

CENTURION FOOTNOTES

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DATES...DATES...DATES

The ultra year is now well and truly underway with a whole range of opportunities available for the top walkers. Thanks to Bernardo Mora of Spain for advising that this year's Antibes 6 Day Race (June 7-13) will include a walking division as well as a 24 Hour division. Antibes is a French Riviera port city. See <http://www.6jours-antibes.fr/> for full details of the event. Since we have lost our 6 Day event here in Australia, it is great to see that this ultimate endurance standard remains alive in other parts of the world.

12 Apr, 2009	Championnat National du 100km	Bar le Duc, FRA
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
25-26 Apr, 2009	24 Heures de Dijon	Dijon, FRA
9 May, 2009	6 Heures de Bernouville	Bernouville, FRA
16-17 May, 2009	24 Heures de Corcieux	Corcieux, FRA
23-24 May 2009	Continental Centurions 2009 Qualifying event	Weert, Netherlands
7-13 June, 2009	Antibes 6 Day Race (now includes walk division) See http://www.6jours-antibes.fr/	Antibes, FRA
17-20 June 2009	Paris Colmar Classic	FRA
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
5-6 Sept, 2009	24 Heures de Saint Thibault	Saint Thibault des Vignes, FRA
19-20 Sept 2009	28 Heures de Roubaix	Roubaix, FRA
18 Oct, 2009	8 Heures	Etampes, FRA

COBURG HARRIERS 6 HOUR CHAMPIONSHIPS, COBURG, VICTORIA, SUNDAY 15 MARCH 2009

The first race on which to report is our own Australian Centurions 6 Hour event which we co-held with the Coburg Harriers earlier this month. The Melbourne weather was at its fickle best as the competitors battled early rain and wind, were tempted mid race by some weak late morning sun and then finished the event in overcast conditions. A large field of 38 contestants faced the starter's gun at 8AM and all but 4 were still on the track when the final gun sounded at 2PM. This year saw the 24 runners confined to lanes 1-2 and the 14 walkers confined to lanes 3-4. This proved a successful experiment as it allowed both the faster runners and the faster walkers a clearer passage around the track. I was very pleased to see three new Australian Masters 6 Hour Walk records

- **Terry O'Neill (C 18)** bettered his own M50 record for the 6 Hour walk.
- **Clarrie Jack (C 4)** set a new M60 record for the 6 Hour walk.
- Dawn Parris set a new W55 residential record for the 6 Hour walk.

In the 6 Hour walk for men, Terry and Clarrie swapped the lead on several occasions before Terry eventually established a winning break. His winning distance of 53.191km was a new Australian M50 record while Clarrie's second place distance of 52.505km was a new Australian M60 record. Steve Jordan, Alex Poore and Rudolf Skrucany took the next 3 places with PBs of 46.201km, 45.246km and 44.183km respectively. Doug McKay improved a lot on his 2008 Sri Chimnoy Adelaide 24H walk to record 44.124km for 6th place while **Deryck Skinner (C 51)**, the oldest competitor in the field at 76 years of age, showed that he has lost none of his form with a fine 43.836km.

The women's 6 Hour Walk Championship saw a great battle between Dawn Parris and **Karyn O'Neill (C 45)** with the two ladies never more than a lap or two apart. After chasing Karyn for the first 5 hours, Dawn finished the stronger to

pass her in the last hour and win narrowly with 45.719km, a new Australian Residential W55 record. Karyn was close behind in second place with 45.320km while Sandy Howorth was third with 36.317km.

Because the walkers competed in lane 3, some additional calculations were required to convert their completed laps into actual distances (each lap walked in lane 3 involved a distance of 414.7m)

6 Hour Walk C'ship Men			Laps	Distance	Addit. Distance	Final Distance
1.	Terry O'Neill (C 18)	VIC	128	53.082	0.109	53.191
2.	Clarrie Jack (C 4)	VIC	126	52.252	0.252	52.504
3.	Steve Jordan	VIC	111	46.032	0.169	46.201
4.	Alex Poore	VIC	109	45.202	0.044	45.246
5.	Rudolf Skrucany	VIC	106	43.958	0.225	44.183
6.	Doug McKay	VIC	106	43.958	0.166	44.124
7.	Deryck Skinner (C 51)	VIC	105	43.544	0.292	43.836
8.	Gary Turner	VIC	100	41.470	0.201	41.671
9.	Ken Carter	VIC	72	29.858	0.264	30.122

