

# CENTURION FOOTNOTES

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## DATES...DATES...DATES

May 31 – June 1, 2008	<b>2008 Continental Centurions Qualifying Event</b>	Schiedam, Holland
	Contact Hans van der Knaap (Secretary RWV) - <a href="mailto:Hansvanderknaap@cs.com">Hansvanderknaap@cs.com</a>	
June 7-8, 2008	<b>2008 USA Centurions Qualifier</b> , FANS 24H event	Minneapolis
	See <a href="http://www.fans24hour.org/">http://www.fans24hour.org/</a>	
June 18-21, 2008	Paris to Colmar Classic	France
Aug 16-17, 2008	<b>2008 British Centurions 100 Mile Track Qualifier</b>	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	<b>2008 New Zealand Centurions Qualifying Event</b>	Auckland, NZ
	See <a href="http://www.srichinmoyraces.org/nz/races/auck/24hr">http://www.srichinmoyraces.org/nz/races/auck/24hr</a>	
Nov 3-9, 2008	Colac 6 Day Endurance Event (TBC)	Colac, Victoria

## AUSTRALIAN CENTURION NUMBER 54 – CATHY COX



Cathy walking at Coburg in 2007 (left) and 2008 (right)

On 20<sup>th</sup> April 2008 at the Harold Stephens Athletics Track in Coburg, Cathy Cox entered the record books as Australian Centurion Number 54 with a provisional time of 23:57:57.

When I asked her about her sporting background after the event, she replied:

*Maybe there's something genetic about endurance events. My Dad rode his bike across the Nullarbor when he was 63, and my three brothers have done a lot of cycling. But I've always been a sporting and athletics duncce so walking has been my way of keeping fit without letting any team members down. Gradually I ramped up to longer and longer walks at faster speeds. I can't remember how I first found out about the Coburg event. I think I'd done the Adelaide 100km Trailblazer and I was looking for another challenge.*

It was obviously in 2006 because my records show that Cathy emailed me in November of that year to ask about the Centurion walk and to find out in general about long distance events. She was also in contact with Geoff Peters and was getting a bit of tuition from him and the South Australian Masters.

In April 2007, she jumped in the deep end, choosing the Australian Centurions 24 Hour Walk as her first true ultra competition. On that occasion, she passed the 50 mile mark in around 11:50 but was just not able to hold it together in the second half, winning the women's section with a great first up 149.021 km, close to but short of the required 160.934 km.

She now realised that the 100 mile goal was achievable so she started to plan for 2008.

*For training this year I walked to and from work - about 7.5 km each way - 4 or 5 days a week. Then I would walk for 6 hours or longer starting at 5am on Sundays to avoid the Adelaide heat. Friends would join in or meet me part way for a coffee - as everyone knows it's important to have an incentive. I also competed in as many Adelaide events as I could such as the August marathon organised by SA Road Runners & Walkers. I also got advice and help from the SA Masters group. For repairs and maintenance I consult Adrienne at Chiropractic Solutions. That's an advert but she deserves it as she have saved me a lot of pain.*

Her 2008 performance was a nail biter. She passed the 50 mile mark somewhere around 11:45, similar to 2007, so had little in reserve for the second half. With 6 hours to go, she had dropped slightly and had to literally walk without stopping for the duration of the event to reach the hundred. She dug deep in these final hours, eventually reaching the 100 mile mark in **23:57:57**. Her walk was reminiscent of the 2004 walk of Graham Watt who reached the target in 23:59:23 on this same track. Graham was on hand to acknowledge her gutsy performance and welcome Cathy to the Centurion Club as Australian Centurion Number **54**.

Cathy, currently in the W50 age group, becomes only the 5<sup>th</sup> Australian (the others are Carmela Carassi, Carol Baird, Lyn Lewis and Karyn Bollen) and the first South Australian woman to obtain membership of our exclusive club. Welcome to the Australian Centurions, Cathy. Many try but few actually achieve what you have done this year.

The last word belongs to Cathy

*I owe a lot to my fabulous pit-stop team Andy Pearce and Centurion Geoff Peters, and all the encouraging fellow competitors for good advice and friendliness - Louis, Pat, Val, Robyn, Deryck, Clarrie, Karen and Terry and many others. Plus the smooth organisation of the Coburg crew.*

#### COBURG 24 HOUR CARNIVAL, MELBOURNE, 19-20 APRIL 2008

Phew..it's over for another year and what a success it was with Cathy Cox joining our exclusive club and Andrew Ludwig also completing a hundred, his second. The race report follows

This year, the Coburg 24 Hour carnival was expanded in concept and spread over 2 weekends, with the 6 Hour events being held on Sunday 30<sup>th</sup> March and the 24 Hour and the 12 Hour events being held on the weekend of 19<sup>th</sup> - 20<sup>th</sup> April.

