

# CENTURION FOOTNOTES

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## DATES...DATES...DATES

July 28-29, 2007	<b>British Centurions</b> 100 Mile Qualifying event See <a href="http://www.surreywalkingclub.org.uk">http://www.surreywalkingclub.org.uk</a>	Battersea Park, London
August 11-12, 2007	<b>4<sup>th</sup> Malaysia International 24 hour walk</b>	Kuala Lumpur, Malaysia
August 10-12, 2007	Australian 48 Hour Championship	Gold Coast, Queensland
September 28-29, 2007	sri Chinmoy Australian 24 Hour Championship	Adelaide, South Australia
November 5, 2007	Victorian 6 Hour Track Championship	Newborough, Victoria
November 24, 2007	12 Hours of Penang	Penang, Malaysia
18-24 November, 2007	Australian 6 Day Championship Entry forms at <a href="http://www.aura.asn.au/Colac6Day.html">http://www.aura.asn.au/Colac6Day.html</a>	Colac, Victoria

## NEWS ON OUR MEMBERS

Australian Centurions co-founder **Brian Parkinson** has been busy since he retired at the end of last year. He recently sent this email

This year was and still very busy for me in that I spent the month of February 2007 in Malaysia. On one of my trips I noticed, from the bus, a walker training around the big garden area near the Malaysian King's Palace. My stay in Malaysia consisted on a number of trips to all points of the compass. I had a good time and enjoyed myself. I am now off to the U K and France for a month from 31/5/2007 and will arrive back on 1/7/2007. This trip includes an 11 day tour along the British Sector of the Normandy Invasion of Europe and remembrance of D day landing on 5<sup>th</sup> & 6<sup>th</sup> June followed by a few days in the Brighton/Lee-on-Solent/Isle of White area (Late mother's area) and then up to Manchester area (Late father's parents area).

**Peter Bennett (C 24)** and **Robin Whyte (C 29)** recently competed in the 41<sup>st</sup> Racewalking Australia 20 Mile championship in Canberra (Sunday 10 June 2007). It was Robin's 41<sup>st</sup> finish and Peter's 15<sup>th</sup> in this prestigious event. For the record, Peter came 10<sup>th</sup> in 3:13:00 and Robin came 12<sup>th</sup> in 3:29:03.



**Peter Bennett (on the right) at the Canberra Presentations with Victorian Masters walker Andrew Jamieson**

For those who follow the career of my son Chris, he has accepted a scholarship to the Australian Institute of Sport and has relocated to Canberra to join the squad of other top Australian racewalkers stationed there. He came second in the same 20 Mile event in which Peter and Robin competed – Chris's time was 2:24:18. Now that's moving! He has also

been selected to compete in the Australian team to compete in the 50 km racewalk event in the 2007 IAAF World Championships which are to be held in Osaka in Japan on Saturday 1 September. Lois and I are making the trip as well.

**Terry O'Neill (C 18) and Karyn Bollen (C 45)** journeyed to Traralgon on Sunday 17 June to compete in the annual Traralgon half marathon. Terry ran the distance in 1:37:30 and Karyn walked it in 2:35:16. Well done Terry and Karyn. By the way, Terry has a new email address - [toneill8.bigpond.com](mailto:toneill8.bigpond.com).

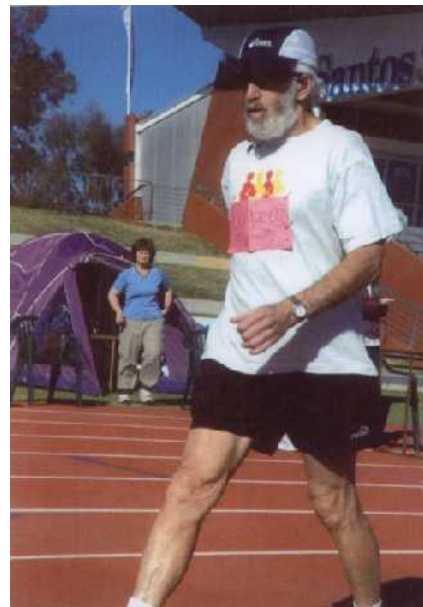
**Yiannos Kouros (C 33)** continues his wonderful running career with no slowdown in sight. I am always amazed at Yiannos' amazingly high standard of running that has seen him as the world's top ultra runner for over 20 years now. His latest venture was in the Ultrabalaton Supermarathon on 23-34 June 2007. The course was a hilly 212km (131.7 miles) road race around the Inner Lake in Tihany in Hungary. He came second, less than 2 minutes behind the winner with a huge time of 18:52:00. The first 5 places were as follows

1	Bogár János Encsi	VSC	18:50:06
2	Kouros Yiannis	GRE	18:52:00
3	Lõw Andárs	PILE SC	23:19:05
4	Ondrus Jan	CZ	25:05:18
5	Németh Zoltán	FUTEAM	26:07:22

You can read all about it at [http://www.ultrabalaton.hu/versenykiiras\\_eng.html](http://www.ultrabalaton.hu/versenykiiras_eng.html)

**Fred Brooks (C 42)** has had a very busy time recently what with selling his house and buying a new one. He has not moved far and he and Lill are still living in the Melbourne East area. And right in the midst of the turmoil, he finished up in hospital with a bad case of severe sinusitis and had to be kept in overnight. Fred's new address and phone number are :141 Lawless Drive, Cranbourne North, Victoria, 3977; ph:03 5991 4216.

