

CENTURION FOOTNOTES

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President	John Smith (C 16)	02-96361500
Vice-President	Ian Jack (C 17)	03-95706195
Secretary	Tim Erickson (C 13)	03-93792065

DATES...DATES...DATES

September 29-30, 2007	Sri Chinmoy Australian 24 Hour Championship See http://www.srichinmoyraces.org/au/events/24hour/	Adelaide, South Australia
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	Penang, Malaysia
19-20 April 2008	Coburg 24 Hour Carnival, incorporating the 2008 Australian Centurions Qualifying Event	Coburg, Victoria

There is one final **USA Centurion qualifier** for the year and it will be held in Texas on 17-18 November in conjunction with the Ultracentric 24 Hour Run U.S. National Championship. Race Director Robert Tavernini's offer of \$12,000 prize money will again, as in 2006, be the largest award purse for an American ultramarathon. And the Centurion division has its fair share of the prize money.

UC Centurion Champion	\$500
UC Centurion Second Place	\$500
UC Centurion Third Place	\$500
100K or Better	\$250
100K or Better	\$250

On top of that, the organisers are offering a special Ultracentric Centurion American Record Incentive - \$ 1,000 to the UC Centurion participant who establishes a New American Centurion Men's or Women's Record. So if you are in a mind to give it a bash, point browsers to <http://www.ultracentric.net/main.html>

News Flash – 2008 Gosford Coastal Classic cancelled. Organisers Paul Thompson and Frank Overton have announced that the Coastal Classic 12 hour track race, normally held at Gosford each January has been postponed indefinitely. This is sad news for the many people who have raced there over the last 10 years but we must thank Paul and Frank for their efforts over the last decade.

Colac 6 Day will return in 2008

I discussed the demise of the Colac 6 Day Race in the last newsletter. Lee Troop has announced that the race will return bigger and better in 2008. Here is his news release.

Troop Events and Management (TEAM) are pleased to announce the return of the Colac 6 day Ultra marathon race on Monday November 3rd to Sunday November 9th 2008.

The event will be reinvigorated to incorporate a week of activities on each day to coincide with one of Australia's most prestigious races. The week will be known as the "Cliff Young Festival of Sport Week".

Like all new business ventures, changes need to be made to make the event more attractive and marketable with current times but also needs to be mindful of the history and tradition that it carries.

The only major change to the 2008 event will be the change of venue from Memorial Square to South Colac Football Ground. The logistics and impact on memorial square have made it impossible to take the event forward.

While planning is underway and full details are not yet available, runners are to be assured that preparations for next year's event can start now with full confidence in knowing that unlike 2006 and 2007, the event will go ahead in 2008.

Pictures of the ground (once confirmed) and an itinerary of events planned, will be forwarded to you in the next couple of months. It is hoped entry forms will be available on line from the start of next year from our webpage which is currently being constructed.

I hope you will join us in what will be an exciting venture for the newly revamped Colac 6 Day Race. Any concerns, please feel free to contact me.

Yours in Sport,
Lee Troop

Jill Green (C 38) had the following fantastic article published recently in the Isle of Wight newspaper and it is well worth reproducing for everyone – it celebrates Jill's marvellous achievement of a 100 mile finish at 65 years of age.

Race Walker Jill Green, 65, has walked the equivalent of two-and-a-half times around the globe.

A 65 year old woman has been around the world two-and-a-half times – not by cruise ship or long haul flights but by foot. Long distance walker Jill Green has put in the leg work to rack up the miles over years of taking part in ultra-distance treks around the world.

A former European champion at endurance walking, her feats include waling 200 miles non-stop in America and taking part in the 210 mile Paris-to-Colmar race in France three times.

She has done 63 100-mile, 120km and 100km non-stop walks and has lost counts of the number of times she has walked around the Isle of Wight.

Jill's latest achievement saw her become the first woman aged over 65 to walk 100 miles in under 24 hours, under race walking rules. She walked into history at the weekend after finishing the Centurion race at Battersea Park in London, with about 15 minutes to spare.

