

CENTURION FOOTNOTES

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DATES...DATES...DATES

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

NEWS ON OUR MEMBERS

Australian Centurions **Robin Whyte (C 29)**, **Pat Fisher (C 53)**, **Peter Bennett (C 24)**, **John Harris (C 12)** and **Carol Baird (C 39)** were all in action in early June in the Racewalking Australia Carnival in Canberra



Peter Bennett, John Harris and Pat Fisher in action along with Robin Whyte and Val Chesterton at the presentations



John Harris and Carol Baird along with 20 mile speedsters Chris Erickson, Jared Tallent and Adam Rutter

For the record, Peter Bennett finished 12th in the Open 20 Mile event in in 3:27:02 while Robin Whyte finished 13th in 3:33:24, John Harris won the Men's Fitness 20 Miles in 3:51:27 while Pat Fisher finished 3rd in 4:26:34 and Carol Baird won the Women's Fitness 20 Mile with 3:48:28. The overall first 4 places in the prestigious 20 Miler were taken by 2008 Olympic walkers Jared Tallent (2:14:57), Luke Adams (2:18:49), Chris Erickson (2:22:47) and Adam Rutter (2:28:40). Now that is speed walking at its finest. It was great to see Carol back in action walking after a break of some 5 years and an ankle operation or two. How's this for a statistic - it was Robin's 40th finish out of 43 schedulings of this event (what a magnificent record) while it was Peter's 17th finish. I feel tired just writing this! You can peruse the full carnival results (over 300 walkers) at <http://www.racewalkingaustralia.com.au/2009LBGResults.html>. Finally, just to put Peter's Canberra walk in perspective, he competed it only a week after winning the Rouen 24 Hour walk in France with an astonishing 213 km. More about that later in the newsletter.

Dudley Pilkington (C 7) celebrated his 90th birthday last month in Devonport. His family put on a special party for him and I am sure it was a time of much celebration. Dudley is our oldest living centurion member and he keeps good health and corresponds with us when he can. Well done Dudley on a big milestone.

Jill Green (C 38) and **Sue Clements (C 35)** have also been busy but on the continent, walking the annual Paris – Tubize walk. Tubize is in Belgium so obviously the event goes north from Paris. It is held in 4 stages – 75km, 81km, 75.4km and 60km – a total of 292 km in 4 days. Jill wrote to tell me a little bit more about it

It was really hot. 71 people took part including 12 ladies. Only 2 had to stop so the success rate was very good. I got a cup as it was my 5th time. Sue got her cup last year. It's not a race but other years I've been in front of the group, now I was at the back, but I'm so happy to have done it.

Two of our new 2009 centurions, **Rudy Schoors (C 55)** and **Caroline Mestdagh (C 56)**, met them at the end and sent the following email with some photos.

Last weekend Jill invited us to meet her at the end of the Paris – Tubize walk. She was competing together with Sue in this traditional walk which ends in Belgium. The finish was 110 km from our town so we went to see both their finish. It was a hard walk: the temperature was around 25°C or more during the 4 days. We loved to see them finish in a very good condition. We took some pictures.

And here are some of the pictures – fantastic!



Left: Jill and Sue finish Right: Caroline, Jill, Sue and Rudy respendant in their Australian Centurion tops

Rudy and Caroline are also keeping fit and have recently completed the 100km Brugge-Boekhoute-Brugge event. As Rudy said to me – *it's not a competition for us, just for fun and fitness.*

Sandra Brown (C 36) is not one to rest on her laurels either. The following email tells of her latest outing:

We very recently did the LDWA 100 miles cross country over the late May bank holiday, with 11,500 feet of climbs. It was glorious - great views from the South Downs way and fabulous sunny weather. A x country 100 is always tough, and this time there were many rough, hard tracks, but we enjoyed it immensely and were pleased with our 28h completion - not that that matters at all and you have up to 48h to finish, with good checkpoints all the way! Already we are planning for next year's LDWA 100 in Scotland.

For the record, Sandra and husband Richard finished in 28 hours and 4 minutes – absolutely amazing in my book! This was the annual LDWA which was held in Wessex and had its own website - <http://www.wessex100.org.uk>. Next year's event, The Heart of Scotland 100, will be held over the weekend of 29-31 May 2010. You can read about it at link http://www.ldwa.org.uk/news/news_story.php?menu=Y&news_id=264. It will be the first time that this prestigious event has been held in Scotland.

Sandra comments further:

You'll be pleased to know, I'm sure, that I have volunteered to become the footpaths officer for our parish of Worth Matravers. The parish paths include a few miles of the SW Coast path long distance trail along the spectacular Jurassic coast, as well as the designated "Purbeck Way" trail - plus many lesser and often ancient rights of way. That sounds like a dream "job" to me - walking and overseeing the wonderful footpath network. Pity about the pay, though! No wonder it's often the retired who take these roles on.