#### DERYCK SKINNER – HIS 1000 MILE ATTEMPT



**Jack Webber (C 2) and Deryck Skinner (C 51) - two mighty South Australian walkers**

**Deryck Skinner (C 51)** recently set out on a very tough challenge – to try to match the 1980 feat of South Australian walker **Jack Webber (C 2)**.

Jack, who died in 1998, was one of South Australia's top walkers in the 1950s and had a long and illustrious career as a runner, race walker and latterly as an ultra distance walker. In 1971, at the ripe old age of 57, he became the second walking centurion in Australia, covering the 100 miles in a time of 22:44:53 at the Adelaide Harriers Track. He regarded his proudest moment as in 1979 when he set a new walk record from Melbourne to Adelaide in an epic 10 days 2 hours 30 mins. On that occasion, he had the privilege of former Olympian Marjorie Jackson accompanying him over the last few hundred metres - amid a great reception - to the Adelaide Town Hall.

In 1980, another example of Jack's extraordinary capacity for endurance events saw him create a world record (official Guinness Book of Records) in an unforgettable performance around the Adelaide Harriers track, covering a staggering 1062.25 miles (4269 laps) in 38 days 2 hrs 30 mins, an average of more than 27 miles per day - at the age of 66! Jack started at 9 AM each day, walking a marathon a day for 38 days to complete his 1000 mile target. Then he continued on for a further 62.25 miles to finish his endurance event just as Geoff Peters (C 20) started his centurion walk on Saturday

6 September 1980. There is an official biography of Jack Webber on the Australian Centurions website at <http://home.vicnet.net.au/%7Eaustcent/index.html>

Deryck started his 1,000 mile walk on 28 May at the Adelaide Harriers track, with Geoff Peters seeing him off. He had set himself an even tougher task than Jack – he aimed to complete his 1,000 miles in about 23 days and, if he felt ok, would do another 100 miles to better Jack's performance. He commented to me in an email before he started: "*it is all uncharted territory and the weather conditions will probably play a big part.*"

How true this turned out to be. His basic plan was to start at 6AM each day and walk for 12 hours, covering as much distance as he could and hopefully averaging around 80 km per day. But on day 2, the Adelaide weather turned bad and he battled gale force winds for the entire 12 hours, still covering 80 km. But his back was now gone after only 2 days and the weather did not let up. On day 4, it rained so heavily all day that the old cinders track was unable to cope and he walked the whole 12 hours in ankle deep water. He confided to me that he walked in continuous pain from day 3 onwards. It says a lot for his personal toughness and determination that he he soldiered on for 13 days, covering 780 km (an average of 60.5 km per day) before he was forced to retire. In retrospect, he wonders if his daily target of 12 hours / 80 km was just too much. If he tries again (and he has not given up on the idea completely), he may consider a reduced daily target of 10 hours / 60 km.

Bad luck Deryck. You can plan for everything except for the weather. Next time.....!

#### AND TALKING OF THE 1000 MILE WALK

And talking of the 1000 Mile Walk, I have been swapping a few emails recently with Valerie and Peter Morgan of Queanbeyan in NSW. Valerie is planning her own long walk in October/November in Canberra. I enclose the Fact Sheet/Press Release that they recently put out.

#### The Origin of the 1000 Mile Walk

The intrepid feats of the redoubtable women walkers of the 19<sup>th</sup> century captured the imagination of the public and the press alike. They were the trailblazers of women's athletics, doughty characters who created a sensation for daring to appear before the public. From 1816 on, a number of women from various parts of the world, aged between 7 and 85 years undertook walks covering many hundreds of miles.

One of these women was Emma Sharp, a Yorkshire woman who having read an article about a gallant failed attempt by an Australian woman announced to her husband, John, "*Wah, could do that mysen. Yes, I can do it and what's more I will*". Brushing aside her husband's protests, she set off in September 1864, in the sports ground attached to the Quarry Gap Hotel, Laisterdyke, near Bradford, walking back and forth along a 120-yard stretch. Daringly dressed in men's clothes, down to a white waistcoat and laced boots. She was soon attracting interest. As the weeks went by public curiosity grew phenomenally and upwards of 100,000 paid to watch her and bet on whether she would make it. She took to carrying a pistol in each hand to deter anyone jostling her, or administering chloroform. Before dawn on October 29, 1864, a crowd of 25,000 converged on the village to witness the 5.15am finish. A man with a loaded musket walked ahead of Emma, for it was feared that even at this late stage someone who had bet on her failing would attempt to stop her. Serenaded by the local brass band, she completed her task in style, showing no distress, though for some days after, she slept almost continuously. Emma achieved a walk of 1000 miles in 1000 hours.