An elated Jill told the CP: "I'm absolutely thrilled. I did the first 50 miles in under 11 hours, which would have given me a good time, but during the night it was so cold I had to stop and put dry clothes on and I also got cramp."

Jill, of Alverstone Road, Apse Heath, was the second British woman to finish and the fifth woman overall. She was supported throughout the epic walk by her husband Dave and good friends Marie and Graham Doke.

She was one of 58 walkers to line up for the race which has been held annually since 1911.

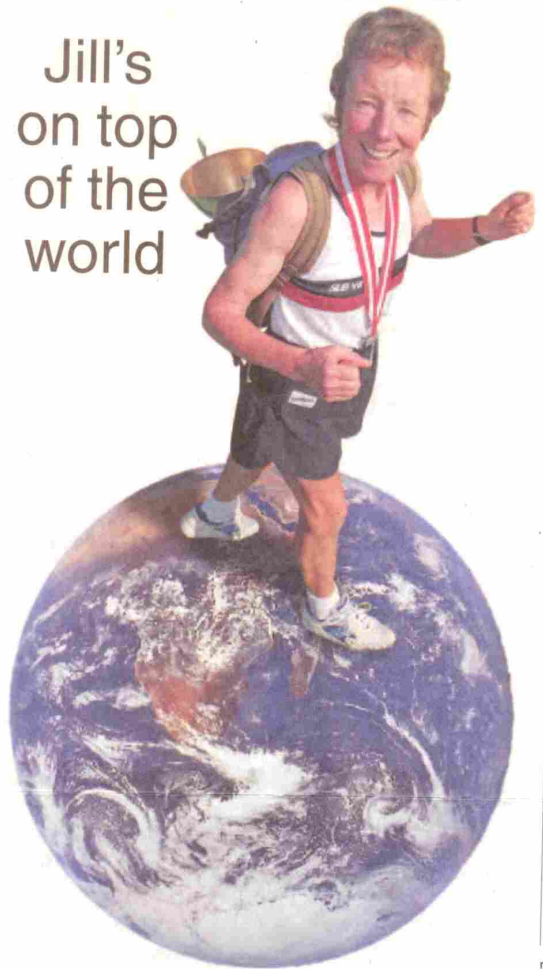
A trophy, which has never been awarded in the history of the event, capped her amazing achievement.

"There is no real secret. When I turned 60, I decided I would try to stay fit and keep training because I really wanted to be the first woman over 65 to finish the Centurion. That is what kept me motivated through the walk and everyone was very encouraging," she said.

"I think this might be my last race. It does take up so much of your life training in all weathers. At my age, if you stop for a while, you quickly lose the fitness.

While most people would give themselves and their feet a well-earned break after such a feat of endurance, Jill was yesterday (Thursday) due to go on a walking holiday in Yorkshire. "It will be a lot more gentle and relaxing," she said.

Jill's
on top
of the
world



And here is what Jill herself had to say about her efforts in the final few years leading up to this milestone. What inspirational stuff.

When I was 60, I celebrated my Birthday with a 100 mile walk on the Isle of Wight, never using the same footpath. It was a wonderful day for me in the company of good walking friends and helpers. My 60th year was a happy walking one; in April 105 miles in 24 hrs in Perpignan France, in May 103 miles in 24 hrs in Dijon France, in June the New Zealand Centurion in 22.08 mins, then this memorable 100 mile walk in August, not actually my Birthday that's October.

Was this the time to hang up my racing trainers and enjoy more normal walking? Could I, should I try to keep it up to perhaps be the first lady over 65 to do the Centurion race in the UK and claim the trophy. I had bunions coming. I'd been offered an operation on the National Health Service because "they would only get worse", I thought - no way could I get back if I stopped, just wear wider fitting trainers and keep going. So I decided to see how I got on.

In 2002, to my joy, I managed the Blackpool Centurion in 23.05. The decision was made - keep up the training, keep yourself motivated Jill. 2007 seemed a long long way ahead.

