

CENTURION FOOTNOTES

DECEMBER 2007 – VOL 14 NUMBER 8

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

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DATES...DATES...DATES

30 March, 2008	Coburg Harriers 6 Hour Run and Walk	Coburg, Victoria
19-20 April 2008	Coburg 24 Hour Carnival, incorporating the 2008 Australian Centurions Qualifying Event	Coburg, Victoria
31 May – 1 June 2008	Continental centurions Qualifying Event Contact Hans van der Knaap (Secretary RWV) - Hansvanderknaap@cs.com	Schiedam, Holland

NEWS ON OUR MEMBERS

Karyn Bollen (C 45) had a walk in the Victorian 6 Hour Championship earlier this month and recorded 42.663 km. **Terry O'Neill (C 18)** had intended to walk also but was feeling off colour the week before so had to withdraw before the event. Both Terry and Karyn will be in action at Coburg next year and are training hard at the moment.

Stuart Cooper (C 5) has just come home from surgery on one of his feet – a long standing issue which turned out to be a saga. Stu turned up to hospital and was assigned a bed, only to find out that his operation had been cancelled (the surgeon had been called away to survivors of a major traffic collision.). A week later he was luckier and is now back home again on crutches and starting rehabilitation. Enjoy the rest, Stu!

Clarrie Jack (C 4) and **Terry O'Neill (C 18)** competed in the roadwalking races at Albert Park in Melbourne last month. It turned out to be a very hot day so the times (Terry did 2:02:54 for the 20 km and Clarrie did 58:58 for the 10 km) were pretty impressive. Clarrie is also doing the Melbourne Summer track competition and has been knocking out some quick times (for an old bloke!) over the 2000m and 3000m distance.

NZ CENTURION QUALIFIER, AUCKLAND, 13-14 OCTOBER 2007

Philip Sharp, NZ Centurions Secretary, advised that the NZ Centurions 2007 qualifier was cancelled at the last minute by the Sri Chinmoy organisers after the sudden death of Sri Chinmoy. It was desperately bad luck for our Kiwi compatriots and for **Jens Borello (C 52)** who had travelled from Denmark to participate.

I suppose you heard the 6/12/24 Hour Auckland Sri Chinmoy races scheduled for Oct 13-14 were cancelled just one day before i.e. Oct 12. This was too late for some competitors and they had an informal race. One competitor was Jens Borello. He attempted the 24 hour but the weather and possibly other factors (I was in Los Angeles at the time, still am) got the better of him and he quit after about 10 hours. He told the judges after the race that he would not be coming back next year. But just as he did last year, he emailed me a few days later to say that if the race was held again next year, he would be back. I'll be judging at the race in 2008 and will do my best to make sure it is third time lucky for Jens.

And speaking of the NZ Centurions, I must point out their new website which Philip has put together. It is certainly comprehensive. Well done Philip! Point browsers to <http://www.math.auckland.ac.nz/~sharp/nzcenturions/>

USA CENTURION QUALIFIER, GRAPEVINE, TEXAS, 17-18 NOVEMBER 2007

The 2007 American Centurions Qualifying event has now been completed and the organisers were able to welcome 6 new members. Three Dutch walkers travelled over and they dominated the event, finishing 1st, 3rd and 6th. The same three had finished 1st, 2nd and 6th in this year's British Centurion qualifier in July so they were certainly highly credentialled and produced the goods once again. American walkers filled 2nd and 4th place and Australian **Geoff Hain (C 49)** finished 5th to complete his 7th centurion finish in less than 3 years. See <http://www.ultracentric.net/main.html>

Full results for the walkers are as follows

1.	Marcelino Sobczak	(Nederland)	20.11.57	C64
2.	Edward Parrot	(USA)	21.13.58	C65
3.	Frank van der Gulik	(Nederland)	21.21.51	C66
4.	Doug Johnson	(USA)	23.25.02	C67

5. Geoff Hain	(Australia)	23.25.14	C68
6. Marcel Dekker	(Nederland)	23.53.06	C69
7. Marcel Lambiotte	BEL	62.0 Miles – 14:47:01	
8. Jerry Kerr	USA	60.0 Miles – 21:23:28	
9. Eugene Kitts	USA	58.0 Miles – 13:08:10	
10. Ollie Nanyes	USA	58.0 Miles – 23:58:57	
11. Lawrence Block	USA	20.0 Miles – 5:38:40	
12. Dorit Attias	USA	18.0 Miles - ? time	

Judges: Scott Demaree (Chief), Dave Gwynn, Marshall King, Lojza Vosta

Geoff emailed me the day after the event.

Hi Tim

Sitting at airport waiting for flight so I have got time jot a few lines.

There were about 50 in the 24 hour event including 11 starters for the Centurion walk. Three from Holland, one from Belgium, and the rest from USA except of course myself. The three guys from Holland were all top walkers with best times of around 19 to 20 hours. The only female was Dorrit Attias from New York who is keen to come to Coburg maybe next year.

The course was a one mile out and one mile back generally flat with reasonable long inclines which became progressively steeper as time went by! In the last hour, we reverted to a 1/4 mile loop so that all competitors were close together. A chip system was used for lap counting and there was a supply of food/drinks which was based on American tastes - not really my choice, but enough fruit which I like the best, to keep me happy. The location was quite nice on the edge of a lake about 10 minutes from the centre of Grapevine, a small town very close to the Dallas/Fort Worth airport. The motel had a free shuttle to take us to/from the event.

I was expecting quite cold weather but the day ended up quite hot, around 27°C with clear skies and around 10°C overnight and no rain which was good. Most people were a bit surprised as well with the hot conditions and were probably a bit slower than normal until things got cooler.

The organisers and helpers were very friendly and always said when you thank them for something "your most welcome".

I was very pleased with my efforts although I did fade during the afternoon heat but picked up after and maintained a fairly steady pace throughout the night around 13.5 to 14 minutes /mile to finish comfortably at about my usual time of 23 1/2 hours (actually 23.25.15 and my PB by a couple of minutes). With the chip system, nobody goes beyond the 100 mile mark including myself. A few walkers dropped out along the way including Dorrit who was complaining of a foot injury and another who fell over in the dark - the track was poorly lit in many places and many runners wore headlights.

