

CENTURION FOOTNOTES

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DATES...DATES...DATES

Sun 15 March, 2009	Coburg Harriers 6 Hour endurance Run/Walk	Coburg, Victoria
18-19 April, 2009	Coburg 24 Hour Carnival, incorporating the Australian Centurions 2009 Qualifying event See http://home.vicnet.net.au/~austcent/index.html	Coburg, Victoria
23-24 May 2009	Continental Centurions 2009 Qualifying event	Weert, Netherlands
17-20 June 2009	Paris Colmar Classic	France
27-28 June 2009	Australian 24 Hour Track Championship See http://www.aura.asn.au/SriChinmoy_6-12-24.html	St Lucia, Brisbane, QLD
11-12 July 2009	English Centurions 2009 Qualifying event	Newmarket, England
31 July – 2 Aug 2009	Australian 48 Hour Track Championship See http://www.aura.asn.au/Caboolture_6-12-24-48.html	Caboolture, QLD
19-20 Sept 2009	28 Heures de Roubaix	Roubaix, France

VALE ANDREW LUDWIG 24/06/1966 - 27/01/2009

It is indeed tragic to lose one of our most well known walkers at only 42 years of age and so it was with much anguish that we heard late last month of the untimely death of **Andrew Ludwig (C 25)**. Peter Bennett (C 24), John Harris (C 12) and I represented the club at the funeral, held in the Queensland town of Beenleigh. The funeral was huge with the church packed and many more people standing outside for the duration of the service. I start with the following short obituary, put together by Peter Bennett (C 25).

It is a very sad day for the race walking community as we try to come to terms with the news of the tragic death of Andrew Ludwig in a car accident on Tuesday night January 27th. Most of us are still in shock at the news and we feel for Andrew's loving wife Sue and his three children Tyla, Jade and Mike. We send our deepest condolences to Sue and the family for the loss of a devoted husband and Dad who will not be coming home.

Andrew was a young 42 and still a picture of health and fitness courtesy of a lifetime of hard work as a dairy farmer. He was involved in race walking from his days as a junior athlete right up until his untimely passing. He was entered for the Queensland track 10,000 metres championships this weekend. Andrew was looking forward to the Caboolture Dusk to Dawn 12 Hour walk in a fortnight in which he hoped to cover over 100km and was set to compete in the Coburg 24 Hour race in Victoria in April in which his goal was to achieve his third Centurion mark (100 miles in 24 hours). Later in the year he wanted to better his 2008 performance in the 48 Hour Track Championships. I have been fortunate enough to travel and compete in some overseas ultra races. I would have loved to have taken Andrew to an overseas race to see what he really could have achieved.

Andrew first starting winning the club Open road walk championships back in 1986 and soon starting winning the first of a record number of Queensland 50km road walk titles. He was the most respected of athletes by his peers, by officials and with everyone with whom he came into contact. Andrew never had a disparaging word to say about anyone and his impeccable sportsmanship was backed up by a tough and dogged competitor who just never gave up. Even if he had not been able to do a lot of training before a big race no one could discount Andrew when they got to the business end of the race.

It has often been the subject of discussion to surmise what Andrew could have achieved as an athlete if he had been able to put in the hours of training required to become a top walker. In his twenties Andrew undoubtedly had the same level of talent as his peers and he certainly had the strength and courage to make it to the top. Andrew put his race walking ambitions aside to run the family farm and to raise a family. With a loving and caring wife and children who adored him no one can argue with his choice.

Many people freely use the term 'legend' to describe virtually anyone who competes in or wins a number of races. For someone who raced for over 25 years and won more Queensland Open State titles than any other walker (over distances of 5,10,20,30 & 50km) represented the State at National level over two decades, won National medals, competed in a large number of 12, 24 & 48 hour races and with it set numerous Age National records

Andrew deserves that mantle. What made Andrew's achievements even more astonishing is that he often lined up at the start line for a Championship or ultra distance race after doing a full day of hard manual labour. Andrew never used this as an excuse even when he had suffered some severe injuries during the course of his working day. We will never forget the fairly regular sight of Andrew jumping out of his car and putting on his shoes as everyone else was on the start line. A few quick stretches for a warm up and Andrew was ready to race.



