggled to find a positive thought. It must have been lack of sleep, jet lag or poor pre-race nutrition catching up with me. The food and drink station only started operating three hours into the race so by that time I was fairly peckish and had not taken much water since the start.

I still managed to keep lapping at a decent pace and, as it was, I had no where else to go that evening so I kept on walking. Eventually, after nearly two hours I got back into stride and again felt like I was part of the race. The rain and wind probably helped me as it gave me something else to focus on. I kept thinking I had better make a stop and put on some warmer clothes or at least my raincoat. Every lap I kept telling myself "I will do it next lap, next lap..." and so it went on through the night. After the race a number of people were telling me that they were worried that I would freeze. I wasn't even sure where my bag was and I was certain that if I stopped I would fall asleep or get too cold. In the early hours of the morning I did put on a beanie under my cap but the heavy cloud cover stopped the temperature from getting too cold. It was only then that I realized that I had not packed my gloves. All good training for the 20-mile race in Canberra in June I reassured myself. It was a lot harder on the officials and support crews than on the competitors. All these strange looking people in heavy wet weather clothing with scarves wrapped round their faces diligently looking after their walkers needs all through the night and the next day. Many competitors called it quits during the night with some returning for the final few hours on Sunday afternoon. For some of the top competitors who had another 24 hours race two weeks later (Bar-Le-Duc) they decided it was not going to be their day so they settled on a 100 km 'training walk'. I saw one of the women competitors step in a pothole and fall heavily on her shoulder. Amazingly, she brushed off offers of assistance and kept on going to the finish albeit with a pronounced tilt to the left.

Full progressive results were announced over the PA every three hours and hourly over the last few hours. As these announcements were in French for most of the time I never really had any idea how far I had traveled or where I was coming in the race. At the 15 hour mark (8am Sunday) I deduced that I had reached the 114km mark. No sooner had I begun feeling fairly pleased with myself and done a few rough calculations on what was feasible for 24 hours when I hit another bad patch. All remaining energy drained from my body and my muscles stiffened and started to cause a lot of pain. Having competed in a number of 50km races I was familiar with the feeling. At 35km you feel like a million dollars. Less than a kilometre later – Nothing! I concentrated on just staying focused on my walking action and keeping my head up. There was loud music playing over the PA for the entire race and this was a big help during the night and the early hours of the morning especially when the number of competitors on the course dropped.

For a few hours as midday approached the world started to look rosy again. I was disappointed that there was still no sun to be seen but otherwise I was progressing steadily. Around the 19-hour stage I really fell into a deep black hole. I could no longer manage to lift my arms and I was barely moving. Luckily, my race plan from the start was simple and I didn't need to change anything – Stay on your feet and keep walking until they tell you to stop. During this hour I would have been lucky to record 4km. I stopped every second lap for a drink and a handful of food. Gradually I started getting my arms up for a couple of hundred metres at a time and tried to increase my stride length. Seeing everyone else, with the exception of race winner Alain Costils, hurting as well helped me focus into getting back into stride. Phillippe Vit (180.525km) from France and I walked together for much of the final few hours and we didn't need to speak the same language to understand how each other felt. We walked the last hour the last hour and a half together at a pace we hadn't been able to sustain since the middle of the race. I was happily surprised to learn that I had recorded 176.175km to come in third.

Frenchman, Alain Costils, winner of this race in 2004 & 2005 dominated the race from the start to finish with a new race record distance of 207.35km. Dorit Attias (151.525km) overcame all her pre-race problems and blistered feet (due to new shoes purchased on the way to the start line) to take out the women's race. Normally I would feel a sense of elation and relief at the end of such a race but on this occasion I was just far too tired and in too much pain. I had been 'running on empty' for a large part of the race and my reserve tanks were also exhausted. It was as if I had to get out and push the car to finish line. Straight after crossing the line I went straight to the drink tent to sit down before I fell down. It was a few minutes before I was able to join all the other finishers on the stage to be presented to the crowd, TV cameras and the press. The race received coverage in six newspapers on the day before the race during the race and the day after. There were news stories on three TV stations with one channel doing Live crosses for updates during the night. A DVD on the race was available for sale by the time the presentations were made an hour after the finish of the race.

While the organizers were setting up for the Presentation Ceremony I was invited back to Thomas and Andrea Betts's caravan for a welcome sit down, some hot coffee followed by a sample of Thomas's home brew. I was very appreciative of their warm hospitality. Funnily, throughout the night I survived with a t-shirt and singlet during the wind and rain. Now, after the race I was dry but shivering with two track suits tops and a borrowed parka on.