6 Hour Walk C'ship Women			Laps	Distance	Addit. Distance	Final Distance
1.	Dawn Parris	VIC	110	45.617	0.102	45.719
2.	Karyn O'Neill (C 45)	VIC	109	45.202	0.118	45.320
3.	Sandy Howorth	VIC	87	36.079	0.238	36.317
4.	Janet Hunter	VIC	46	19.076	0.042	19.118
5.	Jean MacDonald	VIC	38	15.759	0.048	15.807



walkers Terry O'Neill, Clarrie Jack, Steve Jordan and Deryck Skinner



walkers Dawn Parris, Karyn O'Neill and Sandy Howorth



Dudley completes his second 100 mile walk at the Collingwood Harriers track in Melbourne in 1975

Dudley Pilkington, our oldest living Australian centurion, will turn 90 in June 2009. That being the case, it seems an appropriate time to zoom in and review his centurion walks and the wider canvas of his life.

Dudley was born on 16th June 1919 in Queenstown, Tasmania, the 7th child in a family of 8 children. Queenstown, its hills stripped of timber to fire the local copper smelters and permanently denuded by the sulphurous fumes which belched from the smelters, was a surreal nightmare. Its river was badly polluted and it had the appearance of a deserted moonscape. By any measure, Queenstown was one of the wonders of the world, a profound reminder of humanity's capacity to destroy and pollute.

His father, a Boer War veteran, died in 1922 from complications caused by lung damage due to many years working as an underground miner in Queenstown. Dudley was only just over 3 years of age at that time. His mother had many offers of adoption but kept her family intact, something for which Dudley was always grateful.

Dudley grew up in the sulphurous fumes – he reminisced recently that at times it was so dense that it could make you cough if you inhaled through the mouth. This was his first real playground until his family moved to Devonport in 1929 when he was 10 years old.

Dudley recalls that it was around 1926 when he was in the Queenstown State School as a 7 year old that he saw in a school dictation booklet that an Englishman had walked 100 miles within a day and this had been done wearing a suit, bowler hat and cane. This obviously sowed the seed of ultra-distance walking in his mind.

When he finished school in Devonport, he returned to Queenstown where he worked underground at the Mt Lyall copper mine from 1937 to 1939.

With the outbreak of the war, he enlisted in the army and naturally joined the 2nd Australian Field Squadron Royal Australian Engineers. He worked in a variety of roles – as a miner, in water reticulation, building toilets in the trenches, excavating and as an army cook. He suffered fractures to multiple vertebrae in the back as a result of a blast during task-force demolitions in the Northern Territory. After 4 years of active duty, he was eventually demobilised and returned to civilian life. This injury led to spinal column deterioration and further problems over a continuing period of time.

His mother had moved from Devonport in 1940 to live in Nicholson St, Yarraville (Melbourne) and the whole family, born and reared in Queenstown, moved and settled around her again as they were demobilised from the services.

Dudley married in 1944. Now living in Melbourne, he became a Waterside Worker, riding his bicycle around the various wharves in the Melbourne area. In February 1956 he transferred back to Devonport in Tasmania so that his wife could be with her family. He became an employee of the Australian National Line and spent 19 years in their service

before finally retiring.

All thoughts of walking were put from his mind for many years. It was not until he was 47 years of age (1966) that his thoughts turned once again to walking but as a means of rehabilitation – his walking was undertaken to help limber up the shoulders, arms, neck and back muscles for improved flexibility. The milkman saw him one morning and asked him if he was training for the fund-raising Retarded Citizens Welfare Association walk which was a distance of 30 miles. Dudley decided to give it a go and eventually came in as the winner in 5 of these 30 mile races over the next few years.