Andrew, far right, contesting the 2003 Australian 50 km championship in Melbourne

In my years involved with race walking I have met a lot of wonderful people and made many life long friends of what we affection call the "racewalking family". I feel honoured and privileged to have been able to call Andrew a friend. We have lost a good mate.

If you wish to send any tributes to Andrew please feel free to send them to me and I will pass them on to the family. If you wish to pass on personal condolences. Sue's contact details are:

Sue Ludwig
"Patona Park"
Four Mile Lane, Boyland
Via Canungra QLD 4275
075 -5430294

Take care. All the best.
PETER
Racewalking Queensland – President

From my own perspective, I first came into direct contact with Andrew when he came down to Melbourne in October 1992 to try the Centurion race at Clifton Hill; he was in fact the only serious starter. He made his intentions clear from the start, covering the first 50 km in 6:04:56, reaching the 50 mile mark in 10:06:47 and passing the 100 km mark in 13:13:53. The weather was atrocious with intermittent rain, especially tough for a Queenslander used to warm conditions. Due to the combination of cold wet weather and lack of support, Andrew retired in the early hours of the Sunday morning after completing 110.8 km (approximately 68 miles).

He was back two years later, prepared and determined to finish. As it turned out, he needed all this determination to help him through what turned out to be a tough hundred. A sore ankle soon spread to general leg problems, a sore knee and other sundry pains and he was forced to forsake any game-plan and just concentrate on surviving a torrid second half. He adjusted this pace to vary between 03:00 and 03:30 per lap and had frequent short breaks to help him survive (for it was a survival effort at this stage). To his credit, he never contemplated pulling out or giving up and eventually stormed home as one of three walkers to complete the hundred, in a time of 22:26:09. The other two finishers were QRWC president Peter Bennett (19:42:54) and Victorian Ken Walters (22:28:31).

We saw nothing further from him on the ultra front for many years until, in January 2007, he fronted for the Gosford 12 Hour event. Coming off a very limited preparation, he started with his trademark early fast pace, covering the first 50 km in 5:12:42. Although suffering mid race, he held on for a winning distance of 103.335 km, setting a new race record and finishing 5 km ahead of fellow Queenslander Peter Bennett who was second.

This race seemed to rekindle his ultra walking ambitions. In January 2008, he came second to Peter Bennett in the Caboolture 12 Hour walk with 93.026 km, finished his second hundred mile walk at Coburg in April with 22:34:20, and

then followed in August with his first ever 48 Hour walk, completing a massive 240.033 km km in Caboolture. He was planning a big 2009 but, alas, this was not to be. Personally, I have lost a good mate and a longstanding friend and walking has lost a great ambassador. To Sue and to the family, we offer our deepest condolences. We will remember Andrew as a true and honest competitor and as a wonderful person.



**Left: the new Gosford 12 Hour record holder Andrew Ludwig and the old event record holder Robin Whyte
Right: Andrew in the 48 Hour event at Caboolture in August 2008**

NEWS ON OUR MEMBERS

Fred Brooks (C 42) made a welcome return to ultra walking with a recent 300 km stroll around eastern Melbourne. The Cranbourne Leader newspaper (<http://cranbourne-leader.whereilive.com.au/news/story/positive-feat-in-fred-s-marathon>) had this to say



THERE'S still plenty of petrol in Fred Brooks' tank.

After a three-year break from competitive walking due to heart condition arrhythmic fibrillation, the 75-year-old hit the road last week for a gruelling 300km trek to prove he still has what it takes.

And the ultra marathon walker passed the test with flying colours, completing his mission in four days as a contribution to Casey Council's Positive Ageing Champions Program.

The Cranbourne resident said he had devised a 300km walk to represent the length of Casey's boundary. "The walk started the day after my 75th birthday," he said. "I decided to take a conservative approach during the first couple of days to test how fit I really was and I was happy to complete 12 hours' walking on the first day."

But on day three, with lack of sleep and tiredness beginning to take its toll, Brooks had an arrhythmic fibrillation attack that set him back several hours.

Another setback came the following and final day when he tripped and injured his knee.

“But I decided if I rested it would stiffen up, so I walked right through the night, finishing at 6am on the Sunday,” he said. Then it was off home to celebrate with a couple of stiff whiskeys.