Sandra is not the only one to take on some volunteer work. **Fred Brooks (C 42)** has been busy donating all monies raised from his pamphlet deliveries in the Cranbourne area to the local council. Recently he presented them with a cheque for \$1000 and I believe that more is on the way. Well done Fred on your great generosity in time and effort. But on a much sadder note, a number of us recently attended the funeral of Fred's beloved wife Lill who lost her battle against the debilitating effects of Parkinson's Disease on 11th June 2009, at 72 years of age. It is a tribute to Fred's unstinting devotion to Lill that she outlived all the doctors' predictions. He visited her every day, feeding her and supporting her in care and brought her home on weekends to provide additional stimulus and love. Fred – our thoughts are with you in this time of grief.

Gerald Manderson (C 31) is busy with new challenges. With his successful comeback walk in our Centurions event this year, he has been inspired to bigger and better things and intends to walk solo from Melbourne to Brisbane, starting later this month. This is no surprise if you know Gerald. In 1999, he walked 1014 km from Cape Reinga to Palmerston North in New Zealand in 14 days, camping by the roads and sleeping in his survival blanket when necessary. Soon after his walk at Coburg in April, he caught a lift to Warmanbool in western Victoria and then walked the 282km return journey back along the Great Ocean Road with a back pack in 5 days. Gerald is one tough cookie and, with this sort of preparation under his belt, he should be well and truly fit for next year's centurion event. We had a couple of chats about his upcoming walk and he explained it to me as follows

Dear Tim,

I have finalised my big walk for 16 July to 25 August, 40 days and 40 nights a bit like Noa's Ark flood. I have planned a route that avoids the freeways, and will get me to Shepparton using the (lesser) main roads/highways that the Police are less likely to boot me off. My first plan was to go to Bulla near the Melbourne airport and head back to the Melba highway, but when I got hold of some proper maps I saw that was not my best option. I have a head light which lasts 50 hours on the batteries. The army guys buy them for night patrols.

My amended plan is to take the airport bus into the central Melbourne railway station after getting through customs and start from there, with a marathon covered before I think about where to sleep.

With luck I hope to set off around 7pm from the railway station and walk to Box Hill and Lilydale on the Melba Highway, continuing on via Yea, Merton. Euroa, Shepparton, Tocumwai, Finley, Jerilderie, Narrandera, West wyalong, Forbes, Peak Hill, DUBBO, Gilgandra, Coonabarabran, Narrabri, Moree, Gooniwindi, Warwick Toowoomba, Helidon.

When I was working in a Building Society in Sydney in 1970, one of our branches was at Dubbo, and I often wondered what the place looked like. Now I get to find out and my curiosity can turn off.

There is a Freeway from Helidon to Brisbane, but I can see the hint of another road on the map going via Rosewood to Brisbane which will probably be the way I need to go towards the airport

I might need a Brisbane map, depending on how many days I have left out of 40 when I get there, to do extra walking practice to see other sights.

This winter walk is designed to give me some clues of my current strengths/weaknesses, and test my safety equipment and knowledge.

I don't want the walk to be too easy, or have car rides, or I won't learn the lessons I need to learn before I take on some of the more ambitious walks around Australia in warmer weather and tighter timeframes that might worry my four children - (Peter, Marie, Matthew and John, ages 37, 36, 34, 31).

I had thought about calling in to see you all , but I have never been to Brisbane and this is a chance to see some of it if I can walk good daily totals. If the days are too short, I will walk at night a bit if I need to.

Kind regards

Gerald

I am sure that Gerald will do the 2000 km well within his 40 day allotment. I know him well and can just imagine him sleeping by the side of the road in his little bivouac. So if you see a familiar face walking briskly along some side road in Victoria, NSW or Queensland in the next couple of months, stop and check – it may be the man himself!

PETER BENNETT CONQUERS THE ROUEN 24 HOUR CLASSIC ONCE AGAIN, 30-31 MAY 2009

I mentioned in my report above that Peter Bennett completed the Canberra 20 Mile event only a week after winning a big European 24 Hour classic. Here are the finer details of that wonderful performance.

Australian **Peter Bennett (C 24)** confirmed that he is one of the top ultra distance walkers in the world with a repeat win in the Rouen 24 Hour classic at the end of May. Last year, he won this prestigious event with 216 km. This year in the 41st edition of this annual endurance walk, he won with an almost identical distance of **213.855 km**. There are very few walkers in the world who can match this sort of endurance walking excellence and I am excited with Peter's ability to match it with the best in the world.

Peter led from the start, heading off at a devastating speed of 9.5km/hr and had soon broken away from all the other walkers except for Chinese contestant Aiguo Feng. Feng, who comes from Ningbo, the twin city of Rouen located at 200 km of Shanghai, lost contact as night fell and, from that point on, Peter was on his own as he lapped the 795m circuit with almost monotonous regularity. While others were forced to take breaks, Peter did what he does best and just 'kept on keeping on'. Perhaps the only reason he was slightly short of last year's record breaking distance was the hot weather that walkers encountered in the final stages of the event.