He was actively involved in various organisations and became associated with Graham Wright, a Public Relations officer from the Hobart Blind Institute. Dudley decided to organize a fund-raising 100 mile walk at the local Spreyton Park Racecourse on 15-16 December 1972. All funds raised were to be used for bulk buying Talking Book Library materials. He used the opportunity to complete the 100 mile distance himself in a time of 23:29:00, becoming Australian Centurion Number 7. The racecourse lap was slightly less than one mile so the 100 mile distance was calculated to be just over 107 laps. Dudley walked 108 laps to be sure so actually walked slightly over 100 miles for his qualifier. It was not all easy going – at one stage he lost 15 minutes with cramps in one leg. As a final challenge, the grass had not been cut!

Now fully enthusiastic about the 100 mile walk, Dudley travelled to Adelaide the following year (1973) for the Adelaide Harriers Jubilee 100 mile walk. Unfortunately he could only complete some 60 miles before being forced to pull out. The hot weather (it reached 33°C) that day took its toll with only one person finishing out of the 11 starters. That finisher was Fred Redman, one of our four founders. Dudley remembers walking the last lap with the 62 year old Fred along with fellow co-founder Len Matthews who was at that stage a very old man but still so enthusiastic about walking. Other well known retirees that day included Chris Clegg, eventually Australian Centurion No 11, who completed around 80 miles before collapsing at the toilet block and unable to continue.

In 1975 Dudley participated in the 100 mile walk held at the George Knott track in Melbourne on 18-19 October and was successful in a time of 22:59:00 (some 30 mins faster than his 1972 time). However, he developed haemorrhoids for the latter 9 hours of the walk and took 4 days to recover.

Since then, Dudley has been an enthusiastic member of our elite club, closely following all club activities and performances and regularly corresponding with me.

Dudley was a fulltime carer for his wife for over 10 years until she died in 2003, after 59 years of happily married life. He has now moved to a retirement hostel in Devonport but still manages to get out for regular walks. Even today Dudley suffers from incurable back problems and finds it hard to sit and write or do such activities. It is a constant source of aggravation but one that he continues to overcome with his typical determination.

Dudley – enjoy your 90th birthday this year and may you have many more.



This photo, from the Devonport Times issue of November 4 2008, shows Dudley (left) and fellow resident Frank Nicol being interviewed about their wartime experiences on the anniversary of the end of World War 1.

The European ultra season kicked off in late February with the first of the classics, the 24 Heures de Bourges in France. **Sandra Brown (C 36)** and her husband Richard made the trip across the channel to participate and for Sandra it was yet another top effort, winning the women's event with an excellent 176 km. Firstly, here is Sandra's report

Richard and Sandra Brown had an enjoyable and successful visit to the pretty French town of Bourges (a former capital of France for a time in the 1400s). The people are very kind, the event well organised, and the "world heritage site" town always a delight (if you have the legs for it after the race!).

Once again the event had a good turnout with around 70 walkers. This year, the organisers experimented with a new format within the 24h, replacing the relay with a 6h + 6h (the first and last 6 hours of the 24h, ie 1500-2100 on Saturday and 0900 to 1500 on Sunday). Afterwards, they clearly judged this variation to have been a great success and something they will be keen to repeat.

We travelled on the early Saturday morning Eurostar from London to Paris, followed by the train down to Bourges, arriving 50 mins before the start of the race. The organisers very kindly arranged to meet us and take us to the venue to get our numbers etc.

Richard did the 6+6 and thoroughly enjoyed it. We walked the first 6 hours mostly together; I was then very envious as I watched him disappear for a good meal, a beer and a kip before having to start again in the morning. He also helpfully made sure I had my cold weather gear and walkman for the night, and mixed up a tub of "mash", before turning in. In the morning, it was nice for the 24h walkers to see the 6+6 people coming out again looking fresh and keen at 0900. Richard finished a very pleasing close second in the 6+6h.

In the 24h, after a winter light on training following a house move, and lots of work demands, I was surprised and happy to come out with 176kms and even more surprised to win the ladies event (and come 7th overall). My feet were inexplicably messed up so I was conscious of nursing them a bit to make them hold up for 24h!

On the Monday morning we loosened up with a lovely walk around the old town's cobbled streets, taking in a feast of the medieval and renaissance environment, not to mention the odd patisserie!