Following the presentation of trophies and participation certificates we tucked into a spread of Cous-cous, chicken, bread rolls, beer, gourmet cheeses, ham, and fruit etc. I had a can of the French beer and know why France is renowned for its wines. Some people might find it hard to believe but I knocked back an offer of a second can!

By the time all the festivities were over and we arrived back at the house for a hot shower it was 10pm. A quick hot shower and fell I fell into bed. Next morning after a breakfast of coffee (in a bowl that I thought at first must be a cereal dish), croissants and yoghurt it was a slow walk up to Francis Herbet's practice to help unload a hired van of all the furniture, chairs and marquees borrowed for the race. Mid-afternoon with a small group of walkers we were treated to an Easter lunch at the home of Francis and his wife. After a good meal we watched the race DVD and also one on the 2004 Paris-Colmar race which was very interesting and enlightening.

I had to be in Lille that night so Francis and his wife took me to the train station at Rouen. I received a video interview on the platform as I waited for my train. Everyone else on the platform must have been wondering who the hell I was. The train left Rouen at 8.00pm and arrived at Paris St Lazare train station seventy minutes later. I managed to negotiate the Metro system lugging my luggage to get to the Paris North train station just in time to catch the high speed TGV train to the northern city of Lille. There is a real short of taxis in Lille and I had to wait nearly an hour before catching one to my hotel. It was 11.15pm before I again fell into bed. The next day was spent visiting the corporate headquarters of the company I work for. They were all very hospitable but I could have done without the hour and half walking tour around the factory and warehouses. Next day I caught the train back to Paris and spent the afternoon doing a spot of sightseeing before flying out that night.

I was disappointed that I would have to miss the Coburg 24-hour event. But this would have meant that I would have had to have got off the plane from France and jump onto one to Melbourne a few hours later. As it was, a work colleague picked me up at Brisbane airport at 8am and took me into work. I stayed until lunchtime catching up on a backlog of work before heading for home. The rest of the staff spent the afternoon doing indoor rock climbing (team bonding or something like that) but I decided to pass on that. I did join them for a staff dinner that evening that ended up kicking on after 1am. Life is now back to normal (meaning I go to bed at 8.30pm)!

It was a great experience and I am honoured to have been invited to participate. My warm thanks to Francis Herbet, his wife, his wonderful band of helpers and the fellow competitors in the race.

Lessons from the race.

- Don't attempt a 24-hour race straight after a 25-hour flight
- A bucket of coffee and a few croissants is not good fuel for a long race.
Don't use this story as a 'How To' if contemplating doing a 24 hour event.
- Make sure you have organized a crew to look after your food, drinks and your well-being. By the time the athlete realizes that they need something it is far too late. A water bottle on the ground and a packet of jellybeans is no substitute. How many times have you heard a walker acknowledge that without his support crew he/she would not have recorded the result they had just achieved.
Discovered new and unimagined pain thresholds and levels of extreme fatigue. When you first think that you are exhausted and are at the end of your tether you are just starting to discover what you are capable of pushing on to.
- Camaraderie of the walking community knows no boundaries (geographical or language). The race re-inforced my view what truly wonderful and inspirational people make up the walking community. A fine group of determined people who see challenges not problems and who look out for and support each other.
- It does not follow that your wife will be thrilled that you are going to Paris without her for Easter.

Peter Bennett (C24)

200 KM de BAR-LE-DUC, FRANCE, 29-30 APRIL, 2006

Polish legend Gregorz Adam Urbanowski was the winner of the Bar-Le-Duc men's 200 km with a time of 22:14:30. The women's event, over a distance of 170km, was won by British legend **Sandra Brown (C 36)**, with a time of 20:49:11. French Championships were held concurrently and they were won by Christophe Erard (22:31:31) and Sylvie Mason (22:46:06). With 6 men making 200 km and 7 women making 170 km, the event showed great depth. **Jill Green (C 38)** also walked fantastically to complete 167.5 km in the 24 hours.

Sandra Brown sent this excellent report, written by Kathy Crilley.