Valerie Moran, a relative of Emma, is reconstructing her amazing walk undertaken to raise funds for SIDS and Kids. Her commitment to this cause stems back to the fact that this is a family that has experienced SIDS first hand with the loss of their daughter, Suzanne in 1966.

At that time there was no organisation such as SIDS and Kids and thus there was no support available to the family. Val and her husband Peter lived with the uncertainty for decades as to why it happened, why it happened to them and was there something they could have done different to save her young life?

The walk will occur at Lennox Gardens, Yarralumla in Canberra, ACT starting on Sunday, 7<sup>th</sup> October 2007 and is expected to be completed on Saturday, 17<sup>th</sup> November 2007. At Lennox Gardens there is a walking track which is a 2.5km circuit. To complete 1000 miles in 1000 hours Val will need to walk approximately 40km per day for 42 days. At the conclusion of the walk a gala event will be held in honour of Val's achievement.

Val intends to undertake this walk to raise funds for SIDS and Kids ACT, and has set a goal of raising \$250,000 through sponsorship for her walk.

As the big event gets closer, I will be getting further information and am looking forward to seeing Valerie achieve something extraordinary.

#### GO-AHEAD FOR COMMONWEALTH ULTRA AND MOUNTAIN CHAMPIONSHIPS

It was announced last month that the Commonwealth are officially recognising Ultra Running and Mountain Running and are now scheduling Commonwealth Championships. Here is the news announcement

The first-ever Commonwealth Championships for ultra distance and mountain running will take place in Cumbria in 2009, it was announced today by the International Association of Ultra Runners (IAU) and the World Mountain Running Association (WMRA).

Their joint proposal, which has been accepted by the Commonwealth Games Federation, is for two ultra distance events, a 100km road race probably involving scenic laps around Derwentwater and a 24-hour event in the centre of Keswick, plus an uphill only mountain race and an up/down mountain race in the Lake District.

The four events will be open to all 71 nations and territories of the Commonwealth. If they are successful, the disciplines could be added to the main Games from 2014.

The decision has delighted Norman Wilson, a former marathon running international who is now the European representative on the IAU and UK event coach for ultra distance running. He began campaigning for these events to be recognised by the CGF in September 2004 and said today: "If we get into the Commonwealth Games, it will open-up the possibilities for the Olympics. We are following the likes of synchronised swimming onto the major sports stages."

Trevor Frecknall, Communications Officer, UK Athletics

That's great news for ultra runners. Wouldn't it be great to see ultra walking get similar recognition. Of course, it won't happen until we achieve critical competitor mass and until our sport becomes organised on a World level. One day...

#### CONTINENTAL CENTURIONS 24 HOUR WALK, WEERT, HOLLAND, 19-20 MAY 2007

The annual Continental Centurions 24 Hour event has been held in Weert in Holland and it proved once again to be a very popular and successful event. The course was over a loop of 6.295 km and 20 walkers completed the 100 mile distance. The finishers included 9 new Continental Centurions (C351 – C359). Results from the main events follow:

##### 100 Mile Event

1	Pedro Huntjens	M	Unitas	160.934	18:54:54	326
2	Alois Bschor (Dui)	M	LG Zusam	160.934	19:52:46	240
3	Ward Verplancke (Bel)	M	De Gasthofstappers	160.934	21:26:06	<b>351</b>
4	Herman van Buggenum	M		160.934	21:37:39	<b>352</b>
5	Robert De Wolf (Bel)	M	RWV	160.934	21:45:06	299
6	Marcel Lambiotte (Bel)	M	Forts Marcheurs	160.934	22:07:48	<b>353</b>
7	Marcel Dekker	M	De LAT	160.934	22:29:11	269
8	Rik Weverbergh (Bel)	M		160.934	22:38:42	<b>354</b>
9	Piet van der Kroft	M	RWV	160.934	22:46:54	293
10	Connie Raijmakers	F	OLAT	160.934	22:52:16	320
10	Huib Raijmakers	M	OLAT	160.934	22:52:16	321
12	Ernst Westerhoff	M	OLAT	160.934	22:52:28	281
13	Martin van den Brandt	M	DAK Drunen	160.934	22:57:29	<b>355</b>
14	Con Bollmann	M	RWV	160.934	23:00:37	303
15	Marc Haumesser (Fra)	M		160.934	23:15:51	<b>356</b>
16	Trudy van der Meer	F	RWV	160.934	23:30:46	<b>357</b>
17	Rob Frielink	M	RWV	160.934	23:33:53	322
18	Leo Houben	M	RWV	160.934	23:39:10	187
19	Marry Heuvelman-Goudriaan	F	WS '78	160.934	23:47:57	<b>358</b>
20	Hanny Klumpkens	F	OLAT	160.934	23:52:23	<b>359</b>