In 2003 I went to Roubaix France for the 28 hour race and made 115 miles so I was still up to it. Then 2004 I went to Germany and I did my very very best and made 99.5 miles. This meant nothing to them, they don't think in miles, I won it for the ladies and I was treated like a Queen, but it knocked my confidence. Confidence restored in the October with 105 miles in 24 hrs at Tooting Bec London on my 63rd Birthday.

2005 saw me back in Australia for the Centurions race; you all made me so very welcome and I did it again, thank you.

Last year I had a good Bar Le Duc France another 105 miles in 24hr 10 mins so off I went to Germany to get that half mile off and make the 100 miles, again I did my very very best like I always do, 95 miles only 95 miles Oh dear!!! My feet are now really hurting, two separate Doctors have said "arthritis" as well as "bunions", so I spent quite a bit on orthotics, these don't work a miracle just help a little.

Now the test came, the BIG day. We had a hard time of it, 9 hours of rain, lots of good walkers stopped, I tried my very very best as I always do and I managed the 100 miles with just 11 minutes to spare, battling with cramp and sickness, 9 hours of hard cold rain. I am on top of the world.

This week I've had a letter from my friends in Germany telling me they would love to see me again in 2009!!!

Regards

Jill

4th MALAYSIAN INTERNATIONAL 24 HOUR WALK, KUALA LUMPUR, 11-12 AUGUST 2007

The 4th staging of the Malaysian International 24 Hour Walk was held last month but, whereas previous editions had been held in the relative coolness of Genting Highlands, this year the race was held in central Kuala Lumpur. Participants were required to walk around the well known Samad Building on a designated track measuring 626m. As expected, conditions were typically tropical – hot and humid – and this made it a very tough event which saw the big guns from Europe flagging. The men's race was won by Malaysian Mohammed Bin Harun with 103 miles, but the big surprise were the Kenyan women, who went 1-2-4 in the women's division (90 miles for the winner). Who would have expected that! **Peter Bennett (C 24)** came a wonderful 5th overall in the oppressive conditions with yet another centurion finish, this time with 165.26 km.

There are various reports on the web, some of which include

The official race report

<http://www.championchip.com.my/>

Lots of photos at

<http://pmtey.blogspot.com/2007/08/4th-24hours-walk-424.html>

a report from one of the walkers

<http://runwitme.blogspot.com/2007/08/24-hours-105114-steps-and-2-huge.html>



Peter Bennett (C 24) on the way to his fourth Centurion finish, his second in Malaysia

Here is a brief report from Peter on his race

As usual the organisation and the running of the event was faultless . The race started at 8am so we had to slave it out on the streets in 32+ heat and high humidity (and heavy smog) until sunset at 7.30pm. The going down of the sun didn't result in the temperature falling significantly and the humidity only went up during the night.

I can understand why Craig Barrett hit the pavement here during the 1998 C/Games 50km.

There were at least 6 Europeans in the race who have all done more than 200km in 24 hours races (and a number of Paris- Colmar competitors) but only one reached the 100 mile mark in this race. It was probably no surprise that the competitor was Alex Vandenhoeck from Belgium who has competed in the last two Penang 12 hour races. Alex is interested in doing our Centurion walk event one day.

The weather certainly took its toll along with resulting blisters and cramps. At the end of the race I was completely physically and emotionally spent but have surprisingly recovered well. I was relieved to reach 100 miles in this event (I was going to say 'elated' but I was too buggered to be elated about anything at the time).

Jens Borello (C 52) retired from the race at about the 14 hour mark.

Interesting to see the way the sport is developing with the Europeans now being challenged . Not only the Malaysians but the emergence of the Kenyans and the Chinese as endurance walkers. It can only be good for the future of the sport.

Regards,

PETER

The mixed results are shown below for the first 40 walkers.