A total of 48 walkers and runners contested the longer events on the April weekend. The starter's gun was fired at 10AM on the Saturday morning in warm and sunny conditions. The clear blue skies continued throughout the day as temperatures quickly rose to the expected 25<sup>o</sup>C and competitors struggled to stay hydrated and cool through the long first day. Melbourne then showcased its contrasting weather patterns with overnight temperatures plummeting. Finally another warm morning allowed competitors to throw off the layers of clothing and finish in beautiful autumnal conditions.

The walks saw strong fields and the Centurions Club was pleased to see two walkers reach in excess of 100 miles. In the Men's 24 Hour walk, Australian Centurion **Andrew Ludwig** led from the gun and walked without any significant breaks until he reached the 100 mile mark in **22:34:20**. This was Andrew's second centurion qualifier, following on from his initial one in 1994. Behind him, ultra runner Colin Brooks added another string to his bow with a strong second place walk of 148.226 km, ahead of Centurion Pat Fisher with 145.240 km. The Women's 24 Hour walk was an exciting affair with South Australian walker **Catherine Cox** having to dig deep in the final 6 Hours of the event, eventually reaching the 100 mile mark in **23:57:57**. Behind her, Karyn O'Neill and Sandra Howorth took the minor medals with 129.044 and 64.000 km respectively.

The Men's 12 Hour walk saw Australian M65 walk record holder Robin Whyte win with a very impressive 84.975 km, ahead of David Attrill and Gary Turner. In the Women's 12 Hour walk, the mother and daughter combination of Dawn Parris and Leah Stringer took the honours with 78.079 and 56.811 km respectively.

Provisional results for the walking sections follow.

	<b>Male 24 Hour Walk</b>	<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Andrew Ludwig (C 25)	404	161.600	0.000	161.600
2	Colin Brooks	370	148.000	0.226	148.226
3	Pat Fisher (C 53)	363	145.200	0.040	145.240
4	Craig Welsh (NZ)	275	110.000	0.121	110.121
5	Steve Jordan	274	109.600	0.132	109.732
6	Phil Essam	219	87.600	0.125	87.725
7	Terry O'Neill (C 18)	200	80.000	0.000	80.000
8	Laurie Tinson	131	52.400	0.000	52.400
9	Louis Commins	79	31.600	0.000	31.600

<b>Female 24 Hour Walk</b>		<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Catherine Cox (C 54)	402	160.800	0.370	161.170
2	Karyn O'Neill (C 45)	322	128.800	0.244	129.044
3	Sandra Howorth	160	64.000	0.000	64.000

<b>Male 12 Hour Walk</b>		<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Robin Whyte (C 29)	212	84.800	0.175	84.975
2	David Attrill	178	71.200	0.294	71.494
3	Gary Turner	159	63.600	0.276	63.876
4	Ken Carter	131	52.400	0.189	52.589
5	Clarrie Jack (C 4)	50	20.000	0.000	20.000

<b>Female 12 Hour Walk</b>		<b>Laps</b>	<b>Dist</b>	<b>Add Dist</b>	<b>Total Dist</b>
1	Dawn Parris	195	78.000	0.079	78.079
2	Leah Stringer	142	56.800	0.011	56.811

#### **Australian 100 km Championship for Men**

- 1 Andrew Ludwig
- 2 Colin Brooks
- 3 Pat Fisher

#### **Australian 100 km Championship for Women**

- 1 Catherine Cox
- 2 Karyn O'Neill
- 3 Sandra Howorth

#### **Perpetual Trophies**

Gordon Burrowes Award: Phil Essam  
 Jack Webber Trophy: Catherine Cox



**Our 24 Hour men at the presentation – Pat Fisher (C 53), Andrew Ludwig (C 25), Colin Brooks, Craig Welsh, Steve Jordan, Terry O'Neill (C 18) and Louis Commins (Phil Essam and Laurie Tinson missing)**

A significant number of centurions and supporters helped with the event and ensured that the weekend was a big success – special thanks to David Billett (C 50), Mike Harvey (C 43), Graham Watt (C 48), Geoff Peters (C 20), Stan Miskin (C 23) and Col Bailey who all put in big hours and, in particular, were there for the all important Saturday night to help keep things ticking along. Apologies for anyone I have missed – it was a long weekend!

One of my personal highlights was the presentation of the Jack Webber Trophy (for the most outstanding Centurion walk) to Kathy Cox. Geoff Peters from Adelaide was on hand to make the formal presentations and the presentation was doubly significant for Geoff, being an old mate of the Jack and having helped Kathy in her quest for centurion membership.





