

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)	03-90125431

DATES...DATES...DATES

Oct 4-5, 2008	Sri Chinmoy Australian 24 Hour Championship, incorporating	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 22, 2008	Traralgon Harriers 6 Hour Vic Track championship	Traralgon, Victoria
	Inquiries: race director Shane Pettingill 0407843509 email relianceplastering@bigpond.com	
Dec 13-14, 2008	1 st Putrajaya International 12 Hour Walk	Putrajaya, Malaysia
	Email me if you want further info or race entry form.	
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	Coburg, Victoria
	See http://home.vicnet.net.au/~austcent/index.html	

Comments as follows

- The 1008 Colac 6 Day race has been cancelled after insufficient entries were received.
- We have set out 2009 Australian Centurion dates – our 6 Hour event will be held on **Sunday 15 March** and our 24 Hour event will be held on **Sat 18 – Sun 19 April**. Entry forms can be downloaded from our Centurions website.

NEWS ON OUR MEMBERS AND SUPPORTERS

Now here's a great photo - **Terry O'Neill (C 18)**, **Stu Cooper (C 5)** and **Clarrie Jack (C 4)** from a recent racewalking race day at Albert Park in Melbourne. The boys still look pretty fit!



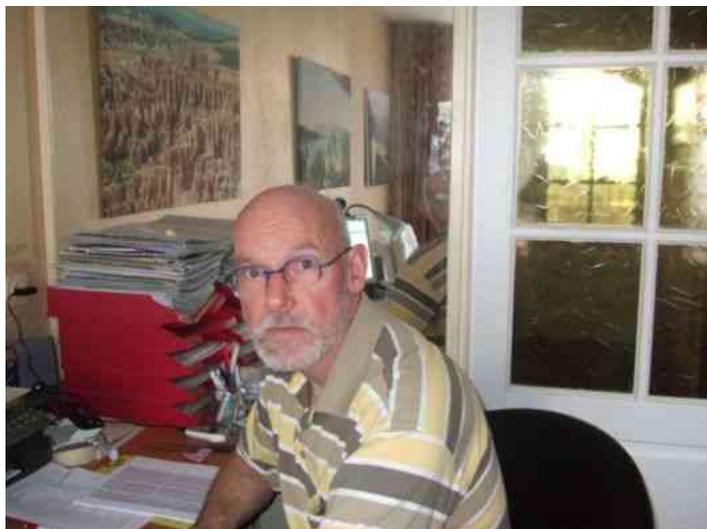
Geoff Hain (C 49) has been keeping himself busy since his wonderful walk in the Continental Centurions event.

Not long after the Continental Centurion weekend, Annie & I spent a fantastic couple of weeks hiking in the French side of the Pyrenees - a nice contrast to the pressure of 100 mile walking. We had very hot weather, in the high 30's, making the daily climbs of 500m to 900m quite challenging. Annie and I are now on bikes, the pedal variety, and together with rear panniers holding all our gear, we are riding/touring the coastline of Ireland. Left Dublin a week ago and slowly making our way clockwise around this beautiful and scenic country. The whole ride will be about 3000km and hopefully some days the wind off the Atlantic will drop! Flat roads are hard to

find in Ireland so we are either pushing slow & hard or cruising easy & fast. Sure beats walking for getting places and covering greater distances.

Regards,
Geoff

Gerrit de Jong (C 40) is still working hard as the President of the Dutch Centurions. This photo, taken in July, shows him keeping up with the inevitable paperwork. Goodday Gerrit!



BRITISH CENTURIONS 100 MILE TRACK QUALIFIER, MILTON KEYNES, 16-17 AUGUST 2008

The annual British Centurions qualifier was held last month on the Milton Keynes Athletics Club track in Milton Keynes, about 45 miles north west of London. The event saw a restricted entry list due to the nature of track walking – of the 29 entries, 25 started and 17 finished with 1 disqualification. The Centurions were able to welcome 5 new members, C 1063 – C 1067. Dutch walkers took the first two places ahead of Ian Richards who was the first English walker to complete the distance and a first time centurion. **Sandra Brown (C 36)** walked superbly as usual and was 4th overall and the first lady to finish with a superb time of 19:59:29.