Casey Mayor Geoff Ablett said: “Fred’s story is inspiring to young and old and provides a valuable insight into how older people in Casey can enrich our community.”

Fred and **Stan Miskin (C 23)** are City of Casey Positive Ageing Champions and I couldn't think of a couple of more appropriate people. See <http://www.casey.vic.gov.au/mediareleases2009/article.asp?Item=14334&nav=news>

Our thoughts are with **Jill Green (C 38)**. In our last newsletter I reported that Jill's husband Dave had passed away in very distressing circumstances. On Christmas Eve it was confirmed that Jill had breast cancer so she had to cope with this latest news while trying to sort through the many cards of condolence and visits and calls from concerned friends. She went into hospital in early January for the necessary operation and it seems to have been successful. Sue Clements (C 35) has been keeping me informed and she emailed a few days ago as follows

I spent the weekend with Jill in Norfolk. Yesterday we walked some of the North Norfolk Coast Path and it was wonderful - blue skies and sun. Jill is gradually gaining strength and will return home on Sunday 15th March. The good news now is that after her surgery she does not need to have any radiotherapy or chemotherapy.

I am sure that Jill would appreciate our support at this time. Her postal address is

Mrs Jill Green
"Fernleaf"
Alverstone Road
Apse Heath
Sandown
Isle of Wight
PO36 0LF

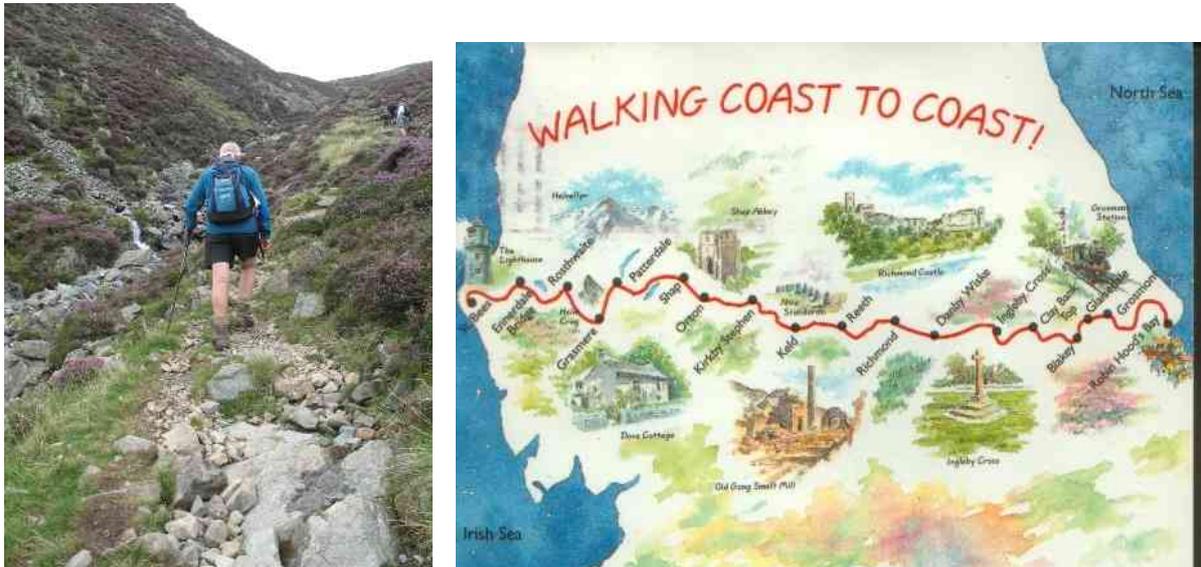
WALKING ENGLAND COAST TO COAST

Readers are probably familiar with the famous British endurance run/walk between the most northerly point of the island (John O'Groats in Scotland) and the most southerly point of the island (Lands End in Cornwall). It has been done many times in both directions. The distance by road is approx. 870 miles (1,400 km) but it becomes much further if off-road routes are taken. There have been some famous charity fundraising walks (e.g. Ian Botham's walk) and even a naked walk from Land's End to John O'Groats which was done by Stephen Gough, a former Royal Marine turned activist, in 2003–2004 with nothing on except boots, socks, rucksack and sometimes a hat. He was arrested several times and put in prison in the course of his ramble but did manage to complete it. And of course, Richard and Sandra Brown both set Lands End to John O'Groats running records (Richard completing the distance in 10 days 2 hours) in the 1990's..