Richard and Sandra Brown in action in Bourges

Men 24 Hour Walk

1.	Costils Alain	SPN Vernon	FRA	194,667 km	24:00:00	8,111 km/h
2.	Vit Philippe	AM St Thibault des Vignes	FRA	192,000 km	24:00:00	8,000 km/h
3.	Foudjem Genno- Daniel	FAP	CAM	189,334 km	24:00:00	7,889 km/h
4.	Maréchal Pascal	AC Château Thierry	FRA	186,667 km	24:00:00	7,778 km/h
5.	Varain Cédric	AC Château Thierry	FRA	181,334 km	24:00:00	7,556 km/h
6.	Dien Daniel	ASCA -CL	FRA	178,667 km	24:00:00	7,444 km/h
7.	Letessier Gilles	PLM Conflans Ste Honorine	FRA	176,000 km	24:00:00	7,333 km/h
8.	Biebuyck Pascal	ASSA Renaix	BEL	176,000 km	24:00:00	7,333 km/h
9.	Gallot Franck	Us Berry (Bourges)	FRA	176,000 km	24:00:00	7,333 km/h

10.	Gicquel Bernard	P L M Conflans	FRA	173,334 km	24:00:00	7,222 km/h
11.	Bunel Dominique	Neuilly sur Marne Athletisme	FRA	170,667 km	24:00:00	7,111 km/h
12.	Bunel Pascal	Neuilly sur Marne Athletisme	FRA	170,667 km	24:00:00	7,111 km/h
13.	Bert Dominique	SA Mérignac	FRA	170,667 km	24:00:00	7,111 km/h
14.	Gauzé Francis	FC Oloron	FRA	165,334 km	24:00:00	6,889 km/h
15.	Grassi Alain	MJ Trouville	FRA	162,667 km	24:00:00	6,778 km/h
16.	Courcy Jean Claude	SPN Vernon	FRA	160,000 km	24:00:00	6,667 km/h
17.	Picot Gérard	NL Aulnay	FRA	157,334 km	24:00:00	6,556 km/h
18.	Giraudeau Denis	PLM Conflans Ste Honorine	FRA	154,667 km	24:00:00	6,444 km/h
19.	Bovin Laurent	C A Montreuil	FRA	149,334 km	24:00:00	6,222 km/h
20.	Pichon Jean	AM St Thibault des Vignes	FRA	149,334 km	24:00:00	6,222 km/h
21.	Spieser Jean Paul	Resda Vosges	FRA	144,000 km	24:00:00	6,000 km/h
22.	Glaser Jean Bernard	Neuilly sur Marne Athletisme	FRA	133,333 km	24:00:00	5,556 km/h
23.	Dehu Gérard	Pass running	FRA	104,000 km	24:00:00	4,333 km/h

Women 24 Hour Walk

1.	Brown Sandra	Surrey Walking Club	GBR	176,000 km	24:00:00	7,333 km/h
2.	Dols Corinne	AFA Feyzin	FRA	170,667 km	24:00:00	7,111 km/h
3.	Anxionnat Claudine	RESDA Vosges	FRA	160,000 km	24:00:00	6,667 km/h
4.	Bonvarlet Lilianne	CA Decines	FRA	144,000 km	24:00:00	6,000 km/h
5.	Douet Christiane	Neuilly sur Marne Athletisme	FRA	138,667 km	24:00:00	5,778 km/h
6.	Berthault-Korzhyk Annie	Neuilly sur Marne Athletisme	FRA	136,000 km	24:00:00	5,667 km/h
7.	Landru Noelle	ASCE	FRA	106,667 km	24:00:00	4,444 km/h

Men 6+6 Hour Walk

1.	Genin Sébastien	C M Monthey	SUI	95,976 km	12:00:00	7,998 km/h
2.	Brown Richard	Surrey Walking Club	GBR	95,976 km	12:00:00	7,998 km/h
3.	Legrand Gilbert	AAEE Epernon	FRA	93,310 km	12:00:00	7,776 km/h
4.	Lescure Frédéric	KM 520	FRA	90,644 km	12:00:00	7,554 km/h
5.	Daloz Robert	Neuilly sur Marne Athletisme	FRA	82,646 km	12:00:00	6,887 km/h
6.	Langlade Bernard	NL	FRA	77,314 km	12:00:00	6,443 km/h
7.	Berille Philippe	EA Bourg en bresse	FRA	66,650 km	12:00:00	5,554 km/h
8.	Larginière Jean pierre	SA Merignac	FRA	42,656 km	12:00:00	3,555 km/h
9.	Spement Pierre	E M Bourges	FRA	37,324 km	12:00:00	3,110 km/h
10.	Linard Benoit	EM Bourges	FRA	26,660 km	12:00:00	2,222 km/h
11.	Lézin Jean Claude	CA Langonne	FRA	21,328 km	12:00:00	1,777 km/h
12.						