01.	1031	Marcelino Sobczak (Netherland)	A.V. Unitas Sittard	19.00.53	100 miles
02.	1063	Victor Mennen (Netherland)	A.V. Unitas Sittard	19.33.48	100 miles
03.	1064	Ian Richards	Steyning A.C.	19.37.11	100 miles
04.	735	Sandra Brown (F)	Surrey W.C.	19.59.29	100 miles
05.	993	Alf Short	Lancashire W.C.	20.58.10	100 miles
06.	938	Hans van der Knaap (Netherland)	R.W.V. Rotterdam	21.38.19	100 miles
07.	987	Dave Jones	Redcar W.C.	21.55.19	100 miles
08.	980	Robert de Wolf (Belgium)	R.W.V. Rotterdam	22.04.48	100 miles
09.	1022	Frank van der Gulik (Netherland)	S.V. de LAT Amsterdam	22.32.30	100 miles
10.	894	Chris Flint	London Vidarians	22.43.02	100 miles
11.	789	Oliver Browne	Ilford A.C.	22.45.21	100 miles
12.	788	Martin Fisher	Redcar W.C.	22.57.55	100 miles
13.	1065	Pedro Huntjens (Netherland)	A.V. Unitas Sittard	23.07.24	100 miles
14.	957	Marcel Dekker (Netherland)	S.V. de LAT Amsterdam	23.16.38	100 miles
15.	944	Jaap Visser (Netherland)	R.W.V. Rotterdam	23.34.24	100 miles
16.	1066	Bob Austin	Milton Keynes A.C.	23.45.18	100 miles
17.	1067	Sean Pender	Enfield & Haringey	23.56.11	100 miles
18.	859	Ken Watts	London Vidarians	14.09.07	61 miles
19.		Mark Wall	Leicetser W.C.	13.33.28	60 miles
20.		Sue Ray	Leicester W.C.	11.59.30	48 miles
21.	670	Richard Brown	Surrey W.C.	05.21.45	28 miles
22.	972	Paul King	Belgrave Harriers	05.19.33	27 miles
23.	1001	Kevin Marshall	Ilford A.C.	04.26.02	23 miles
24.		Steve Arnold	Nuneaton Harriers	03.35.54	20 miles

You can analyse the full lapsplits at <http://mcs.open.ac.uk/mkac/08centurions.htm>
Brian Graves photographic record can be viewed at <http://brian-graves.fotopic.net/>

Major awards were as follows

Team Results	OPEN TEAM - Sunday Dispatch Trophy AV Unitas Sittard (Marcelino Sobczak, Victor Mennen, Pedro Huntjes)		
Annual Centurion Match	Ko van der Kwaak Cup - British Centurions versus Dutch Centurions (5 to score) British Centurions (Sandra Brown, Alf Short, Dave Jones, Chris Flint, Oliver Browne)		
Centurions Awards	Hammond Cup Bristol Trophy C-145 Hew Neilson Trophy Bill King Memorial Trophy Eddy McNeir Shield	1 st male Centurion 1 st female Centurion 1 st New Centurion youngest finisher 1 st male finisher M65+	C-1031 Marcelino Sobczak C-735 Sandra Brown C-1064 Victor Mennen C-1022 Frank van der Gulik C-993 Alf Short



Left: New Centurion Bob Austin (11) walks with Chris Flint (14) - <http://mcs.open.ac.uk/mkac>
Right: Sandra Brown (8) strides out on her way to yet another hundred - <http://mcs.open.ac.uk/mkac>

Sandra Brown's report follows

It's always nice to have a little excitement in a race. Long track races can become very tedious, so walkers and helpers alike enjoy the build up of tension at cliff-hanging moments - unless, perhaps, it's you that is doing the cliff hanging!

