

CENTURION FOOTNOTES

DECEMBER 2008 – VOL 15 NUMBER 8

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DATES...DATES...DATES

Sun 15 March, 2009	Coburg Harriers 6 Hour endurance Run/Walk	Coburg, Victoria
18-19 April, 2009	Coburg 24 Hour Carnival, incorporating the Australian Centurions 2009 Qualifying event See http://home.vicnet.net.au/~austcent/index.html	Coburg, Victoria
8 May 2008	Continental Centurions 2009 Qualifying event	Netherlands
27-28 June 2009	Australian 24 Hour Track Championship See http://www.aura.asn.au/SriChinmoy_6-12-24.html	St Lucia, Brisbane, QLD
11-12 July 2009	English Centurions 2009 Qualifying event	Newmarket, England
31 July – 2 Aug 2009	Australian 48 Hour Track Championship See http://www.aura.asn.au/Caboolture_6-12-24-48.html	Caboolture, QLD

Note that the Sri Chinmoy Australian 24 Hour Track Championship is moving from Adelaide to the University of Queensland track at St Lucia in Brisbane in 2009. The date is also changing from the traditional October scheduling to 27th June, a month before the Australian 48 Hour championship in late July. That means that two of our top 3 track based ultra events will now be held in Queensland. Of course, there are lots of other ultra events on offer throughout the year, with many of them being off-road. See http://www.aura.asn.au/events_2008.html for the full calendar of Australian events.

Numbers are building nicely for our 2009 Australian Centurion qualifying event at Coburg – so far, we have 23 entries for the 24 Hour event (12 runners and 11 walkers). Amongst the walk start list are Australian Centurions **Geoff Hain (C 49)**, **Michael Harvey (C 43)**, **Clarrie Jack (C 4)** and **Gerald Manderson (C 31)** as well as Continental/English centurions Rudy Schoors and Caroline Mestdagh. So we look set for a high quality walk.

SOME CHANGES OF ADDRESS

Sandra Brown (C 36) and husband Richard are on the move from Somerset to Dorset. Sandra emailed me to say *We shall be in (another) old stone house, a stone walled and roofed "listed" cottage, in the centre of a small village, close to the ancient and early Norman church (and not far from the almost equally ancient and unchanged village pub). We are looking forward to it very much. Happily, we shall be much nearer to Jill Green - from the coast path and cliffs which are less than a mile from the village, we can see the Needles and Tennyson Down on the IOW, where we have walked with Jill. So it will be really good to be able to get together more easily with her and to walk together.* *It doesn't seem to stop raining here - water and floods everywhere! Yesterday, R and I led a footpath walk of our LDWA local group for 20 miles across the Mendip hills and the water was everywhere - the washing machines were whirring last night with all the soggy, muddy kit!* *Our address from end November will be*
Sandra and Richard Brown
Rose Cottage
Pikes Lane
Worth Matravers
Dorset
BH19 3LQ

Ken Walters (C 26) and Judy have also moved but not far – from Upwey to Upper Ferntree Gully. Their new address is 7 Waters Ave, Upper Ferntree Gully, Victoria, 3156.

TRARALGON HARRIERS 6 HOUR VICTORIAN TRACK CHAMPIONSHIP, NOVEMBER 2008

Traralgon Harriers presented the annual Victorian 6 Hour Track championship on Saturday 22 November at Newborough in country Victoria. Full results are available at http://www.traralgonharriers.org/6_50/year08.php. Three walkers were amongst the 23 starters and Paul Monks finished the best of them with 50.413 km. Their places and times were

9	Paul Monks	50.413 km
13	Brian Glover	49.579 km
16	Steve Jordan	42:000 km

NEW ZEALAND CENTURIONS QUALIFYING EVENT, AUCKLAND, 22-23 NOVEMBER 2008

The annual New Zealand Centurions qualifying event was held last month at the Sovereign Stadium in Auckland. New Zealand Centurions secretary Philip Sharp reported as follows on the small walking contingent who mixed it with the runners.

Hi Tim

The NZ 6/12/24 hr Sri-Chinmoy events were held over the weekend at Sovereign Stadium Auckland. There was the usual wind. The temperature on Saturday rose to about 20C.

Jens Borello and Craig Welsh were in the 24 hour.

Jens had trained well for the event and he seem to have sorted out his back problem. He started well in the race and had done 59K after eight hours. A few laps later, he sat down beside me and said that he was pulling out as he did not have the spirit to continue and that this would be his last 24 hour race. Without being too forceful, Simahin and I encouraged him to continue but to no avail. I hope Jens was just dispirited on the day and that he will continue centurion walking.

