

CENTURION FOOTNOTES

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DATES...DATES...DATES

Aug 16-17, 2008	2008 British Centurions 100 Mile Track Qualifier	Milton Keynes, England
Aug 29-31, 2008	Australian 48 Hour Championship	Caboolture, Queensland
Oct 4-5, 2008	Sri Chinmoy Australian 24 Hour Championship	Adelaide, South Australia
Nov 1-2, 2008	2008 New Zealand Centurions Qualifying Event	Auckland, NZ
	See http://www.srichinmoyraces.org/nz/races/auck/24hr	
Nov 3-9, 2008	Colac 6 Day Endurance Event (TBC)	Colac, Victoria
Dec 13-14, 2008	1 st Putrajaya International 12 Hour Walk	Putrajaya, Malaysia

Mr Khoo Chong Beng has forwarded details and entry form for the 1st Putrajaya International 12 Hour walk which presumably replaces the Penang 12 Hour walk which had been held annually over the last few years. It will be held in December this year in Putrajaya which is the new administrative centre of Malaysia, situated just south of Kuala Lumpur. For more details on this city, have a read at <http://en.wikipedia.org/wiki/Putrajaya>
Email me if you would like me to forward race information details and entry form.

NEWS ON OUR MEMBERS AND SUPPORTERS

Peter Bennett (C 24), Andrew Ludwig (C 25) and Robin Whyte (C 29) recently competed in the annual Racewalking Australia carnival in Canberra, choosing the 20 Mile walk as usual - and all finished as usual. Final placings were Peter 10th 3:05:11, Andrew 13th 3:19:46 and Robin 14th 3:31:49. Of the 42 times this carnival has been held, Robin has finished the 20 Miler on an amazing 39 occasions while Peter has finished it on 16 occasions. Now that's what I call staying power.



Peter, Andrew and Robin finishing their 20 Mile walks in Canberra in June

Sandra Brown (C 36) and husband Richard, along with **Jill Green (C 38)** had a pleasant mid-May stroll in the Yorkshire Dales in the annual LDWA 100 mile event. For event details, see <http://www.wizzer5.co.uk/index.htm>. Here is how Sandra described the experience

Richard and I have just enjoyed the LDWA Yoredale 100 miles event. The views were simply fabulous all the way round. This is a National Park with stunning upland scenery, beautiful river valleys, great wildlife, pretty and historical villages and farms. This annual event is across country, almost all off-road, involving 13000 feet of climb including the ascent of Inglesborough, 20 pages of route finding instructions (and a few un-intended diversions to add to the fun!) The 48 hour time limit reflects the challenge of the terrain and route-finding. Thankfully the weather stayed dry, but was extremely windy throughout - blowy enough to cause rail disruption through fallen trees on my way home. The going was often rough and stony underfoot, causing predictable foot

problems. Several UK Centurions completed the walk, including Jill Green, Dutch walkers Connie and Huub Raijmakers, Richard and myself. As I write 2 days after the event, I am still rather stiff and sore, but will hope for the best at Schiedam next weekend, and look forward to seeing Geoff Hain and many of our Dutch friends there.

2008 CONTINENTAL CENTURIONS QUALIFYING EVENT, SCHIEDAM, MAY 31 – 1 JUNE

The first Centurion qualifier for the year was that of the Continental Centurions. They chose the Dutch city of Schiedam and targeted Saturday May 31 as the start date. And, true to his word, **Geoff Hain (C 49)** was a starter. Rather than just tell you the result up front, here is a brief race report from British Centurion Kath Crilley

Dear Tim

Last weekend Sandra Brown, Chris Flint and I went off to Schiedam (outskirts of Rotterdam) to compete in the Dutch 'Wandelweekend' which comprises of a number of distances: 50km, 50 miles, 100km, 100miles and 24 hours. Sandra and Chris took part in the 100 miles and myself. Very sensibly I signed up for the 50 miles.

Most importantly for Australian Centurions is news of Geoff Hain who is, by all accounts, having a whale of a time in Europe. It was really great meeting Geoff and his family. The 100 mile/24 hour race started at 12 noon and my 50 mile race started at 8pm. Goodness, 8 hours to kill!! But Geoff's wife and daughter invited me to share 'their blanket' to sit on the wet grass, to watch, cheer, support, etc, as our family and friends walked by.