Dutch Centurions secretary Piet Jansens (C 389) recently completed another British walk that is perhaps less well known to us but certainly well known to serious walkers. This walk is from St Bees on the west coast of England to Robin Hoods Bay on the east coast of England. Piet, along with Martin Bruil (C541) and his wife and another friend, did the C2C in 9 days in terrible weather. You can pick Piet out in the following before and after photos in the red jumper.



The "Coast-to-Coast" walk is described by many as one of the top ten hikes in the world. It is 190 miles of sheer hiking pleasure, from the Irish Sea to the North Sea, taking in three national parks: the Lake District, where England's highest mountains are found; the long green valleys of the Yorkshire Dales (of James Herriot fame), and the sometimes bleak but often dramatic landscapes of the North Yorkshire Moors. The walk is not an easy one as the following photo shows. I also include the walk map so that you can trace the route yourself.



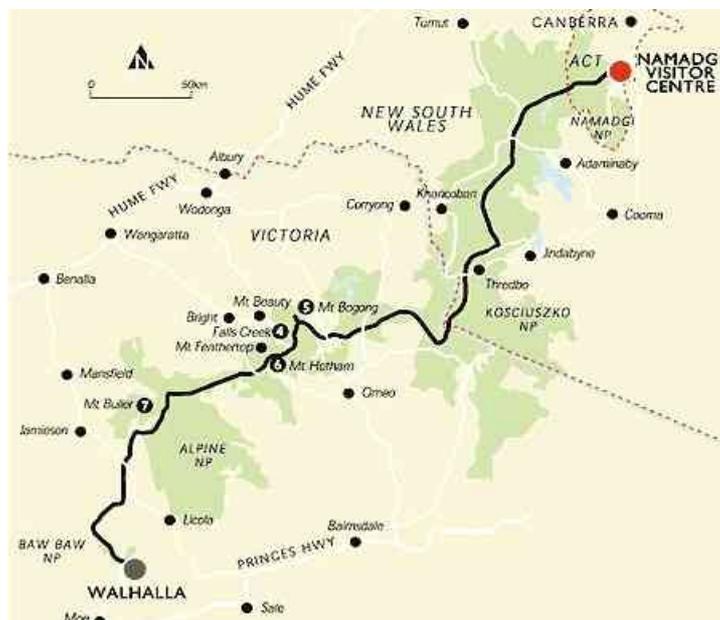
Piet intends to come back this year and do the historic South-North walk from Lands End to John O'Groats.

CAROL BAIRD WALKS THE AUSTRALIAN ALPS WALKING TRAIL

And now from England to Australia for a similar walking feat. **Carol Baird (C 39)** reports as follows on her own marathon walking feat

The great news is that I have just completed the Australian Alps Walking Trail (last time in 2004 I walked from Walhalla to Tharwa), this time walking from Tharwa to Walhalla. It was again a great challenge and I am pleased my ankle survived the 46 days of carrying about 24 kilos in my pack and covering over 680 km of the most challenging terrain the Great Dividing Range has to offer.

I walked part of the route way from Mt Howitt to Mt Feathertop back in the 1970s and I remember it as a tough but inspiring walk. With names like Mt Desperation and Mt Buggery, I think you get the general picture! This map shows the entire route which crosses some of the toughest terrain in eastern Australia. I know that **Michael Harvey (C 43)** has also done the entire walk from end to end.



The following brief analysis nicely summarises the walk:

Formerly called 'The Alpine Walking Track', the 'Australian Alps Walking Track' is a long route that passes through the mountains of Victoria and New South Wales. It is primarily a wilderness style walk as it passes through natural landscapes and there are no major facilities.

The track essentially follows the crest of the alpine range (the Alps) from southern Victoria through to the Australian Capital Territory (ACT). On the way it crosses all the highest mountain regions from the Baw Baw Plateau, the Mt Howitt area, the Bogong High Plains, the Cobberras then the Kosciuszko National Park and finally into the Namadgi National Park near Canberra.