Craig did his normal steady plod and had done 52K after eight hours. He slowed a bit after that and started getting hotspots on his feet. He pulled out after about 82K, somewhere around 14 hours. He told me afterwards that he did not feel like doing any more long walks but he also said that he might think differently tomorrow. He trains by himself in Wellington and does few long walks. I suggested he get in contact with people in Wellington like Andrew Shelley.

There were no walkers in the 12 hour.

Michael Law and Graham Cleal were in the 6 hour. Michael had not done any training and had put on a pound or two since I last saw him two years ago. He did 30K. Graham did 36K. He took things easily because he was in the team relay starting at 9pm.

There were two walking teams (4 people per team) in the relay: Michael, Graham, Linda Law and five people Michal, Graham and Linda have introduced to walking.

This year was the third I've done the judging and I am getting a little jealous of the people competing! In addition, the years are ticking by and so I will be working hard to get someone else to do the judging next year so I can enter the 6 hour.

Best wishes.

Philip

Thanks Philip! See http://www.srichinmoyraces.org/nz/race_results/2008/aucknov08/view for a comprehensive report on the full event.

24 HEURES DE BOUILLANTE, GAUDELOUPE, 29-30 NOVEMBER 2008

Now billed as 'le Tour de Gaudeloupe', this annual 24 Hour event was staged in late November in the French dependency in the Caribbean. Like last year, it was one of the official qualifying events for the Paris Colmar classic. Results are hard to find but I did come across the bare bones results on <http://bisoubye.com/>. The male and female winners were Dominique Naomowicz with 189.9 km and Jacqueline Guizonne with 161.9 km.

1.	201.9km in 23h49	LES VICTORIEUX (Team)
2.	189.9km in 23h46	Dominique NAUMOWICZ
3.	189.9km in 23h56	LES VICTORIEUSES (Team)
4.	177.9km in 23h51	Bernard FRECHENGUES
5.	173.9km in 23h49	Charles CHAMMARTIN
6.	167.9km in 23h54	Ludo SCHAERLAECKENS
7.	165.9km in 23h45	Patrick ASSELOS
8.	161.9km in 23h48	Jacqueline GUIZONNE – first woman
9.	131.9km in 23h51	Guy LABYLLE
10.	129.9km in 23h59	Jean-Claude COURCY
11.	117.9km in 23h45	Jaroslav PRUCKER
12.	113.9km in 23h59	Noëlle LANDRU – second woman



Walkers contest the Tour de Gaudaloupe - <http://bisoubye.com/>

The top continental walkers can now have a well earned break until the season kicks off again in February with the following classics in quick succession

Feb 15, 2009	Les 8 heures de Charly sur Marne
Feb 28, 2009	24 heures de Bourges
Mar 21, 2009	24 heures de Château Thierry
Apr 11, 2009	100 km French Championships (to be confirmed)
Apr 25, 2009	24 heures de Dijon

1st PUTRAJAYA INTERNATIONAL 12 HOUR WALK, PUTRAJAYA, MALAYSIA, 13-14 DECEMBER 2008

After 4 schedulings at Penang, the 2008 Malaysian 12 Hour walk was changed to Putrajaya, the country's new administrative centre, just outside Kuala Lumpur. The course was a 1 km loop in the inner city area and organiser Mr Khoo Chong Beng did his usual fantastic job in an event which boasted 125 women and 263 men. This is a pretty amazing sort of field for any event but to manage such a large number over a 12 hour period is pretty impressive. The results for the first 20 men and women is shown below. Since the lap was an exact 1 km distance, the final distance was designated as the last completed lap before the 12 hour time limit.

Open Men

1	A001	VANDENHOECK ALEXANDER	Belgium	94	11:58:36
2	A213	THEVENDRA A/L RAMANJULOO	Malaysia	91	11:58:05
3	A601	JOHN SENANU SEGBE	Ghana	91	11:58:32
4	A120	HAMIDON SABINO	Malaysia	90	11:59:26
5	A055	CHNG HOCK LEONG	Malaysia	83	11:52:42
6	A141	LIEW THO FATT	Malaysia	81	11:52:52
7	A281	TEO LU LING	Malaysia	81	11:53:36
8	A086	LAM MAN BIU	Hong-Kong	80	11:56:17
9	A134	ENG HUP BOH	Malaysia	79	11:58:07
10	A214	CHEAH SIN CHOR	Malaysia	77	11:54:38
11	A177	PARAMESWARAN A/L GOVINDASAMY	Malaysia	75	11:59:02
12	A155	KRISHNAN A/L RENGASAMY	Malaysia	74	11:57:55
13	A249	PHILIP LIM	Malaysia	74	11:59:08
14	A089	FOONG FATT HENG	Malaysia	74	12:00:58
15	A054	CHOW LAK KEONG	Malaysia	73	11:47:05
16	A143	ANG THEAN HOCK	Malaysia	73	11:50:13
17	A144	ANG OOI LUN	Malaysia	73	11:50:14
18	A179	DR. DEVINDER SINGH A/L GURMUKH	Malaysia	73	12:02:01
19	A084	ERROL THEODOR RINSCHÉ	Malaysia	72	11:49:08
20	A178	MAHALINGAM A/L PALANY	Malaysia	72	11:49:42