I heard all about Geoff's walks - how he is used to walking on a 400 metre track and how will he ever manage this course which is just under 4km? How will he cope? Well cope he did. Up to the wire! But according to tradition - Geoff finished (give or take a few minutes) within 30 minutes off the cut off time. And he looked 'fresh as a daisy'. Well done Geoff.

Whilst Schiedam is an extremely well organized race with lots of support and food provided, but if you don't have a tent or a car, it can be quite a harsh for the supporters. Fair dues to the Hain family; they walked round the course in the opposite direction throughout the night giving support and encouragement to Geoff (and myself when we recognized each other in the dark!!) What more can be said!

So now Geoff has received the coveted Dutch Centurions Award - only one more to go?

Kath Crilley



Geoff Hain, Sandra Brown and Chris Flint at Schiedam (photos compliments of Kath Crilley)

And to complete Kath's report, some links to the event coverage on her British Centurions website

- <http://www.centurions1911.org.uk/Events/2008/Schiedam100miles2008.htm>
- <http://www.centurions1911.org.uk/Events/2008/schiedamphotos.htm>
- <http://www.centurions1911.org.uk/Events/2008/schieda2008report.htm>

Yes, Geoff did it – his fifth Centurion badge and a PB 100 mile time to boot – **23:18:30**. The event saw 13 new Continental Centurions amongst the 27 100 mile finishers. The list of 100 mile finishers reads as follows

1.	Sandra Brown (F)	Surrey WC	49	20.14.23	160.934	(131)
2.	Ton van Andel	RWV	59	21.09.03	160.934	(65)
3.	Huib van Broekhoven	RWV	61	21.12.35	160.934	(341)
4.	Marcel Dekker	LAT	58	21.14.03	160.934	(269)
5.	Rob Frielink	RWV	46	21.47.58	160.934	(322)

6.	Adrie Zoon	RWV	55	21.49.08	160.934	(305)
7.	Robert de Wolf	RWV	47	21.50.15	160.934	(299)
8.	Wim Brink	RWV / Zwolse Tip.	64	21.59.09	160.934	360
9.	Ties van den Berg	de Arend	63	22.05.44	160.934	(342)
10.	Jenny Berghs (d)	RWV	55	22.06.15	160.934	361
11.	Frans van den Bergt.	Jansstappers	48	22.06.15	160.934	362
12.	Marcel Lambiotte	de Floreffé	50	22.12.59	160.934	(353)
13.	Christopher Flint	London Vid.	44	22.22.12	160.934	(332)
14.	Ton Thijssen		71	22.29.39	160.934	363
15.	Wilma Driessen (F)	Natuurvrienden	66	22.35.21	160.934	364
16.	Piet van der Kroft	RWV	44	22.46.35	160.934	(293)
17.	Luc Soetewey	Stroboeren	61	22.56.21	160.934	(331)
18.	Harm Voortman	LAT	63	22.59.50	160.934	365
19.	Caroline Mestdagh (F)	RWV	65	23.00.52	160.934	366
20.	Rudy Schoors	RWV	65	23.00.52	160.934	367
21.	Geoff Hain	AUS	46	23.18.30	160.934	368
22.	Wim van Cappelle	OLAT	55	23.23.55	160.934	369
23.	Coert Peeters		63	23.41.53	160.934	370
24.	Hans Pranger	OLAT	--	23.44.42	160.934	371
25.	Johan Koning	LAT	34	23.53.21	160.934	372
26.	Trudy van der Meer (F)	RWV	54	23.53.31	160.934	(357)
27.	Ernst Westerhoff	OLAT	39	23.53.31	160.934	(281)

Here is what Geoff's take on his latest achievement

The 24 hour event was extremely well organised on a course of 3.925km which I did 41 times for the 100 miles. Quite a challenge mentally to get my head around such a long distance without any time advice until back at the start. A very picturesque course around & through a large heavily treed park with lots of twists & turns and over 3 bridges with water everywhere. The surface varied from bitumen/concrete/ bricks/ gravel/ a few potholes/ and generally flat to slightly undulating. At night, there were a few places where it was quite dark in amongst the trees but nothing to worry about really.

