

CENTURION FOOTNOTES

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DATES...DATES...DATES

November 5, 2007	Victorian 6 Hour Track Championship	Newborough, Victoria
17-18 November 2007	USA Centurion qualifier See http://www.ultracentric.net/main.html	Grapevine, Texas
November 24, 2007	12 Hours of Penang See http://www.championchip.com.my/	Penang, Malaysia
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

News Flash – Coburg Harriers fills the breach. Responding to the news that the Gosford Coastal Classic will not be held in 2008, Coburg Harriers, in conjunction with the Australian Centurions, have decided to expand the Coburg 24 Hour Carnival to give more ultra runners and walkers the chance to compete. As you may know, we have had to close entries early for the last 3 years due to interest from the Australian ultra community and, now that Gosford is no more, we were worried that the demand for places in 2008 would be even fiercer. So now the event will spread across 2 weekends as follows

Sunday 30 March 2008	6 Hour Run and Walk, 9AM-3PM, Harold Stephens Reserve, North Coburg, Melbourne
19-20 April 2008	12 Hour and 24 Hour Run and Walk, Harold Stephens Track, North Coburg, Melbourne

We anticipate that some athletes will use the 6 Hour event as a warm up toward the 12/24 Hour event 3 weeks later. With that in mind, we have a reduced rate for entrants who enter both weekends. As usual, you can download entry forms from either <http://www.coburgharriers.org.au> or from <http://home.vicnet.net.au/~austcent/index.html>

NEWS ON OUR MEMBERS

Geoff Peters (C 20) has been in hospital recently for some corrective surgery involving his pacemaker but he tells me that he is back home again and on the improve.

Ruth Webber, wife of the late **Jack Webber (C 2)**, has also been in hospital with heart related issues but for Ruth, it was much more serious and she ended up having a quadruple bypass operation and was in hospital for quite some time. I dropped in to see her when I was in Adelaide at the start of August and she was able to chat for some time even though she was obviously still very weak. She is slowly progressing and is now in a rehabilitation centre where she can be looked after properly. We wish Ruth all the best and hope to hear soon that she is up and about again.

Geoff Hain (C 49) is off to America for their centurion qualifier next month. I'm already exhausted just reading his email – what an absolutely fantastic trip he and Annie will be undertaking. Bon voyage Geoff!

Hello Tim,

Yes, Annie & I are off again overseas and first stop is Grapevine Texas for the US Centurion qualifier. I didn't know about the prize money until I read your bit in the newsletter so that wasn't a factor in deciding to go. We had planned this trip for some time now so any financial reward would be a very nice bonus although I don't think my chances will be very high. The prize money is sure to attract a few more top walkers from Europe.

Anyway, we will be leaving late October, stopping for 10 days in Wellington NZ, nice hilly place to keep training, and then on to New York for the last week before the 24 hour. Planning to stay near Central Park so two or three laps around, about 6 miles each, should be enough to keep me tuned up for the big day. Hopefully the weather will be kind to me but snow has fallen at that time of the year before so fingers crossed.

Annie and I will then be heading down to Buenos Aires, our favourite city, where we can dance Tango every day. Tango is the pulse of Buenos Aires and we just love it. After that it is off to London for Christmas with our two daughters and their families followed by some more backpacking around Europe.

Hope to be in touch with a good result later in the year.

Regards

Geoff

The American Centurion event looks like it will be strongly contested. At least a couple of Dutch walkers are travelling across and they are no slouches - Marcellino Sobezak and Frank Gullik who came 1st and 2nd in the 2007 UK 100 mile event earlier this year.

Sandra Brown (C 36) just never stops. Although her year has been quiet by her own high standard, her three main events have been quality ones. In March, she walked 170 km at Bourges in 21:28:31. Then in May, she competed as a runner at Surgeres in a 48 Hour event and completed an amazing 327.527 km, just 10 km short of the W55 world record. Finally in July she travelled to Drummondville in Quebec, Canada, and competed as part of the British team in the IAU 24 Hour World Challenge event. Her final distance of 192.71 km placed her 15th overall in the women's section and saw her as the first British woman to finish. And Sandra is already busy planning for 2008 as the following email shows

Tim

many thanks. Enjoy the coming summer!

I have just been thinking about next year. I'd love to return to Schiedam/Rotterdam for our Dutch friends' great weekend of events including the 100 miles. I've suggested to daughter Vicky that we think about a girls' weekend together and both walk in the events. Three years ago, Vicky, Kathy and I went to Schiedam together and had a great weekend. The end of May/early June is always busy, and next year is no different with our LDWA cross country 100 miles just one weekend before the dutch 100/weekend. So many lovely events to look forward to!

Best wishes from us all

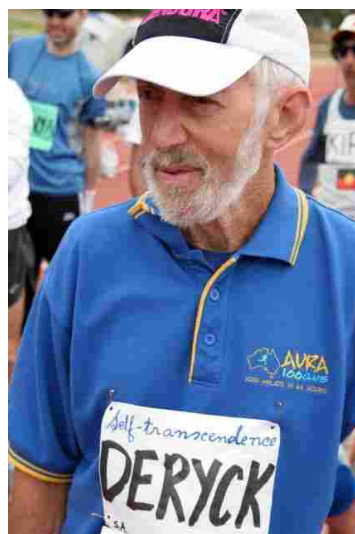
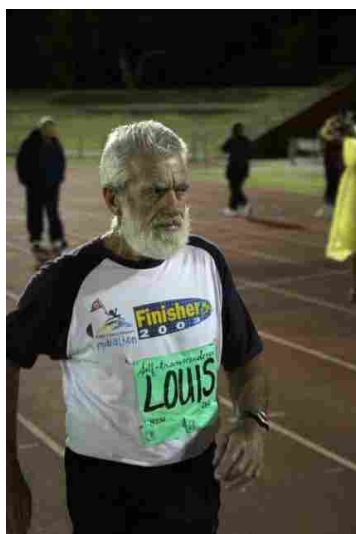
Sandra

SRI SHINMOY AUSTRALIAN 24 HOUR CHAMPIONSHIP, ADELAIDE, 29-30 SEPTEMBER 2007

Sri annual Chinmoy 24-Hour Festival of Running has been completed once again in Adelaide. A top field of 29 competitors toed the line for the 9AM start the Saturday morning and WA runner Mick Francis was the overall winner with a distance of 226.241 km.