At the back of the field, where the race is longest and hardest, this event produced nail-biting performances by Bob Austin (Milton Keynes AC) and Sean Pender (Enfield & Haringey). Not that they had any time spare to bite their nails as first Bob (listing increasingly to starboard in the closing stages) finished in 23.45.18, and then Sean crossed the line to universal acclaim in 23.56.11.

At the front of the field, Marcelino Sobczak, experienced Dutch walker and winner of the Battersea Park 100 in 2007, won convincingly in 19.00.53 and was cheerful about just missing 19 hours. He was followed in second place by fellow Dutchman and first new Centurion Victor Mennen. The two men train together and are impressively strong.

Even more impressive in third place was debut Centurion Ian Richards (Steyning AC). Returning to walking after an absence of nearly 30 years, Ian is remembered as GB 50 kms walker in the 1980 Olympics and as a London-Brighton man. In a storming performance, Ian completed the 100 in 19.37.11 to set a superb new M60 best time.

More excitement was in store in 4th place, as SWC's Sandra Brown rounded the final bend with the clock showing 19h 59m. She crossed the line in 19.59.29, just 31 seconds inside the 20 hours 'first class' time. En route, Sandra posted her fastest times for 50kms, 50 miles and 100 kms for some time. When heavy rain set in for 2 hours during the night, she lost precious but necessary time stopping to don waterproofs. Though recognising that the 20 hour mark might no longer be achievable, she decided to give it all and was rewarded with a sub-20h time - just.

The Fred Baker plate, awarded to those who complete 20 English Centurion 100s, has until now featured two names, both SWC walkers: Hew Neilson (Captain of Centurions and father of SWC Centurion and prolific walker Pam Ficken) and Sandra Brown. At Milton Keynes, Martin Fisher (Redcar) became the third person with 20 completions.

Other club members had mixed success. Chris Flint produced another excellent completion. Richard Brown, still suffering the effects of a chest infection, sensibly stopped after 28 miles and gave much appreciated support to Sandra. Paul King stopped at 27 miles and Ken Watts at 61 miles. All walked very well.

AUSTRALIAN 48 HOUR CHAMPIONSHIP, CABOOLTURE, QLD, 29-31 AUGUST 2008

The Australian 48 Hour Championship was held in late August at the Caboolture Historical Village in Caboolture, Queensland. This event has previously been run by Ian Cornelius and was regularly held on the Gold Coast track but was shifted this year to this new venue which has been used successfully for the Caboolture Dawn to Dusk event. The course was a 500 metre circuit with a compacted decomposed granite road surface and the race direction was reversed hourly.



The race starts – Andrew Ludwig (in the middle in yellow cap) and Deryck (to his right with grey cap)

Andrew Ludwig (C 25) and **Deryck Skinner (C 51)** were amongst the starters and both performed splendidly, coming fourth and fifth respectively.. There were three other walkers in the field – Lou Cummins (NSW), Craig Welch (NZ) and Ian Valentine (QLD). Lou completed the 48 Hour event last year and was second overall with 230.890 km. This year he was a bit down on that distance but still completed 201 km. Craig Welch also competed last year, covering 202.42 km. This year he was forced to retire at 6PM on the Saturday evening after covering 123 km. Ian Valentine also retired mid race, having covered 110.5 km.

There is some conjecture about the final distances but I think that it probably reads as follows

1.	Martin Fryer	393.504 km
2.	Tony Collins	280.208 km
3.	David Billet	270.080 km
4.	Andrew Ludwig (W)	240.033 km
5.	Deryck Skinner (W)	238.811 km
6.	Alan Staples	216.160 km
7.	Robert Boyce	215.533 km
8.	Lou Cummins (W)	204.049 km
9.	Billy Pearce	175.121 km
10.	Craig Welch (W)	124.000 km
11.	Ian Valentine (W)	110.500 km

Deryck last walked in the Australian 48 Hour Championship in 2006 when it was held on the Gold Coast. On that occasion, he completed 257 km for a new Australian Open record and a new M70 record. In the intervening two years, he has moved up to the M75 age group so he was out for Stan Miskin's M75 record of 205 km and he did it in fine style, completing a fantastic 238.811 km. Andrew was also in record breaking form, beating Craig Welch's M40 record of 204 km. Overall, the new Australian walking records are