Open Women

1	B362	KWOK CHIK HA	Hong-Kong	83	11:56:17
2	B374	SO KIT-SUM, ISAAC	Hong-Kong	74	11:59:21
3	B372	LIM SIEW LEAN	Malaysia	71	11:49:19

4	B349	CHRISTINA LIM SWEE LIN	Malaysia	70	11:53:04
5	B398	KASTURI A/P MUNIANDY	Malaysia	69	11:43:48
6	B479	KANIGA A/P SUBRAMANIAM	Malaysia	69	12:01:57
7	B396	TEO AH LIEW	Malaysia	68	11:49:40
8	B361	ANG PECK HAR AMELIA	Malaysia	67	11:52:15
9	B473	ERNI WATI BINTI MOHD ARIP	Malaysia	67	11:55:07
10	B373	LEONG SIEW HAR	Malaysia	66	12:00:30
11	B464	LIM PICK JUN	Malaysia	65	11:57:53
12	B453	TAN CHOOI KHIM	Malaysia	65	11:57:54
13	B442	VIJAYALETCHUMY S/P SUBRAMANIAM	Malaysia	64	11:55:29
14	B399	LAW SUAT CHENG	Malaysia	63	11:43:20
15	B481	SUSILA A/P GOVINDAN	Malaysia	61	11:57:19
16	B441	GOMATHI A/P SUBRAMANIAN	Malaysia	59	11:48:38
17	B470	SEAH BEE LIAN	Malaysia	59	11:51:44
18	B406	NORMA BT MAN	Malaysia	58	11:59:15
19	B360	LIM GUAT CHENG	Malaysia	57	11:51:23
20	B306	LIM MOOI KIANG	Malaysia	56	11:55:56

Full results are available from website <http://racewalkermalaysia.synthasite.com/>



The 1 km loop for the 12 Hour walk was certainly not hidden away in the back blocks of the city!

ANDREW JAMIESON – A PERFORMANCE TO SAVOUR

Although not strictly an ultra distance performance, it would be remiss of me if I failed to mention the recent performance of 62 year old Melbourne race walker **Andrew Jamieson**. Competing in the 2008 Australian 50 km road walking championship at Fawkner Park in Melbourne on Sunday 14 December, Andrew finished third behind his much younger fellow medallists in a performance that left most of us speechless.

Andrew, the 2007 IAAF Masters Athlete of the Year, had his own personal goal – to break the one Masters M60 World record had had thus far alluded him. It was perhaps the toughest one in the books, a time of 4:23:29 set by the great German walker Gerhard Weidner in 1993. And take it he did with a final time of **4:23:16**. Considering that our own Australian M60 6 Hour track walking record is 51.200 km, the awe inspiring nature of Andrew's walk can be appreciated.

He now holds every M60 World Masters Association walking record on offer but I am sure that this is now his favourite one! You can read a great article on Andrew's latest record breaking walk on the Victorian Masters website at http://www.vicmastersathletics.org.au/vma_news.html

For the record, his M60 world records read as follows:	3000m	13:24.07	2007
	5000m	22:38.7	2007
	10 km	46:22.1	2007
	20 km	1:35:38.9	2007

30 km	2:29:45.7	2008
50 km	4:23:16	2008



Andrew Jamieson powers to his 50 km time earlier this month in Melbourne

FROM THE ARCHIVES – CARMELA CARRASSI

Of the small group of women who have completed the centurion walk in Australia, **Carmela Carrassi (C 27)** holds pride of place as the first. Her 1994, 1996 and 1997 walks set new Australian standards and created inaugural women's records. Now seems a good time to review her contribution to Australian ultra walking.