	Bib	Name	Country	LapTot	Laps	DQLaps	Km	Miles		
1	1	178	MOHD HANIZAM BIN HARUN	M	Malaysia	277	277	0	173.4	107.04
2	2	179	MALEK BIN REDONE	M	Malaysia	275	275	0	172.15	106.27
3	3	4	VANDENHOECK ALEXANDER	M	Belgium	270	270	0	169.02	104.33
4	4	139	JAGJIT SINGH A/L BADAN SINGH	M	Malaysia	265	266	1	165.89	102.4
5	5	7	PETER BENNETT	M	Australia	264	264	0	165.26	102.02
6	6	2	BERNT GUCKEL	M	Germany	257	257	0	160.88	99.31
7	7	170	PAUL KIPTANUI TARUS	M	Kenya	253	255	2	158.38	97.76
8	8	3	GILLES BELLOIR	M	France	242	242	0	151.49	93.51
9	9	138	ABDUL HALIM YAAKOB	M	Malaysia	235	236	1	147.11	90.81
10	1	401	LEAH JEPKIRUI MITEI	F	Kenya	233	234	1	145.86	90.04
11	10	16	CHEAH SIN CHOR	M	Malaysia	232	232	0	145.23	89.65
12	11	122	HAMIDON BIN SABINO	M	Malaysia	232	232	0	145.23	89.65
13	2	302	DOMINIQUE ALVERNHE	F	France	231	235	4	144.61	89.26
14	3	394	FUNICE JELAGAT	F	Kenya	229	229	0	143.35	88.49
15	4	377	SUSAN JEMUTAI CHEPKWONY	F	Kenya	227	228	1	142.1	87.72
16	12	136	THEVENDRA A/L RAMANJULOO	M	Malaysia	224	224	0	140.22	86.56
17	5	378	YAP WAI MUN	F	Malaysia	222	222	0	138.97	85.79
18	13	8	AD LEERMAKERS	M	Netherland	222	222	0	138.97	85.79
19	14	91	ALEX LAEVAERT	M	Belgium	219	219	0	137.09	84.63
20	6	379	KWOK CHIK-HA	F	Hong Kong	218	218	0	136.47	84.24
21	7	304	LAI YUET-MEI, MAY	F	Hong Kong	218	218	0	136.47	84.24
22	8	305	TAI SAU-KING, IRENE	F	Hong Kong	216	216	0	135.22	83.47
23	15	83	MUNIANDY A/L M.KISNA	M	Malaysia	211	211	0	132.09	81.54
24	16	10	LAM MAN BIU	M	Hong Kong	208	208	0	130.21	80.38
25	17	15	DEVINDER SINGH A/L GURMUKH SINGH	M	Malaysia	208	208	0	130.21	80.38
26	18	38	MUHAMMAD HARUN TEE BIN ABDULLAH	M	Malaysia	206	206	0	128.96	79.6
27	9	316	CHRISTINA LIM SWEE LIN	F	Malaysia	206	206	0	128.96	79.6
28	10	303	PAOLA BRUNET	F	Switzerland	206	206	0	128.96	79.6
29	19	111	PARAMESWARAN A/L GOVINDASAMY	M	Malaysia	206	206	0	128.96	79.6
30	20	137	MOGAN S/O RAJOO	M	Malaysia	205	205	0	128.33	79.22
31	11	380	CHAN WOON-KAM	F	Hong Kong	201	201	0	125.83	77.67
32	21	164	TANG WAI HOONG	M	Singapore	193	193	0	120.82	74.58
33	12	306	YEUNG MAN-CHUN. ECHO	F	Hong-Kong	189	189	0	118.31	73.03
34	22	1	ALAIN COSTILS	M	France	187	187	0	117.06	72.26
35	23	131	S. THIAGARAJA	M	Singapore	185	185	0	115.81	71.49
36	13	396	LOW SWEE WAH	F	Malaysia	185	185	0	115.81	71.49
37	24	168	LI LEI	M	China	185	187	2	115.81	71.49
38	25	142	PETER GOH HIAN WEE	M	Malaysia	183	183	0	114.56	70.72
39	14	309	LIM MOOI KIANG	F	Malaysia	183	183	0	114.56	70.72
40	15	364	SEAH BENG CHOO	F	Singapore	182	182	0	113.93	70.33