Amongst the starters were **Deryck Skinner (C 51)** and **David Billett (C 50)**. David had entered as a runner and his final distance of 182.658 km was a great PB and gave him 4th place overall. Deryck was walking as usual and got to the 50 mile mark in just under 12 hours before calling it quits. He has had some very big performances over the last couple of years and was perhaps a bit stale. **Louis Commins**, who came so close in our event earlier this year, was walking once again and managed 145.600 km, another good performance. It is only a matter of time before he achieves centurion status. Further back in the field, first time ultra walker Kate White won the 6 Hour event with a great first up distance of 45.973 km. In fact, it was a new W40 Australian 6 Hour record (see later in the newsletter for details of the inaugural record holders for these new record divisions).

Full results and photos can be sourced from the website at <http://www.srichinmoyraces.org/au/results> Here are a few from the many photos on offer.



Louis Commins, Deryck Skinner and David Billett in action in Adelaide (<http://www.srichinmoyraces.org/au>)



New Australian W40 6 Hour Walk record holder Kate White (<http://www.srichinmoyraces.org/au>)

24-Hour Race

Name	State	Age	Marathon	50mile	100km	100mile	200km	Total	
1. Mick Francis	WA	M	49	3:40:05	7:18:23	9:16:10	15:44:59	20:24:23	226.241
2. Ron Schwebel	VIC	M	56	4:35:20	9:02:15	11:21:44	18:40:13	23:31:14	203.641
3. Robert Boyce	VIC	M	46	4:02:58	8:38:20	10:24:10	18:05:00	23:46:47	200.818
4. David Billett	SA	M	37	4:44:59	9:32:35	11:53:18	21:33:19		182.658
5. Geoff Last	QLD	M	56	5:04:54	10:09:09	12:45:00	21:28:17		181.669
6. Collin Brooks	SA	M	54	4:27:41	8:56:10	11:35:26	20:51:10		180.481
7. Tony Collins	NSW	M	60	4:50:08	10:10:20	13:19:08			165.681
8. Graeme Watts	QLD	M	54	5:49:58	11:57:10	14:47:20			150.813
9. Louis Commins (walk)	NSW	M	58	5:38:28	11:09:36	14:07:51			145.600
10. Becky Oliver	NSW	F	25	5:20:05	11:17:18	15:24:55			138.634
11. Richard McCormick	NSW	M	40	5:06:11	11:29:13	14:58:38			134.457
12. Anyce Melham	NSW	M	49	4:38:10	8:31:28	11:06:05			132.927
13. Tony Ayris	SA	M	38	5:54:13	13:52:30				108.938
14. Peter Gray	VIC	M	42	6:33:05	16:20:40	22:44:31			103.734
15. Sue Worley	SA	F	60	6:58:05	15:48:47				99.600
16. Deryck Skinner (walk)	SA	M	74	5:34:36	11:59:43				80.400
17. Eric Trad (walk)	NSW	M	62	6:32:38					73.727
18. Brett Worley	SA	M	31	4:54:56					68.532
19. Sean Williams	NSW	M	40	3:50:27					52.800
20. Con Virilas	SA	M	37	6:13:00					44.800

12-Hour Race

Name	State	Age	Marathon	50mile	100km	Total Distance (kms)	
1 Paul Monks	VIC	28	M	4:28:49	8:52:00	11:25:52	104.399
2 Malcolm Gamble	VIC	39	M	4:27:16	9:15:08	11:51:30	101.471
3 Paul Francis	SA	51	M	6:14:51			71.271

6-Hour Race

Name	State	Age	Marathon	Total Distance (in kms)	
1 Kate White (walk)	SA	42	F	5:30:22	45.973
2 Tom Naylor	SA	?	M		39.552
3 Kym Loprete	SA	?	F		39.552
4 Roxani Papageorgiou	SA	?	F		38.800
5 Lorraine Billett (walk)	SA	62	F		36.373
6 Kazem Abhary	SA	?	M		34.107

VAL MORAN'S 1000 MILE WALK UPDATE

In our last newsletter, I wrote about Val Moran's upcoming attempt to walk 1000 miles in 1000 hours to raise money for SIDS and Kids. A month ago, I was shocked to hear that Val's husband, Peter, had tragically died in a gliding accident. Peter was very active in the ACT community through Rotary, Scouts, SIDS for Kids and various other groups and this

was reflected in a large attendance at his funeral. Peter had played a vital role in the lead-up to Val's 1000 mile walk and his loss was a huge blow for Val. There is a moving tribute to Peter on the 1000 Mile Walk website at www.1000milewalk.com.au

This made her even more determined to complete her 1000 mile walk, walking now both for Suzanne, the daughter she and Peter lost to SIDS, and for Peter. So the walk started on schedule at 6AM on Sunday 7 October and Val still plans to finish on 17 November. So far, she is going very well and is right on target despite one or two physical problems and some very strong winds. She is receiving strong support and never ceases to be cheerful, always greeting and smiling at passers by.