Deryck Skinner	M75 200 km	38:53:58
	M75 48 Hours	238.811 km
Andrew Ludwig	M40 200 km	38:37:11
	M40 48 Hours	240.033 km

Here is what Deryck had to say about the experience

I thought you might like an update on the above. Stan's records are still intact except the 48 hour one which I managed to exceed with a distance of 238.811 km. The scorers did not calculate the lap times which I thought was a very good idea - it allowed them to concentrate on recording the clock time only, and, therefore, being more alert for the competitor coming past. It worked really well.

The race itself was noteworthy because of the track venue and the conditions. The track itself, of decomposed granite was a satisfactory surface as far as hardness goes, but was of very uneven surface from a walker's point of view and would have benefited from being graded before the event. Both straights had a dog-leg and the eastern straight was uphill all the way with a rise of some 20 feet from south to north, which, after a while started to feel like climbing a mountain. For reasons of drainage, the western straight had a crown in the road, and a slope to the side. It was necessary to walk on the crown which had a loose, gravel surface before our pounding feet firmed it up. The about face every 1 hour was providential in the circumstances. 6 runners and 5 walkers started in the 48 hour, but only 3 walkers finished - Andrew Ludwig, Lou Commins, and myself. It was Andrew's first 48 hour and he finished 3 laps up on me, after staging a 5 lap turnaround in the last 2 hours. We had a very interesting duel! Lou, as usual, went out quickly but could not sustain his speed, deciding to pull out at 24 hours. He re-entered the race after a rest and walked to the finish with a creditable 204 km. Andrew finished with 240 km plus some odd metres.

Because of the track location, winding among all the historic buildings, we could not see from one side of the track to the other which left one feeling a bit lonely at times as there was often no one in the western straight. The recording building and all the crew stations were situated on the eastern straight. The weather was good, cool, but not cold in the night, and bearably hot during the day. The lighting was not quite adequate, with a, literally, black spot on one corner, for about 50 metres.

I think just about every one wound up with sore feet. Martin Fryer, running, was brilliant with a total of almost 394 kms. Andrew finished 4th overall, just ahead of myself, in 5th, with Lou in 8th place. The track, because of it not being flat, I felt, was not conducive to record-breaking. In short, it was the most brutal event these old bones have encountered to date.

It looks like I also broke some running records. I'm waiting for David to verify that. Apart from sore feet I have pulled up pretty well and will rest for the next week before preparing for the 24 hour here when I will again tackle Stan's records although anything I can do will not be as meritorious as his efforts given his state of health at the time.

And Andrew Ludwig's wife Sue has kindly written about Andrew's race and their family experience at Caboolture. Thanks Sue and well done to everyone for all the family support.

Hi Tim

It is great to hear that Andrew has broken the Aust M40, he will be pleased!

I don't think that he thought he would finish, this was his first 48hr. It took lots of encouragement and a forced break at about the 16th hour. Poor thing, his shins started playing up at the 6 hour mark and he struggled from then on. I suppose that is what you get for not training.

The course was a 500m dirt track with a gentle incline. It was a bit dusty, we had to keep changing socks and banging dust out of shoes. It didn't seem to be a problem for him though. The venue is beautiful. If I was to walk, (not likely, he does enough for both of us), I think this would be the place I would want to do it as there is plenty to see and the atmosphere is great. Geoff the organiser was fantastic, he was very encouraging and a truly lovely fellow.

I think that you need to pace yourself, plan rest breaks and have them. I don't believe that this is an event that you can do without breaks (Andrew had planned no breaks and not to sleep) that didn't work. It is a lot different to a 24hr.... well, that's my opinion, Andrew may think differently....