In many ways, it is the grandest and most difficult of all the long distance tracks in Australia. It is not the longest but with over 27,000 metres of climbing and descending it is indeed a tough walk (equivalent to more than 3 ascents and descents of Mt Everest!). This equates to between 550m and 800m of climbing and descending each day - definitely not a flat walk! It also crosses a lot of Australia's best alpine scenery making it a very scenic varied walk.

The official length is 650 km but most follow the route described in John Siseman's book which in the forthcoming new edition is 659 km. A fair bit of planning is needed, as while there are plenty of minor roads crossing the Alps, there are no towns or re-supply points along the track. There are several ski resorts close to the track, which can provide a rest with a bed and a hot shower, but there are few other facilities. Most end-to-enders spend 2 or 3 days driving and pre-placing food caches before starting the walk.

Food dumps are usually arranged for every 5 to 8 days, some choose longer sections of 12 to 14 days, it all depends on what weight you find acceptable.

The entire route takes about 50 to 60 days to complete depending on the number of rest days. Fast walkers do the track in around 30 to 40 days. Several groups have walked it in 22 days but on several days they walked at night to reach campsites and such a short itinerary is not recommended - to walk it in 22 days requires an AVERAGE of 11.9 hours walking each day!. As this is an alpine area with variable weather, it is suggested to build in some extra days to wait out poor weather.

There are not just many tough climbs, the track crosses a number of rivers which have to be waded or crossed by rough log bridges. Long sections of the track also have no markers as it passes through wilderness areas. The lack of markers in these regions is deliberate, as management of these zones dictate no formal marked tracks. The track has been planned for experienced bushwalkers to follow and is not suitable for the inexperienced. There are even some short sections without any track at all - you simply follow the ridges, at times pushing through scrub and occasionally may find markers confirming you are on the route. Tents are essential - there are only a couple of huts along the track. Detailed maps are also essential as this is not a walk where you can just follow markers - it does require navigation.

The track was designed by bushwalkers for bushwalkers and does require adequate walking skills. It is not suitable for travellers as a first time long walk - for such an experience, the Overland Track in Tasmania or the Bibbulmun Track in Western Australia are suggested. There are no official camp sites along the track - in fact there are many places suitable for camping depending on water supplies. The main needs are flat ground (usually easy enough to find) and water. In late summer water can be very hard to find on some sections. Late spring is the most common period chosen for end-to-end walks but even then water is hard to find particularly in the Barry Mountains and around Mt McDonald.

It starts (or finishes) in Walhalla, a quaint ex-goldmining town, about 50kms from Moe in Victoria and finishes (or starts) at the Tharwa Visitor Centre, about 35kms south of the Canberra City Centre. There is no public transport to either end of the walking track.

I also found a great site with lots of photos from someone else's walk: <http://www.takeawalk.com.au/AAWT.htm>
Well done Carol on a great solo effort.

JOHN OLSEN – TRANS-AUSTRALIA WALK

And while we are on the theme of long walks, the following feat has gone pretty much unnoticed by the media but it is an excellent solo effort. Very few people have traversed Australia from west to east via the inland route as it is very barren and hot and desolate but Geelong resident John Olsen has just completed it. You can read all about his wonderful walk on his website http://web.mac.com/johnolsen7000/John_Olsen/Long_Walk_.html

John is not a newcomer to long distance walking feats. In 2004 he walked solo from the northern tip of Cape York Peninsula to the southern tip of the Australian continent at Wilsons Promontory and then from Devonport to the southern tip of Tasmania - 5,622 km in 167 days. But his 2008 walk was much tougher and saw him walk solo and unsupported from Steep Point in Western Australia across the remote Great Victoria Desert and the challenging Great Dividing Range to reach Byron Bay in NSW (4752 km) and then walk from Byron Bay back to his home town of Geelong, raising funds along the way, for a total distance of 7000 km.

The following article from the Geelong independent newspaper documents his forthcoming arrival back in Geelong.

Camel fight all part of John's epic solo walk

BY ANDREW MATHIESON

FIGHTING off a camel on heat is just one of the pitfalls to have faced a Geelong charity walker on an epic 7000 kilometre solo journey across Australia.

John Olsen, a 57-year-old Geelong Lions Club member, has been striding unassisted for 215 consecutive days. Starting out from Western Australia's Steep Point on his way to northern New South Wales' Byron Bay, Mr Olsen expects to arrive home next week.