The ACT Race & Fitness Walking Club has thrown its full support behind Val and they are keeping her company when they can. If any other walkers are in Canberra at that time, they should drop down to to say hello. I'm sure it will be appreciated. Full details are on the above website, including some daily reports. You can see lots more photos at <http://www.actwalkers.org.au/1000milewalk.htm>



ACT Race and Fitness Club member Mark Worrell strides out with Val

Here is the report for today's walk

**Tuesday October 16, 2007
No need for a shower tonight!**

It became obvious today that gale force winds and Lake Burley Griffin make a mischievous pair! The end result being that Val and her walking companions have had more showers today than are taken on any given Saturday afternoon in NRL, NSL and Super 12 changerooms combined around the country! However, with renewed vigour, after her hiccup (or should I say "hip"cup) yesterday, neither the weather, nor the water were going to affect her progress. Despite the challenges Val passed the 250mile mark today.....that's a quarter of the way there!!!! Below you can see how clean it was at the shoreline today!



AUSTRALIAN 6 HOUR RECORDS NOW PUBLISHED

It was decided some months ago that we would introduce Record categories in the Open and Masters divisions for the 6 Hour Track Walk. I have now completed scrutiny of previous performances, where lapsheets are available, and can confirm inaugural record holders. This is, of course, subject to review and I welcome any new record submissions for consideration. As you can appreciate, this has been a long procedure that involved scrutinizing track based performances from 1971 (when the Australian Centurions were formed) onwards.

The hardest category to review was that of Open Men. My starting point was the 50 Mile ranking list which showed the following leading performances.

Clarrie Jack	34	07:57:53	03/11/1979	Track
Tim Erickson	24	08:14:46	18/10/1975	Track
Gleeson, James	31	08:15:19	14/10/1962	Road
Tetlow, Harry (NZ)	??	08:25:37	28/10/1956	Road
Jim Gleeson	40	08:31:27	23/10/1971	Track

Since the third and fourth ranking walks were done on the road, they were ineligible so it came down to a simple review of the top two. Was it Clarrie Jack or was it Tim Erickson?

Tim's performance was done at the George Knott Field in Clifton Hill in October 1975, on which occasion he walked the first 50 miles in the Centurion event and then stopped, having set a new Australian record. The race report read as follows:

From the outset Ian Jack set a very fast pace obviously with the intention of assisting his brother Clarrie and Tim Erickson in their endeavour to crack Jim Gleeson's Australian 50 mile record. Tim and Clarrie pushed each other along for some 35 kilometres where Clarrie was forced to retire mainly due I feel to a very heavy season's racing, which had sapped his strength rather more than he had imagined. This left Tim on his own to go on in fine style to add to his recent National 50 kilometre title a new Australian record of 8 hours 14 minutes 46 seconds for 50 miles.

Luckily the lapsheets from that event are available and they show that Tim went through the 50km mark in 4:59:06 and continued through to the 6 hour mark at a very even pace of just over 2:20 per lap, passing the 60 km mark in 5:59:58. Thus the 6 Hour distance is calculated at 60:005 km.

Clarrie's performance was also done at the George Knott Field in Clifton Hill but was some 4 years later in November 1979. The very brief report in the Centurion history reads as follows

Clarrie was keen to take the 50 mile record of his training partner Tim Erickson and powered through the first 50 km in 5:01:48 to be well on target. He continued on unabated to finish the 50 mile distance in 07:57:57 for a new Australian Record.

So at the 50 km mark, he was 2:42 behind Tim's split. Tim's timesheets show that his pace did not slow until after the 6 Hour mark so he may still have been slightly ahead of Clarrie at that stage. But we will never know as Clarrie does not have the lapsheets from this event. They were never made available to the competitors and they are not to be found in the VRWC archives. So Tim is awarded the inaugural Australian All-Comers and Residential record of 60.005 km..

Australian All-Comers Record	Tim Erickson (VIC)	60.005 Km	Clifton Hill, Victoria	18/10/1975
Australian Residential Record	Tim Erickson (VIC)	60.005 Km	Clifton Hill, Victoria	18/10/1975

The women's Open records are much easier to ascertain as Sandra Brown and Carol Baird are without doubt the two fastest female ultra walkers to have graced our shores and are the only two women to have broken 10 hours for the 50 Mile distance. Their inaugural records are as follows

Australian All-Comers Record	Sandra Brown (UK)	54.180 Km	Coburg, Victoria	18/09/1999
Australian Residential Record	Carol Baird (ACT)	50.400 Km	Gosford, New South Wales	17/01/2001

The quality of Sandra's 1999 performance can be gauged from the following race notes

The pace was evident early with Sandra Brown of England setting a cracking pace of 2:30 per lap. Gerald Manderson of NZ (the 1998 winner) was keen to take up the challenge and shadowed her for the first 2 hours. However, he was soon forced to slow and Sandra was left on her own to dominate the race. Sandra's 50 mile time of 9:08:52 was a new Australian Open Record and was ahead of her own 100 mile world record split.

Carol's performance in the Gosford 12 Hour event in January 2001 was also a memorable one. The race report noted

In the walk division, Carol Baird and training partner Robin Whyte started off together and it was not until the 7 hour mark that Robin started to drop behind. Things might have been a bit different if Keith Knox had not missed the start by some 15 minutes. Keith is a long time NSW 50 Km walker and he had finally succumbed to the temptation and entered an ultradistance walk. He perhaps made the mistake of chasing too hard early in an attempt to bridge the gap to Carol and Robin. By the half way mark he had just about done it but started to fade alongside Robin soon afterwards. Carol showed superb control and endurance to win once again with a new Australian Ladies 50 Mile Walk record. Her distance for 12 hours was also a big PB. Behind her, Keith just edged out Robin in a fine first up ultra walk. Robin for his part walked his usual consistent race and was rewarded with another fine finish.