This event was probably my best in terms of being comfortable throughout, maintaining a more even pace, and feeling relatively pain free afterwards, apart from being naturally tired. I can actually walk/stroll normally today, 24 hours later. The Dutch walkers were all very encouraging despite the large disparity in speed between them and myself and were inviting me to come to Holland next year for their Centurion qualifier - we'll wait and see! Doing 100 miles doesn't really get any easier, the mental strength required is still the same when the body says I've had enough.

After 7 Centurions on 4 continents in just over 3 years, I feeling pretty pleased with myself and don't intend to do any more training until at least sometime in the new year.

Regards and all the best from Geoff & Annie

And for the record, Geoff's seven Centurion finishes are

23:30:38	16-17 Oct 2004	Adelaide, SA
23:27:49	16-17 April 2005	Coburg, Victoria
23:38:25	22-23 April 2006	Coburg, Victoria
162.474 km in 24H	1-2 Oct 2005	New Zealand
23:31:43	19-20 Aug 2006	Isle of Man, UK
23:33:47	21-22 April 2007	Coburg, Victoria
23:25:14	17-18 Nov 2007	Grapevine, Texas, USA

Ed Parrott also wrote about his walk for the American walking audience and has kindly allowed me to reproduce his own great report here. Thanks Ed.

On November 18th, during the dark early morning hours in Grapevine, Texas, I became the 65th Centurion on American soil. A Centurion is someone who has walked 100 miles in under 24 hours, with judges ensuring that the walkers stay on the ground. In the U.S., the racewalking rule about keeping a straightened leg is not enforced during Centurion events. My time of 21:13:47 was second among the six athletes to finish, who included three Dutchmen, an Australian, and one other American, Doug Johnson, of Tennessee. There were 12 starters. We walked as part of a 24 hour running race that had over a hundred participants.

The other five finishers all used something closely resembling racewalking technique the entire time. Doug probably would have passed strict bent knee judging, while the others mostly walked with a "late straightening" technique such as was legal years ago in racewalking. I did something a little different, in that each mile I alternated about 3/4 mile of legal racewalking with 1/4 mile of something like fast "street" walking. I discovered that this worked well in training and kept the pressure off the back of my knees, and I've always been able to street walk pretty fast.

Right away, things didn't go as planned. I went out a bit fast the first mile, but was settled into pace by 2 miles. The thing was that my heart rate was a bit higher than I had experienced at the same pace in training. It wasn't until about fifteen miles that we found out that the 2 mile loop course had been measured on the straightest line around turns but that cones prevented us from actually walking that straight line. We were told we could start cutting the corners, but with people coming both ways on the out and back, that proved difficult, so we all probably walked an extra 50 yards every 2 mile loop. That aside, I started to realize by 20 miles that I would need to slow down, so I did. The temperature hit just over 80 degrees, and while my training in Florida prepared me for it, it certainly didn't feel good. The positive news was that my plan of eating 50-150 calories every 2 mile loop and hydrating several times per loop was working perfectly. My stomach only rebelled one time, right around forty miles, but I felt better within about 3 miles after that. By this time I had slowed down from my early pace of between 11 and 11:30 per mile to more of a 12:00-12:30 per mile pace. I was still alternating racewalking with street walking, just more slowly.

Up to 60 miles, I had traded the lead several times with the eventual winner, Dutchman Marcelino Sobczak. He was an experienced Centurion, with a 50K time 25 minutes faster than mine, and after a fast first ten miles, he took a couple of breaks during the heat of the day. But after 100K, it was already dark, and he took the lead for good. I was solidly in second, but the blisters on my feet were starting to affect my stride. I could no longer walk with a straight knee, so I was doing solely bent knee walking. I wasn't out of energy, but I just couldn't "push" at all. At mile 70, I took a ten minute break to stretch, hoping this might help, but it didn't. I was never really in doubt about finishing, but the visions of walking 16 minute miles the whole last 30 miles were not pleasant. It wasn't until 80 miles that three things happened to get me going well again.

First, I finally sat down in the port-a-john. Without going into detail, I'll just say that if I ever do another one of these races, I will not leave this until 80 miles again! Second, I changed my shoes into a pair with a bit more cushion in the heel - not running trainers, but heavier racing flats. Finally, the third place walker, another Dutchman, passed me. This was around 82 miles, and I picked it up from a 16 minute mile back to about 13:30. But I could not stay with him, and he soon was 3 or 4 minutes ahead. The thing is, I was feeling better, and I kept up the miles around 13:00. By 90 miles, I had the gap down slightly to the Dutchman, and I passed him around 93. I kept pushing harder and harder, not wanting to lose to him. In the end I beat him 7 minutes, but I wasn't sure until the last mile or so. I didn't have a straight knee and my legs were tight, but my hips were back into the racewalking motion. It was the oddest feeling, knowing I'd been going for 20 hours and 95 miles but feeling better than I had since the middle of the race. The last lap was tough, but I made around the last turn and forced my knees into a legal racewalk for the final straightaway

I wish I could say that I was euphoric, but the fact is that I went so hard at the end that I was doubled over collapsed with stomach cramps and dizziness within minutes of finishing. This lasted for two hours that I would just as soon forget. There's a price you pay for asking a lot of yourself, and I paid. I still have no doubts that it was worth it, not even as I sit here sixty hours later with my blistered feet up on a chair. It doesn't take a massive talent to walk 100 miles in 24 hours. It doesn't take large volumes of training (I did roughly 25-45 miles per week starting in mid-September, focused solely on this race, after largely cycling for the months before that). And it doesn't take someone with the ultimate mental toughness, either. But it is far from easy, especially having never done it before. I did all I could to minimize how much I'd have to stop for food and other things, and I methodically planned my calorie intake so I'd have 6000 calories by the end. I'm sure that helped, but the biggest thing was that I knew there was no way I was going to give up. I'm not the fastest or the slowest of the now 69 American Centurions, but I suspect nearly all of us shared the same feeling of accomplishment after finishing our first one.

Ed Parrot
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12 HOURS OF PENANG, MALAYSIA, 24 NOVEMBER 2007

The 4th International Penang 12 Hour event has now been completed - see <http://www.championchip.com.my/> for full results. The start saw an amazing 224 walkers with the overall winner Alexander VandenHoeck of Belgium recording 95.942 km. The first 10 placings in each of the 6 divisions are shown below.