Despite counting every one of the tedious 6620km so far to Toowoomba at an average 35km a day, the Belmont resident counted himself lucky to survive the rogue bull camel-attack in the middle of the desert.

"The males come on heat, they get cranky and they just want to kill everything in sight," he told the *Independent*.

"This one had it in for me and I didn't even have time to get my firearm, so I ended up having to defend myself with a big lump of wood.

"I had to attack it, scream and yell and make myself look as cranky as him."

Mr Olsen has raised about \$62,000 for kids suffering cerebral palsy and leukodystrophy. His target is \$200,000.

Mr Olsen's supporters believe he is the only person to have ever walked solo both north-south and west-east across Australia.

Mr Olsen said his feet were holding up but he had worn out three pairs of sneakers.

"I've kept my old shoes as a relic of the trip and we may even raffle a couple of them off," he said.



On the road again, John Olsen makes his way home.

NEW DUTCH CENTURIONS WEBSITE

The website of the Dutch Centurions (Centurion Vereniging Nederland) has been completely revamped by webmaster Frans Leijters (C 949). Point your browsers to www.centurionverenigingnederland.nl and scroll to the bottom to choose English as your language. It has lots of useful information.

GORDON SMITH MEMORIAL AWARD

I am pleased to announce that **Deryck Skinner (C 51)** has won the **2008 Gordon Smith Memorial Award**. This annual award, named after Australian Centurion Number 1, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year** and Deryck has won it for his wonderful walk in the Caboolture 48 Hour event on 29-31 August 2008. On this occasion, Deryck set new M75 records of 38:37:11 for 200 km and 238.811 km for 48 Hours and finished 5th overall amongst the field of runners. That Deryck was dissatisfied with his overall result says a lot about the high expectations that he places on himself. For someone aged 75+ to walk for 48 hours and achieve such a mammoth distance speaks for itself. This is the second time that Deryck has won this prestigious trophy and it is well deserved.



Deryck Skinner (C 51) - our 2008 Gordon Smith Award winner

15th CABOOLTURE DAWN TO DUSK 12 HOUR WALK, 7-8 FEBRUARY 2009

The annual Caboolture Dawn to Dusk event was completed last weekend at the Caboolture Historical Village in Queensland and it saw excellent fields and some good racing. The field of 95 included 16 solo 12hrs, 16 solo 6hrs, 3 solo 50ks, 17 teams 3 x 2hrs and 3 teams 2 x 3hrs. Three walkers were in attendance and we saw two good 12 hour walk performances. **Peter Bennett (C 24)** was 8th overall with 98.5 km while Ian Valentine was 13th with 80.5 km. One of Peter's main attributes is his ability to maintain a consistent pace throughout such an event and this was no exception. The number of 500m laps he walked per hour were 19 17 17 17 16 15 16 15 16 15 16 and 18. Walk results were

12 Hour	8	Peter Bennett	QLD	98.5 km
	13	Ian Valentine	QLD	80.5 km
6 Hour	13	Iggy Jimenez	QLD	36.0 km

See <http://geoffsruns.com/2009%20Caboolture%20Historical%20Village%20Dusk%20to%20Dawn%20Event.htm> for full results. Thanks to Peter for this report.

This was an event that Andrew Ludwig and his family had been keenly looking forward to. An injured Andrew still covered an excellent 92km last year and he was hoping to go way over 100km this year and better his effort at Gosford in 2007.

Organiser Geoff Williams made a tribute speech to Andrew prior to the race and everyone observed a minute silence before the start. Geoff had had a laptop set up near the start line showing photos of Andrew at the Caboolture 48 hour race last year. This caused a shock to many people who had heard that Andrew had died but had not been able to put a face to the name. Many of the runners expressed their condolences to Sue and family during the race and related their memories of Andrew.

The Queensland ultra community has moved quickly to ensure that Andrew will be remembered by establishing an "Andrew Ludwig Memorial Trophy". This is a timber shield in the shape of Queensland and is a perpetual trophy to be awarded to winner of the Caboolture Dusk to Dawn 12 hour walk.