**Geoff Peters (C 20) presents the Jack Webber Trophy to Kathy Cox (C 54)**

The other major perpetual trophy, the Gordon Burrowes Trophy, for gutsiest performance of the weekend, went to another walker, my old mate Phil Essam. It was Phil's first walk for a number of years and he his final distance of 87.7 km surprised quite a few people. The other performance I must mention is that of Colin Brooks who came second in the 24 Hour walk with a fine first up 148.226km. Colin is in the same boat that Kathy was last year – a great first up but tantalisingly short. I hope that, like Kathy, he will be back next year to complete unfinished business.



**Colin Brooks and Phil Essam in action**

**NEWS ON OUR MEMBERS AND SUPPORTERS**

**Geoff Hain (C 49)** is on the road again and chasing his fifth Centurion badge:

*Just thought I would let you know that I will be in Schiedam in Holland next month for the Continental Centurion qualifier. Couldn't resist the opportunity to try for another medal after last year's Grapevine Texas success. Annie and I have been travelling since then and are presently in Barcelona where I have started training again. Wonderful city with the Mediterranean on its doorstep; there is a traffic free path along the coast for about 28km, so an excellent spot to get some miles back into the legs. We have also been doing our favourite activity with a few long distance, 1-2 weeks, hikes in the foothills of the Pyrenees and along the coastal region of the Costa Brava, on the border area between France and Spain - a*

*truly beautiful part of the world. With both our daughters and two grandsons living in London, we have had the opportunity for some great walks in England. We walked the Thames Path from the source of the Thames River to Putney where one of our daughters lives. A fascinating journey past many locks. For your records, please note that my address is now c/o our son in Brisbane. We sold our place last year and, in reality, are presently homeless! Mailing address is now 56 Barkala St The Gap 4061 Qld.*

**Sharon Chomyn**, who raced in our last 2 Centurion events whilst residing in Canberra, is now back in Canada but still following the local results. She emailed me after our Centurion event

*Hi Tim,*

*Greetings from Canada.*

*I was just reading the results of this year's 24-hr event. You must be very pleased to have delivered yet another top-drawer competition. And, with a new Centurion added to the list! Well done, Catherine.*

*Training during a Canadian winter has been rather a challenge (especially with the 440 cm of snow we experience this year). Nevertheless, I'm keeping at it and hope I'll be able to join you for the event next year.*

*Cheers,*

*Sharon Chomyn*

My sources tell me that **Ken Walters (C 26)** is in the process of selling his house in Upway (Melbourne) and intends to move to Ferntree Gully. Ken is still involved in coaching and I can report that one of his walking charges recently represented Australia in the World Racewalking Cup in Russia. Young Rhydian Cowley came 39<sup>th</sup> in the Under 20 10 km walk in 45:24. Well done coach Ken!

Also, talking international walking, I can report with some family pride, that my son **Chris Erickson** has been selected to represent Australia in the Beijing Olympics in the 20 km racewalk. Chris also walked in Russia, coming 31<sup>st</sup> in the 20 km walk in an Olympic A qualifier of 1:22:55. This came on top of a couple of excellent 83 min walks and cemented the final 20 km spot for him. Lois and I have now booked our flights to China and will be trackside waving the flag and supporting all the Australian walkers.

#### 2008 PARIS-COLMAR

The final two qualifiers have now been completed for the 2008 Paris Colmar classic and the final start lists should soon be available. **Sue Clements (C 35)** will be there but in an administrative role. She wrote

*Thought you would be interested to hear that we have an English racewalker taking part in the prestigious Paris to Colmar race this June - Kevin Marshall. A website has been set up to keep everybody informed in the lead up to the race. The address is [www.kevinmarshallpariscolmar08.co.uk](http://www.kevinmarshallpariscolmar08.co.uk). I am honoured to have been asked to be Kevin's "Team Manager" and make all the support arrangements (hire vehicles, recruit and brief crews, book accommodation etc.) It has been some years since a Brit has taken part in and completed the race so there is much excitement here. If you or anybody has any comments about the website I'd be pleased to be advised.*

I have previously reported on the first 6 events. In this newsletter, I can bring readers up to date on events 7 and 8.

#### 200 KM de BAR LE DUC, FRANCE, 12-13 APRIL, 2008

The seventh of the 8 qualifying events for the 2008 Paris Colmar classic was completed in early April. The 200 km de Bar le Duc also doubled as the French National Championship so the top French ultra walkers were there in force. David Regy led early on but it was Alain Costains who took the lead soon after the 50 km mark and, from then on, he was never headed, reaching the 200 km mark with a 38 minute lead over Christophe Erard. The high quality of the event can be judged from the fact that the first 7 walkers all walked in excess of 180 km. In contrast to the men's event, the women's event was one of contrasting fortunes. Irina Poutinseva led for the first 50 km from Varin and Mesmoudi but it was then Mesmoudi who surged to the front, leading by as much as 10 minutes. It was not until nearly the 19 hour mark that Varin caught Mesmoudi and, from then on, she forged ahead to reach the 170 km mark 13 minutes in front. Again, the quality was obvious with the first 4 women all reaching the 170 km target. See <http://www.marchons.com> for further details.