The RWA responded positively to the invitation from the French racewalking organisation for English teams to participate in the European trophy event incorporated in the Bar le Duc 200kms/170kms walk in April 2006. Teams were selected on the basis of performances at the 2005 UK 100 miles championship, subject to availability. Those selected were:

Men:	Ian Statter (SWC), Dave Jones, Richard Brown (SWC)
Women:	Sandra Brown (SWC), Rosemarie Crellin, Cath Duhig

In addition to these six walkers, a further four decided to walk in this well-organised and enjoyable event. These were, Kathy Crilley (SWC) Chris Flint, and Jill Green (London Vids) and Kevin Marshall (Ilford)

The ladies' team won the European trophy with an excellent team performance. Walking a well paced race, Sandra Brown won the ladies' race in the good time of 20.49.11 for 170kms. The second and third placed ladies (stylish and experienced

Belarus and Russian walkers) were both well over an hour behind the winner. French ladies took 4th and 5th places. Rosemarie Crellin (6th) and Cath Duhig (8th) both walked very well to strong finishing positions and performances, giving England's ladies the winning team performance over France in second place. The French Ladies Champion, Sylvie Maison, looking very comfortable throughout, tracked her team mate Sylvian Varin for most of the race. But as Varin faded, Maison surged ahead and took lead and the Championship with 14 minutes to spare.

Unfortunately, Ian Statter developed a very painful back after several hours of good walking, and retired, so with only 2 walkers remaining, the England men's team achieved third European team place behind France and Belgium. Richard Brown led home the English men with 177.5 kms followed by David Jones with 172.5km. (Sadly, Kevin Marshall's excellent performance didn't count toward the team points)

Kathy Crilley always planned to walk around 50kms and then help the teams. All eight of those remaining on the road achieved well over 100 miles (160.9 kms) in 24 hours.

Whilst the course was virtual traffic free (and therefore stress free) the weather was a major cause for concern. Cool temperatures (14c) and light showers rain were forecast and during the afternoon and early evening, the sun was almost as strong as the wind, but fortunately the rain showers were short lived. Catching everyone by surprise, the temperature suddenly plummeted to zero. Mistakes were made on kit - not nearly enough clothes for several athletes resulting in near hypothermia and combined with (literally) instant ice cold drinks hitting cold stomachs, the weather took its toll on many an athlete. Still it's good to know that the weather in France is just as unpredictable as it is in England.

The small support crew rose brilliantly to the challenge of having eight walkers on the 2.5kms road circuit for most of the 24hours. Kathy and Ian, after their own exertions, joined the other "soigneurs" in providing the support which is vital for successful performances.

The event was a very successful promotion by the I.A.S.M. Club, Bar le Duc. The French were delighted with the participation and performances of the English teams. The Bar le Duc results also included good performances by some French men.

200 km for men

1.	URBANOWSKI Gregorz-Adam	Pol	200.0 km	22:14:30
2.	ERARD Christophe	Fra	200.0 km	22:31:31
3.	RODIONOV Alexei	Rus	200.0 km	22:34:48
4.	HEINRICH Thierry		200.0 km	22:44:58
5.	BELLOIR Gilles	Fra	200.0 km	22:58:54
6.	VANDENHOECK Alexander	Bel	200.0 km	23:56:15
7.	DIEN Daniel	Fra	197.5 km	
8.	JACOB Bernard	Bel	197.5 km	
9.	PELLERIN Alain		195.0 km	
10.	HARTMANN Emmanuel		190.0 km	
11.	GILG Paul	Fra	187.5 km	
19	BROWN Richard	Eng	177.5 km	23.56.23
21	MARSHALL Kelvin	Eng	177.5 km	24.16.42
24	JONES David	Eng	172.5 km	24.03.28
25	FLINT Chris	Eng	167.5 km	24.10.23
	SLATTER Ian	Eng	52.5 km	(ret)

170 km for women

1	BROWN Sandra	Eng	170.0 km	20.49.11
2	TARRASSEVICH M	BLR	170.0 km	22.01.47
3	ZAGRIAJSKAJA I	Rus	170.0 km	22.16.15
4	MAISON S	Fr	170.0 km	22.24.06
5	VARIN S	Fr	170.0 km	22.38.55
6	CRELLIN Rosemarie	Eng	170.0 km	22.44.14
7	ALVERNHE D	Fr	170.0 km	23.24.57
8	DUHIG Cathy	Eng	170.0 km	23.31.12
10	GREEN Jill	Eng	167.5 km	24.10.22
	CRILLEY Kathy	Eng	55.0 km	(ret)

FINAL PARIS-COLMAR SELECTIONS

The Paris-Colmar website lists the following final invitations, in order of ranking, to compete in the 2006 classic. This group of walkers is a 'Who's Who' of the ultra walking world. I am particularly excited to see Sandra Brown's name on the role. Sandra was intending to compete in the 2004 edition which was eventually cancelled.