Women 6+6 Hour Walk

1.	Gauzé Françoise	AC Mourenx	FRA	79,980 km	12:00:00	6,665 km/h
2.	Gauzé Claudie	Les Aigles de Pau	FRA	79,980 km	12:00:00	6,665 km/h
3.	Hustaix Michelle	NL	FRA	74,648 km	12:00:00	6,221 km/h
4.	Pannier Josianne	Le Havre AC	FRA	26,660 km	12:00:00	2,222 km/h

You can see great photos from all the European classics at <http://www.michel-auriac.com/page-album.html>

24 HEURES DE CHÂTEAU THIERRY, FRANCE, 21-22 MARCH 2009

The big guns were out in strength for this event where the name says it all - the medieval castle sits atop its hill and walkers have to visit it on every circuit before dropping down again to the riverside! The reputation of the event is that it is tough on account of the hills, but good performances are achieved there.

The Chateau-Thierry race is one of the best attended Paris-Colmar qualification races because of its timing at the beginning of spring. This year, it had an even greater attraction as it was doubled as the French championship. Over the years, those who have walked well in this race have also walked well in the Colmar classic. Over the 29 year history of this race, many of the winners have also medalled or won at Colmar – Roger Quemener, Jean-Claude Gouvenaux, Zbigniew Klapa, Noël Dufay, Alexei Rodionov, Grégor Urbanowski and last year's winner Sergueï Dvoretzki.

David Regy, who has been the top French ultra distance walker for many years now and who won here in 2004 after a sprint finish with Polish great Urbanowski, won this year's 30th edition with a wonderful 208.025km. Dominique Alvernhe was a clear winner in a women's star studded field with 181.950km. Overall, 22 men and 5 women walked in excess of 100 miles and most of them were French – how's that for depth!

1.	Régy David	EA Cergy Pontoise Athlétisme	FRA	208,025 km	24:00:00	8,668 km/h
2.	Thibaux Philippe	CA Agéen	FRA	204,300 km	24:00:00	8,513 km/h
3.	Costils Alain	SPN Vernon	FRA	200,575 km	24:00:00	8,357 km/h
4.	Donzé Eric	AM St Thibault des Vignes	FRA	193,125 km	24:00:00	8,047 km/h
5.	Morel Philippe	AC Château Thierry	FRA	193,125 km	24:00:00	8,047 km/h
6.	Fréchengues Bernard	SCBA Senart Combs Brie	FRA	193,125 km	24:00:00	8,047 km/h
7.	Maréchal Pascal	AC Château Thierry	FRA	193,125 km	24:00:00	8,047 km/h
8.	Varain Cédric	AC Château Thierry	FRA	185,675 km	24:00:00	7,736 km/h
9.	Letessier Gilles	PLM Conflans Ste Honorine	FRA	185,675 km	24:00:00	7,736 km/h
10.	Dien Daniel	ASCA -CL	FRA	185,675 km	24:00:00	7,736 km/h
11.	Georgelin Serge	Janzé athlétisme	FRA	181,950 km	24:00:00	7,581 km/h
12.	Albrecht Jacky	ASM Bar le Duc	FRA	181,950 km	24:00:00	7,581 km/h
13.	Biebuyck Pascal	ASSA Renaix	BEL	178,225 km	24:00:00	7,426 km/h
14.	Thévenin Pascal	AM St Thibault des Vignes	FRA	176,966 km	24:00:00	7,374 km/h
15.	Marshall Kevin	Surrey Walking Club	GBR	174,500 km	24:00:00	7,271 km/h
16.	Titley Andrew		GBR	174,500 km	24:00:00	7,271 km/h
17.	Leijtens Frans	Rotterdamse WV	HOL	174,412 km	24:00:00	7,267 km/h
18.	Labarre Bertrand	CS Provins Athlétisme	FRA	170,775 km	24:00:00	7,116 km/h
19.	Foudjem Genno- Daniel	FAP	CAM	167,050 km	24:00:00	6,960 km/h
20.	Bovin Laurent	C A Montreuil	FRA	167,050 km	24:00:00	6,960 km/h
21.	Grados Daniel	CM Roubaisien	FRA	163,325 km	24:00:00	6,805 km/h
22.	Girardeau Denis	PLM Conflans Ste Honorine	FRA	163,325 km	24:00:00	6,805 km/h
23.	Van der gulik Frank	SV de LAT Amsterdam	HOL	148,425 km	24:00:00	6,184 km/h
24.	Kerlau Yves Michel	AL Porterie AC	FRA	148,425 km	24:00:00	6,184 km/h
25.	Tabouret Guy	US Toul	FRA	144,700 km	24:00:00	6,029 km/h
26.	Spieser Jean Paul	Resda Vosges	FRA	144,415 km	24:00:00	6,017 km/h
27.	Baudrillard Antonio	Pays de Colmar Athletisme	FRA	140,975 km	24:00:00	5,874 km/h
28.	Leermakers Ad	AV Attila Hart	HOL	139,146 km	24:00:00	5,798 km/h
29.	Glaser Jean Bernard	Neuilly sur Marne Athletisme	FRA	137,250 km	24:00:00	5,719 km/h
30.	Bastien William	ASM Bar le Duc	FRA	126,075 km	24:00:00	5,253 km/h