The recording system used was a hand based system but entered somehow directly into a computer - so efficient was the method that immediately you passed the line, your updated details were posted on a screen together with a computer generated estimate of your predicted finishing time! (based on the speed of your immediate last lap). Naturally this predicted time kept changing but it gave me a challenge to try & maintain such a speed.

There was a food/drink tent set up 100 m past the start/finish line with a system as follows. About 25m before the tent, a lady was positioned who asked you what you required, in Dutch, after which she would use a walkie talkie gadget to tell the people in the tent to get the requested food or drink ready for when you pass so that no time was wasted looking for refreshments. A great system indeed.

Fortunately the weather was very kind with no rain, only the threat of storms. On the whole, I was quite comfortable during the event and although my top "speed" is now less than it was 3 or 4 years ago, I am able to maintain quite a steady pace for longer periods of time. Probably a better way to complete such an event and finishing generally in a better shape than before.

I was very fortunate indeed to be with the legendary Sandra Brown for a second time, the first being at the Isle of Man Centurion two years ago and the affable Chris Flint from the British Centurions. Sandra won the event outright even though she competed in another 100 mile event the previous weekend! What a champion she is and so humble.

The majority of the competitors were Dutch with a few from Belgium, England & France plus me being the lone Aussie! The Dutch are very friendly people and nothing was too much trouble for them - a very well organised & friendly event.

Cheers
Geoff

Geoff has now completed the centurion walk 8 times in less than 4 years and has amassed 5 of the 6 available Centurion badges. His list of hundreds reads as follows

Geoff Hain	23:30:38	16-17 Oct 2004	Adelaide, SA	(C 49)
	23:27:49	16-17 April 2005	Coburg, Victoria	
	23:38:25	22-23 April 2006	Coburg, Victoria	
	162.474 km in 24H	1-2 Oct 2005	New Zealand	(C 14)
	23:31:43	19-20 Aug 2006	Isle of Man, UK	(C 1051)
	23:33:47	21-22 April 2007	Coburg, Victoria	
	23:25:14	17-18 Nov 2007	Grapevine, Texas, USA	(C 68)
	23:18:30	31 May – 1 Jun 2008	Schiedam, Holland	(C 368)

Finally, how could we finish such a report without mentioning the performance of **Sandra Brown (C 36)**. Just one week after completing the LDWA (Long Distance Walking Association) 100 miles walk up and down the Yorkshire Dales, she won this event overall. Thinking she would need the whole 24 hours to complete the 100 miles, she did, in fact, finish in an amazing **20:14:23**. Marcelino Sobszak (winner of the Battersea Park 100 miles in 2007) dropped out with hip problems after 7 hours, leaving Sandra to finish well ahead of the rest of the field. She was never headed for yet another magnificent performance – her 129th hundred!

PARIS-COLMAR CLASSIC, 18-21 JUNE 2008

The Paris Colmar classic has now finished for another year and once again it was an absolutely fantastic event with 5 different races on offer:

Elite Men	444.0 km	16 entrants
Elite Women	305.7 km	9 entrants
Promotion	292.3 km	14 entrants
Stages	173.0 km	16 entrants
Partial Stages		9 entrants

As usual, the fantastic Colmar website <http://www.marchons.com/edition-2008.html> is a huge source of information and I have used it to extract this report.

Elite Men's Race, Paris – Corcieux – Colmar, 444 km

With Gregorz Urbanowski not racing this year (he has won 10 of the last 13 editions), the door was opened for a new champion and Sergueï Dvoretzki stepped up. Fifth in 2005, second in 2006 and DNF in 2007, he finally won his first Colmar, 40 minutes ahead of debutante Dimitri Osipov. To complete the Russian trifecta, Alexéï Rodionov (2nd in 2005 and 2007 and 4th in 2006) was third. The time of 52 hours and 43 minutes was the fastest for some time. By comparison, last year Urbanowski completed a route of 445 km in 57:04, over 4 hours slower.