PARIS-COLMAR MEN

1	URBANOWSKI	Grégor Adam	59	WKS Wroclaw	POL
2	RODIONOV	Alexseï	57	Neuilly sur Marne Athlé.	RUS
3	SIMON	Zdenek	60	USK Prague	CZE
4	DVORETSKI	Sergueï	69	Dynamo Kemerova	RUS
5	GILG	Paul	60	Pays de Colmar Athlé.	FRA
6	BELLOIR	Gilles	54	ULA Quimper Cornouailles	FRA
7	DIEN	Daniel	50	ASC AC/L Paris	FRA
8	COSTILS	Alain	59	Km 520	FRA
9	KLAPA	Zbiegniew	52	Ind. Grodzish	POL
10	ERARD	Christophe	70	ASM Bar le Duc	FRA
11	OSSIPOV	Dimitri	52	Ind. St Pétersbourg	RUS
12	HARTMANN	Emmanuel	68	GASM Ligny en Barrois	FRA
13	FRECHENGUES	Bernard	49	Sénart Combs Brie A	FRA
14	MARECHAL	Pascal	62	AC Château-Thierry	FRA
15	GEORGELIN	Serge	68	ASC Rennes	FRA
16	JOSE MORA	Bernardo	63	Standing Palma Com.	ESP
17	BETZ	Thomas	57	SV Saar 05	GER
18	KAZANTSEV	Vladimir		STEP Minsk	RUS
19	PHEULPIN	Adrien	46	FC Sochaux Montbéliard	FRA
20	BIEBUCK	Pascal	68	UA Flobecq Athlé.	BEL
21	LEERMAKERS	Ad	51	AV Attila Hart	NED
22	PAYEN	Louison	55	AC Château-Thierry	FRA
23	REGY	David	69	Neuilly Plaisance Sports	FRA
24	SCUKA	Silvio	55	CUS Padova	ITA
25	PELLERIN	Alain	68	AC Bazancourt	FRA
26	COULOMBEL	Pierre	59	CM Roubaix	FRA

CHALONS EN CHAMPAGNE - COLMAR - WOMEN

30	MESMOUDI	Anne Marie	60	Stade Français	FRA
31	POUTINTSEVA	Irina	69	Ind. St Pétersbourg	RUS
32	BOUFFLERT	Kora	66	AS Cheminots Havrais	FRA
33	TARASSEVICH	Marina	58	Ind. Brest	BLR
34	BARON	Marie Claude	60	LB Châteauroux	FRA
35	VARIN	Sylviane	52	Coulommiers Brie A	FRA
36	MAISON	Sylvie	73	USSEL AC	FRA
37	BROWN	Sandra	49	Surrey Walking Club	GBR
38	BERTHAULT-KORZHYK	Annie	52	Neuilly sur Marne Athlé.	FRA
39	DOUBLET	Evelyne	51	US Esternay	FRA
40	ANXIONNAT	Claudine	51	RESDA Vosges	FRA
41	QUINQUETON	Bernadette	61	AM St Thibaut de Vignes	FRA
42	FAUQUEUR-DUDA	Corinne	64	CM Roubaix	FRA
43	NAVET	Monique	48	COS Villers les Nancy	FRA

STAN MISKIN ON BLISTERS

Stan Miskin (C) has kindly written a little on his recipe for mastering the problem of blistering in races. Stan has over 20 years of experience as an ultra runner and walker and has done events as long as the 6 day Colac classic. While there is no one answer for everyone, Stan's ideas sound well worth a try if you suffer badly from blisters. Thanks Stan.

In relation to blister problems, it is only in the last few years that I have solved the problems that I had for over 20 years, so I pass my experiences on to you in the hope that this may help you to overcome your problems and thus suffer less pain and improve your performances on the track.

The things that failed were different makes of shoes (I now wear Nike Perseus or Pegasus), thick and/or thin socks, bandaids or taping and use of the following lubricants, Vaseline, baby oil, Vitamin E Creme, Lanolin cream, DermAid and others

which I can't remember.

You may ask "Well what does work?". I can only tell you what works for me, but I believe that it would help to solve your problems. I hope so!

Firstly, shoes and socks. Settle on shoes which have seemed to have been best for you in the past, and lace them tightly to minimise your feet sliding around in them. Movement causes friction which causes heat, which causes blisters!.

Socks ---- I regard my current procedure as a very important step. I use 2 pairs each with a specific purpose. Next to the skin I wear very thin yet strong NIKE socks which are made specifically for the right and left foot with R or L woven into the sock. They fit very closely / tightly as they are shaped to fit each foot and made with about 4 different weaves. They really hold the toes together to stop them from rubbing. I lubricate these socks as below. I was very lucky to win a pair as a spot prize for I had never heard of them. They cost about \$20 / 25 and not all stores stock them. The 2nd. pair of socks are THORLO brand which cost about \$30 which come in short, medium and probably long lengths. They are quite thick and also are made using several different weaves.