October 1994 – Australian Centurions 24 Hour Walk, Collingwood Harriers Track, Clifton Hill

Carmela came into the October 1994 Australian Centurion 24 Hour event at Clifton Hill with just over 12 months in the sport of racewalking and one season under her belt. She had taken up athletics a year previously at 40 years of age simply to lose weight and get fit after many years looking after her family. Well supported by her family and fellow members of the East Brunswick Athletics Club, she set off at a pace of just over 3:00 per lap before gradually slowing as she was forced to change from race-walking to brisk walking. She reached the 50 mile mark in 11:52 but it was apparent that her pace was just not fast enough to reach the 100 mile mark within the 24 hour limit. But that did not deter Carmela - she had few breaks and maintained an almost continuous presence on the track. From lap 300 onwards, she was reduced to 400m times of over 4 mins. She also suffered from blisters and stomach problems as her ultra inexperience showed out. However, she set new Australian standards for women in the distances of 50 Miles, 100 km and 24 hours and achieved the greatest distance walked by any Australian woman. Her final tally at the finishing gun was **148.936 km or 92 miles 992 yards**.



Carmela in action in the 1994 event The 1994 finishers – Peter Bennett, Carmela, Ken Walters and Andrew Ludwig

Overall, she was one of 4 finishers

1.	Peter Bennett	Qld	38	100 miles	19:42:54	
2.	Andrew Ludwig	Qld	28	100 miles	22:26:09	
3.	Ken Walters	Vic	62	100 miles	22:28:31	
4.	Carmela Carrassi	Vic	41	92 miles 992 yards	24:00:00	(AR)

April 1996 - Coburg Harriers 24 Hour Carnival, Coburg, Victoria

Those who watched Carmela complete 92+ miles in the 1994 Centurions event were convinced that it was only a matter of time until she became qualified in her own right. She chose the Victorian 24 Hour Track Championship at the Coburg Harriers Track in Melbourne in early 1996 as her next attempt. As this was a running event, Centurion members were present to verify her performance. On this occasion, she reached the 100 mile mark in **23:44:22** to become **Australian Centurion number 27** and then continued on to complete the full 24 hours and set new Australian Women's Bests for 50 miles, 100 km, 100 miles and 24 hours. These performances were as follows

50 miles	11:12:20
100 km	14:16:27
100 miles	23:44:22
24 Hours	162.541 km

In 1994, Carmela had only been walking for some 12 months and was very much a newcomer to the sport. In the 18 months since that performance, she competed regularly in the Veterans and in the Victorian Walkers Club and even competed in the 1995 World Masters Games where she took gold in the 1500m walk and silvers in the 5000m and 10 km walks. This showed in her next performance. Whereas in 1994, she had problems with blisters and stomach upsets and a drastically slowing pace, this time she walked like an ultra veteran and always looked in control. She was an almost continuous presence on the track and only stopped to change shoes. She never slowed beyond 4 min laps and sped up over the last couple of hours to 3:35 laps. Her style was impeccable.

Weather conditions were atrocious. It rained for most of the 24 hours of the race and during the night, the rain was so heavy and continuous that competitors were forced to fight their way through water that was several inches in depth. Add a furious overnight wind and you had conditions that would be talked about for some time to come. Carmela walked most of the second 12 hours out towards the second lane to avoid the water, thus adding considerable distance to each lap.

It was certainly a marvellous race to watch with 8 relay running teams matching it with the individuals over the 24 hour period. Thus there were always a lot of athletes on the track and a big crowd helping and spectating. Carmela was the only walker amongst the runners but she was well treated and certainly did walking a great service by her efforts.

The great Yiannis Kouros was dominant and the race was worth seeing just to view his performance. He held the world 24 hour track running record at 282 km and was hoping to extend that to some 306 km. However the atrocious weather conditions slowed him and he had to be content with ONLY 294.50 km (736 laps). He had broken his record by some 12 km in a performance that marked him as so far ahead of the rest of the world that he could be confidently called a 'superman'.



Carmela after her 1996 record breaking walk

The final results showed 5 runners and one walker achieving in excess of 100 miles:

1.	Yiannis Kouros	736 laps	294.504 km	
2.	Helen Stranger	521	211.126 km	
3.	Joe Slrombolak	504	201.856 km	
4.	Peter Goonpan	446	178.731 km	
5.	Bill Hick	410	164.211 km	
6.	Carmela Carrassi	406	162.541 km	(walker)