1.	DVORETSKI Sergueï	DYNAMO KEMAROVA	RUS	444,0 km	52:43	8,422 km/h
2.	OSIPOV Dimitri	INDIVIDUEL ST PETERSBOURG	RUS	444,0 km	53:23	8,317 km/h
3.	RODIONOV Alexéï	NEUILLY SUR MARNE ATH	RUS	444,0 km	56:45	7,824 km/h
4.	COSTILS Alain	SPN VERNON ATHLE	FRA	444,0 km	56:54	7,803 km/h
5.	GIROD Urbain	CM MONTHEY	SUI	444,0 km	59:04	7,517 km/h
6.	FRECHENGUES Bernard	SENART COMBS BRIE A	FRA	444,0 km	59:43	7,435 km/h
7.	NAUMOWICZ Dominique	CM ROUBAIX	FRA	444,0 km	65:03	6,826 km/h
8.	ALBRECHT Jacky	ASM BAR LE DUC	FRA	444,0 km	65:46	6,751 km/h
9.	VARAIN Cédric	AC CHÂTEAU THIERRY	FRA	444,0 km	66:16	6,700 km/h
10.	BERT Dominique	AS CREDIT FONCIER	FRA	444,0 km	67:29	6,579 km/h
11.	BRUNET Roger	CA FRIBOURG	SUI	394,3 km	arrêt	
12.	MARSHALL Kévin	ILFURD AC	GBR	355,0 km	arrêt	
13.	BUNEL Pascal	NEUILLY SUR MARNE ATH	FRA	352,0 km	arrêt	
14.	DUFRIEN Pascal	SENART COMBS BRIE A	FRA	328,7 km	arrêt	
15.	DIEN Daniel CSCA	CREDIT LYONNAIS	SUI	319,0 km	arrêt	
16.	LUKASHEVICH Nicolaï	INDIVIDUEL BREST	BLR	50,0 km	arrêt	



A Russian quinella - Sergueï Dvoretzki (left) and Dimitri Osipov (right) - <http://www.marchons.com>

Elite Women's Race, Paris – Neufchateau - Corcieux – Colmar, 305.7 km

Sylviane Varin who completed the men's event last year, finally won her first Colmar. Before last year, she had finished 4th, 4th, 5th and 3rd in the previous 4 schedulings of the women's event so her win was well and truly overdue. Overall, the women's event was relatively slow this year with the winning time of 41:52 well down on last year's time of 38:09 but that takes nothing away from Sylviane's great walk.

1.	VARIN Sylviane	SPN VERNON ATHLE	FRA	305,7 km	41:52	7,302 km/h
2.	ANXIONNAT Claudine	RESDA VOSGES	FRA	305,7 km	43:01	7,107 km/h
3.	ALVERHNE Dominique	MONTPELLIER A	FRA	305,7 km	43:24	7,044 km/h
4.	GUIZONNE Jacqueline	AC BOUILLANTE (GUA)	FRA	305,7 km	45:06	6,778 km/h
5.	FORGET Catherine	AFA FEYZIN	FRA	181,0 km	arrêt	



Claudine ANXIONNAT, Sylviane VARIN and Dominique ALVERNHE (<http://www.colmar.fr/pcm2008/pcm2008.htm>)

Promotion Race, Paris – Chalons en Champagne – Corcieux – Colmar, 292.3 km

1.	THIBAUD Philippe	CA AGEEN	FRA	292,3 km	34:35	8,452 km/h
2.	RUELLE David	JS MELUN VAL DE SEINE	FRA	292,3 km	36:24	8,030 km/h
3.	SCHAERLAECKENS Ludo	SPARTA BOENEM	BEL	292,3 km	37:59	7,695 km/h
4.	CHAMMARTIN Charles	AC BOUILLANTE (GUA)	FRA	292,3 km	38:28	7,599 km/h
5.	GUILLEMANT Franck	CM ROUBAIX	FRA	292,3 km	38:44	7,546 km/h
6.	DOUBLET Cédric	SOUES OMNISPORT	FRA	292,3 km	39:17	7,441 km/h
7.	CHATILLON Nicolas	CS MEAUX	FRA	292,3 km	40:04	7,295 km/h
8.	CYS Jérémy	AC CHÂTEAU THIERRY	FRA	292,3 km	41:05	7,115 km/h
9.	BOVIN Laurent	CA MONTREUIL	FRA	292,3 km	41:06	7,112 km/h
10.	GENIN Sébastien	CM MONTHEY	SUI	292,3 km	44:16	6,603 km/h
11.	THEVENIN Pascal	AMS THIBAUT DES VIGNES	FRA	292,3 km	44:26	6,578 km/h
12.	ASSELOS Patrick	AC BOUILLANTE (GUA)	FRA	192,4 km	arrêt	