Lubricant-----I used to chafe very badly and finally tried HERRON baby Zinc & Castor Oil Cream B.P. which worked like a charm and is now the only lubricant that I use.

Method. I use my fingers to spread the Cream all over my feet and between the toes. I then wipe the surplus Cream off my hands onto the R and L socks adding more Cream if necessary and then fit the R and L socks and smooth out any wrinkles. I then wipe my messy hands on the insides of the THORLO socks and fit them over the others. Lastly, fit and lace your shoes quite tightly. I hope that this procedure works as well for you as it does for me.

WEBSITES TO BOOKMARK

Fire up your web browser and load <http://www.comunalia.com/marcha> . This Spanish website is run by Bernardo José Mora, a top Spanish ultra walker. It is an excellent ultra distance walking website and provides an entry point to lots of other European websites. And it gives you a chance to brush up on your Spanish!

And if that is not enough, the Paris-Colmar event has a new website. As well as covering the 2006 edition, it contains lots of historical info. Point your browsers to <http://www.pariscolmar.org/>

COMMONWEALTH GAMES AND ONWARDS



Charles Arosanyin (C 46)



Chris Erickson

The Melbourne based 2006 Commonwealth Games was a fantastic success and a wonderful event for us locals. And as I pointed out in our March newsletter, we had two special Centurion connections in the 50 km racewalk in that Australian **Charles Arosanyin (C 46)** and my son Chris were both competing.

Charles was competing for his native Nigeria but was unfortunately disqualified at around the 10 km mark. It is probably fair to say that, with a diet of predominantly long slow ultra walks, Charles was not prepared for the judging rigour of an international 50 km event. He was understandably very disappointed with the result and felt that he had let everyone down but this is not the case. In years to come, he will be able to proudly say that he competed in the Commonwealth Games, a claim that few can make.

Our family was in celebration mode for many weeks after Chris took the bronze medal with a time of 3:58:22. This was a PB by over 5 minutes and marked his arrival as a real international standard walker. He backed up 7 weeks later in the 50 km event at the Racewalking World Cup with a great 26th (out of 82 starters) and a second sub 4 hour walk, recording 3:59:22 in Spain last weekend. Having watched him work his way up the ranks with a lot of hard work and personal sacrifice, it is a time of great excitement and pride for the Erickson family and our friends.

MORE REFLECTIONS ON JOHN MOULLIN

Fred Baker read my article on John Moullin (see our December 2005 newsletter) and wanted to add his own reflections

I would like to tell you a little about John Moullin's remarkable 16 hours 55 minutes performance at Ewhurst, Surrey, in 1971. I took part in that race which was over a severe 10 miles loop. On my way to a fairly modest 22 hours 31 minutes, John lapped me twice but that's got nothing to do with my story.

You will remember John Keown (Belgrave Harriers) who did so much as an official on behalf of British Race Walking. He told me that Belgrave realised that John was in the kind of form before the race that made him a serious threat to the British 100 km record. But Belgrave wanted no pressure on John over a record attempt and therefore kept his intentions very much to themselves. Come the day and John, as you know, flew around the course, setting a new record (10:21:06). He planned to retire at that point but the Belgravians in attendance, seeing how fresh he still looked, persuaded John to carry on to the finish.

He was a modest man with great personal charm and the British walking world was shocked when he died as a consequence of a rare form of lung cancer, caused by industrial dust from his work in the building industry.

FINANCIAL NEWS

Funding our 2006 Centurion event has eaten into our bank account and we have some final trophy engraving to be done along with the updating of our Honour Board. So if you have not yet sent in your donation for 2006, now is a good time. Thanks as usual to the many people who support our club in so many small ways.

Incoming	Charles Arosanyin – donation	20.00
	Stan Jones – 2006 newsletter postal subscription	12.00
	Stan Jones – donation	38.00
	Jens Borello – Centurion shirt sale	25.00
	Clarrie Jack – donation	15.00
	Ian Jack – donation	15.00
Outgoing	Postage and Photocopying	28.05
	Australian 100 km championship medals	40.00
	Jack Webber replica trophy for 2006 race	35.00
	Competitors' tee shirts for 2006 Centurion event	357.50
	Bronze and Silver Centurion medallions restock	182.00
	Hire of tent for 2006 event	77.00
	Racewalking Australia 2006 Affiliation fee	66.00
	Final Account Balance as at 15/05/2006	258.81

UNTIL OUR NEXT NEWSLETTER

What a newsletter – our biggest ever. In fact, I had to hold over some other materials I was intending to publish. Thanks to the many members and friends who have provided so much of the input. Congratulations to our two new Australian Centurions. Savour the feat which many attempt but few achieve!

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