The Masters Records (O = Open and R = Residential) have also been calculated and are as follows:

35-39	Peter Bennett	QLD	38	56.640 Km	Clifton Hill, Victoria	08/10/1994	O&R
40-44	Andrew Ludwig	QLD	40	56.855 Km	Gosford, NSW	07/01/2007	O&R
45-49	Required Standard - 50 Km						
50-54	Paul Kennedy	VIC	50	52.826 Km	Coburg, Victoria	19/04/2007	O&R
55-59	Robin Whyte	ACT	58	50.800 Km	Gosford, NSW	6-7/01/2001	O&R
60-64	Robin Whyte	ACT	64	51.200 Km	Coburg, Victoria	22/04/2006	O&R
65-69	Robin Whyte	ACT	65	50.400 Km	Coburg, Vic	19/04/2007	O&R
70-74	Deryck Skinner	SA	72	47.900 Km	Adelaide, SA	16/10/2005	O&R
75-79	Stan Miskin	VIC	76	42.850 Km	Coburg, Victoria	14/04/2002	O&R
80-84	Stan Miskin	VIC	80	43.450 Km	Coburg, Victoria	23/04/2006	O&R
35-39	Ann Staunton	ACT	35	49.260 Km	Coburg, Victoria	19/09/1999	O&R
40-44	Kate White	SA	42	45.973 Km	Adelaide, SA	29/09/2007	O&R
45-49	Lyn Lewis	QLD	46	47.350 Km	Coburg, Victoria	14/04/2002	O&R
50-54	Sandra Brown	UK	50	54.180 Km	Coburg, Victoria	19/09/1999	O
50-54	Carol Baird	ACT	51	50.400 Km	Gosford, NSW	06/01/2001	R
55-59	Jill Green	UK	58	49.550 Km	Coburg, Victoria	19/09/1999	O
55-59	No claimant (Residential)						
60-64	Jill Green	UK	63	46.500 Km	Coburg, Victoria	17/04/2005	O
60-64	Val Chesterton	ACT	61	41.600 Km	Gosford, NSW	06/01/2002	R
65-69	Val Chesterton	ACT	66	42.252 Km	Coburg, VIC	19/04/2007	O&R
70-74	Ellwyn Miskin	VIC	74	38.311 Km	Coburg, VIC	17/04/2004	O&R
75-79	Ellwyn Miskin	VIC	76	38.756 km	Coburg, VIC	22/04/2006	O&R

Note that in the M45-49 division, although we have had some performances, I have found none in excess of 50 km so have set that distance as the required initial standard necessary before a record can be entered.

PARIS COLMAR 2008 QUALIFYING EVENTS

The calendar of qualifying events for the 2008 Paris Colmar classic has now been published and reads as follows

1 - GRAIDE	BELGIUM	200 km	18 - 19 August 2007
2 - ROUBAIX	FRANCE	28 hours	15 - 16 September 2007
3 - VALLORBE	SWITZERLAND	200 km	6 - 7 October 2007
4 - LA GUADELOUPE	FRANCE	28 hours	27 - 28 October 2007
5 - BOURGES	FRANCE	200 km	1 - 2 March 2008
6 - CHATEAU-THIERRY	FRANCE	200 km	29 - 30 March 2008
7 - BAR LE DUC	FRANCE	200 km	12 - 13 April 2008
8 - DIJON	FRANCE	200 km	3 - 4 May 2008

200 KM DE GRAIDE, BELGIUM, 18-19 AUGUST 2007

The first of the 2008 Paris-Colmar qualifiers has come and gone. The aim was for men to complete 200 km and for women to complete 170 km of walking within the allotted 24 Hour timeframe. Swiss walker Girod Urbain was the only man to make the 200 km mark (in an impressive 23:32) but overall the event saw few if any of the big names in action.

Men

1	Girod Urbain	CM Montey	SUI	200,000 km	23:32:37	8,495 km/h
2	Dien Daniel	ASCA -CL	FRA	190,000 km	23:52:15	7,960 km/h
3	Naumowicz Dominique	Gohelle Athletisme	FRA	183,333 km	23:45:21	7,717 km/h
4	Bunel Pascal	Neuilly sur Marne Athletisme	FRA	183,333 km	23:53:39	7,673 km/h
5	Ruelle David	US Melun	FRA	180,000 km	23:47:41	7,565 km/h

6	Biebuyck Pascal	UA Flobecq Athletisme	BEL	176,666 km	23:50:49	7,408 km/h
7	Chatillon Nicolas	NL Fublaines	FRA	176,666 km	24:10:34	7,307 km/h
8	Brunet Roger	C M Friburg	SUI	176,666 km	24:13:36	7,292 km/h
9	Bert Dominique	AS Crédit Foncier	FRA	170,000 km	23:57:02	7,098 km/h
10	André Hugues	Bertrix Basse Semois	BEL	163,333 km	24:05:57	6,778 km/h
11	Renoncourt Christian	SPN Vernon	FRA	146,666 km	24:05:40	6,087 km/h
12	Spieser Jean Paul	CSL Neuf Brisach	FRA	143,333 km	23:52:40	6,003 km/h
13	Galicía Alfredo	Intrepide Angers	FRA	136,666 km	23:50:05	5,734 km/h
14	Massard Grégory	N L	BEL	106,666 km	23:45:33	4,489 km/h
15	Balfroid Mathieu	N L	BEL	106,666 km	23:45:34	4,489 km/h
16	Hatte Joseph	Neuilly-sur-Marne A	FRA	100,000 km	24:12:20	4,131 km/h