Stages Event, 173 km

The Stages event follows the route of the Paris-Colmar event with 6 stages over the 3 days and covering a total distance of 173 km. This is a relatively new event and stages were as follows

Wed 18 June	7 PM	Neully sur Marne – Villeneuve le Comte	28.1 km
Thur 19 June	9 AM	Neully sur Marne – Trelou sur Marne	30.9 km
	4 PM	Clalons en Champagne – Vitry le Francois	35.3 km
Fri 20 June	9 AM	Bar le Duc – Ligny en Barrois	20.3 km
	4 PM	Neufchateau - Mirecourt	36.9 km
Sat 21 June	10 AM	Corsieux – Col de Bonhomme	21.5 km

We were thrilled to see our first ever Australian entrant in the Colmar classic - **Peter Bennett (C 24)** contested the Stages race and what a performance he produced, finishing second and covering the 173 km in 19 hours 30 mins. Full results were as follows

1.	Foudjen Daniel Cameroun	CAN	173,000 km	18:18:00	9,454 km/h
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2.	Bennett Peter	AUS	173,000 km	19:30:00	8,872 km/h
3.	Pheulpin Adrien	FCochaux Montbeliard FRA	173,000 km	19:57:00	8,672 km/h
4.	Meteau Jean Paul	Neuilly Plaisanceport FRA	173,000 km	20:38:00	8,384 km/h
5.	Legrand Gilbert	AAEE Epernon FRA	173,000 km	21:08:00	8,186 km/h
6.	Democrite Lucien	AC Bouillante Guadeloupe FRA	173,000 km	21:37:00	8,003 km/h
7.	Thanron Bernard	Dynamic Aulnay Club FRA	173,000 km	21:51:00	7,918 km/h
8.	Rakotonirina Flaviano	Madagascar MAD	173,000 km	22:03:00	7,846 km/h
9.	Bastareaud Tony	Gosier AC Guadeloupe FRA	173,000 km	22:24:00	7,723 km/h
10.	Eliezer Jocelyn	Senart-Combs-Brie A FRA	173,000 km	22:56:00	7,544 km/h
11.	Razanamalala Beby	Madagascar MAD	173,000 km	23:57:00	7,223 km/h
12.	Hilmoine Abel	ASM Bar le Duc FRA	173,000 km	25:03:00	6,906 km/h

As usual, Peter had travelled the hard way to make the race, arriving in Paris at 9PM the night before after a 30 hour journey. After his great result, he emailed as follows

I have never seen or experienced any other event which I could even remotely compare with this in terms of organisation, support, level of competition, courage, suffering, camaraderie and passion. It is not something you can easily describe. Having children cheering you by the side of the road in the small and remote villages from early in the morning till late a night, having a policeman on a motorbike carry your water bottle as you climb 10km up a mountain road and seeing the agony and fatigue on the faces of the Elite walkers (after they had covered 400km with still 45km to go) will never be forgotten.

I felt a bit of a fraud on the start line being among such great competitors who had to do so much to qualify to be there.

The first 28 km leg seemed to be over in a flash, such were the continuous cheering crowds, horns blasting and sirens of the police motorbike escorts. When I finished the leg I was asked how I felt and I responded by saying "Geeze, that was fun" which was not the reaction they were expecting. Its days like that you know why you do race walking.

No problems at all with my legs and feet. I felt sick in the stomach for the last two days of the race and was unable to eat much but it didn't seem to effect me when I was walking. Last night was my first full night sleep since since I left Australia.

Peter forwarded to me a results sheet for the Stages race and I have reproduced it on page 10 of the newsletter.

24 HEURES DE ROUEN, FRANCE, 5-6 JULY 2008

Fresh from his great race in the Paris Colmar Stages event, Peter Bennett spent a productive three days at his work headquarters in the northern French city of Lille, enjoyed a few days sightseeing in Paris and then travelled to Rouen for his final appointment in the prestigious 24 Heures de Rouen Classic. And he did it in style, recording a huge win in this big walking classic.