Open Men (47 walkers)

1.	THEVENDRA A/L RAMANJULOO	Malaysia	89.474	11:59:39
2.	MUHAMMAD HARUN TEE BIN ABD.	Malaysia	83.006	11:58:49
3.	NG HUAT BENG	Malaysia	80.850	11:53:34
4.	MUNIANDY A/L M.KISNA	Malaysia	78.694	12:00:00
5.	NG KOK CHEONG	Malaysia	74.382	11:53:34
6.	LOO JEE CHYE	Malaysia	72.226	11:50:08
7.	ERROL THEODOR RINSCHÉ	Malaysia	71.148	11:52:13
8.	LIM CHONG HO	Malaysia	70.070	11:56:29
9.	THIRUNAVUKARASU ADALARASAN	Singapore	67.914	11:59:20
10.	LAW SEONG HUAT	Malaysia	59.290	11:35:05

Junior Veteran Men (47 walkers)

1.	VANDEN HOECK ALEXANDER	Belgium	95.942	11:56:33
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2.	LIM KOK CHEONG	Malaysia	91.630	11:56:05
3.	ALEX LAEVAERT	Malaysia	89.474	12:01:31
4.	BU KIM HOCK	Malaysia	85.162	11:52:08
5.	LAM MAN BIU	Hong-Kong	81.928	11:57:31
6.	ABD HALIM BIN YAAKUB	Malaysia	79.772	11:47:03
7.	LEE CHOON KEAT	Malaysia	79.772	11:53:48
8.	KRISHNAN A/L RENGASAMY	Malaysia	76.538	11:45:56
9.	FOONG FATT HENG	Malaysia	76.538	11:52:04
10.	OH KEAN CHEONG	Malaysia	76.538	11:58:15

Senior Veteran Men (55 walkers)

1.	ABD WAHID BIN KASSIM	Malaysia	86.240	11:52:53
2.	HOR AH SIEW	Malaysia	84.084	11:56:43
3.	THOMAS KOK	Malaysia	84.084	11:59:11
4.	CHEAH SIN CHOR	Malaysia	83.006	11:57:56
5.	ANG THEAN HOCK	Malaysia	75.460	11:53:48
6.	MD PUZI ABD MANAN	Malaysia	73.304	11:45:41
7.	GORDON ROBSON	Malaysia	71.148	12:01:15
8.	PHILIP LIM	Malaysia	70.070	11:46:00
9.	HJ.IBRAHIM BIN ASMONI	Malaysia	70.070	11:59:16
10.	KHOO HONG BOON	Malaysia	68.992	11:53:12

Open Women (28 walkers)

1.	KWOK CHIK HA	Hong-Kong	83.006	11:57:22
2.	YAP WAI MUN	Malaysia	80.850	11:54:09
3.	CHING SIU NGA	Hong-Kong	79.772	11:56:55
4.	KWOK CHOI HAR	Hong-Kong	76.538	11:56:54
5.	LIM SIEW LEAN	Malaysia	74.382	11:56:32
6.	KASTURI A/P MUNIANDY	Malaysia	73.304	11:57:24
7.	LEONG SIEW HAR	Malaysia	67.914	11:49:15
8.	LOY KIM	Malaysia	64.680	11:46:49
9.	AZLINA ABDULLAH	Malaysia	62.524	11:56:27
10.	KATHLEEN MUJAN NANDONG	Malaysia	60.368	11:51:39

Junior Veteran Women (31 walkers)

1.	CHEAH BEE TIN	Malaysia	85.162	11:56:17
2.	LAI YUET MEI	Hong Kong	85.162	12:00:01
3.	WONG YAT WAN	Hong-Kong	78.694	11:56:25
4.	TAN CHOOI KHIM	Malaysia	68.992	11:58:11
5.	LIM CHENG HOON	Malaysia	66.836	11:53:11
6.	LOW SWEE WAH	Malaysia	62.524	11:56:42
7.	VERONICA ALISON C. SCHOKMAN	Malaysia	50.666	11:58:00
8.	LIM LAY SEE	Malaysia	46.354	11:58:15
9.	SIN SIEW YONG	Malaysia	40.964	11:58:22
10.	AUDRY CHEAH GAIK LEAN	Malaysia	40.964	12:00:04

Senior Veteran Women (21 walkers)

1.	CHU KWAN MEI JUDY	Hong Kong	81.928	11:56:55
2.	CHENG IP MING	Hong Kong	78.694	11:58:23
3.	KANG BEE LOOI	Malaysia	71.148	11:58:03
4.	LIM MOOI KIANG	Malaysia	68.992	11:49:57
5.	GOH NAN YANG	Malaysia	64.680	11:44:14
6.	H'NG YAU KEE	Malaysia	64.680	11:53:02
7.	JACINTA CHIN AH LAN	Malaysia	64.680	11:57:56
8.	TAN YEOW GIM	Malaysia	61.446	11:56:28
9.	LEON TENG WAH	Malaysia	61.446	11:57:52
10.	VIYHYAWATHY A/P NAMADEVAN	Malaysia	56.056	11:58:06

VAL MORAN'S 1000 MILE WALK UPDATE

In the last couple of newsletters, I have reported on Val Moran's aim to emulate the feat of walking 1000 miles in 1000 hours. I must sadly advise that Val was forced to stop walking at around the 280 mile mark after being diagnosed with a severely fractured hip. She decided to continue on, albeit wheelchair bound, and duly finished her 1000 miles thanks to the many volunteers who helped push her around her Canberra lakeside loop. Val's marathon performance has raised around \$80,000 for SIDS research. You can read all about it at her website at <http://www.1000milewalk.com.au/>

Peter Bennett (C 24) has written a wonderful race report about his efforts in the 4th Malaysia International 24 hour Walk in August. Thanks Peter – great reading!

The 4th Malaysia 24 hour International Walk was held in Kuala Lumpur on the weekend of August 11-12th 2007. The venue was a 625 metre road circuit around the Sultan Ahmed building at Dataran Merdeka (Independence Square). This is one of the older parts of the city and the course was opposite the Royal Selangor Club (est.1884). The event was co-ordinated with the celebrations for the 50th year of independence for Malaysia. After the cool air of the Genting Highlands for the previous three Malaysian 24 hour races the athletes had to brace themselves for the tough challenge of walking in the heat, humidity and smog of the capital city. At least this was a flat road without the up and down course and differing road surfaces of the Theme Park in the Highlands. The organizers and volunteers provided a safe venue with road closure of the major thoroughfare and backed it up with adequate drink & food stations, a medical centre and showers on the course.