24 Hours Women

1.	Alvernhe Dominique	Montpellier Athletisme	FRA	181,950 km	24:00:00	7,581 km/h
2.	Anxionnat Claudine	RESDA Vosges	FRA	167,050 km	24:00:00	6,960 km/h
3.	Varin Sylviane	SPN Vernon	FRA	166,742 km	24:00:00	6,948 km/h
4.	Attias Dorit	WALK USA	USA	166,180 km	24:00:00	6,924 km/h
5.	Rodier Nicole	EFSRA Reims	FRA	162,251 km	24:00:00	6,760 km/h
6.	Moineau Isabelle	NL Etampes	FRA	144,700 km	24:00:00	6,029 km/h
7.	Quinqueton Bernadette	AM St Thibault des Vignes	FRA	143,676 km	24:00:00	5,987 km/h
8.	Naumowicz Véronique	CM Roubaix	FRA	122,350 km	24:00:00	5,098 km/h



Photos from <http://www.marchons.com/article1245.html>: winners David Régy and Dominique Alvernhe in action

OUR MOST SUCCESSFUL AUSTRALIAN CENTURION EVENTS?

I was asked recently for some details of the most centurion finishers we have had in any of our Australian Centurion qualifying events. I did the necessary historical snooping and found four occasions when we have had four or more 100 mile performances. Our best ever result was in 1999 when we had an amazing (for us) 7 people completing the 100 miles – in fact, that was our biggest walk ever with 23 starters, nine of them from overseas. Of course, on each of the four occasions, we were boosted by one or more overseas walkers, shown in each case with an *.

18-19 October 1975, George Knott Athletics Field, Clifton Hill, Victoria

1.	Mike Porter	VIC.	21:48:47
2.	Stan Jones	VIC	22:04:59
3.	Chris Clegg	USA *	22:34:14
4.	Dudley Pilkington	TAS	22:59:07
5.	John Harris	QLD	23:19:15

19-20 Sept 1998, George Knott Athletic Field, Clifton Hill, Victoria

1.	Gerald Manderson	NZ *	21:37:31
2.	Norm Morriss	NZ *	22:32:47
3.	Yiannis Kouros	VIC	22:55:23
4.	Roger LeMoine	UK *	23:04:51
5.	John Harris	QLD	23:10:36
6.	Sue Clements	UK *	23:58:40