Peter had previously come third in this event in 2006 with a distance of 176 km (after stepping off the plane from a 40 hour flight). This year, he had enjoyed the previous two weeks in Europe with plenty of rest and good food and he was coming off a good race preparation – the Canberra 20 Miler in June and the Paris Colmar Stages event. And to top it off, the race was held in good weather, unlike 2006.

But even with all that being said, we did not expect a performance of this magnitude - his winning distance was an amazing **214.65 km** or **133 miles** for those old enough to remember. Here's what Peter had to say after the win

Going into the race fresh and rested was a novelty and I was determined to make the most of it. I want to thank everyone who has sent messages of support since I have been away. They are really appreciated. It is because of all the support I have had from my employer (sponsor), the people who invited me over here and did all the planning and organising and for all your support that I was determined to put in a good performance. Thanks Iggy for all those 5am walks around Mt Coot-tha and for everyone who has joined me on the Mayne training night walks and weekend long walks.

I started the race as I would a 30km (or a QA 20km) and just tried to maintain that pace for as long as possible. For once I did not want to start too conservatively and just see what would happen (as the TV ad for the Northern Territory says 'You'll never ever know, if you never ever go' and this time I was determined to give it a go. This along with press releases that I was one of the favourites and should go over 200km added to the pressure. I didn't have butterflies in my stomach before the race, I had big rats running around. Some of the other competitors noticed I was tense before the start and were laughingly telling me to relax 'it is 24 hours, you have so much time'.

My 100km was in about 10 hours 30 the 100 miles in just over 17 hours and the 200 km in about 22 hours. A couple of hours from the end I kicked the gutter (yes I know, I should have lifted my foot) which caused an

inflammation of my right knee. A slight niggle eventually became a major pain and I had to hobble at the finish, but so did second and third place which was the source of great amusement among the other competitors.

The Mayor of Rouen presented the trophy assisted by a member of the French Winter Olympics Committee .I was further surprised and honoured when another sporting group presented me with their annual sportsmanship Award. The race received press coverage and there was footage on the city TV news.

It has been a wonderful trip and an experience I will never forget especially to witness up close the Paris Colmar race.



Peter Bennett in action in Rouen – a worthy winner with 214.65 km in 24 hours

Now putting that into perspective, Peter's Australian 100 km record is 10:51:25, Ian Jack's Australian 100 miles record is 17:59:30 and Jim Gleeson's 24 Hours Australian record is 196.490 km. As mentioned above, Peter powered through the 100 km mark in around 10:30, passed the 100 mile mark in around 17 hours and covered 214 km in the 24 hours. Of course, our records are track based so we can't grant his stats 'record' status but what a walk.

1	BENNETT Peter	Australie	214.650km
2	SPIESER Jean Paul	Neuf Brisac	201.135km
3	RAKOTONIRINA Flaviano	Madagascar	187.620km
4	BEGIN Jean Pierre	St Etienne	179.670km
5	LEROUGE Claude	CA Cauchois	178.080km
6	CRETOT Pierre	Barentin	165.360km
7	RAZANAMALALA Beby	Madagascar	154.230km
8	L'HUILLIER Bruno	Gd Quevilly	128.790km

9	HILMOINE Abel	Bar de Luc	120.045km
10	GHELATTI Lahouari	Algerie	110.505km
11	DEVILLERS Christine	Rouen	107.325km
12	HANN Ricks	Ste Lucie	97.785km
13	LEERMAKERS Ad	Hollande	92.220km
14	GROOTOSWAGENS Yvonne	Hollande	89.040km
15	FOUQUET Francois	Evreux	77.115km
16	FLAUTRE Pascal	St Bilmont	77.115km
17	AUVRE Alain	Torcy le Gd	76.320km
18	ALLOUACHE Abdel Kader	Algerie	58.830km
19	SAKHO Aissatou	Senegal	53.265km
20	BRIFFAUT Francis	Rouen	51.675km
21	BONARD Alain	St Blimont	42.135km
22	FILEZAC Jean Claude	Madagascar	34.980km
23	NGAKA LAZIO Djeny	R.D. Congo	28.620km
24	RICHARD Jean Pierre	La Mailleraye	19.875km
25	TARDI Emmanuel	Paris	11.925km

And some final words from Peter

There is a good video of Alain Costil's Paris Colmar race on his website www.costils.fr which gives a good insight into one competitor's race. You will see the dedication of members of his support crew who were there for him for 3½ days with little sleep themselves. Alain won the Rouen race two years ago and may have walked this year (a fortnight after a 455km race) but his step daughter was getting married on the same day so I don't think he had a choice! The man in the video with the big white moustache is Bernard Gicquil who won Rouen last year. He must have walked or cycled an incredible number of kilometres himself during the race.