1.	Costils Alain	SPN Vernon	FRA	200,000 km	23:00:45	8,691 km/h
2.	Erard Christophe	ASM Bar le Duc	FRA	200,000 km	23:38:19	8,461 km/h
3.	Naumowicz Dominique	CM Roubaix	FRA	200,000 km	23:53:05	8,374 km/h
4.	Fréchengues Bernard	SCBA Senart Combs Brie	FRA	197,500 km	23:59:55	8,230 km/h
5.	Albrecht Jacky	ASM Bar le Duc	FRA	185,000 km	23:57:38	7,721 km/h
6.	Kieffer Pascal	AS Libourne	FRA	180,000 km	23:47:35	7,565 km/h
7.	Marshall Kevin	Surrey Walking Club	GBR	180,000 km	23:52:31	7,539 km/h
8.	Schaerlaeckens Ludo	Sparta Bornem	BEL	177,500 km	24:01:02	7,391 km/h
9.	Dien Daniel	ASCA -CL	FRA	172,500 km	23:45:06	7,263 km/h

10. Maurel Eric	N.L LIGNY EN BARROIS	FRA	162,500 km	23:45:31	6,840 km/h
11. Hanouzet Jany	ASM Bar le Duc	FRA	162,500 km	23:47:34	6,830 km/h
12. Baudrillard Antonio	CSL Neufbrisach	FRA	162,500 km	23:51:12	6,812 km/h
13. Spieser Jean Paul	PCA Neuf Brisach	FRA	162,500 km	23:59:07	6,775 km/h
14. Flint Chris	London Vidarians WC	GBR	162,500 km	24:00:44	6,767 km/h
15. Jourdhuy Frédéric	Bazancourt AC	FRA	155,000 km	23:48:06	6,512 km/h
16. Galicia Alfredo	Intrepides Angers	FRA	155,000 km	23:55:42	6,478 km/h
17. Legrand Gilbert	AAEE Epernon	FRA	152,500 km	23:47:33	6,410 km/h
18. Pichon Jean	AM St Thibault des Vignes	FRA	137,500 km	23:48:58	5,773 km/h
19. Glaser Jean Bernard	Neuilly sur Marne Athletisme	FRA	132,500 km	23:47:47	5,568 km/h
20. Mercier Jean Pierre	CS Neuf Brisach	FRA	120,000 km	23:50:01	5,035 km/h
21. Lhéritier Michel	Sainte Maure Athletic Club	FRA	115,000 km	23:46:26	4,837 km/h
1. Varin Sylviane	SPN Vernon	FRA	170,000 km	21:23:40	7,946 km/h
2. Mesmoudi A Marie	Stade francais	FRA	170,000 km	21:46:30	7,807 km/h
3. Alvernhe Dominique	Montpellier Athletisme	FRA	170,000 km	21:48:22	7,796 km/h
4. Poutinseva Irina	Ind St Petersburg	RUS	170,000 km	22:00:15	7,726 km/h
5. Rodier Nicole	EFSRA Reims	FRA	165,000 km	24:01:36	6,867 km/h
6. Gautier Janine	Senart Combs Brie Athletisme	FRA	145,000 km	23:59:09	6,045 km/h
7. Douet Christiane	Neuilly sur Marne Athletisme	FRA	132,500 km	23:47:46	5,568 km/h



They're on their way – the start of the Bar le Duc race

#### 200 KM de DIJON, FRANCE, 3-4 MAY, 2008

The last of the Paris Colmar qualifiers was held 3 weeks later in Dijon in France and **Sandra Brown (C 36)** was on hand to report on proceedings. This is the second P-C qualifier that Sandra has done this season – she also did the Chateau Thierry classic in late March. And did she do well -coming 2<sup>nd</sup> in the first event with 171 km in 22:59 and winning the second event with 170.617 kms in a very quick 21.24. 50. Thanks for the great report Sandra!

#### In Spring a walker's fancy turns to France - Sandra Brown

A Spring trip across the Channel has for years been our way of re-awakening - or shocking - our muscles into ultra-distance mode again after the winter break from long distance competition.

The French season of long-distance walks revolves around the qualifying races for the Paris to Colmar ultra-distance classic. This long and exhausting race-walk across France is held each year in June, and walkers have to qualify for selection with good performances in a programme of events held in several parts of France through the Spring and Autumn. Richard and I walked the Colmar road for the three years 1990-92. Although not seeking selection for 'the big one' after that, we continued to walk a number of selection races each year just for the pleasure of returning to walk these excellent events in France.