18-19 Sept 1999, Coburg Athletics Track, Coburg, Victoria

1.	Sandra Brown	ENG *	19:14:56
2.	Herbert Neubacher	GER *	21:03:07
3.	Jill Green	ENG *	21:15:35
4.	Robin Whyte	ACT	21:34:48
5.	Gerald Manderson	NZ *	21:36:09
6.	Carol Baird	ACT	22:16:43
7.	Gerrit de Jong	HOL *	22:51:24

22-23 April 2006, Australian Centurions 24 Hour Walk, Coburg

1.	Jens Borello	DEN *	22:36:13
2.	Pat Fisher	ACT	23:14:03
3.	Deryck Skinner	SA	23:23:43
4.	Geoff Hain	QLD	23:38:25



The 1999 finishers – Herbert, Gerrit and Gerald in the back row, Jill, Robin, Carol and Sandra in the front

LOOKING TO THE 2009 AUSTRALIAN CENTURIONS EVENT

It is now only 3 weeks until our 2009 qualifying event and we have 20 walkers who have registered. A brief analysis follows for what looks on paper a very strong field of 15 men and 5 women.

David BILLETT

David came 4th in the 2004 Coburg 24 Hour run category with 163.8 km. He has since improved this to 182.658 km. In 2005 he returned to Coburg as a walker and achieved Centurion status with a distance of 161.887 km. Since then he has completed in the Colac 6 Day and the Australian 48H championship with distinction and comes to Coburg as a battle hardened ultra competitor who excels at both run and walk..

Louis COMMINS

Competed in his first ultra at Coburg in 2006, finishing 7th in the 24H Walk with 131.517 km. Came back in 2007 to achieve 160.150 km and has been walking regularly on the ultra scene since. Will be a serious Centurion contender again this year.

Parameswaran GOVINDASAMY,

One of 3 Malaysian walkers at Coburg this year. Param has a best of 128.96km in the 24H Walk, done in the Malaysia 24H Walk in 2007. Will be looking to improve on that performance here in Melbourne.

Geoff HAIN

Geoff became Australian Centurion 49 in October 2004 and, since then, has walked 7 more hundreds and won 5 of the 6 centurion badges on offer. Last year he became a Continental European centurion in a PB time of 23:18:30 so is still improving. This is a new career for Geoff who was an accomplished ultra runner for many years before making the switch. He returns to our event after a 2 year break, having come 2nd in the 24H walk in 2007.

Michael HARVEY

Michael last competed at Coburg in 2001 when he became centurion number 38 with a fine 100 mile walk time of 22:48:26. A former Australian representative walker with a 50 km walk PB of 3:57:20, he is capable of a huge performance if he attacks this event. In 2001, he walked the first 100km in under 12 hours and is an aggressive walker.

Clarrie JACK

Clarrie is one of Australia's most experienced ultra distance walkers, being Australian Centurion No 4 (1971 – 20:39:45). He also holds the Australian Open Record for the 50 mile walk with a time of 7:57:57, set in 1979. Won the 2007 12 Hour walk with 88.370 km and was second in the 2008 6H Walk. This year he warmed up with 2nd in our 6H walk (52.426km) and will attempting his first 24 Hour walk for a long time but he might surprise.

Steve JORDAN

First time competitor in 2005 when he won the 6 Hour Walk with 43.6 km. He was back again in 2006 to come 2nd with an improved distance of 44.12 km. In 2007, he upgraded to the 12H Walk and came 2nd with 85.98 km and in 2008, he was 3rd in the 6HW with 45 km and 5th in the 24HW with 109 km. Warmed up this year with a PB of 46.201km in the 6H event and will be a serious centurion contender.

Doug McKAY

Doug competed in his first 24H event in Adelaide in October 2008 and walked 127.55km. He is hoping to improve on that performance at Coburg and warmed with with a very respectable 44.050km in our 6H walk.

Gerald MANDERSON

Gerald is already an Australian and NZ centurion (1998 and 1999) with a best 24H walk time of 21:37:31. He is back after some years absence and will be hoping for another successful centurion walk in April 2009.

Terry O'NEILL

Terry is Australian Centurion 11, having completed his 100 mile walk in 21:13:08 in 1979. In 2006, he reappeared after a long absence and walked the 100 km in 13:19:08, indicating that he had lost little of his fitness. In 2007, he completed his second 100 mile finish with 21:48:35 and won the Australian 100 km walk championship for the second year in a row. One of our top ultra walkers, he warmed up for this event with a win in our 6H walk (53.011km).