2008 USA CENTURIONS QUALIFIER, FANS 24H EVENT, MINNEAPOLIS, 7-8 JUNE 2008

The annual FANS 12 Hour and 24 Hour endurance event (see <http://www.fans24hour.org/>) was used as the 2008 American Centurions qualifier. The race, which consisted of 2.42 mile laps around Lake Nokomis in Minneapolis, saw one walker, **John Greene**, reach the magical 100 mile mark and become **American Centurion Number 70**. Results for walkers were

Place	Distance	Walker
13	100.40 mls	John Greene
38	67.04	Barb Curnow
67	50.09	Hardy Goebel
69	47.67	David Daubert
70	47.67	Ollie Nanyesr
73	40.40	Bruce Bueling
74	40.40	Cheri Kirchner

MARK WALL DOES A BLINDER – BLACKPOOL 50 MILES, ATURDAY 12 JULY 2008

Former Melbourne walker Mark Wall has been living and walking in England for some years now and he continues to do well. His latest result is one that deserves a special mention - third in the prestigious Blackpool 50 Mile Championship on 12 July. The course started with 3.75 laps of the track, then proceeded out on to the road for 32 laps of 1.5 miles in Stanley Park before returning to the track for a final 2.75 laps. I feel exhausted just typing it out!

It has been some years since anyone has broken 9 hours for the event but Ray Pitts produced the goods with 8:58:58 and Mark was third in **9:09:06**.

1.	Ray Pitts	M55	8:58:58 (may be out on the seconds, this a reliance on memory)
2.	Martin Fisher	M45	9:08:25 (6 time winner and defending the title)
3.	Mark Wall	M50	9:09:06 (1:48:48 10ml, 4:29:40 25ml, 5:32:51 50km)

Now to put that in perspective, our current Australian Bests stand as follows

Group	Name	Res	Age	DOB	Time	Place	Date
35-39	Peter Bennett	QLD	38	11/11/1955	8:46:39	Clifton Hill, VIC	08/10/1994
40-44	Jim Gleeson	VIC	40	14/06/1931	8:31:27	Reservoir, VIC	23/10/1971
45-49	Tom Daintry	VIC	45	01/06/1911	8:46:02	Carlton, VIC	28/10/1956
50-54	Tom Daintry	VIC	50	01/06/1911	9:15:25	Albert Park, VIC	15/10/1961
55-59	Robin Whyte	ACT	57	24/02/1942	9:44:34	Gosford, NSW	08/01/2000

60-64	Tom Daintry	VIC	60	01/06/1911	9:28:41	Reservoir, VIC	23/10/1971
65-69	Robin Whyte	ACT	65	24/02/1942	10:53:50	Gold Coast, QLD	10/08/2007
70-74	Deryck Skinner	SA	72	27/11/1932	10:23:05	Adelaide, SA	16/10/2005
75-79	Stan Miskin	VIC	76	31/07/1925	11:40:41	Coburg, VIC	14/04/2002
80-84	Stan Miskin	VIC	80	31/07/1925	12:31:26	Coburg, VIC	23/04/2006

so Mark has bettered the Tom Daintry's 47 year old M50 time of 9:15:25. Mark commented as follows

I always thought of myself as not being worthy of being mentioned in the same breath as Tom Daintry. It has taken 47 years for someone over 50 years of age to walk faster than he did and I am incredulous that it was me. I slowed to a 20 minute lap on lap 31, where Martin passed me. It was odd, I did not deliberately push on but found myself in 2nd place after a period I had been walking with Martin for a reasonable amount of the time. I apparently got a fairly large break but I had no one to tell me what was happening. I hit the track 150 metres down and by the finish it was under 100 metres. This is my first PB since 1987. I just missed lapping the 4th placegetter on the course before turning into the track; he was about 20-30 metres away.