##### 50 Mile Event

1	Frans Leijtens	M	RWV	80.467	9:39:59	<b>314</b>
2	Boetje Huliselan	M	OLAT	80.467	9:55:37	281
3	Herman van der Pluym	M		80.467	10:16:55	271
4	Frans van den Berg	M	De St. Jansstappers	80.467	10:34:30	299
5	Ton de Jong	M	OLAT	80.467	10:53:21	<b>315</b>
6	Hugo Prinsen	M	OLAT	80.467	11:21:38	279
7	Wil Ubben	M	KNBLO Limburg	80.467	11:40:09	310
8	Henry Gerrits	M	OLAT	80.467	11:45:29	<b>316</b>
9	Jan Dinnissen	M	OLAT	80.467	11:46:23	305
10	Hans Pranger	M	OLAT	80.467	11:46:57	<b>317</b>
11	Gerrit Arfman	M	OLAT	80.467	11:47:26	<b>318</b>
11	Felix Wijnen	M	KNBLO Gelderland	80.467	11:47:26	<b>319</b>
13	Julius van der Vlist	M	RWV	80.467	11:48:33	<b>320</b>
14	Harry van Ham	M	De Grenslopers	80.467	11:54:05	<b>321</b>

##### 24 Hour Event

1	Alois Bschor (Dui)	M	LG Zusam	190.006	23:53:19
2	Robert De Wolf (Bel)	M	RWV	177.416	24:04:29

3	Herman van Buggenum	M		175.013	24:03:51
4	Marcel Dekker	M	De LAT	171.121	23:56:39
5	Marcel Lambiotte (Bel)	M	OLAT	169.175	23:50:01
6	Piet van der Kroft	M	RWV	169.175	24:03:50
7	Ernst Westerhoff	M	OLAT	168.718	23:55:15
8	Con Bollmann	M	RWV	166.772	23:51:11
9	Trudy van der Meer	F	RWV	164.826	24:05:11
10	Rob Frielink	M	RWV	162.880	23:54:34
11	Marry Heuvelman-Goudriaan	F	WS '78	162.880	24:05:11
12	Leo Houben	M	RWV	160.934	23:39:10
13	Hanny Klumpkens	F	OLAT	160.934	23:52:23
14	Andreas Häußer (Dui)	M	WF Großaitingen	150.290	23:56:27
15	Wim van Cappelle	M	GWB	148.344	23:48:39
16	Marcelino Sobczak	M	Unitas / OLAT	135.754	24:00:00
17	Wim Akkerman	M	De LAT	133.351	23:38:05
18	Jurgen Mol (Bel)	M	wsv Mol	120.761	23:56:13

**100 km Event**

1	Ad Leermakers	M	DAK Drunen	100.000	12:41:32
2	Frank van der Gulik	M	De LAT	100.000	13:01:47
3	Joop Flipse	M	RWV	100.000	13:43:35
4	Theo Plate	M	RWV	100.000	14:09:49
5	Sean Pender (Ier)	M	Enfield AC	100.000	15:03:54
6	Sjef Koolen (prestatie)	M	OLAT	100.000	15:18:25

**AMERICAN CENTURIONS 24 HOUR WALK, MINNEAPOLIS, USA, 2-3 JUNE2007**



They're off – photo from <http://fans24hour.org/>

The latest American Centurion qualifier was held in conjunction with the 18<sup>th</sup> Annual FANS 24 Hour Run, starting at 8AM on Saturday June 2. This is a huge event and 27 walkers joined the hundreds of runners who took up the challenge. See websites <http://fans24hour.org/> and <http://usatfmm.org/racewalk/events/2007centurion.htm> Unfortunately none of the walkers made the magical 100 mile mark but the depth indicates that there are a number of good prospects out there. Walk results are as follows:

**Official 24 Hour Results - Walkers**

Place	Div	Bib	Miles	Name
45	1	79	80.76	Dave Daubert
53	2	9	75.42	BARB CURNOW
59	3	29	71.88	Marshall King
61	4	69	70.21	Lawrence Block
64	5	39	66.11	Ollie Nanyes
78	6	19	56.05	ANNETTE LEDUC
98	7	59	40.40	Tim Stoddart
102	8	49	25.87	CHERI SCHEICK

### Official 12 Hour Results - Walkers

20	1	237	52.76	Jonathan George
29	2	207	50.04	Bob Rorke
32	3	208	44.32	Lee Gremillion
33	4	258	44.20	ANN MARIE BRICK
34	5	259	44.20	ALISA GOLAY
42	6	299	35.55	Gordon Chace
46	7	238	30.71	Phil Aaron
49	8	246	28.29	ANGELA BREVIG
50	9	247	28.29	JENNY BREVIG
51	10	248	28.29	KRIS BREVIG
52	11	249	28.29	PENNY BREVIG
54	12	228	25.87	STACEY SMITH
55	13	229	25.87	Jeffrey Arlt
57	14	217	21.02	DENISE ABBOTT
58	15	218	18.60	DEBORAH COOLIDGE
59	16	219	18.60	Harvey Goldman
60	17	209	13.76	David Rubin
61	18	239	11.34	JEANNE AARON
62	19	227	8.92	FRED BLOEBAUM

### PARIS COLMAR CLASSIC, 6-9 JUNE 2007

The Paris-Colmar classic is over for 2007 and what an event it proved to be. There are 3 different races as follows:

- The elite men walk the full distance of 445 km
- The elite women walk a shorter (but still daunting) distance of 305.7 km
- The Promotion event is held over the same course as the women and allows other elite walkers to race over the shorter distance.