The overseas competitors gathered in the days prior to the race at The Grand Olympic Hotel. The hotel is comfortable and convenient to the city and to the markets and cheap eateries of Chinatown but has seen better days. It houses the offices and meeting rooms of the Olympic Committee of Malaysia. It was a great chance to catch up with competitors from previous 24 hour races and to meet new friends. Race organizer Mr. Khoo Chong Beng made himself available to see that the overseas competitors were settled and to sort out any problems. Mr. Khoo has put together an enthusiastic and hard working team of volunteers that are now very experienced in running 12 & 24 hour international walking events. They deserve a lot of praise with what they have accomplished and the friendly and efficient way they perform their roles.

The day before the race all the overseas competitors were invited to a welcome lunch at the Menara Kuala Lumpur Tower. At 421 metres it is the fourth tallest telecommunication tower in the world. Everyone enjoyed a sumptuous banquet luncheon in the revolving restaurant with spectacular views of the city especially of the Petronas Twin Towers. Members of the press from a number of daily newspapers joined competitors and race organizers at the lunch and got to interview to some of the European competitors.

Race day arrived and we had an early breakfast in the hotel restaurant of rice, noodles, eggs, melon slices, toast, cold coffee and whatever else we thought we could hold down. Maxi-taxis were hailed to take us to the race venue at 6.30am. Once there we all prepared for the start of the race and attached a microchip to one of our shoes to record our laps. There was a carnival atmosphere with many food and drink marquees, sponsors tents and hundred of competitors taking photos and relaxing before tackling the daunting task that lay ahead.

The Chairman of the race Organizing Committee the Hon. Datuk Peter Chin Fah Kui, who is also Minister of Plantation Industries & Commodities, started the race at 8am. For the 294 competitors from about 16 countries there was a long, hard & hot 24 hours of walking to contemplate. It was not long before the day really heated up. During the day temperatures were 32+ C with the humidity in the eighties making it very uncomfortable for the competitors. The race was conducted on the rough rectangular circuit on the roads between Dataran Merdeka and the Klang River. It was not long before the many competitors had spread themselves out and almost everyone observed the keep left etiquette to allow passing competitors easy passage.

The two Chinese walkers Li Lee and Zhou Zulong went out a fast pace followed by a group of the Malaysian walkers and soon began lapping the field. Gradually the European walkers led by Alain Costills, Giles Belieur, Bernard Gicquel (France) Alexander Vandenhoeck (Belgium), and Adri Leermakers (Netherlands) settled into a solid race pace and began climbing the leader board.

My plan seemed simple enough: Go out easy and just try and survive until the sun went down then try and maintain an even pace over the last twelve hours. The sun didn't go down until 7.20pm so it was tough assignment to keep up the pace during a long hot day. There was no respite when the sun did go down. The temperature barely dipped below 30C and the humidity went up during the night bit no rain to offer some relief.

Meals came out every three hours and were a big hit with many of the walkers. The regular intake of rice, noodles and curries seemed to be a higher priority than the actual race for many of the participants. I kept to the fluids of electrolytes, juices and water supplemented by bananas, slices of apple and oranges. My only regret was missing out on the banana cake.

During the afternoon there were a number of races around the circuit conducted for the junior walkers. It was good to see the large field of kids out race walking and enjoying themselves. In the evening there was a Charity fun walk conducted around the race circuit.

Jens Borello of Denmark (C52) retired from the race at the 14 hour mark. Jens looked strong early but felt that his performance was not as good as would have liked. Like many others he struggled to cover the kilometers in the heat and humidity. An hour before he retired from the race he remarked to me that he was feeling cold, even though it was 32 degrees and he was lathered in sweat. To me this seemed like he could be suffering from heat stroke so it was a wise choice to stop and assess his position rather than push on.

At the beginning of the race I had thought it strange that a majority of competitors had were not wearing hats, caps or sunglasses. I lathered myself in sunscreen before the start but didn't see anyone else putting on sun protection. It wasn't until the afternoon that many competitors resorted to headwear as they began to suffer from prolonged exposure to the sun. By mid-afternoon I swapped my cap for the added protection of a wide brimmed straw hat that I had purchased at the markets the day before. Those without hats resorted to wearing wet towels and t-shirts on their heads. There was 7/11 store on one side of the course and it did a good trade during the early hours of the morning selling cold drinks, slurpees and first aid items to passing competitors and their crews.

By late evening there were a large number of competitors dropping out of the race or taking extended breaks. Some resorted to sleeping on the concrete footpaths and the steps of buildings at various points around the course. Some simply had no more energy to make it back to the rest area and just lay down where they stopped. The First Aid Station was packed out and the athlete rest area looked like hospital ward from the Crimean War. The couple of mist fans and showers around the course

were fairly ineffectual with most walkers preferring to stay dry for fear getting their shoes wet and developing blisters. But with the constant heat and the demand of walking for 24 hours there were very few competitors who escaped developing blisters. Some of the cases were quite horrendous.

For much of the day I thought I was travelling quite steady but I had no idea of how far I had gone. Printouts were put-out regularly on the wall of the building at the Stop/Start area but I had no-one to go and check for me and I did not want to make any stops that were not absolutely necessary. So at the 12 hour mark when I did get an update I was a bit dismayed to find out that I had covered not much more than 82km. The idea of reaching 100 miles seemed to be slipping away. While I felt good (or as good as you will get after walking for 12 hours in the hot sun) maintaining my pace would be a struggle in the second 12 hours let alone trying to pick up the pace.

Just before 5am, and about three hours to go I hit a rough patch where I was drained of all energy and felt like just lying down. I sat down for a rest then resumed walking albeit at a very slow pace. After doing a lap I grabbed a cup of hot, sweetened coffee from the drink station. This had an almost immediate effect and I was soon back into normal race walking stride. I had been suffering from low blood sugar and had inadvertently cured myself. This again highlighted the need to have some one crewing for you in ultra races. You really do need someone to pick up on any distress signs by the walker before it is too late. At this stage I never knew how far I had covered but thought I may fall short of reaching the 100 mile mark. After the short break, I covered the last three hours as hard and as fast as I could push myself. This probably didn't look very fast at all to the casual observer. I ended up doing as many laps in the last two hours as I did in the first two and this enabled me to get over the 100 mile mark.