April 1997 - Coburg Harriers 24 Hour Carnival, Coburg, Victoria

After her success in 1996, Carmela again chose Coburg for her next centurion effort attempt a year later. A large field was assembled with 12 ultra runners, 4 ultra walkers and 9 relay teams. Carmela walked almost continuously for the full 24 hours (a trademark of her previous performances) and was ahead of schedule at all times. Starting off at about 2:45 pace, she gradually slowed to about 3:00 and was still maintaining 3:40s in the latter stages of the race. She completed the 100 mile distance in a much improved **23:09:03** before continuing on to record 166.6 km in the 24 hours. Overall, she broke all her Australian records as follows

50 Miles	11:08:04
100 Km	13:52:32
100 Miles	23:09:03
24 Hours	166.600 km

The final result showed 4 runners and one walker achieving in excess of 100 miles:

1	Yiannis Kouros	266.18 km	
2	Helen Stanger	206.86 km	
3.	Carmela Carrassi	166.60 km	(walker)
4.	Peter Armistead	163.09 km	
5.	Ron Hill	161.46 km	

Alas, her huge performances came at a high personal cost. Soon after this last walk, she was forced into a long break with foot problems that required an operation and a long convalescence. Two years later, she saw her Australian records bettered by Carol Baird whose 22:16:43 took some 55 minutes off her record. Carmela's family was keen for her to return to the sport but she felt that she had done enough and resisted their urges. Although she has since moved back to Italy with her husband and family, her performances remain as part of our proud history. Well done Carmela!

GORDON SMITH MEMORIAL AWARD

I am pleased to announce the nominees for the **2008 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.

Previous winners have been **Deryck Skinner (C 51)** in 2005, **Stan Miskin (C 23)** in 2006 and **Terry O'Neill (C 18)** in 2007. This year's nominations are

1. **Peter Bennett (C 24)**

In the Caboolture 12 Hour Walk on 9-10 February 2008, Peter set new M50 records of 100.70 km for 12 Hours and 11:55:14 for 100 km on the 500m (certified) compacted decomposed granite surface. He and Andrew Ludwig (C 25) fought it out with the runners and their performances were acknowledged in the race report as follows:

"We were all honored to a display of power walking or speed walking by Peter Bennett & Andrew Ludwig for near 7 hours, till Peter slowly worn down Andrew. They walked shoulder to shoulder for hours starting at 9kph, continuing to only drop a 1kph. Peter went on to walk 101kms, while Andrew achieved 93.026. Gentlemen, you were a pleasure to watch."

This is our 6th best 12 Hour performance with the other five above him being done at significantly younger ages.

2. Deryck Skinner (C 51)

In the Caboolture 48 Hour event on 29-31 August 2008, Deryck new M75 records of 38:37:11 for 200 km and 238.811 km for 48 Hours and finished 5th overall amongst the field of runners. The course was the same 500 metre circuit that Peter Bennett had walked on in February and the race direction was reversed hourly. That Deryck was dissatisfied with his overall result says a lot about the high expectations that he places on himself. For someone aged 75+ to walk for 48 hours and achieve such a mammoth distance speaks for itself.

3. Deryck Skinner (C 51)

In the Sri Shinmoy Australian 24 Hour Championship in Adelaide on 4-5 October 2008, Deryck new M75 records for 50 miles (11:35:51), 100 km (14:49:42), 6 Hours (43.852 km), 12 Hours (83.229 km) and 24 Hours (143.033 km) to add to his M75 records set at Caboolture 5 weeks before. This gave Deryck the full set of M75 records up to and including the 48 Hour. It had taken a great couple of walks by Deryck to beat Stan Miskin's records which were something special themselves. It is astonishing to me that we had had two such outstanding walkers in such close succession.

All our Centurion members are being separately sent ballot papers and I look forward to announcing the winner in our next newsletter. Peter and Deryck are both wonderful walkers and outstanding representatives for our sport and both would make worthy winners.



Peter Bennett (C 24) and Deryck Skinner (C 51) - our 2008 Gordon Smith Award nominees

FINANCIAL NEWS

It's been a quiet month and our finances are well placed to start planning for our 2009 Centurions qualifier event.

Incoming:	Donation – Rudolf Skrucany	20.00
	Donation – Gerald Manderson (C 31)	40.00
Outgoing:	Postage and photocopying	<u>- 28.15</u>
Balance		876.75

UNTIL OUR NEXT NEWSLETTER

It has been the usual big year for us with many fine performances and lots of highlights. On a individual note, most of us have managed to get out for regular strolls and keep the walking legs moving. Our sport is a life long endeavour as we continue to challenge ourselves and maintain our healthy lifestyles long past our competitive days. To all our members and supporters, I wish a Christmas filled with peace and joy and a new year of promise and bounty.

Yours in Centurion walking

Tim Erickson (C 13)
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