This year, all 3 events started together in the Paris suburb of Neuilly sur Marme at 7PM on 6 June and the pace was on from the gun. The women's event was opened up when Kora Boufflet (last year's winner) and Sylviane Varin both chose to compete in the men's event and do the full 445 km.



#### Elite Men – 445 km

The men's event is as tough as it comes. The walkers had to walk for 253 km (to Saint Sazier) before they got a compulsory 2 hour rest and then it was back on the road and onward to Mirecourt at the 391 km mark. The race leaders usually hit this mark in around 50 hours. This year, they stopped there for the night and did not restart until 10AM the next morning. Then it was on to Colmar where the winner was expected around the 4PM mark.

The first checkpoint at Villeneuve le Comte (28.1 km) saw French champion David Regy and Alexei Rodionov 5 minutes in front of the rest of the field. The pace was just under 10km/h and Kora Boufflet was well in contention. The first 8 places were as follows

1.	REGY David	FRA	9:49PM	2h 49m	9,98 km/h	/
2.	RODIONOV Alexei	RUS	9:50PM	2h 50m	9,92 km/h	0h 01m
3.	URBANOWSKI Grégor-Adam	POL	9:55PM	2h 55m	9,63 km/h	0h 06m

4.	MOREL Philippe	FRA	9:55PM	2h 55m	9,63 km/h	0h 06m
5.	HEINRICH Thierry	FRA	9:58PM	2h 58m	9,47 km/h	0h 09m
6.	GILG Paul	FRA	9:55PM	2h 55m	9,63 km/h	0h 06m
7.	DVORETSKI Sergueï	BLR	9:59PM	2h 59m	9,42 km/h	0h 10m
8.	BOUFFLERT Kora	FRA	10:02PM	3h 02m	9,26 km/h	0h 13m

Now let's jump ahead to Conde Sur Marne, 161.8 km down the road. This is just past the 100 mile mark and it is at this stage that you can start to appreciate the pace. Regy had already retired and Urbanowski, current title holder, was now 14 minutes in front of the two Russians and the best of the rest was nearly 1 hour behind. 16 of the 17 starters were still in the field and all under 22 hours.

1.	URBANOWSKI Grégor-Adam	POL	12:49AM	17h 49m	9,08 km/h	/
2.	DVORETSKI Sergueï	RUS	1:03PM	18h 03m	8,96 km/h	0h 14m
3.	RODIONOV Alexeï	RUS	1:16PM	18h 16m	8,86 km/h	0h 27m
4.	MOREL Philippe	FRA	1:40PM	18h 40m	8,67 km/h	0h 51m
5.	GILG Paul	FRA	1:43PM	18h 43m	8,64 km/h	0h 54m
6.	HEINRICH Thierry	FRA	2:00PM	19h 00m	8,52 km/h	1h 11m
7.	COSTILS Alain	FRA	2:37PM	19h 37m	8,25 km/h	1h 48m
8.	BOUFFLERT Kora	FRA	2:58PM	19h 58m	8,10 km/h	2h 09m
9.	SIMON Zdenek	CZE	3:09PM	20h 09m	8,03 km/h	2h 20m
10.	MARECHAL Pascal	FRA	3:21PM	20h 21m	7,95 km/h	2h 32m
11.	FRECHENGUES Bernard	FRA	3:26PM	20h 26m	7,92 km/h	2h 37m
12.	VARIN Sylviane	FRA	3:44PM	20h 44m	7,80 km/h	2h 55m
13.	GEORGELIN Serge	FRA	3:55PM	20h 55m	7,74 km/h	3h 06m
14.	DUFRIEN Pascal	FRA	4:11PM	21h 11m	7,64 km/h	3h 22m
15.	ALBRECHT Jacky	FRA	4:25PM	21h 25m	7,55 km/h	3h 36m
16.	GIROD Urbain	SUI	4:56PM	21h 56m	7,38 km/h	4h 07m
	REGY David	FRA				76,10 km retired

The walkers were now into their second night on the road with 92 km still to go before the first break. So onto Saint Dizier (253.1 km) where the walkers could finally enjoy a 2 hour break to get feet attended to, have a feed and try to get some sleep. Second placed Dvoretzki had now retired and the field was down to 15. Urbanowski was over 1 hour in front and the field was spread over a time interval of 6 hours. The leader was maintaining his pace superbly and the 253 km had been reached in under 30 hours.