Mahalingam PALANY

One of 3 Malaysian walkers at Coburg this year. Maha has a best of 130km in the 24H Walk and will be looking to improve on that performance here in Melbourne.

Rudy SCHOORS

Rudy Schoors and Caroline Mestdagh are a married couple from Belgium, intent on trying to become centurions in as many countries as possible. They qualified as British centurions in 2007 and Continental European centurions in 2008. 2009 will see them both intent on reaching the 100 mile mark at Coburg for their third set of badges.

Devinder SINGH

One of 3 Malaysian walkers at Coburg this year. Devinder has a best of 130.21km in the 24H Walk, done in the Malaysian 24H Walk in 2007, and will be looking to improve on that performance here in Melbourne.

Rudolf SKRUCANY

Rudolf completed 86 km in his first ultra at Coburg in 2006 in the 24H walk and improved in 2007 to 117.447 km. In 2008, he swapped to the 6H and did 42 km. In 2009 he will contest both the 6H and 24H walks and is off to a good start, having done 44.109km in the 6H.

Ian VALENTINE

Ian won our 2003 24H run with 175 km and has a best of 189 km. In 2009, he has swapped to the 24H walk and has the endurance and background to do well in what will be a challenging new event. Is coming off the Caboolture 12H where he walked 81km in 11:51.

Val CHESTERTON

Val holds all the W60 and W65 Australian Masters ultra walk records and we can expect to see another fine walking performance this year.

Sandy HOWORTH

Sandra has competed in the walk at Coburg on a number of occasions and has a 24H best of 102 km. She has entered both the 6H and the 24H walks again this year.

Caroline MESTDAGH

Caroline Mestdagh and Rudy Schoors are a married couple from Belgium, intent on trying to become centurions in as many countries as possible. They qualified as British centurions in 2007 and Continental European centurions in 2008. 2009 will see them both intent on reaching the 100 mile mark at Coburg for their third set of badges.

Karyn O'NEILL

Karyn successfully walked 100 miles in 24 hours in our 2002 event. Walked the 12 hour event in 2003, ran 141 km in 2004 and has walked well in excess of 100km at Coburg every year since. Is back for the 6/24 Hour walks again this year and will be aiming for a further 100 mile finish.

Dawn PARRIS

After a long and illustrious ultra running career (Dawn is one of the legends of Australian ultra running with a 24H best of 202.65km), Dawn contested the 6H walk (2nd in 43.8km) and 12H walk (1st in 78.5km) last year in an impressive debut. She is back this year to challenge the longer 24H distance, warming up with a win in our 6H walk (45.642km).

FINANCIAL NEWS

Finances continue to look healthy. I have orders in for new centurion tee shirts and new silver and bronze medallions and we will incur some other smaller costs in conjunction with our annual event but we are well placed to absorb these costs and keep our head above water for the year, thanks to everyone who has contributed recently.

Incoming	Lyn Lewis – newsletter subs and donation	20.00
	Merv Lockyer – newsletter subs and donation	50.00
	Ruth Webber – newsletter subs and donation	30.00
	Fred Brooks – centurion tee shirt purchase and postage	22.50
	Fred Brooks – donation	37.50
Outgoing	Postage and Photocopying	10.00
	RWA 100km medals purchase	42.00
	V.F.Trainor – trophy engraving and purchase	78.00
	Keyhole Engraving – engraving for 110km medals	<u>36.00</u>
Balance		1140.74

UNTIL OUR NEXT NEWSLETTER

The 2009 ultra walking year has well and truly kicked off with its usual share of excellent performances and our own 6 Hour event has itself seen some excellent walking. The weather here in Melbourne is warm and sunny and it is great to be writing this to you all on such a day. With these last few letters typed, I am pleased to announce I am off for a bike ride to enjoy the remainder of the day. To everyone, I wish you a healthy and active next few months and look forward to reporting on our Centurion qualifier event in a few weeks time.

Yours in Centurion walking

Tim Erickson (C 13)
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