The pace of the field quickened over the last hour with Dominique Alvernhe to the fore and being encouraged on by her French entourage. Dominique finished the race with three disqualified laps. It may have been her fast pace over the last hour that earned her the penalties that ultimately cost her a win in the race. Dominique (144.61km) finished second behind a surprising winner in Leah Jepkiru Mitei from Kenya who covered 145.86km. Kenyan ladies also filled third and fourth placings with Yap Wai Mun taking fifth place for Malaysia. The ladies race was very close and after 24 hours of hard walking there were only five laps separating 1st from 4th placing.

The race ended at 8.00am when a pistol was fired by the Deputy Minister of Youth & Sports, the Hon. Dato' Liow Tiong Lai to the overwhelming relief of the competitors.

To earn a race participation medal a male walker had to cover a minimum of 60 km and women competitors 48 km. These were richly deserved and had to be earned the hard way. There were a lot of competitors celebrating when they were given their medal.

Chairs were lined up on the road in front of the Sultan Ahmed building for the presentations for the first ten men and women placegetters and the team placegetters. This gesture was well received by the competitors who were at the stage of either sit or fall down. The placegetters all were given sponsors t-shirts to wear for the presentations. This was a good move for all concerned as we were all pretty grubby and no doubt a bit smelly. Some of the women placegetters had to be assisted in the walk up to receive their trophies. The end result was a celebration for the home country and a notice to the world that Malaysia had arrived as force in ultra walking. Malaysian walkers filled three of the top four placings in a very competitive field. The deserving winner was Mohd Hanizam bin Harun who covered 173.40km just ahead of countryman Malek bin Redone. Both are members of the Malaysian Armed Forces. In third place was the highly experienced and credentialed Alexander Vandenhoeck from Belgium. Alex, who has competed in ultra walking at the highest level including the arduous Paris – Colmar race walked 169.02km. Jagit Singh was the third Malaysian centurion finisher in the race recording 165.89km for fourth place and I was a lap behind in fifth place with 165.26km.

This year the relay competition had been replaced by a team's competition. Teams consisted of four walkers with the winner declared on the team aggregate. There were six entries in both the men's and women's events. In the men's team competition the Malaysian Armed Forces were surprisingly beaten into second place by a team representing the Race Walkers Association of Malaysia. As in other team events depth is everything. A very strong team from Hong Kong called Sahn Hahng Tai Bo won the women's event from a Race Walking Association of Malaysia team with the Singapore Athletics Association third. Wouldn't it be great to have an Australian Centurion team (or teams) in the 2009 event?

Light rain fell in the afternoon a few hours after the race concluded. This only made the city steamy so we were probably fortunate that it never fell during the race. For the next two evenings however torrential rain was dumped on the city. Competitors were asked at the Presentations where they would prefer the next Malaysian 24 hours walk – The city or the highlands.

Despite finishing totally drained I largely escaped unscathed from any injuries. There were some small pieces of asphalt in my shoes that started to cause small blisters on the soles of my feet. But, I was not aware of this until I removed my shoes after the race. I did discover some chaffing when I hopped under the shower when back at the hotel. My recovery was fairly fast and I was back at road walk competition in Brisbane the next weekend, just a lot slower than normal. Some of the Europeans were back doing ultra walks a month later. Adri Leermakers covered 180.35km in the Roubaix 28 hour race on September 15-16th and Dominique Alvernhe walked 170km in a fast 22hrs 31 min in Vallorbe, Switzerland on Oct 6-7th.

Immediately after the race had finished the general feeling was "Never want to go through that again", "Just madness trying to race in that heat", "It was like a never-ending nightmare" and "That would have to be the hardest race I have done". Like most distance athletes 'walkers memory' syndrome soon developed. At breakfast next morning, after a hot shower, a sleep and food everyone had a more forgiving view on the conditions. Over a cup of coffee conversations were more along the lines of "It wasn't really that bad", "It could have been worse", "I had expected it to be hotter" and "Lucky we had some cloud cover at times".

Walking around the city the day after the race and really feeling the heat and humidity made me wonder how we possibly walked for 24 hours in such conditions. I spent the morning walking around the Tun Abdul Razal Memorial, Orchid Gardens, Bird Park, and Lake Gardens area. It was a good warm down! In the afternoon I kept ducking into air-conditioned shops and buying cold drinks. I thought the Tiger beers I had with my evening meal in a market restaurant that night were well deserved.

Regards, Peter Bennett

WORLD BESTS AT SCANZOROSCIATE, 21 OCTOBER 2007

The Italian city of Scanzorosciate (outside Milan) hosts international 100km and 50km events each October and this year saw two World Bests.

Monica Svensson of Sweden, in her first race since June, set a new **World Best for 50 km with her time of 4.10.59**. The previous record of 4:12:16 had been set by Belarussian Elena Ginko in this same competition in 2004. Svensson made her 50 km in this competition last year and recorded 4.17.29. This year, she opened fast and was just 2.03 at the halfway mark and did not drop significantly in the second half. Amazingly, she beat the first man, Lukas Padzera (4.11.49), by nearly one minute.

In the 100 km event, Hungary's Zoltan Czukur won with 9.05.36. It was his first victory on ten starts in the race. Andreiy Stepanchuk of Belarus was second with 9.11.51 and Oleksandr Romanenko of Ukraine was third with 9.24.15. In the woman's event, **Latvia's Jolanta Dukure won with a World Best of 10.04.50**. The previous best had been held by French walker Kora Boufflèrt who recorded 10.13.56 in Roubaix in 1994. Jolanta started in the 100 km event last year but was disqualified.