1.	URBANOWSKI Grégor-Adam	POL	0:18AM	29h 18m	8,64 km/h	/
2.	RODIONOV Alexeï	RUS	1:29AM	30h 29m	8,30 km/h	1h 11m
3.	GILG Paul	FRA	2:30AM	31h 30m	8,03 km/h	2h 12m
4.	MOREL Philippe	FRA	2:39AM	31h 39m	8,00 km/h	2h 21m
5.	HEINRICH Thierry	FRA	3:22AM	32h 22m	7,82 km/h	3h 04m
6.	COSTILS Alain	FRA	3:37AM	32h 37m	7,76 km/h	3h 19m
7.	FRECHENGUES Bernard	FRA	4:15AM	33h 15m	7,61 km/h	3h 57m
8.	BOUFFLERT Kora	FRA	4:54AM	33h 54m	7,47 km/h	4h 36m
9.	SIMON Zdenek	CZE	4:56AM	33h 56m	7,46 km/h	4h 38m
10.	DUFRIEN Pascal	FRA	6:08AM	35h 08m	7,20 km/h	5h 50m
11.	MARECHAL Pascal	FRA	6:29AM	35h 29m	7,13 km/h	6h 11m
12.	VARIN Sylviane	FRA	6:36AM	35h 36m	7,11 km/h	6h 18m
13.	GEORGELIN Serge	FRA	6:38AM	35h 38m	7,10 km/h	6h 20m
14.	ALBRECHT Jacky	FRA	6:42AM	35h 42m	7,09 km/h	6h 24m
15.	GIROD Urbain	SUI	6:57AM	35h 57m	7,04 km/h	6h 39m
	DVORETSKI Sergueï	RUS				215,10 km arrêt
	REGY David	FRA				76,10 km arrêt

When the field arrived at Mirecourt (391,3 km), they stopped for the night and did not restart until 10AM on the final day. They had been walking for over 2 days straight. Urbanowski had covered 391 km in under 50 hours and was still just over one hour in front. While he had a rest of 9 hours, Sylviane Varin, who arrived at 7AM, had only 3 hours before the race restarted. Four more had retired – the field was now down to 11.

1.	URBANOWSKI Grégor-Adam	POL	22:44	49h 44m	7,87 km/h	/
2.	RODIONOV Alexeï	RUS	23:59	50h 59m	7,68 km/h	1h 15m
3.	MOREL Philippe	FRA	1:17	52h 17m	7,48 km/h	2h 33m
4.	COSTILS Alain	FRA	1:49	52h 49m	7,41 km/h	3h 05m
5.	GILG Paul	FRA	3:10	54h 10m	7,22 km/h	4h 26m
6.	FRECHENGUES Bernard	FRA	4:35	55h 35m	7,04 km/h	5h 51m
7.	BOUFFLERT Kora	FRA	5:09	56h 09m	6,97 km/h	6h 25m

8.	SIMON Zdenek	CZE	5:43	56h 43m	6,90 km/h	6h 59m
9.	HEINRICH Thierry	FRA	5:46	56h 46m	6,89 km/h	7h 02m
10.	DUFRIEN Pascal	FRA	6:25	57h 25m	6,82 km/h	7h 41m
11.	VARIN Sylviane	FRA	6:59	57h 59m	6,75 km/h	8h 15m
	GEORGELIN Serge	FRA		368,40 km	arrêt	
	ALBRECHT Jacky	FRA		354,40 km	arrêt	
	MARECHAL Pascal	FRA		328,70 km	arrêt	
	GIROD Urbain	SUI		324,00 km	arrêt	
	DVORETSKI Sergueï	RUS		215,10 km	arrêt	
	REGY David	FRA		76,10 km	arrêt	

As expected, no one else retired during the final 54 km haul to Colmar and, not surprisingly, Urbanowski crossed the line first, over an hour in front. He had maintained a pace of just under 8 km/h for 445 km. That is absolutely amazing. Both women finished, Boufflert in 7<sup>th</sup> and Varin in 11<sup>th</sup>.

1.	URBANOWSKI Grégor-Adam	POL	57h04m	7,80 km/h	/	
2.	RODIONOV Alexeï	RUS	58h09m	7,65 km/h	1h 05m	
3.	MOREL Philippe	FRA	59h05m	7,53 km/h	2h 01m	
4.	COSTILS Alain	FRA	59h21m	7,50 km/h	2h 17m	
5.	GILG Paul	FRA	61h34m	7,23 km/h	4h 30m	
6.	FRECHENGUES Bernard	FRA	62h33m	7,11 km/h	5h 29m	
7.	BOUFFLERT Kora	FRA	63h16m	7,03 km/h	6h 12m	
8.	SIMON Zdenek	CZE	64h51m	6,86 km/h	7h 47m	
9.	DUFRIEN Pascal	FRA	65h23m	6,81 km/h	8h 19m	
10.	HEINRICH Thierry	FRA	65h29m	6,80 km/h	8h 25m	
11.	VARIN Sylviane	FRA	66h24m	6,70 km/h	9h 20m	
12.	GEORGELIN Serge	FRA		368,40 km		
13.	ALBRECHT Jacky	FRA		354,40 km		
14.	MARECHAL Pascal	FRA		328,70 km		
15.	GIROD Urbain	SUI		324,00 km		
16.	DVORETSKI Sergueï	RUS		215,10 km		
17.	REGY David	FRA		76,10 km		