In 2006 and 2007, the first race of the French season, in Bourges at the beginning of March, provided a chilly kick start to our year. In 2008, our busy work schedules ruled out Bourges, so we signed up for the next event, in Chateau Thierry at the end of March. These events, typically, take place over a 24 hour period from Saturday to Sunday, during which the men must try to walk 200 kms (or as far as they can) and the women 170 kms.

We have been to Chateau Thierry before. The reputation of the event is that it is hilly. The name says it all - the medieval castle towers above the town while the river Marne flows along below. The walker must climb to pay homage to the castle on every circuit before dropping back down to walk along the river side. A couple of small loops of the town centre, led by the local brass band and majorettes in all shapes and sizes, is followed by 43 circuits for women and 52 for men!

In the men's race, 3 men led by a young Russian, Dvoretzki, completed 200kms, followed by others at lesser distances. In the ladies' race, 2 ladies completed 170kms, including Sandra Brown just 10 minutes behind the leading French walker Kora Boufflert. Remarkably, Sandra and Kora never saw each other again after the start, being on the same lap for the whole distance. Kora was looked after by her husband Eric, and, after a good 100kms, Richard stopped and gave welcome support to Sandra. As we had no support, and had travelled by train without tent, table etc, Richard's help with the instant mashed potato and warm cups of tea was much appreciated.

At the start of May, one of the nicest of the French races beckoned - 200/170 kms on tarmac paths around a beautiful lake on the edge of the old Burgundian capital of Dijon. We couldn't resist, especially when we knew that Ilford AC's Kevin Marshall was using the race as part of his warm up for the 2008 P-C. The Eurostar and very fast French railways soon whistled us to Dijon where the weather was perfect for a bank holiday weekend - hot and sunny. Perfect if you were strolling around the lake with an ice cream perhaps, but not so perfect for a long-distance race! The heat took its toll, with many retirements and tummy upsets. Unusually, none of the men managed to complete 200 kms, including this year's P-C favourite, the Russian Alexei Rodionov. Kevin, with 174.3 kms in 24 hours, was fourth in the men's race.

In the ladies' race, the competition was between three experienced P-C walkers, the Russian favourite for this year's P-C, Marina Tarassavich, the French Claudine Anxionnat, and the 'Britannique' Sandra Brown. Though Marina was the pre-race favourite to win, Sandra soon took the lead and held it, winning by a margin of nearly 1.5 hours and in a new course record for 170kms. Sandra has raced in Dijon 5 times and won 5 times, over a span of 18 years. Richard suffered in the heat and succumbed to stomach problems after almost 100kms, so, again, helpfully gave support to 'madame'.



**Sandra and Richard Brown walking in the Dijon classic**

And now onto the final Dijon results, as per <http://www.marchons.com/200-km-dijon-2008.html>

1.	Rodionov Alexsei	Neuilly sur Marne Athletisme	RUS	196,314 km	24:6:22	8,144 km/h
2.	Simon Zdenek	U K Prague	CZE	192,643 km	24:4:28	8,002 km/h
3.	Donzé Eric	ASPTT BAR-LE-DUC	FRA	188,972 km	23:48:60	7,934 km/h
4.	Brunet Roger	C M Friburg	SUI	177,259 km	23:55:01	7,411 km/h
5.	Marshall Kevin	Surrey Walking Club	GBR	174,288 km	23:52:30	7,300 km/h
6.	Bunel Pascal	Neuilly sur Marne Athletisme	FRA	174,288 km	24:10:56	7,207 km/h

7.	Bovin Laurent	C A Montreuil	FRA	166,946 km	23:49:29	7,007 km/h
8.	Dufrien Pascal	Sénart Combs Brie	FRA	166,946 km	24:12:23	6,897 km/h
9.	Baudrillard Antonio	CSL Neufbrisach	FRA	163,275 km	23:57:52	6,813 km/h
10.	Bert Dominique	AS Crédit Foncier	FRA	163,275 km	23:59:58	6,803 km/h
11.	Spieser Jean Paul	PCA Neuf Brisach	FRA	152,262 km	24:24:28	6,238 km/h
12.	Psutka Roman	Slovan Liberec	CZE	137,578 km	23:47:29	5,783 km/h
13.	Reymond Blaise	NL Orzens	FRA	137,578 km	23:52:02	5,764 km/h
14.	Pruckner Jaroslav	ASMLada Boleslav	CZE	133,907 km	23:47:29	5,628 km/h
15.	Baridon Guy Laurent	NL Vallorbe	SUI	130,236 km	23:52:02	5,457 km/h
16.	Vurpillot Fernand	NL	FRA	119,223 km	23:47:22	5,012 km/h
17.	Mercier Jean Pierre	CS Neuf Brisach	FRA	115,552 km	24:20:57	4,746 km/h
18.	Bastien William	ASM Bar le Duc	FRA	104,539 km	24:15:13	4,310 km/h
19.	Chatillon Nicolas	NL Fublaines	FRA	53,145 km	23:51:11	2,228 km/h
1.	Brown Sandra	Surrey Walking Club	GBR	170,617 km	21:24:50	7,968 km/h
2.	Tarashevich Marina	Brest	BLR	170,617 km	22:47:10	7,488 km/h
3.	Anxionnat Claudine	RESDA Vosges	FRA	148,591 km	23:50:45	