I am staggered by the result because I cannot fathom where it came from. I do not train like I did in the late 1980's and my recent year's work has been piecemeal. Perhaps being the most raced person in the UK helps (37 races). The weekend before, I did both the 3km and 5km in the BMAF T & F titles. Not sure this is preparation for ultra distance events.

I will send the complete result when I can. As I said I cannot be sure I got Ray's final finishing time exact.

Regards

Mark

Well done Mark...what an effort.



Mark (number 36) in action in last year's Blackpool 50 miler where he finished 8th in 9:52:08. This year he improved to 3rd with 9:09:06

FINANCIAL NEWS

Incoming:	Donation – Clarrie and Ian Jack	40.00
Outgoing:	Photocopying	20.00
	Honour Board Update	50.00
	Perpetual Trophy Update	30.00
Balance		\$737.28

UNTIL OUR NEXT NEWSLETTER

Wow, what an exciting issue with Geoff Hain and Peter Bennett doing us proud overseas. This is one of the most exciting periods I have had as secretary. Well done to Geoff and Peter and kind regards to all our members, supporters and newsletter readers.

Yours in Centurion walking

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

classement étapes



classement général étapes à l'issue des 6 étapes (173 km)

1	75	FOUDJEM	Daniel		Caméroun	CMR	18:18	9,454
2	71	BENNETT	Peter		Australie	AUS	19:30	8,872
3	81	PHEULPIN	Adrien	46	FC Sochaux	FRA	19:57	8,872
4	87	METEAU	Jean Paul	52	Neully Plaisance Sports	FRA	20:38	8,384
5	84	LEGRAND	Gilbert	47	Amicae d'Epemou	FRA	21:08	8,186
6	89	DEMOCRITE	Lucien	59	AC Bouillante (GUA)	FRA	21:37	8,003
7	82	THANRON	Bernard	51	Dynamic Aulnay C.	FRA	21:51	7,918
8	74	RAKOTONIRINA	Flaviano		Madagascar	MAD	22:03	7,846
9	86	BASTAREAUD	Tony	60	Gesier AC (GUA)	FRA	22:24	7,723
10	80	ELJEZER	Jocelyn	45	Senat Combes Bis A	FRA	22:58	7,544
11	73	RAZANAMALALA	Beby (F)		Madagascar	MAD	23:57	7,223
12	85	HILMOINE	Abel	51	ASM Bar le Duc	FRA	26:03	6,006



classement étapes Fraïes - Col du Binkomane (106 km)

Place	Pos	Nom	Prenom	Club	Nat	Dep	Arrivee	Temps	Km/h	
1	75	FOUDJEM	Daniel	Caméroun	CMR	1:09:55	2:18:10	1:08:05	8,813	
2	71	BENNETT	Peter	Australie	AUS	1:13:48	2:34:25	1:15:37	7,935	
3	81	PHEULPIN	Adrien	46	FC Sochaux	FRA	1:24:01	2:42:15	1:17:44	7,719
4	89	DEMOCRITE	Lucien	59	AC Bouillante (GUA)	FRA	1:29:28	2:49:25	1:18:59	7,597
5	87	METEAU	Jean Paul	52	Neully Plaisance Sports	FRA	1:25:17	2:51:16	1:25:01	7,057
6	84	LEGRAND	Gilbert	47	Amicae d'Epemou	FRA	1:29:17	2:51:45	1:25:28	7,021
7	82	THANRON	Bernard	51	Dynamic Aulnay C.	FRA	1:32:50	3:01:20	1:28:30	6,780
8	74	RAKOTONIRINA	Flaviano		Madagascar	MAD	1:32:50	3:01:20	1:28:30	6,780
9	86	BASTAREAUD	Tony	60	Gesier AC (GUA)	FRA	1:29:58	2:57:48	1:28:50	6,754
10	73	RAZANAMALALA	Beby (F)		Madagascar	MAD	1:40:00	3:15:27	1:35:27	6,283
11	80	ELJEZER	Jocelyn	45	Senat Combes Bis A	FRA	1:41:27	3:22:05	1:40:38	6,062
12	85	HILMOINE	Abel	51	ASM Bar le Duc	FRA	1:43:23	3:26:10	1:46:47	6,072