Peter is now building up a nice list of centurion finishes. His list currently stands at 4

08-09 Oct 1994	19:42:54	George Knott Athletic Field, Clifton Hill, Victoria
18-19 Sept 2005	172.500 km in 24 hours	Genting Highlands, Malaysia
15-16 April 2006	176.175 km in 24 Hours	Rouen, France
11-12 August 2007	165.260km in 24 Hours	Kuala Lumpur, Malaysia

AUSTRALIAN 48 HOUR CHAMPIONSHIP, GOLD COAST, 10-12 AUGUST 2007

The annual Australian 48 Hour Championship was held last month at the Gold Coast in Queensland. The event sees 48H, 24H, 12H and 6H races and a number of walkers were participating.

There were 8 starters in the 48 Hour event, down from 13 the previous year. The race was won by veteran Tony Collins, notching up his 6th National 48 hours championship. His distance was 272.441 kms, almost identical with his 270.561 km achieved last year when he finished second to Martin Fryer. John Nuttall led the race for the first 12 hours but succumbed to a hamstring strain and retired soon afterwards. The lead was then taken by **Andrew Ludwig (C25)** who was entered as a walker and he led the runners until forced to retire at the 16 hour mark with back problems. Andrew had not really prepared for this event and was simply 'giving it a go'. Once Andrew retired, Tony Collins became the race leader and was never headed from that point. Walker **Louis Commins** finished second with 230.892 km and set two new M55 Australian walking records along the way. New Zealand walker **Craig Welsh** finished 4th overall and also set new M40 Australian Open records for the 200 km and 48 Hours. So the walkers were definitely to the fore.

Geoff Hain (C 49) was contesting the 24 Hour division and hoping for yet another centurion finish but, after covering 82.4km in the first 12 hours, he was forced to retire.

Robin Whyte (C 29) had entered the 12 Hour division and was not really expecting anything special, given his current level of training, but he surprised even himself with his performance, covering a great 88.301 km and setting two new M65 Australian records.

Overall, the new Australian walking records were as follows:

Robin Whyte	M65	12 Hours	88.301 km	Australian Open and Residential Record
	M65	50 Miles	10:53:50	Australian Open and Residential Record
Lou Commins	M55	200km	37:05:27	Australian Open and Residential Record
	M55	48 Hours	230.892 km	Australian Open and Residential Record
Craig Welsh	M40	200 km	47:36:46	Australian Open Record
	M40	48 Hours	202.418 km	Australian Open Record



Australian Age Group records to Craig Welsh, Robin Whyte and Lou Commins (<http://www.goldcoast100.com/GC24-48t>)

You can read all about the event at http://www.goldcoast100.com/GC24-48t/race_info.html

And now onto the results – walkers are shown with a (W)

48 HOURS

	Name		Age	12hr	24hr	48hr	100km	100mi	200km	250km
1	Tony Collins	NSW	60	86	158.8	272.44	14:18:53	24:27:33	31:31:31	44:16:42
2	Lou Commins (W)	NSW	58	73.2	141.2	230.89	16:31:05	28:28:25	37:05:27	
3	Alan Staples	NSW	58	79.2	125.2	214.91	15:14:36	34:51:49	46:21:40	
4	Craig Welsh (W)	NZ	44	67.6	103.2	202.42	23:23:22	40:04:54	47:36:46	
5	Shaun Scanlon	NSW	62	70.4	109.2	172.3	21:38:08	45:00:08		
6	Nick Barclay (W)	QLD	32	70	97.2	140.57	25:36:58			
R	Andrew Ludwig (W)	QLD	41	89.6		116.4	13:25:34			
R	John Nuttall	QLD	55	93.2		94.8				

24 HOURS

	Name		Age	6 hr	12 hr	24 hr	100 km	100m	200km
1	Danny Hooley	QLD	35	55.6	104	189.69	11:29:07	19:43:03	