### MORE PONDERINGS ON 50 MILE RECORDS – ENGLAND

In the last newsletter, I discussed the 1935 British 50 Mile record breaking performance of Harold Whitlock and asked the question – What is the current record? I was very pleased to receive a number of replies pointing me to Ray Middleton's 1974 50 mile track performance of 7:31:06. This was the performance that finally broke Whitlock's time and it still stands as the British Record some 34 years later. Here is the story, with special thanks to Rob Elliot of the Sarnia Walkers Club on Guernsey, who provided a very comprehensive report on the famous 50 mile walk.

### RAY MIDDLETON – BRITISH 50 MILE WALK RECORD HOLDER

Ray Middleton is not one of the household names of racewalking outside his native England but his career was, nevertheless, outstanding. Spanning the 1960s and extending into the 1970s, he won 2 golds, 8 silvers and 4 bronze medals in British Championships and represented England internationally on 11 occasions, with career highlights including silvers at the 1963 Lugano Cup and the 1966 Commonwealth Games.

Born 9<sup>th</sup> September 1936 in London, the Belgrave Harrier athlete had started his career as a schoolboy high jumper and half miler but a switch to race walking in his twenties proved a fateful move.

First the bare statistics – his 14 British Championship medals

1961	RWA 20 Miles	3 <sup>rd</sup>	2:51:12
1961	RWA 50 km	2 <sup>nd</sup>	4:29:27
1962	RWA 50 km	2 <sup>nd</sup>	4:30:59
1963	RWA 20 Miles	3 <sup>rd</sup>	2:44:21
1963	RWA 50 km	1 <sup>st</sup>	4:16:44
1964	RWA 20 Miles	3 <sup>rd</sup>	2:42:06
1964	RWA 50 km	2 <sup>nd</sup>	4:21:14
1965	RWA 20 Miles	2 <sup>nd</sup>	2:44:46
1965	RWA 50 km	1 <sup>st</sup>	1:17:23
1966	RWA 20 Miles	2 <sup>nd</sup>	2:40:08 (First British Walker)
1966	RWA 50 km	2 <sup>nd</sup>	4:32:18
1967	RWA 20 km	3 <sup>rd</sup>	1:39:27
1967	RWA 50 km	2 <sup>nd</sup>	4:33:28
1968	RWA 50 km	2 <sup>nd</sup>	4:21:22

and his 11 international appearances, including his appearances at all 7 of the first Lugano Cup competitions

1961	Lugano Cup	Lugano	50 km	4 <sup>th</sup>	4:39:24
1962	European Champs	Beograd	50 km	DQ	
1963	Lugano Cup	Varese	50 km	2 <sup>nd</sup>	4:17:15
1964	Olympic Games	Rome	50 km	13 <sup>th</sup>	4:29:55
1965	Lugano Cup	Pescara	50 km	7 <sup>th</sup>	4:19:14
1966	Commonwealth Games	Kingston	20 Miles	2 <sup>nd</sup>	2:45:19
1966	European Champs	Budapest	50 km	5 <sup>th</sup>	4:23:01
1967	Lugano Cup	Bad Saarow	50 km	8 <sup>th</sup>	4:29:23
1969	European Champs	Athens	50 km	5 <sup>th</sup>	4:27:00



1970	Lugano Cup	Eschborn	50 km	11 <sup>th</sup>	4:19:57
1973	Lugano Cup	Lugano	50 km	19 <sup>th</sup>	4:22:25

Almost as an aside, the RWA website lists his RWA Best Performance for the 8 Hour standard, done in 1974. I was recently sent a copy of the Athletics Weekly report on that performance by Rob Elliot of the Sarnia Walkers Club on Guernsey. Rob, like me, is a historian of the sport and I recommend his fine website <http://sarnia.wordpress.com/> for the many historical easter eggs available therein.

This 1974 8 Hour track event was described by the Athletics Weekly correspondent as the walking highlight of the year. The venue was the New River Sports Centre, White Hart Lane, N22, and the start time was set at 9:30AM on Sunday 29 September 1974. The event was sponsored by Accolade and featured 16 invited competitors. Middleton, who had been a convincing winner in that year's London to Brighton classic, was a clear favourite and Harold Whitlock's 1935 records looked eminently beatable. Middleton was at that time 38 years of age, employed as a postal worker and nearing the end of his illustrious career.