100 KM MEN

Class.	Pett.	Cognome	Nome	Anno	Società	Tempo
1	1	Czukur	Zoltan	1962	Ungheria	9h05:36
2	8	Stepanchuk	Andreiy	1979	Bielorussia	9h11:51
3	17	Romanenko	Oleksandr	1981	Ucraina	9h24:15
4	24	Kazakevics	Igors	1980	Lettonia	9h42:18
5	14	Kovenko	Andriy	1973	Ucraina	9h51:34
6	20	Defendenti	Roberto	1966	U.S.Scanzorosciate	9h59:45
7	10	Janevics	Ingus	1981	Lettonia	10h04:50
8	13	Burban	Yury	1980	Ucraina	10h11:11
9	4	Fülöp	Attila	1978	Ungheria	10h24:21
10	3	Tupak	Robert	1979	Ungheria	10h36:20
11	5	Novat	Laszlo	--	Ungheria	11h20:38
12	22	Cortinovis	Renato	1959	Bergamo 59	11h22:54
13	2	Dudas	Gyula	1966	Ungheria	11h35:25
14	21	Venturi	Franco	1957	U.S.Scanzorosciate	11h45:54

100 KM WOMEN

1	90	Dukure	Jolanta	1979	Lettonia	10h04:50
2	91	Setrova	Valentina	1979	Bielorussia	11h09:48

50 KM MEN

1	137	Padzera	Lukas	1986	Rep. Ceca	4h11:49
2	125	Giupponi	Matteo	1988	Atl.Bergamo 59	4h12:23
3	131	Hudak	Jansus	1987	Slovacchia	4h24:04
4	118	Ruzier	Fabio	1953	Atl.Gorizia	4h26:42
5	136	Lukianchuk	Oleksandr	1984	Ucraina	4h27:17
6	111	Adragna	Andrea	1989	Atl.Bergamo 59	4h28:49
7	119	Laudato	Mario	1986	Pro Sesto	4h35:06
8	132	Malysa	Juri	1966	Rep.Ceca	4h38:46
9	128	Tsitoglou	Isaias	1962	Grecia	4h49:07
10	129	Repoulis	Ioannis	--	Grecia	4h54:29
11	116	Zanini	Vito	1983	Cus Pavia	5h06:09
12	122	Sanseverino	Antonio	1959	P.B.M. Bovisio	5h32:22
13	113	Milan	Maurizio	1953	G.A.Marciatori	5h38:38
14	102	Ziglioli	Claudio	1967	U.S.Scanzorosciate	5h47:26

50 KM WOMEN

1	195	Svensson	Monica	1978	Svezia	4h10:59
2	185	Xynou	Evagelia	1981	Grecia	4h33:42
3	181	Polli	Laura	1983	Sal Lugano Ch	4h51:43
4	183	Pelantova	Lucie	1986	Rep. Ceca	4h58:08
5	188	Varro	Katale	1985	Ungheria	5h08:13
6	200	Gardini	Michela	--	N.A.Fanfulla Lodi	5h09:30
7	186	Ljacok	Doria	1959	Yverdon Ch	5h35:28
8	198	Pasquinnucci	Irene	1986	P.B.M. Bovisio	6h02:38
9	189	Marchiori	Maura	1959	Quercia Rovereto	6h13:48
10	194	Moientale	Marta	1988	Quercia Rovereto	6h18:46
11	197	Luppi	Maura	--	Team Paterlini	6h32:35

Both Svensson and Dukure are talented internationally ranked racewalkers and they are not alone in their progression into the European ultra distance arena. A number of others have gone before them and it is these walkers who now lead from the front in the ultrawalking field. Brief biographies of the new World Record holders follow.

Monica Svensson, born December 1978, has won the Swedish 3000m Indoor Racewalking Championship in 6 of the last 7 years (2000, 2002-2006) and holds a whole swag of Swedish National racewalking records. See a short bio at <http://www.tilastopaja.org/db/atweaa.php?ID=14731>. Her best performances over the 20km/50km distances are

20kW	1:34:46	27.03.2004	Podebrady
	1:33:37	09.10.2004	København
	1:32:51	15.07.2006	Malungfors
	1:31:20	05.05.2007	Vallensbæk
50kW	4:17:29	15.10.2006	Scanzorosciate
	4:10:59	21.10.2007	Scanzorosciate



Svensson in action in 2006

Jolanta Dukure, born September 1979 in Riga, is the Latvian record holder in all race walking distances and has had a splendid international career, having competed in all the major championships – Olympics, European and World Championships and the Racewalking World Cup. Her profile <http://www.iaaf.org/athletes/athlete%3D115831/> on the IAAF website says it all. Her Latvian National records are

5000mW	21:13.3	27.05.2006	Valga
10kW	42:59	21.07.2000	Aizpute
20kW	1:31:47	29.04.2001	Ogre
	1:31:02	09.08.2006	Göteborg
50kW	4:16:27	09.09.2006	Paralepa



2006 Racewalking World Cup in LaCoruna - Maria Jose Poves of Spain, K.Saltanovic and Jolanta Dukure of Latvia

PARIS COLMAR 2008 QUALIFYING EVENTS

With the 2007 Paris Colmar classic still fresh in the minds of ultra walking enthusiasts, the race is on for places in the 2008 event. Races 3 and 4 in the qualifying series were held recently. All results and photos are taken from <http://www.marchons.com/>

200 km de VALLORBE, SWITZERLAND, 6 - 7 October 2007

The aim was for men to reach 200 km and for women to reach 170 km within the allotted 24 Hours. No men made the required mark but the first two women, Dominique Alvernhe and Catherine Forget, were successful. As usual, French walkers were in the majority.