2	Dean Cook	NSW	33	65.6	114.8	174.65	10:04:25	20:41:37
3	Graeme Watts	QLD	53	47.6	90.8	168.22	13:07:45	22:53:21
4	Geoff Last	QLD	56	54.4	99.6	166.22	12:03:39	23:16:05
5	Kelvin Marshall	QLD	43	55.6	100.4	157.2	11:57:12	
6	Bruce Webber	QLD	45	50	89.6	153.29	13:50:14	
7	Lindsay Phillips	QLD	41	49.2	88.8	133.02	14:09:40	
8	Tina Fiegel (F)	QLD	58	38	65.6	110.72	21:36:05	
R	Adam Barron	QLD	32	59.2	93.2	97.2		
R	Geoff Hain (W)	QLD	60	43.6	82.4	84		
R	Robyn Cox (FW)	QLD	54	39.2	71.2	74.8		
R	Val Chesterton (FW)	NSW	66	33.6		37.6		

12 HOURS

Name	Age	6 hr	12 hr	50 km	100 km
1 Robert Ware	QLD 34	64	123.9	04:38:13	09:37:45
2 Laurie Hennessey	NSW 66	50.8	93.64	05:52:07	
3 Robyn Whyte (W)	NSW 65	45.2	88.3	06:39:10	

6 HOURS

Name	Age	6 hr	50 km
1 Nic Moloney (r)	QLD 29	69.6	04:09:37
2 Adrian Pearce	QLD 40	65.65	04:16:24
3 Mark McGowan	QLD 46	60.45	04:50:13
4 Richard McCormick	VIC 40	53.52	05:36:14
5 Marcel van Kampen	QLD 44	48.8	
6 Tom Hinds	QLD 33	46.51	
7 Bert Janes (W)	NSW 74	43.09	
8 Gerry Riley	NSW 76	41.65	



More walking action from the Gold Coast – Andrew Ludwig (C 25), Val Chesterton and Geoff Hain (C 49)

VAL MORAN'S 1000 MILE WALK UPDATE

In the last Centurion's newsletter, I wrote about Val Moran's attempt to walk 1000 miles in 1000 hours next month to raise money for SIDS and Kids. Two weeks ago, I was shocked to hear that Val's husband, Peter, had tragically died in a gliding accident. Peter was very active in the community through Rotary, Scouts, SIDS for Kids and various other groups and this was reflected in a large attendance at his funeral. Peter was playing a vital role in the lead-up to Val's 1000 mile walk and his loss is a huge blow for Val.

But she is now 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. There is a moving tribute to Peter on the 1000 Mile Walk website at www.1000milewalk.com.au. So the walk will still start on 7 October and Val still plans to finish on 17 November. The ACT Race & Fitness Walking Club has thrown its full support behind Val and they will be 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.

KORA BOUFFLERT, WOMEN AND THE PARIS TO COLMAR CLASSIC

In this year's Paris Colmar classic, the men's Elite race saw a very rare thing – the participation of women Kora Boufflert (nee Sommerfeldt) and Sylviane Varin. What was even more amazing was that both women finished, Boufflert in 7th and Varin in 11th.

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	



Kora Boufflert and Sylviane Varin in action in 2007

The first woman to attempt the Elite race was **Annie Van Der Meer**. In 1982, she first tried but was forced to retire in 22nd place after completing 180 km out of 508 km. Undeterred by her failure, she returned the following year and finished the 518 km event in 77 hours and 40 minutes.