Excerpts from the Athletics Weekly report (October 12, 1974) follow:

### Five World Bests for Ray

In a race which produced stirring performances in plenty, constant fluctuations in fortune, courage, endurance and fortitude, the most satisfying aspect of the Accolade 8 Hours track walk was the involvement of everyone present. Organiser Bill Sutherland did a fantastic job and was rewarded with a record breaking day in all ways...everyone had a great day, but no one more than Ray Middleton.

The epitome of the walker's walker, Ray had his finest race in a career already lasting almost two decades in the sport. Never experiencing a rough period, Ray says he was lifted by the encouragement and excitement of the crowds as he got amongst the records held by Harold Whitlock since 1935. Harold was there, very happy indeed to present the very cup he had received 39 years ago to Ray, who in turn was proud to have beaten the very fine records set by a man who has been an inspiration to all British walkers for the past four decades.

From the start, Ray made it clear he meant business by setting the pace, tracked by John Lees and Dave Boxall, the latter dropping away after 5 miles or so.

10 km splits: Middleton 53:04, Lees 53:05, Boxall 53:39, Lawton 54:32, Selby 55:02, Markham 55:27, Fogg 55:50, Michell 55:53, Holmes and Harrison 55:55, Harding 56:17, Young and Dowling 56:18, Casey 58:23, Vos 58:36, Moulinet 58:37.

John Lees then took over and proceeded to blaze the trail in no uncertain manner before being overhauled by Middleton at 26 miles. The 20 Mile splits were as follows

20 mile splits: Lees 2:50:59, Middleton 2:53:02, Selby 2:56:13, Lawton 2:56:17, Fogg 2:58:55, Harding 3:00:37, Markham 3:01:23, Boxall 3:02:37, Harrison 3:03:05, Holmes 3:03:10, Moulinet 3:03:17, Michel 3:04:29, Young 3:05:27, Dowling 3:15:30, Vos 3:16:23, Casey 3:18:23.

Ray's judgement and experience now paid off as Lees felt his great effort. Charley Fogg, walking a stormer, came into third with Harding, looking better and better, close behind.

50 km splits: Middleton 4:34:04, Lees 4:36:30 (personal best!), Fogg 4:39:26, Selby 4:40:15, Moulinet 4:44:50, Selby 4:47:51, Holmes 4:50:01, Michel 4:50:44, Lawton 4:51:38, Markham 4:52:02, Harrison 4:53:48, Boxham 4:55:52, Young 4:57:17.

With the records at his mercy, Ray went on relentlessly. Moulinet had roared through to such effect that he had virtually caught Lees at 40M and was to have a battle royal with John and Ken Harding for second as the latter closed up. First Lees recovered and dropped his rivals but finally it was super-vet Harding who finished strongest off all. Colin Young now was making inroads after having to make several pit stops early on.

40M: Middleton 5:56:29, Lees 6:04:04, Moulinet 6:04:22, Harding 6:04:49, Selby 6:13:25, Fogg 6:14:10, Michel 6:19:52, Young 6:23:07, Holmes 6:23:43, Boxall 6:23:57, Harrison 6:24:05

And so to the last gruelling miles. Ray swept on inspired, Ken never faltered, finally John Lees and Alain Moulinet slowed and Charley Fogg went berserk in a final effort and thought he had nailed third, only to discover he had to find another lap to get Lees. Closing strongly, Colin Young overtook Michell despite the latter's last minute burst.

The generally cold weather with a strong breeze was responsible for the many short pit stops taken by several walkers, while some ultra fast laps were put in when certain walkers heard their chosen favourite records played over the loud speaker system! Organiser Bill Sutherland had "The Sun Won't Shine Any More" played just before the finish – the signal for a torrential downpour. All in all, a memorable day for everyone who was present.

Results (15 finishers from 16 starters)

1.	Ray Middleton	Bel	53M 352Y / 85.618 km
2.	Ken Harding	RSC	52M 645Y / 82.277 km
3.	John Lees	B&H	51M 1353Y / 83.314 km
4.	Charley Fogg	Enf	51M 1042Y / 83.029 km
5.	Alain Moulinet	FRA	51M 817Y / 82.824 km
6.	Peter Selby	Sy WC	51M 158Y / 82.223 km
7.	Colin Young	Ex B	50M 89Y / 80.550 km
8.	R Michell	B'ht	49M 1491Y / 80.221 km
9.	D. Harrison	Boundary	49M 950Y / 79.741 km
10.	Dave Boxall	B&H	49M 221Y / 79.052 km
11.	M Holmes	Yks	48M 1448Y / 78.573 km
12.	Peter Markham	Leic	48M 1214Y / 78.360 km
13.	J Vos	Neth	47M 486Y / 74.796 km
14.	T Casey	RoI	44M 1456Y / 70.855 km
15.	John Dowling	RoI	43M 693Y / 69.418 km

50 Mile splits for the top contenders: Middleton 7:31:06 Harding 7:40:45; Lees 7:42:33, Moulinet 7:46:44, Fogg 7:48:13, Selby 7:49:55, Young 7:57:17

The winner Middleton finished the gruelling test in possession of no fewer than five world best performances:

- 40 miles in 5:56:29
- 40M 581Y (64.905 km) in 6 hours
- 46M 1263Y (75.187 km) in 7 hours
- 50 miles in 7:31:06
- 53M 352Y (85.618 km) in 8 hours

In fact, Whitlock's record of 51M 1042Y had been bettered by the first 3 finishers and equalled by the fourth place getter.