Women

1	Harbulot Rénata	CM Dijonnais	FRA	143,333 km	23:54:43	5,994 km/h
2	Anxionnat Claudine	RESDA des Vosges	FRA	136,666 km	23:51:13	5,729 km/h

ROUBAIX 28 HOUR WALK, FRANCE, 15-16 SEPTEMBER 2007

The Roubaix 28 Hour event is without doubt the most popular of the ultra walking events in the European calendar and the 54th edition was as well supported as ever. 58 walkers started in the 28 Hour event and 42 were still going at the end. It is also a teams event and many countries treat this event very seriously and send strong teams. The British are amongst those regular competitors and British Centurions secretary Chris Flint reported as follows:

Many thanks for a full and informative newsletter, and it arrived as a small-ish contingent left for Roubaix for the 28 Hours event in this suburb of Lille in northern France. The winner, none other than our friend Grzegorz Urbanowski, completed 240.445 kms and the ladies winner was Irina Putintseva (Russia) who completed 216.544 kms. Not the furthest achieved but still great results. The Brits did OK with Dave Jones (Redcar) the first of our contingent home with 197.070 km, second was Ken Watts (London Vidarians) with 190.955 km and myself as 3rd Brit with 188.090 km.



Grzegorz Adam Urbanowski in action



Irina Poutintseva shadows Serge Seynaeve

Men

1	Urbanowski Grzegorz Adam	WKS Slask Wroclaw	POL	240,445 km	28:00:31	8,585 km/h
2	Ossipov Dimitri	Individuel St Petersburg	RUS	232,420 km	28:00:41	8,297 km/h
3	Simon Zdenek	UK Prague	CZE	229,840 km	28:00:35	8,206 km/h
4	Frolov Nicolaï	Individuel Mordovie	RUS	225,350 km	28:00:41	8,045 km/h
5	Jose Mora Bernardo	Standing Palma	ESP	222,770 km	28:01:30	7,949 km/h
6	Grassi Alain	MJ Trouville	FRA	215,700 km	28:03:07	7,689 km/h
7	Dusek Milos	Slovan Liberec	CZE	214,745 km	28:01:25	7,663 km/h
8	Bunel Pascal	Neuilly sur Marne Athletisme	FRA	214,745 km	28:05:22	7,645 km/h
9	Collinet Marc	RFC Liège	BEL	211,210 km	28:00:48	7,540 km/h
10	Pedersen Per Kleis	Postem MF Aarhus	DAN	209,585 km	28:00:43	7,482 km/h
11	Schaerlaeckens Ludo	Sparta Bornem	BEL	208,630 km	28:00:49	7,447 km/h
12	Guillemant Franck	CM Roubaisien	FRA	207,960 km	28:03:30	7,412 km/h
13	Brunet Roger	C M Friburg	SUI	205,095 km	28:05:07	7,303 km/h
14	Jones David	Redcar Race WC	GBR	197,070 km	28:01:16	7,033 km/h
15	Grados Daniel	CM Roubaisien	FRA	196,400 km	28:01:35	7,008 km/h

16	Dekker Marcel	SV de LAT Amsterdam	HOL	194,490 km	28:05:36	6,923 km/h
17	Scuka Silvio	CUS Padova	ITA	193,820 km	28:05:56	6,898 km/h
18	Courcy Jean Claude	SPN Vernon	FRA	193,535 km	28:00:54	6,908 km/h
19	Watts Ken	London Vidarians WC	GBR	190,955 km	28:01:42	6,813 km/h
20	Ricks Haan	AV Attila Hart	HOL	189,045 km	28:01:09	6,747 km/h
21	Flint Chris	London Vidarians WC	GBR	188,090 km	28:01:12	6,713 km/h
22	Leermakers Ad	AV Attila Hart	HOL	180,350 km	28:02:49	6,430 km/h
23	Fisher Martin	London Vidarians WC	GBR	177,485 km	28:02:58	6,328 km/h
24	Collins Tony	Birchfield Harriers	GBR	177,485 km	28:03:22	6,326 km/h
25	Galambos Jiri	Slovan Liberec	CZE	175,860 km	28:00:51	6,278 km/h
26	Leijtens Frans	Rotterdamse WV	HOL	175,860 km	28:00:55	6,277 km/h
27	Seynave Serge	CM Roubaisien	FRA	175,860 km	28:01:52	6,274 km/h
28	Magnier Joël	Individuel LNPCA	FRA	173,280 km	28:01:22	6,184 km/h
29	Boufflert Eric	CO Harfleurais	FRA	172,325 km	28:01:03	6,151 km/h
30	Watts Bob	London Vidarians WC	GBR	166,880 km	28:03:36	5,947 km/h
31	Spieser Jean Paul	CSL Neuf Brisach	FRA	164,300 km	28:02:53	5,858 km/h
32	Psutka Roman	Slovan Liberec	CZE	163,345 km	28:01:18	5,829 km/h
33	Houze Laurent	AC Villeneuve d'Ascq	FRA	160,765 km	28:02:03	5,735 km/h
34	Massorski Nicolai	Dynamo Kemerova	RUS	152,740 km	28:00:38	5,453 km/h
35	Duterte André	CM Roubaisien	FRA	147,580 km	28:01:38	5,266 km/h
36	Duterte Jean Claude	CM Roubaisien	FRA	145,670 km	28:01:37	5,197 km/h
37	Hasselvelde Sébastien	CLLL Armentières	FRA	144,715 km	28:02:05	5,162 km/h
38	Fall David	Birchfield Harriers	GBR	126,085 km	28:01:09	4,500 km/h
39	Constandinou John	York Postal Walking	CHY	123,505 km	28:3:44	4,401 km/h