Three years later, **Edith Couhe** tried her hand at the Elite race, finishing 21st in 1986 (380 km out of 517 km) and 20th in 1987 (400 km out of 518 km). The efforts of these two pioneers saw a separate race finally instituted for women in 1988. On that occasion, Couhe was the sole participant but from then on, the women's race was able to stand in its own right. Couhe was dominant in those first few years, winning the ladies' event on the first 5 occasions. Since then, the event has seen other outstanding female winners

1988	Paris – Contrexeville	376.0 km	COUHE Edith	FRA	52h59m
1989	Epernay – Colmar	368.0 km	COUHE Edith	FRA	55h29m
1990	Chalons – Colmar	340.0 km	COUHE Edith	FRA	50h30m
1991	Chalons – Colmar	340.0 km	COUHE Edith	FRA	50h15m
1992	Chalons – Colmar	334.0 km	COUHE Edith	FRA	47h38m
1993	Chalons – Colmar	334.0 km	DUCHENE Isabelle	FRA	42h59m
1994	Chalons – Colmar	335.5 km	LEFILLEUL Joelle	FRA	47h41m
1995	Chalons – Colmar	335.0 km	BOUFFLERT Kora	FRA	45h02m

1996	Chalons – Colmar	331.5 km	DUCHENE Isabelle	FRA	41h58m
1997	Chalons – Colmar	344.5 km	RADDER-WILLEMS Marlen	HOL	46h14m
1998	Chalons – Colmar	343.5 km	PAJOUL Delcina	FRA	45h24m
1999	Chalons – Colmar	343.5 km	PAJOUL Delcina	FRA	45h53m
2000	Chalons – Colmar	360.0 km	POUTINSEVA Irina	RUS	47h35m
2001	Chalons – Colmar	360.0 km	RADDER-WILLEMS Marlen	HOL	49h24m
2002	Chalons – Colmar	360.0 km	RADDER-WILLEMS Marlen	HOL	50h23m
2003	Chalons – Colmar	366.5 km	POUTINSEVA Irina	RUS	48h56m
2004	No Event Contested				
2005	Chalons – Colmar	291.5 km	MESMOUDI, Ann-Marie	FRA	35h20m
2006	Chalons – Colmar	293.3 km	BOUFFLERT Kora	FRA	37h09m
2007	Paris – Colmar	305.7 km	MESMOUDI Anne Marie	FRA	38h09m



1993 – Kora Sommerfeldt, Anne Chery, Josiane Pannier, Arlette Touchard, winner Isabelle Duchene and Jill Green



1994 - Edith Couhe and winner Joelle Lefilleul



1993 – a young Kora Sommerfeldt

But it was 2007 which saw two of the top women once again challenging themselves against the men. **Kora Boufflert** was a dual winner of the womens' event (1995 and 2006) and **Sylviane Varin** had finished 4th, 4th, 5th and 3rd in the last four editions of the womens' event. They were toughened veterans of the ultra distance walking scene and they were up to the task, both finishing this toughest of tough events.

Jill Green asked Kora to write a little about the 2007 Paris to Colmar race for us and I am really excited to be able to include it here.

In December 2006, the Director of the P/C Race, authorized me to take part in the “ELITE” Race as a man! Then we looked for money (around 3500 Euros) and people (12 friends) to constitute the TEAM and I started preparing seriously for my race with a particularly sustained training period (75 miles per week / 288 miles per month) over a 3 month period.

The race was a dream because I didn't have any mental pressure before, during or after it. As I always do, I started rather quickly. On Thursday 7th, I was pleased to discover the “Marne” and its vineyards. That day was so hot and very stormy and I developed deep blisters underneath the soles of my feet. But I was so determined that I found the strength to go on walking at a good speed lest I be late at the control points.

The second night was really terrible because I love sleeping in my bed and here, I couldn't sleep. I was obliged to walk and walk non-stop from Vitry le Francois (a town after Charlons sur Marne) to St Dizier where participants in the ELITE race were able to take an obligatory 2 hours rest. I arrived at 4:56AM, HAPPY TO SLEEP. Doctors checked my feet and my blood pressure (all was ok) and after a “delicious bye-byes”, I was ready to attack the next 145 km to Mirecourt, that last BIG rest before Colmar.

I was really fresh physically in spite of an undulating area and the weather again was very hot. Lots of walkers in the ELITE race had to stop as either their speed was too slow or because of injuries. I was happy when, a few miles after St Dizier, I caught up to two men, Zdenek Simon and Thierry Heinrich (French Senior champion over 200 km). My team was perfect and that helped me go so well.