Catherine Forget, Cédric Varain and Dominique Alvernhe in action at Vallorbe

Men

1.	Girod Urbain	CM Montey	SUI	194,672 km	23:47:11	8,184 km/h
2.	Varain Cédric	AC Château Thierry	FRA	191,580 km	23:59:45	7,984 km/h
3.	Doublet Cédric	Soues Omnisports	FRA	182,304 km	23:48:23	7,658 km/h
4.	Bert Dominique	AS Crédit Foncier	FRA	182,304 km	24:06:12	7,563 km/h
5.	Cys Jérémy	AC Château Thierry	FRA	169,936 km	23:50:14	7,129 km/h
6.	Genin Sébastien	C M Monthey	SUI	169,936 km	23:53:57	7,111 km/h
7.	Penkalla Patrick	Athlé 21	FRA	166,844 km	23:47:51	7,011 km/h
8.	Ribezzo Marco	CM Fribourg	SUI	166,844 km	24:09:13	6,908 km/h
9.	Brastel Yves	EFSRA	FRA	163,752 km	24:04:09	6,803 km/h
10.	Spieser Jean Paul	CSL Neuf Brisach	FRA	160,660 km	23:58:37	6,701 km/h
11.	Thévenin Pascal	AM St Thibault des V.	FRA	160,660 km	24:10:57	6,644 km/h
12.	Lefevre Bruno	Yerville	FRA	157,568 km	23:51:06	6,606 km/h
13.	Beaumer Jean	Evreux AC	FRA	148,292 km	23:53:27	6,207 km/h
14.	Baridon Guy Laurent	NL Vallorbe	SUI	139,016 km	23:50:03	5,833 km/h
15.	Baudrillard Antonio	NL	FRA	139,016 km	24:09:48	5,753 km/h
16.	Dumont Luc	Evreux AC	FRA	135,924 km	23:46:35	5,717 km/h
17.	Pichon Jean	AM St Thibault des V.	FRA	135,924 km	23:49:56	5,703 km/h
18.	Glaser Jean Bernard	Neuilly sur Marne A	FRA	135,924 km	24:12:14	5,616 km/h
19.	Tabouret Guy	US Toul	FRA	132,832 km	23:47:02	5,585 km/h
20.	Jourd'huy Frédéric	Bazancourt AC	FRA	132,832 km	23:47:50	5,582 km/h
21.	Zeccha Paolo	Non Licencié	SUI	132,832 km	24:07:57	5,504 km/h
22.	Pruckner Jaroslav	AS Mlada Boleslav	CZE	129,740 km	23:48:36	5,449 km/h
23.	Lhéritier Michel	Sainte Maure Athl.	FRA	120,464 km	23:45:33	5,070 km/h
24.	Psutka Roman	Slovan Liberec	CZE	120,464 km	23:48:35	5,059 km/h
25.	Hatte Joseph	Neuilly-sur-marne A	FRA	111,188 km	23:49:09	4,668 km/h
26.	Mercier Jean Pierre	NL	FRA	98,820 km	23:57:44	4,124 km/h

Women

1.	Alvernhe Dominique	Montpellier Ath	FRA	170,000 km	22:31:46	7,546 km/h
2.	Forget Catherine	Individuel	FRA	170,000 km	24:02:45	7,070 km/h
3.	Anxionnat Claudine	RESDA des Vosges	FRA	157,632 km	23:58:36	6,574 km/h
4.	Miroshnitchenko Vera	Individuel St Petersb.	RUS	145,264 km	24:00:41	6,050 km/h

5.	Ribezzo Pénélope	Non licenciée	SUI	142,108 km	23:50:49	5,959 km/h
6.	Quinqueton Bernadette	AM St Thibault des V.	FRA	135,988 km	23:46:57	5,718 km/h

28 Heures de la GUADELOUPE, FRANCE, 27 - 28 October 2007

In the second of the two qualifying races, held 3 weeks later, the walkers had 28 hours to play with and the idea was to see how far you could get. The only tricky bit was getting to the start line because the event was held in Guadeloupe which is an archipelago in the eastern Caribbean. Guadeloupe is one of the twenty-six regions of France and an integral part of the French Republic. As part of France, Guadeloupe is part of the European Union; hence its currency is the Euro. The capital of Guadeloupe is Basse-Terre. But it's in the Caribbean!



Gilles Letessier, Simon Zdenek and Jacqueline Guizonne in action in Guadeloupe

Gilles Letessier, with 218.7 km, finished 3 km in front of Simon Zdenek. First woman to finish was Jacqueline Guizonne from Gaudeloupe. She had never walked further than 60 km before so this was a big win for her. It seems to have been a very well supported event and I hope it is first of many such ventures off European home soil.

1.	Letessier Gilles	PLM Conflans Ste H.	FRA	218,700 km	27:45:36	7,878 km/h
2.	Simon Zdenek	UK Prague	CZE	215,700 km	27:45:38	7,770 km/h
3.	Naumowicz Dominique	Gohelle Athletisme	FRA	208,700 km	27:45:40	7,518 km/h
4.	Fréchengues Bernard	Sénart Combs Brie	FRA	193,200 km	27:48:43	6,947 km/h
5.	Albrecht Jacky	ASM Bar le Duc	FRA	193,200 km	27:52:38	6,930 km/h
6.	Gicquel Bernard	P L M Conflans	FRA	190,200 km	27:48:03	6,842 km/h
7.	Chammartin Charles	Guadeloupe	FRA	181,200 km	27:49:22	6,513 km/h
8.	Dufrien Pascal	Sénart Combs Brie	FRA	181,200 km	27:56:52	6,484 km/h
9.	Jean Charles	Guadeloupe	FRA	170,700 km	27:45:17	6,150 km/h
10.	Asselos Patrick	Guadeloupe	FRA	170,700 km	27:52:08	6,125 km/h
11.	Guizonne Jacqueline (F)	Guadeloupe	FRA	154,200 km	28:00:29	5,506 km/h
12.	Legrand Gilbert	AAEE Epernon	FRA	152,700 km	27:45:44	5,500 km/h
13.	André Hugues	Bertrix Basse Semois	BEL	149,700 km	27:56:51	5,356 km/h
14.	Landru Noelle	ASCE	FRA	142,200 km	27:45:48	5,122 km/h

The remaining four qualifying events will all be held in 2008. They are

BOURGES	FRANCE	200 km	1 - 2 March 2008
CHATEAU-THIERRY	FRANCE	200 km	29 - 30 March 2008
BAR LE DUC	FRANCE	200 km	12 - 13 April 2008
DIJON	FRANCE	200 km	3 - 4 May 2008

OUR MULTIPLE CENTURIONS

It is timely to review the Australians who have walked more than 1 centurion qualifier. At the top of the list is Carol with 9 successful finishes followed by Geoff Hain with 7. Deryck Skinner and Peter Bennett come in next with 4 while we have a number of members on 3 and 2. Of course, many of our overseas members like Sandra Brown, Jill Green, Herbert Neubacher, Gerald Manderson, Chris Clegg, Sue Clements, Gerrit de Jong, Charles Arosanyin and Jens Borello have achieved multiple finishes and many of our members have both run and walked hundreds. But let's concentrate on our local walkers...here goes (let me know if I have missed any performances)