I don't know how he does it you know. He is up at 4am every morning, he stops for half an hour at breakfast, again for lunch and doesn't come in till 7pm and sometimes 8pm. He had spent hours into the nights clipping cows for the Brisbane royal show, he then went in and stayed with the cows, getting little to no sleep over the days he was in there. He came home and clipped more cows for the Canungra show in addition to picking and preparing pumpkins and green feed for the pavilion. The week before the 48hr walk, he had 3 nights with three different cows that had difficultly calving, so out in the cold til 10-11pm pulling calves. One night we were out there for 2 hours trying to birth twin calves (you'd think the cows would at least try to time their birthing a bit better!)

Thankfully, he didn't have to get up and milk cows the morning of the race, as we stayed in a motel.

He got sick, and almost passed out a couple of times on day two, I just put it down to low sugar?? I pulled him off the track, fed him a fair bit and made him rest, and he seemed to be better when he re-started.

He flew home in the last half hour. I don't know where it came from, but he had everyone talking. I was expecting to have to roll him off the track when he stopped but he pulled up really well and still able to walk! His feet were a bit swollen and discoloured but only one little blister on his heel and a tiny bit of chafing in the nether regions, but nothing to complain about. We had re-booked the motel for the day the raced finished so he could sleep, but we ended up watching TV and leaving early to take the kids to the park for a play as Andrew said he didn't feel tired at all!!!

Back to work the following day, he jumped out of bed at 4am, a little sore (shins) but feeling OK. His feet took a couple of days to get their colour back, no bruising though.

The following weekend he took cows to Beaudesert Show and today he is preparing the same cows for a show down in Bangalo NSW.

I dont know how he does it or where he finds the stamina, maybe it is because he works so hard and non-stop on the dairy, day in day out. I do know that I was extremely proud of him for sticking it out, that in itself was a struggle. We came for the 48hrs and he did the 48hrs, between you and me, he was not real impressed with his time which is great because it means we will be competing again next year.

I didn't think that I would enjoy sitting at trackside with three young kids in a tent for two days, but I did! It was great, he was in and out every 4-5 minutes (on the good laps) and the kids got to run drinks/food to him, keeping them involved and doing stuff with their dad. I am looking forward to the next one and am hoping they will plan it out of Show times next year so Andrew can do some training, I would love to see what difference training would make.

Kind Regards

Sue



Andrew in action, ably supported by younger family members

2009 PARIS COLMAR QUALIFIERS

No sooner has the dust settled from the 2008 Paris Colmar than it is now time to think about 2009. The following qualifying events have been set and the first 3 races have been completed.

1	24 heures de Graide (BELGIQUE)	16-17 August 2008
2	24 heures de Saint Thibault des Vignes	6-7 September 2008
3	28 heures de Roubaix	20-21 September 2008
4	24 heures de Vallorbe (SUISSE)	4-5 October 2008
5	24 heures de Bouillante (GUADELOUPE)	29-30 November 2008
6	24 heures de Bourges	28 February – 1 March 2009
7	24 heures de Chateau-Thierry	21-22 March 2009
8	24 heures de Dijon	25-26 April 2009

And I can kick off with the results of the first two events, compliments of <http://www.marchons.com>

24 HEURES DE GRAIDE, BELGIUM, 16-17 AUGUST 2008

This was a relatively small event with 18 starters and few of the top ultra walkers in attendance. The circuit was a 3.333 km loop with men aiming to better 200 km and women after a mark of 170 km. No one was successful but the efforts of Naomowicz (193 km) and Letessier (190 km) were still very good.