Women

1	Poutinseva Irina	Ind St Petersburg	RUS	216,655 km	28:4:11	7,718 km/h
2	Varin Sylviane	Coulommiers Brie	FRA	207,960 km	28:04:09	7,409 km/h
3	Davies Karen	London Vidarians WC	GBR	123,505 km	28:03:47	4,401 km/h

SANDRA BROWN – MORE THAN 100 HUNDREDS

This article was originally researched and written by New Zealand statistician Dudley Harris. It has been updated to reflect Sandra's recent 'hundreds' – the list now stands at an amazing 125 – and is republished, with acknowledgement to Dudley, to bring the record up to date. As Sandra commented herself just last month

My performance in the IAU 24H in Canada at the end of July was my 125th 100 miles plus - quite a pleasing milestone, almost exactly 25 years after my very first 100 miles at Leicester in 1982.

Sandra Dobney Brown, the first woman to complete one hundred foot-races of 100 miles or more has now completed more 'hundred-milers-or-more' than any other known person

Sandra's is a very considerable achievement spread over twenty years. Sandra was the first woman to reach one hundred 'hundreds'.

It should also be noted that, by the rules adopted by Sandra and Richard Brown, each event is counted only once, no matter how far beyond 100 miles it may be. Thus the Land's End to John O'Groats epic, being in excess of 800 miles, and the Nanango 1000 miles race, each scored only once in the total tally.

There are no time limits for each individual 100-miles or more, although they must be continuous, and the only occasions when 100-milers have taken longer than 24 hours were for a few cross-country events of a very severe kind; nor for the total period in which they have been accumulated. Indeed, the realisation that such a challenge was possible to achieve probably came to mind only in the latter years, after which, what had begun gradually as a secret ambition, started to become apparent to others.

1982-1988

After a childhood which included what most people would consider to be long, healthy walks 'off the beaten track', Sandra eventually succumbed in 1982 to the public mood for running marathons with her first one, in Winchester. In her 'onwards and upwards' style, that same year saw Sandra enter her first 'ultra' (i.e. beyond the marathon's 26 miles 385 yards) with, in April, the 100km Surrey Summits and, in May, a LDWA cross country 100 mile event along the Pilgrims' Way from Guildford to Canterbury - her first 100-miler!

In that era, popular opinion considered that one marathon a year was enough for novices, with two the maximum for those more experienced in racing, rather than merely surviving. More often than that lay madness! In her early thirties, Sandra either did not know of or ignored conventional wisdom. Discovering and briefly practising the technique of race-walking, August that same year saw her enter her first judged Centurion 100-mile event in Leicester.

And so the accumulation proceeded gradually: a cross-country event in Snowdonia in 1983, six events in 1984 which included her first two in Europe, and another four in 1985. However, Sandra's fifth year after 'going ultra' went nowhere, other than the wonderful achievement of giving birth to daughter Victoria, born in February 1986.

1987 saw a cautious (or wise) return to endurance events, with two 'hundreds', followed by three in 1988, the third being 163½ miles in Sandra's first 48-hr race.

1989

In 1989, in which year Sandra turned 40, came a new level of activity, with eight 'hundreds-or-more'. Not that a birthday-with-a-nought would have made any difference, nor at such an early stage would the thought of aiming for one hundred 'hundreds' have occurred. Much more likely was the attraction of qualifying for and competing in the Eprenay-to-Colmar (the female version of the male Paris-Colmar) multi-day walk. (Sandra would compete in the French 'blue-ribbon' event in three more consecutive years.) So the 1989 total shot up to eight events, including the first of a continuing appearance in the 28-hour Roubaix walk, and a second consecutive year at the Blackpool 48-hour, this time with about 18 extra miles.

1990-1991

In 1990, Sandra's 'bag' increased to nine, including the now long-distance 'blue ribbon' event, with Chalons-Colmar at over 211 miles.

In 1991, the annual total decreased to six, although the quality was still there. In September, Sandra set a women's World Best Distance of 200km in 24hr 04mn 20sc in a walk in Vallorbe, Switzerland. That was just two months after a second-place-overall in the Manchester-Blackpool 50-mile walk. Her 7hr 54min 54sec event was described by the Race Organiser as "the greatest exhibition of long-distance walking ever seen in this country".

1992-1998

Seven years would follow at lower levels of frequency: four competitive ultras in 1992 and 1993, five each in 1994, 1995 and 1996, and three in 1997. But the quality was still there, as were some mind-boggling distances.

For example, in 1992, Sandra completed the multi-day Chalons-Colmar in 2nd place for the third consecutive year; and the Centurion 'hundred' was in her 2nd best-ever time (her 'best' of 18.36.24 had come when she was eight years younger).

1994's five events included a 48-hour and a 6-day run; while in 1995, Sandra and husband Richard made their own individual attacks on the 840-miler land's End to John O'Groats - and each was successful.

In 1996, still with an annual 'strike-rate' of five 'hundred-miles-or-more' events, Sandra set a new women's World Track Record time for 1000 miles in Nanango, Queensland in March. After an amazingly short recovery period, Sandra was back in competition again in May and August for two Centurion 'hundreds' and, one and two months later, runs of 24-hours and, in Odessa, 48-hours.