The last night (the third and the longest) was very hard too. As soon as I arrived at 5:05AM in Mirecourt, my team took me directly to Corcieux, the last stop before Colmar, to sleep as long as possible (around 3 hours). On Saturday at 10 AM, there was one final start for everyone (ladies, promotion and elite). This consisted of 54 km with 2 ascents (the Plainfaing and the famous Col du Bonhomme, a 10 km hill. I kept up a good speed to the top of the Bonhomme and thanks to the music of Adam Urbanowski which was behind me, I went down very quickly as far as Kaysersberg and finally Colmar, catching a few men (Paul Gilg, Alexei Rodionov and so on) along the way.

I was really quite fresh despite the tiredness and I feel I could well have done 520 km like Annie van de Meer did. To finish, my feet suffered but what happiness when you cross the finish line. So emotional for your team. Once I endured a blood test for Doping Control, I felt I had given all!



Kora at the 2007 Colmar presentation ceremony

Amongst the many wonderful women walkers who have accepted the challenge of the Paris-Colmar, Edith Couhe and Kora Boufflert stand out as amongst the best. The competitive records of these two wonderful walkers make for amazing reading

Edith Couhe

1986	Men's Elite Race	21 st	380 km
1987	Men's Elite Race	20 th	400 km
1988	Women's Race	1 st	368 km in 55:27
1989	Women's Race	1 st	376 km in 57:51
1990	Women's Race	1 st	340 km in 50:36
1991	Women's Race	1 st	340 km in 51:15
1992	Women's Race	1 st	333 km in 47:38
1993	Women's Race	3 rd	334 km in 46:55
1994	Women's Race	6 th	265 km

Kora Boufflert (nee Sommerfeldt)

1989	Women's Race	6 th	217 km
1990	Women's Race	5 th	308 km
1991	Women's Race	4 th	298 km
1993	Women's Race	2 nd	334 km in 45:41
1995	Women's Race	1 st	333 km in 45:02
2006	Women's Race	1 st	293 km in 37:09
2007	Men's Elite Race	7 th	445 km in 63:16

We look forward to further chapters being written by our top women in this ultimate walking event.

IAAF WORLD CHAMPIONSHIPS, OSAKA, 25 AUGUST – 2 SEPTEMBER 2007

My wife Lois and I made the trip to Osaka in Japan on the occasion of the IAAF World Athletics Championships last month and were lucky enough to witness the fantastic performance of Australian Nathan Deakes who won the 50 km racewalk World Championship in a huge time of 3:43:53. The commentators had expected a winning time in the vicinity of 3:50, given the hot and humid conditions, but Nathan showed that he was in a class of his own with his all the way win. And for those who follow the career of my son Chris, he finished 24th in 4:13:00. He had been injured in the leadup and was pleased with his finish under the circumstances.



Australian racewalkers in action in Osaka – Nathan Deakes 1st and Chris Erickson 24th

FINANCIAL NEWS

We are back in the black again after some generous donations from our members. Thanks everyone.

Incoming	Stuart Cooper – donation	50.00	
	Geoff Peters – donation	30.00	
	Jim Gleeson – donation	50.00	
	Merv Lockyer – donation	38.00	
	Merv Lockyer – 2007 Newsletter Postal Subscription	12.00	
	Ian and Clarrie Jack – donation	40.00	
Outgoing	Photocopying	20.00	
Balance			488.24

UNTIL OUR NEXT NEWSLETTER

Australian ultra walkers and Australian walking in general have really been in the news over the last month or so and I am very proud of the way that our sport continues to grow. Walking is, after all, the most natural of sporting activities and everyone can benefit from the healthy lifestyle it creates.

Yours in Centurion walking

Tim Erickson (C 13)

Secretary, Australian Centurion Walkers Inc., 1 Avoca Cres, Pascoe Vale, Victoria, 3044