1.	Naumowicz Dominique	CM Roubaix	FRA	193,333 km	23:45:09	8,139 km/h
2.	Letessier Gilles	PLM Conflans Ste Honorine	FRA	190,000 km	23:57:13	7,932 km/h
3.	Spieser Jean Paul	PCA Neuf Brisach	FRA	166,666 km	23:49:04	6,998 km/h
4.	Baudrillard Antonio	CSL Neufbrisach	FRA	166,666 km	23:54:56	6,969 km/h
5.	Tabouret Guy	US Toul	FRA	153,333 km	24:08:28	6,352 km/h
6.	André Hugues	Bertrix Basse Semois	BEL	150,000 km	23:56:16	6,266 km/h
7.	Gérard Philippe	Bertrix Basse Semois	BEL	146,666 km	23:46:31	6,169 km/h
8.	Renoncourt Christian	SPN Vernon	FRA	140,000 km	23:45:34	5,892 km/h
9.	Betz Thomas	SV Saar 05	GER	116,666 km	24:08:51	4,831 km/h
10.	Massard Grégory	NL	BEL	110,000 km	23:50:45	4,613 km/h
11.	Martin Gauthier	NL	BEL	100,000 km	23:50:45	4,194 km/h
12.	Clarival Joseph	Bertrix Basse Semois	BEL	93,333 km	23:48:29	3,920 km/h
1.	Perevalo Irina	NL	UKR	150,000 km	23:53:24	6,279 km/h
2.	Plee Maryline	Us Berry (Bourges)	FRA	143,333 km	23:58:46	5,977 km/h
3.	Berthault-Korzhyk Annie	Neuilly sur Marne Athletisme	FRA	140,000 km	24:15:47	5,770 km/h
4.	Anxionnat Claudine	RESDA Vosges	FRA	133,333 km	23:56:37	5,569 km/h
5.	Collard Géraldine	NL	BEL	73,333 km	23:49:39	3,078 km/h
6.	Pierre Mathilde	NL	BEL	73,333 km	23:49:36	3,078 km/h



winner Dominique Naumowicz walking with Pascal Biebuyck

24 HEURES DE SAINT THIBAUT DES VIGNES, FRANCE, 6-7 SEPTEMBER 2008

The second qualifier event, held three weeks later in France, saw 28 walkers in action with the same aim – 200 km for the men and 170 km for the women. While Stéphane Paille won the men's event with 190.702 km, all eyes were on the ladies' event as **Sandra Brown (C 36)** and Kora Boufflert, two of the real walking legends, fought it out. Sandra was the eventual victor with a huge distance of 190.702 km (she finished on the same lap as Paille and was less than 3 minutes behind him) ahead of Kora whose distance was 181.853 km. And to top it off, third female place getter, Dominique Alvernhe, walked 175.216 km. Absolutely fantastic!

1.	Paille Stéphane	SA Mérygnac	FRA	190,702 km	23:56:10	7,967 km/h
2.	Fréchengues Bernard	SCBA Senart Combs Brie	FRA	186,278 km	23:59:40	7,763 km/h
3.	Faubert Daniel	NL	FRA	184,065 km	23:42:53	7,762 km/h
4.	Gicquel Bernard	P L M Conflans	FRA	177,429 km	23:56:31	7,411 km/h
5.	Maréchal Pascal	AC Château Thierry	FRA	173,004 km	23:52:00	7,249 km/h
6.	Gauzé Francis	FC Oloron	FRA	170,792 km	23:49:16	7,170 km/h

7.	Labarre Bertrand	NL Saint Brice	FRA	170,792 km	23:55:00	7,141 km/h
8.	Boufflert Eric	AS Cheminots Havrais	FRA	166,367 km	23:51:50	6,971 km/h
9.	Bunel Dominique	NL Neuilly sur Marne	FRA	164,155 km	23:52:48	6,874 km/h
10.	Vanoosthuysen Jean	Franck Ussel A.C.	FRA	161,943 km	23:54:41	6,773 km/h
11.	Spieser Jean Paul	PCA Neuf Brisach	FRA	155,306 km	23:51:46	6,508 km/h
12.	Picot Gérard	Dynamic Aulnay Club	FRA	150,880 km	23:48:00	6,339 km/h
13.	Pichon Jean	AM St Thibault des Vignes	FRA	146,457 km	23:55:25	6,122 km/h
14.	Legrand Gilbert	AAEE Epernon	FRA	133,183 km	23:36:36	5,641 km/h
15.	Mauny Claude	NEUILLY-SUR-MARNE	FRA	133,183 km	23:43:36	5,613 km/h
16.	Baudrillard Antonio	CSL Neufbrisach	FRA	126,547 km	23:53:17	5,298 km/h
17.	Chabin Frédéric	Essonne Athletic	FRA	117,698 km	23:42:39	4,964 km/h
18.	Bastien William	ASM Bar le Duc	FRA	115,485 km	23:55:36	4,827 km/h
19.	Hatte Joseph	Neuilly-sur-marne A	FRA	95,575 km	23:53:20	4,001 km/h
20.	Mercier Jean Pierre	CS Neuf Brisach	FRA	84,514 km	24:00:16	3,521 km/h
21.	Bouvard Sébastien	NL	FRA	69,028 km	22:55:50	3,010 km/h
1.	Brown Sandra	Surrey Walking Club	GBR	190,702 km	23:59:51	7,947 km/h
2.	Boufflert Kora	AS Cheminots Havrais	FRA	181,853 km	23:48:59	7,636 km/h
3.	Alvernhe Dominique	Montpellier Athletisme	FRA	175,216 km	23:41:31	7,396 km/h
4.	Brunet Paola	C M Fribourg	SUI	153,094 km	23:48:46	6,429 km/h
5.	Perevalo Iryna	Neuilly sur Marne Athletisme	FRA	153,094 km	23:54:59	6,401 km/h
6.	Harbulot Rénata	CM Dijonnais	FRA	142,032 km	23:52:15	5,950 km/h
7.	Landru Noelle	ASCE	FRA	106,036 km	23:45:39	4,463 km/h