**Urbanowski on the road**

After the event, Urbanowski has announced his retirement from Paris-Colmar races after his 10<sup>th</sup> win in 14 years (and 14 podium finishes). An absolutely amazing athlete and still a young man. Here is his amazing record of wins

1994	Paris – Colmar	520,5 kms	URBANOWSKI Gregorz	POL	61h48m
1996	Paris – Colmar	520 kms	URBANOWSKI Gregorz	POL	60h29m
1997	Paris – Colmar	533 kms	URBANOWSKI Gregorz	POL	64h02m
1998	Paris – Colmar	521 kms	URBANOWSKI Gregorz	POL	62h26m
2001	Paris – Colmar	535 kms	URBANOWSKI Gregorz	POL	65h38m
2002	Paris – Colmar	535 kms	URBANOWSKI Gregorz	POL	67h32m
2003	Paris – Colmar	515 kms	URBANOWSKI Gregorz	POL	66h40m
2004	No Event Contested				
2005	Paris – Colmar	440 kms	URBANOWSKI Gregorz	POL	55h00m



2006	Paris – Colmar	449 kms	URBANOWSKI Gregorz	POL	54h13m
2007	Paris – Colmar	445 kms	URBANOWSKI Gregorz	POL	57h04m

### Elite Women and Promotion – 305.7 km

The women and Promotion walkers started alongside the men in the Paris suburb of Neuilly sur Marne at 7PM on 6 June. Their initial challenge was to walk 215 km to Vitry le Francois where they were expected to arrive late in the evening of 7 June. Unlike the elite men, they then travelled by car to Neufchateau and rested until the following afternoon when the men came through. At 3PM on 8 June, they started again and walked a second stage of 37 km to Mirecourt. They then spent the night there before starting the final day's stage at Corcieux at 10AM on 9 June. Their final leg of 53 km took them to Colmar.

Let's follow them like we did the men. The first checkpoint at Villeneuve le Comte (28.1 km) saw Irina Poutintseva, Marina Tarassevich and Anna Mesmoude well in front and only a couple of minutes behind Kora Boufflert in the men's event.

1.	POUTINTSEVA Irina	RUS	10:04PM	3h 04m	9,16 km/h	/
2.	TARASSEVICH Marina	BLR	10:08PM	3h 08m	8,97 km/h	0h 04m
3.	MESMOUDI Anne Marie	FRA	10:09PM	3h 09m	8,92 km/h	0h 05m
4.	ALVERHNE Dominique	FRA	10:20PM	3h 20m	8,43 km/h	0h 16m
5.	ANXIONNAT Claudine	FRA	10:15PM	3h 15m	8,65 km/h	0h 11m
6.	FAUQUEUR DUDA Corinne	FRA	10:22PM	3h 22m	8,35 km/h	0h 18m
7.	BRUNET Paola	CH	10:36PM	3h 36m	7,81 km/h	0h 32m
8.	ATTIAS Dorit	USA	10:23PM	3h 23m	8,31 km/h	0h 19m
9.	DOLS Corinne	FRA	10:25PM	3h 25m	8,22 km/h	0h 21m
10.	BERTHAULT-KORZHYK Annie	FRA	10:25PM	3h 25m	8,22 km/h	0h 21m

Now let's jump ahead to Conde Sur Marne, 161.8 km down the road and see how they handled the first 100 miles. And not surprisingly, nearly all were well under 24 hours. Mesmoudi has stormed to the lead and was nearly 1 hour ahead of Poutintseva and she was in turn over 2 hours ahead of the next walker. All 10 walkers made the checkpoint.

1.	MESMOUDI Anne Marie	FRA	2:29PM	19h 29m	8,30 km/h	/
1.	POUTINTSEVA Irina	RUS	3:22PM	20h 22m	7,94 km/h	0h 53m
2.	TARASSEVICH Marina	BLR	3:22PM	20h 22m	7,94 km/h	0h 53m
3.	DOLS Corinne	FRA	5:30PM	22h 30m	7,19 km/h	3h 01m
4.	ANXIONNAT Claudine	FRA	5:35PM	22h 35m	7,16 km/h	3h 06m
5.	FAUQUEUR DUDA Corinne	FRA	5:36PM	22h 36m	7,16 km/h	3h 07m
6.	BRUNET Paola	CH	5:48PM	22h 48m	7,10 km/h	3h 19m
7.	ALVERHNE Dominique	FRA	5:54PM	22h 54m	7,07 km/h	3h 25m
8.	ATTIAS Dorit	USA	7:43PM	24h 43m	6,55 km/h	5h 14m
9.	BERTHAULT-KORZHYK Annie	FRA	8:41PM	25h 41m	6,30 km/h	6h 12m

But there was no rest yet as Vitry le Francois (215.1 km) was still 54 km away. By the time they finally arrived, it was well into the night and little had changed at the front. Mesmoudi looked firmly in control. There had been 2 casualties, Attias and Berthault-Korzhyk.