In 1997, there were just three 24-hour events in consecutive months; though in the third one, Sandra set a World Walking Record time for 100 miles on a track.

But in 1998, and possibly with the thought that, a year later, an age of psychological importance would be upon her, Sandra wound the frequency back up to five, including one (in the Isle of Man) which she would count among her own best four performances anywhere!

1999-2001

1999, the year of Sandra's 'Big Five-Oh', began early with one '100' in April and three in May! A brief rest, thence across the world in July to New Zealand, where she broke her own World Track Record by almost 27 minutes. From NZ to London for another '100' in August, thence in September to Australia for a fourth 'country qualifier' with her 7th of the year; rounding off 1999 with two more in October.

If 1999 had seemed hectic to observers, Year 2000 was celebrated with 11 'hundreds' in the nine months from Feb to Oct. So to 2001, and the balance of 7 'hundreds' in seven months. Amazing!

Amazing that Sandra could operate at such a rate (27 'hundreds') in the last three years required to reach her goal, not only without any significant decline in quality but also without being held back by injuries - a matter of experience and skill, plus an indomitable spirit.

2002-2007

Many top-rated athletes, having reached their major goal successfully, retire from racing, especially if they can no longer achieve their same level of performance. But not Sandra Brown. Albeit at a lower frequency, she has continued to compete with high-quality performances, which many other 'ultras' (of either gender) can only envy. Sandra has now completed more 'hundred-milers-or-more' than any other person.

In May and August 2004, 7th and 8th-best times (only 40 seconds apart) and outright wins in both the Dutch and English Centurion events confirmed that Sandra continues to dominate the 'hundred miles and more' list.

Her 2006 performance in finishing the UK Centurions annual 'hundred' for a record 21st time in 19:28:38 has set a standard that no one is ever likely to match.

SANDRA'S HUNDREDS

C = Centurion (100-mile-within-24-hours) judged race- walk

W = other judged walk

L= LDWA cross-country

R = run.

M = multi-day

1982 – age 33

01 May Pilgrims Way, Eng 100mi L
02 Jul Leicester, Eng 22:18:24 C

1983 – age 34

03 May Snowdonia, Wal 108mi / 31h L

1984 – age 35

04 May Dartmoor, Eng 100ml / 27h L
05 Jun St Oedenrode, Hol 21:05:07 C
06 Jul Leicester, Eng 18:36:24 C
07 Aug Chorley, Eng 131.3mi 24hR
08 Oct Brussels, Bel 174km 24hW
09 Nov Coatbridge, Eng 120.2mi 24hR

1985 – age 36

10 Mar Montauban, Fra 273.38k 48h
11 May StOedenrode, Hol 21:44:45 C
12 May Yks Dales, Eng 100mi / 34hr L
13 Jun B'ht R, Eng 100mi / 20:20 W

1986 – age 37

Feb daughter Victoria born

1987 – age 38

14 Jun Ewhurst, Sy, Eng 22:32:40 C
15 Aug Cborley, Eng 119mi 24hR

1988 – age 39

16 Jul Leicester, Eng 21:11:14 C
17 Aug Preston, Eng 114.1mi 24hR
18 Nov Blackpool, Eng 163.5mi 48hR

1989 – age 40

19 Feb M Keynes, Eng 108mi 49ly 24hR
20 May Rouen, Fra 185.26km 24hW
21 Jun Epernay-Colmar 220k MW
22 Jun Hull, Eng 105mi 439y 24hW
23 Jul Blackpool, Eng 100mi / 19:41:56
also walked 181mi 1099y 48hW
24 Jul Hendon, Eng 100ml / 19:56:17 C
25 Sep Roubaix, Fra 211.42k 28h W
26 Nov WdGreen, Eng 108m1403y 24hW

1990 – age 41

27 Apr Ch.Thierry, Fra 179.984km 24hW
28 Apr Bazancourt, Fra 180.256km 24hW
29 Apr BarLeDuc, Fra 168.185km 24hW
30 May Rouen, Fra 179.395km 24hW
31 Jun Chalons-Colmar 340k / 51h MW
32 Jul Leicester, Eng 18:56:46 C
33 Aug Dijon, Fra 196.476km 24hW
34 Sep Roubaix, Fra 218.65 km 28hW
35 Oct Etrechy, Fra 193.306km 24hW

1991 – age 42

36 Mar Lagny, Fra 183.5km 24hW
37 Apr Bazancourt, Fra 188.0km 24hW
38 May Surgeres, Fra 307.038km 48hR
39 Jun Chalons-Colmar 340.5km MW
40 Sep Dijon, Fra 193.29km 24hW
41 Sep Vallorbe, Swi 200km 24hW

1992 – age 43

42 Mar Bazancourt, Fra 196km 24hW
43 Jun Chalons-Colmar 342km / 52h MW
44 Jul Leicester, Eng 18:50:29 C
45 Oct Tooting B, Eng 129mi 1664y 24hR

1993 – age 44

46 May Basle, Swi 186.112km 24hR
47 May StOedenrode, Hol 19:22:22 C
48 Aug BP London, Eng 20:09:05 C
49 Oct Tooting B, Eng 133mi 1110y 24hR

1994 – age 45

50 Apr Bazancourt, Fra 176km 24hW
51 May Szeged, Hun 188.1km 24hR
52 Jul Cologne, Ger 306.222km 48hR
53 Jul Leicester, Eng 19:00:00 C
54 Nov Sacramento, USA 426mi / 6 days M