Iggy Jimenez put in a late entry for the six hour walk to join me in walking as a tribute to Andrew. Ian Valentine has been putting in a lot of work in changing his style from power walking to race walking and he should be pleased with his efforts. He remarked after the race that his hips were very sore. I told him not to worry as that was a good sign that he was on his way to becoming a race walker.

During the first four hours I walked a lot with Iggy Jimenez and this helped me get a solid start to the race. Iggy walked 36km in the first four hours before having to retire due to a back and leg injury he sustained the day before the race. It is to his credit that he made it to the start line and walked for as long as he did.

I was pleased to achieve a distance of 98.5km after a low key preparation (i.e. I've been lazy over Christmas-New Year) and this was really my first long walk for many months. It would have been good to reach 100km but in overall scheme of things that was not really important.

It felt a bit hollow to win the 12 hour walk trophy without Andrew in the race but I knew he was with me during the night when things got tough. I was very proud to accept the Andrew Ludwig Memorial Trophy but it was a very humbling experience.

Geoff and his wife Betty put on a very good event each year with limited resources and deserve high praise for their efforts. I would urge all Centurion club members to consider adding this event to their programme in future years.

Regards,

PETER

FRANCE – THE PLACE TO BE FOR LONG DISTANCE WALKING

You can't go past it. France is definitely the place for serious ultra distance walking. A review of the current French walking calendar shows the following events already scheduled around France during 2009

28 Feb - 1 Mar	24 Heures de Bourges	24 Hours	Bourges
21-22 Mar	Championnat National de Grand Fond	24 Hours	Château Thierry
12 Apr	Championnat National du 100km	100 km	Bar le Duc
25-26 Apr	24 Heures de Dijon	24 Hours	Dijon
9 May	6 Heures de Bernouville	6 Hours	Bernouville
16-17 May	24 Heures de Corcieux	24 Hours	Corcieux
17-20 June	Paris-Colmar Classic		
5-6 Sept	24 Heures de Saint Thibault	24 Hours	Saint Thibault des Vignes
19-20 Sept	28 Heures de Roubaix	28 Hours	Roubaix
18 Oct	8 Heures	8 Hours	Etampes

Add in the English and Continental Centurion events and you have a bumper year for all European based ultra walkers.

23-24 May	Continental Centurions Qualifier	24 Hours	Weert, Holland
11-12 July	English Centurion Event	24 Hours	Newmarket, England

CHANGE OF EXECUTIVE FOR THE AUSTRALIAN CENTURIONS

Every two years, the Australian Centurion presidency and vice presidency rotate onwards through our ranks. For 2007 and 2008, **John Smith (C 16)** has been our president and **Ian Jack (C 17)** has been our vice president. With 2009 now underway, John has stepped aside to allow Ian to take on the presidency while **Terry O'Neill (C 18)** has taken over the vice presidency role. I pass my special thanks onto John for his help over the last 2 years and I welcome Ian and Terry to their new roles. Our executive now reads as follows

President	Ian Jack (C 17)
Vice-President	Terry O'Neill (C 18)
Secretary	Tim Erickson (C 13)
Treasurer	Lois Erickson

FINANCIAL NEWS

Thanks to all those members and supporters who have renewed their commitment to the club as we move into a new financial year.

Incoming	Clarrie and Ian Jack – 2009 newsletter subscription	12.00
	Clarrie and Ian Jack – donation	23.00
	Jim Turnbull – donation	50.00
	Carol Baird - 2009 newsletter subscription	12.00
	Carol Baird – donation	38.00
	Geoff Peters – 2009 newsletter subscription	12.00
	Geoff Peters – donation	28.00
	Geoff Hain – donation	40.00
	Stuart Cooper – donation	50.00
	Jim Gleeson – donation	50.00
Outgoing	Consumer Affairs – annual Incorporation payment	39.70
	Postage and Photocopying	40.00
Balance		1102.05

UNTIL OUR NEXT NEWSLETTER

It was my sad task this month to attend Andrew Ludwig's funeral in Queensland. Such a challenging occasion reminds us all of the tenuous grip we maintain on our lives and how quickly and unexpectedly things can change. It is indeed a reminder to us all to live our lives to the full and to never let opportunities pass us by.

Yours in Centurion walking

Tim Erickson (C 13)
Secretary, Australian Centurion Walkers Inc.
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