**One record breaker, Harold Whitlock (1935), congratulates another, Ray Middleton (1974).**



**Ray Middleton pictured towards the end of his 214-lap stint at Haringey on September 29th.**

What did the future hold for Middleton at that stage: "I will make one last bid for the Lugano Cup place in 1975. I might go for the 100 miles in the same year. I will not walk at international level after 1976 but I will still walk at club level."

History shows that he failed in his final attempt for an 8<sup>th</sup> Lugano vest but his 7 Lugano participations remains amongst the most prolific of all time.

## CAPTAIN BARCLAY BI-CENTENARY

I saw this announcement in the April 2008 issue of the 'Enfield Walker' newsletter

### *Barclay Bi-Centenary*

In July 1809 at Newmarket Captain Robert Barclay completed the final mile in an event that had started almost forty-two days earlier on 1<sup>st</sup> June. Since when he had walked a single mile in every one of the thousand hours that had passed in between. In doing so he made a fortune, because in addition to winning a wager, that *he could walk a thousand miles in a thousand consecutive hours for a thousand guineas*, he had also accepted side bets amounting to several thousands of pounds. This feat of endurance and sleep deprivation captured the imagination of the people, who in the final days descended upon Newmarket in "dangerous numbers" to witness the final days of Barclay's triumph.

So, whilst Newmarket is synonymous with horse racing, it also has a special place in the annals of pedestrianism. Indeed, forty-nine years after Barclay, on Newmarket Heath, for a hundred guinea wager, Charles Westhall, acknowledged by many as the first real race walker, walked twenty-one miles in under three hours.

Plans are being made to celebrate the Barclay bi-centenary on 11<sup>th</sup> - 12<sup>th</sup> July next year and an ambitious programme of *walk challenges* including a *Centurion* qualifying hundred miles along with various other shorter distance races.

## ANNIE VAN DER MEER STEPS OUT

I have written previously on Dutch ultra walking legend Annie Van Der Meer and you can reread that article at <http://au.geocities.com/timerickson.geo/wo-annie-van-der-meer.pdf>. Annie was back in the news recently with an absolutely fantastic long distance walk.

Annie and fellow Dutch ultra walker Huib van Broekhoven embarked on March 24<sup>th</sup> on a challenge of walking 1200 km in 18 days. The plan was to walk 80 km per day – the breakdown was 6 days walking, 1 rest day, 6 days walking, one rest day and finally 4 days of walking. When they finished on 10<sup>th</sup> April, they had covered the full Ronde van Nederland, a 1200 km cycling route which consists of an almost complete lap of Holland. It was not just an endurance challenge; it was also a fund raising exercise for the Kika Foundation which treats childhood cancer.

Ably supported by Huib's wife Carla and Annie's husband Joop, they had different people walking with them each day as they made their way around the Netherlands. The website <http://www.stappenvoorkika.nl> gives full detail of their adventure but, be warned, it's in Dutch!



Annie and Huib traversing the Ronde van Nederland route – 1200 km in 18 days

**FINANCIAL NEWS**

Thanks to all those members and supporters who continue to support the club. We continue to be financially viable through your generous help.

Incoming:	Deryck Skinner – donation	40.00
	Kate White – donation	40.00
	Marion Parkinson – newsletter subscriptions 2009-2009	24.00
	Lyn Lewis – newsletter subscription 2008	12.00
	Lyn Lewis – donation	13.00
	Col Bailey – donation	100.00
	Geoff Hain – donation	40.00
	Sharon Chomyn – donation	100.00
Outgoing:	Postage and photocopying	20.00
	RWA 100 km championship medals	35.00
	Racewalking Australia annual affiliation fee	68.00
	Engraving – RWA 100 km championship medals	<u>20.00</u>
Balance	06/04/2008	\$795.84

**UNTIL OUR NEXT NEWSLETTER**

Another big issue completed and our big Centurion event done for the year. But the walking year rolls on with lots of activity world wide. Good luck to our fellow centurions overseas as they prepare for their own annual events – may we see many new members world wide for 2008.

Yours in Centurion walking

Tim Erickson (C 13)  
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