Stéphane Paille and Sandra Brown win their respective divisions, each with 190.702 km

DEBORAH DE WILLIAMS BACK IN ACTION

Readers will remember the wonderful record breaking performance of Deborah DeWilliams who walked around Australia in 2003/2004 – a staggering distance of 15,669 km in 343 days. I am excited to report that Deb is back in action and about to embark on another huge challenge – this time in running mode. Good luck Deb – we will be following you online. Here is Deb's press release:

Hi all

It's now official!!!

As you all might or might not be aware, on the 25th October 2008 I will be starting another epic journey around Australia to help raise awareness and money for the National Breast Foundation. (A cause close to my heart after being diagnosed with Breast Cancer in March 2006 and living through the experience.)

This time however, unlike my 2003/2004 walk around Oz, I will be running with the hope to become the first female to run around Australia. This journey of over 20,000 kms and 365 days will start in my home state of Tasmania and then head to the mainland to do a anti-clockwise loop around our great land. As before my beloved dog Maggie will be there with me and of course my dedicated family.

This email is to inform all that a new website has been developed so checkout it out and add it to your favourites as it will be constantly updated. The site is www.runningpink.com.au. The old sites are still up and running www.walkaroundoz.org.au and www.deborahdewilliams.com.au if people need background information.

On Friday (25th July) the official launch of my new adventure Running Pink was held @ Key Australia in Hobart. It was a very successful night and we raised over \$1000 dollars for NBCF.

Kind Regards

Deborah De Williams - Runner

FINANCIAL NEWS

Our finances continue to tick along nicely and it is certainly nice to have that little buffer in the bank.

Incoming:	Donation – Clarrie and Ian Jack	40.00
Outgoing:	Photocopying	-10.00
	Trophy repair	<u>-40.00</u>
Balance		\$728.40

UNTIL OUR NEXT NEWSLETTER

Well, another chance to zoom on on the walkers making the news – Sandra Brown as usual and, on this occasion, our own Deryck Skinner and Andrew Ludwig. Well done to everyone who dons the sneakers and gets out for the best exercise possible – walking! May you enjoy many more miles and may you wear out many more pairs of shoes!

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		Cameroun	CMR	18:18	9,454
2	71	BENNETT	Peter		Australie	AUS	18:30	8,872
3	81	PHEULPIN	Adrien	46	FC Sochaux	FRA	19:57	8,672
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	88	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	7,848
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 France - Col du Binhamerie (10km)

Place	Dos	Nom	Prenom	Club	Nat	Dep	Arrivee	Temps	Km/h	
1	75	FOUDJEM	Daniel	Cameroun	CMR	1:09:55	7:18:10	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	1:24:31	2:42:15	1:17:44	7,719
4	88	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	2:51:18	1:25:01	7,087
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