1.	MESMOUDI Anne Marie	FRA	9:50PM	26h 50m	8,02 km/h	/
1.	POUTINTSEVA Irina	RUS	10:56PM	27h 56m	7,70 km/h	1h 06m
2.	TARASSEVICH Marina	BLR	11:14PM	28h 14m	7,62 km/h	1h 24m
3.	FAUQUEUR DUDA Corinne	FRA	1:32AM	30h 32m	7,04 km/h	3h 42m
4.	ANXIONNAT Claudine	FRA	2:01AM	31h 01m	6,93 km/h	4h 11m
5.	DOLS Corinne	FRA	2:13AM	31h 13m	6,89 km/h	4h 23m
6.	BRUNET Paola	CH	2:51AM	31h 51m	6,75 km/h	5h 01m
7.	ALVERHNE Dominique	FRA	4:23AM	33h 23m	6,44 km/h	6h 33m
	ATTIAS Dorit	USA		161,80 km arrêt		
	BERTHAULT-KORZHYK Annie	FRA		161,80 km arrêt		

And now let's jump to the end. After two more small stages and 2 nights of rest., the walkers reached Colmar. For Mesmoudi, it was her second win and a fitting comeback after being forced to retire in last year's event.

1.	MESMOUDI Anne Marie	FRA	38h 09m	8,01 km/h	/
1.	POUTINTSEVA Irina	RUS	39h 27m	7,75 km/h	1h 18m
2.	TARASSEVICH Marina	BLR	41h 14m	7,41 km/h	3h 05m
3.	FAUQUEUR DUDA Corinne	FRA	42h 58m	7,11 km/h	4h 49m
4.	ANXIONNAT Claudine	FRA	43h 45m	6,99 km/h	5h 36m
5.	BRUNET Paola	CH	46h 09m	6,62 km/h	8h 00m

6.	DOLS Corinne	FRA	46h 45m	6,54 km/h	8h 36m
7.	ALVERHNE Dominique	FRA	47h 31m	6,43 km/h	9h 22m
8.	ATTIAS Dorit	USA	161,80 km		
9.	BERTHAULT-KORZHYK Annie	FRA	161,80 km		

And finally, here are the results of the Promotion, also covering 305.7 km.

1.	LUKASHEVICH Nicolai	BLR	39h 40m	7,71 km/h	/
2.	PAILLE Stéphane	F	40h 45m	7,50 km/h	1h 05m
3.	PFISTER William	F	41h 08m	7,43 km/h	1h 28m
4.	SPIESER Jean Paul	F	41h 20m	7,40 km/h	1h 40m
5.	BAUDOUR Raymond	F	46h 49m	6,53 km/h	7h 09m
6.	COURCY Jean Claude	F	47h 02m	6,50 km/h	7h 22m
7.	PARROT Jean	F	252,200 km		
8.	GRASSI Alain	F	194,60 km		

### NEW AUSTRALIAN ULTRA DISTANCE WALKING RECORDS

Racewalking Australia and the Australian Centurions have, since 1995, officially recognized Australian Track Best On Records for the following ultra distance walking categories for both men and women:

50 miles      100 km      100 miles      24 hours

The Australian Centurions proposed a motion at the recent Racewalking Australia Annual Conference to add the following additional categories to its Australian ultra distance walking Track Best on Records

6 Hours      200 km      2 Days      500 km      6 Days

This motion was successful and we have ratified the following performances as inaugural records

6 Hours	M	Still subject to retrospective review				
	M	Still subject to retrospective review				
200 km	M	<b>Deryck Skinner</b>	SA 73	1:11:32:15	Gold Coast, QLD	13/08/2006
	W	<b>Kerrie Hall</b>	QLD 38	2 Days	Maryborough, QLD	20/11/1999
2 Days	M	<b>Deryck Skinner</b>	SA 73	257.877 Km	Gold Coast, QLD	13/08/2006
	W	<b>Kerrie Hall</b>	QLD 38	211.480 Km	Maryborough, QLD	22/08/1999
500 km	M	<b>Gerald Manderson</b>	NZ 57	5 Days	Colac, VIC	24/11/2001
	W	None				
6 Days	M	<b>Gerald Manderson</b>	NZ 57	622.000 Km	Colac, VIC	24/11/2001
	W	<b>Deborah DeWilliams</b>	VIC 35	448.170 Km	Colac, VIC	27/11/2004

Well done to our new Australian Open Record holders.

### FINANCIAL NEWS

Thanks to those members and supporters who came to our rescue with their generous donations.

Incoming	David Billett – donation	100.00
	Stan Miskin – donation	20.00
	Mike Porter – donation	100.00
	Deryck Skinner – donation	50.00
	Sharon Chomyn – centurion shirt	25.00
	Sharon Chomyn – donation	100.00
Outgoing	V.F.Trainer – engraving of perpetual trophies	40.00
	Postage and photocopying	27.15
Balance as at 16 May 2007		422.78

### UNTIL OUR NEXT NEWSLETTER

It is always a humbling experience to analyse and report on the Paris to Colmar classic. The almost superhuman feats of these elite walkers leaves one breathless. I hope you enjoyed the read. Until next month ....

Yours in Centurion walking  
 Tim Erickson (C 13)  
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