1995 – age 46

55 Mar Lagny, Fra 189.962km 24hW
56 May LeJog, UK 840mi / 13d10h M
57 Aug BP London, Eng 21:37:21 C
58 Sep Roubaix, Fra 212.240km 28hW
59 Oct Tooting B, Eng 123mi 1453y 24hR

1996 – age 47

60 Mar Nanango, Aust 1000mi 14d10h27 M
61 May Schiedam, Hol 19:33:21 C
62 Aug Colchester, Eng 19:42:53 C
63 Sep IAU Courcon, Fr 212.701km 24hR
64 Oct Odessa 312.4km 48hR

1997 – age 48

65 May Basle, Swi 188.182km 24hR
66 Jun Solihull, Eng 197.711mi 24hW
67 Jul Ware, Herts, Eng 19:27:15 C

1998 – age 49

68 May Dijon, Fra 189.01km 24hW
69 May Doncaster, Eng 120.1mi 24hR
70 Jun Manx loM, UK 19:32:26 C
71 Aug Fleurbaix, Fra 194.032km 24hR
72 Sep Roubaix, Fra 211.651km 28hW
73 Oct Tooting B, Eng 114mi 345y 24hR

1999 – age 50

74 Apr BarLeDuc, Fra 180km 24hW
75 May Dijon, Fra 177.974km 24hW
76 May Weert, Hol 19:46:37 C
77 May Doncaster, Eng 107mi 1269y 24hW
78 Jul Auckland, NZI 19:00:47 C
79 Aug BP, London, Eng 20:01:49 C
80 Sep Melbourne, Aus 19:14:56 C
81 Oct Tooting B, Eng 104.5mi 24hW
82 Oct Bombaye, Bel 200km / 26h13m W

2000 – age 51

83 Feb TorcyParis, Fra 170.595kn 24hW
84 Mar Perpignan, Fra 183.242km 24hW
85 Apr BarLeDuc, Fra 168km 24hW
86 May Dijon, Fra 192.658km 24hW

87	May	Doncaster, Eng	109mi 948y	24hW	108	Oct	TootingB, Eng	111mi 1318y	24hY
88	Jun	Schiedam, Hol	20:41:01	C					
89	Jul	Rotterdam	200km	W					
90	Aug	Newmarket, Eng	114mi / 23h38m	C	2004 – age 55	109	Apr	Rouen, Fra	198.01km 24hW
91	Sep	Golden Co, USA	21:50:57	C	110	May	Exmor Eng	LDWA 100mi	35hW
92	Oct	TootingB, Eng	100mi / 21:35:31	W	111	May	Schiedam, Hol	19:18:08	C
93	Oct	Uden, Hol	176.036km	24hRW	112	Aug	Colchester, Eng	19:17:28	C
					113	Oct	Brno, Czech	176.146km	24h
2001 – age 52					2005 – age 56				
94	Mar	Cha'Thierry, Fra	166.214km	24hW	114	May	Chilterns	100miles	L
95	Apr	BarLeDuc, Fra	180km	24hW	115	May	Weert, NL	100 miles, 20.19.30	C
96	May	Doncaster, Eng	112mi 499y	24hR	116	July	Worscach, Aust	180.22 kms	24h
97	Jul	Feschau, Bel	170.017km	24hW	117	July	King's Lynn	100 miles, 19.25.07	C
98	Aug	Colchester, Eng	20:36:45	C	118	Oct	Tooting Bec	199.248km	24h
99	Aug	Genting H, Mal	182.03km	C	2006 – age 57				
100	Sep	Roubaix, Fra	216.57km	28hW	119	April	Bar le Duc	170 kms 20.49.11	W
2002 – age 53					120	May	Northumbria	100 miles	L
101	May	Schiedam, Hol	20:18:54	C	121	Aug	IOMVAC	100 miles, 19.28.38	C
102	Jul	Hull, Eng	187.271km	24hW	122	Oct	Tooting Bec	200.138km	24h
103	Aug	Blackpool, Eng	186.324km	C	2007 – age 58				
104	Sep	Roubaix, Fra	219.1km	28hW	123	Mar	Bourges	170km, 21.28.31	24h
2003 – age 54					124	May	Surgeres 48h	327.527km	M
105	Mar	B'ville, Fra	21:33:23 / 170km	W	125	July	Drummondville, Can	192.71km	24h
106	Jul	Newmarket, Eng	100m / 20:23:25	C					
107	Sep	Roubaix, Fra	222.3km	28hW					

GORDON SMITH MEMORIAL AWARD

Earlier this month, Fred Brooks, Stan Miskin and I met for lunch and amongst the matters discussed was some forward thoughts on who might be suitable nominations 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 and last year it was awarded to Stan Miskin. Who will be this year's winner? We did actually come up with some names but then, when I reviewed the calendar, I realized that the Victorian 6 Hour Track Championship is not going to be held until early November and there is always the possibility that someone might be inspired by our new 6 Hour Records and might do a blinder. So we will hold off for another month. Nominations will be announced with our final newsletter for the year, out next month.

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	Clarrie Jack – Donation	20:00	
	Ian Jack – Donation	20.00	
	Andrew Ludwig – Donation	50.00	
	Fred Brooks – Centurion tee shirt	15.00	
	Fred Brooks – Donation	85.00	
Outgoing	Postage and Photocopying	32:00	
Balance			646.24

UNTIL OUR NEXT NEWSLETTER

Another big issue, our seventh for the year. I am always surprised by the amount of information I continue to find to pack the newsletter. In my day, each of us did one ultra distance walk, got our centurion badge, and then left it at that. Thank goodness those days are gone. Now we realise that we have a continued responsibility to further our sport and we realise that there are always new challenges to be met and that one final long walk is still left in the legs.

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