Carol Baird (C 39)	22:16:43	18-19 Sept 1999	Coburg, Victoria
	21:47:47	08-09 April 2000	Coburg, Victoria
	21:26:10	02-03 Sept 2000	Coburg, Victoria
	20:55:46	07-08 July 2001	Auckland, NZ
	169.2 52 km in 24H	25-26 Aug 2001	Genting Highlands, Malaysia
	20:31:34	13-14 April 2002	Coburg, Victoria
	20:48:53	08-09 July 2002	Auckland, NZ
	21:13:27	19-20 Oct 2002	Adelaide, SA
	21:55:35	12-13 April 2003	Coburg, Victoria
Geoff Hain (C 49)	23:30:38	16-17 Oct 2004	Adelaide, SA
	23:27:49	16-17 April 2005	Coburg, Victoria
	23:38:25	22-23 April 2006	Coburg, Victoria
	162.474 km in 24H	1-2 Oct 2005	New Zealand
	23:31:43	19-20 Aug 2006	Isle of Man, UK
	23:33:47	21-22 April 2007	Coburg, Victoria
	23:25:14	17-18 Nov 2007	Grapevine, Texas, USA
Deryck Skinner (C 51)	22:39:55	15-16 Oct 2005	Adelaide, SA
	23:23:43	22-23 April 2006	Coburg, Victoria
	23:23:30	11-12 Aug 2006	Gold Coast, QLD
	23:30:12	30 Sept – 1 Oct 2006	Santos Stadium, Adelaide, SA
Peter Bennett (C 24)	19:42:54	08-09 Oct 1994	Clifton Hill, Victoria
	172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Malaysia
	176.175 km in 24H	15-16 April 2006	Rouen, France
	165.26 km in 24H	11-12 August 2007	Kuala Lumpur, Malaysia
John Harris (C 12)	23:18:15	18-19 Oct 1975	Clifton Hill, Victoria
	23:10:36	19-20 Sept 1998	Clifton Hill, Victoria
	23:34:50	13-14 April 2002	Coburg, Victoria
Robin Whyte (C 29)	20:37:12	05-06 Oct 1996	Clifton Hill, Victoria
	21:41:20	18-19 Sept 1999	Coburg, Victoria
	22:29:32	02-03 Sept 2000	Coburg, Victoria
Dudley Pilkington (C 7)	23:29:00	15-16 Dec 1972	Devonport, Tasmania
	22:59:00	Oct 18-19 1975	Clifton Hill, Victoria
Gordon Smith (C 1)	20:58:09	Oct 1938	Sydney, NSW.
	110 miles in 24 H	1937	Sydney, NSW
Jim Gleeson (C 3)	18:33:58	23-24 Oct 1971	Reservoir, Victoria
	19:16:14	21-22 Nov 1972	Reservoir, Victoria
Carmela Carrassi (C 27)	23:44:22	13-14 April 1996	Coburg, Victoria.
	23:09:03	12-13 April 1997	Coburg, Victoria
Terry O'Neill (C 18)	21:13:08	3-4 Nov 1979	Clifton Hill, Victoria
	21:48:35	21-22 April 2007	Coburg, Victoria

GORDON SMITH MEMORIAL AWARD

I am pleased to announce the three nominees for the **2007 Gordon Smith Memorial Award**. This annual award, named after Australian Centurion Number 1, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**. Award criteria are as follows

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

In 2005, it was awarded to **Deryck Skinner (C 51)** and last year it was awarded to **Stan Miskin (C 23)**. The 3 nominees for the award this year are

- **Andrew Ludwig (C 25)** who took all before him in the walking section of the 2007 Gosford Coastal Classic in January 2007. Andrew became a Centurion in 1994 in Melbourne but his career as a rural dairy farmer in Queensland has precluded him from all but the occasional foray into the ultra scene since then. With no real preparation under his belt, he went for it from the start and did a very fast first 50 km in 5:12:42. Although suffering mid race, he still passed the 50 Mile mark in 8:55:52 and held on for a winning distance of 103.335 km, easily beating Robin Whyte's race record of 99 km. His distance was a new Australian M40 record and was the 4th fastest 100 km walk ever done by an Australian.
- **Terry O'Neill (C 18)** who won the 24 Hour walk section in the Coburg 24 Hour Carnival in April 2007 (169.741 km), thus securing his second centurion badge. His 100 mile time of 21:48:35 compared well with his 1979 time of 21:13:08, done 28 years previously. Terry also won the Australian 100 km walking championship en-route with a time of 13:08:08 making it two in a row (he won it in 2006 in his first ultra walk since 1979, in 13:19:08). Terry, aged 51, showed that you can come back after what can only be described as a very long break and can whip yourself back into top ultra walking shape if you have the determination and courage to do so. He won the Jack Webber Trophy for his courageous walk this year at Coburg.
- **Robin Whyte (C 29)**, aged 65, who has been racewalking since the 1960's and has been mixing it with ultras since his first successful centurion walk in 1996 (20:37:12). Now with 3 centurion finishes to his credit and a whole swag of Australian age group ultra records in the M50, M55 and M60 age groups, he showed in Queensland in August this year that he is not yet finished. While on a long touring holiday around Australia and with definitely very little preparation, he decided to have a stroll in the 12 Hour event at the Australian 48 Hour Championship and surprised both himself and the rest of us by setting new M65 Australian records for the 50 Miles (10:53:50) and the 12 Hours (88.301 km). This was without doubt a big walk in the humid sub-tropical conditions.

Our centurions will be voting over the next few weeks and in our next newsletter, I will be announcing the winner..

FINANCIAL NEWS

Thanks to those who continue to donate to support the club. With separate 6 Hour and 12/24 Hour events being run at Coburg next year, our contribution cost will rise but it is in a good cause and hopefully it will see our numbers continue to swell.

Incoming	Kate White – 2008 Newsletter Subs and Donation	32.00
	Claude Martin – Donation	30.00
Outgoing	Photocopying and postage	- 11.00
Balance		\$697.24

UNTIL OUR NEXT NEWSLETTER

Another action packed newsletter with Geoff Hain waving the flag for Australia on the international arena. As we come to the end of another year, we can reflect on a wonderful 12 months for ultra walking, on both the World stage and on Australian soil. Well done to everyone – 2008 can only be bigger and better!

Yours in Centurion walking

Tim Erickson (C 13)
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