While I do not have the full results, I have been able to glean the following from the French press. Note the international flavour of the event with the top finishers including walkers from France, China, Indonesia, Kenya, Algeria, Holland, Madagascar and, of course, Australia.

1.	Peter Bennett	Australie	213,855 km
2.	Christian Renoncourt	Louviers	175,695 km
3.	Aiguo Feng	Chine	171,695 km
4.	Jean Pierre Begin	Saint Etienne	170,130 km
5.	Hulissan	Indonesie	170,130 km
6.	Hélène Pimont (F)	le Havre	162,765 km
7.	Leah Jepkirui (F)	Kenya	156,858 km
8.	Jean Paul Spieser	Vosges	155,025 km
9.	Ghelatti Lahouari	Algérie	155,025 km
10.	Adri Leermakers	Hollande	152,620 km
11.	Andrian Riana	Madagascar	151,050 km
12.	Pascal Flautre	Saint Blimont	151,050 km



Peter Bennett powers to a repeat win in the Rouen 24 Hour – 213.855 km

ANTIBES 6 DAY RACE, ANTIBES, FRANCE, 7-13 JUNE 2009

This relatively new carnival seemed to go well as far as I have heard. In all, there were a total of 76 competitors spread across 3 events – 6 Days, 48 Hours and 24 Hours. See <http://www.6jours-antibes.fr/> for the full results. Each event had both run and walk divisions and there were some good performances amongst the small group of walk entrants

6 Day Event	10	JOSE-MORA Bernardo	ESPAGNE	637.230 km
	31	RODRIGUEZ SIB Bernabe	ESPAGNE	532.336 km
	39	GRASSI Alain	FRANCE	503.844 km
	49	MARTINEZ Alain	FRANCE	476.662 km
	58	LHERITIER Michel	FRANCE	405.426 km
48 Hours	9	VANOOSTHUYJS J	FRANCE	182.700 km
	14	TARDI Emmanuel	FRANCE	146.311 km
24 Hours	25	LAPERTOT Philippe	FRANCE	111.468 km
	27	GHIRARDI Claude	FRANCE	104.088 km
	31	GHIRARDI Arlette (F)	FRANCE	75.598 km
	32	GALANT Nathalie (F)	FRANCE	55.002 km

PARIS COLMAR CLASSIC, FRANCE, 17-20 JUNE 2009

The 62nd edition of this ultimate ultra distance walking classic has been completed once again and, as usual, it provided a stage for the world's top ultra distance walkers to show their stuff.

Elite Men – 471.5km

The distance for the Elite Men was increased from 444km last year to 471.5km this year and 15 contenders toed the start line. With the great Urbanowski now all but retired and last year's winner Sergeui Dvovreski not contesting the event in 2009, the door had opened for a new champion to emerge. The race kicked off on Wednesday 17 June with a 3km prologue at 3:30PM before the serious stuff kicked off at 9PM and the elite men hit the road, bound for Saint Dizier, some 253 km away and the first compulsory stop of 2 hours.

Of the 15 men who started, three had already dropped out by Condé-sur-Marne, a distance of 166.5 km or just over 100 miles. The top two ranked walkers, Osipov of Russia and Thibaux of France, were well in front and well under 20 hours in walking time. Osipov had averaged 9km/h so far and looked in control. The placings read as follows at that stage

1	OSIPOV Dimitri	1	Ind. St Petersburg	RUS	13:45	18:53
2	THIBAUX Philippe	2	CA Agéen	FRA	14:34	19:45
3	BIEBUYCK Pascal	13	AC Renaix	BEL	15:12	20:21
4	MARECHAL Pascal	6	AC Château Thierry	FRA	15:11	20:22
5	COSTILS Alain	3	SPN Vernon	FRA	15:57	21:06
6	VARAIN Cédric	9	AC Château Thierry	FRA	16:10	21:21
7	FAUBERT Daniel	11	UA Versailles	FRA	16:14	21:26
8	FRECHENGUES Bernard	5	Sénart Combs Brie A	RUS	16:16	21:29
9	VIT Philippe	7	AM St Thibault	FRA	16:21	21:32
10	PAILLE Stéphane	8	SA Mérignac	FRA	16:25	21:35
11	DIEN Daniel	10	Club Sportif CACL	FRA	17:10	22:21
12	BUNEL Pascal	12	Neuilly sur Marne A	FRA	17:54	23:03
	THEVENIN Pascal	14	AM St Thibault	FRA	166,5 km	23:28
	NAUMOWICZ Dominique	4	CM Roubaix	RUS	148,5 km	19:08
	ELIEZER Jocelyn	15	AC Bouillante	FRA	130,8 km	18:31

By the time the field reached the compulsory 2 hour stop at Saint Dizier early on the Friday morning, Osipov had increased his lead to nearly 3 hours, covering the 253km in 30:24. The field had now been reduced to 5 as a further 7 walkers had failed to make the intermediate cutoff points.

1	OSIPOV Dimitri	1	Ind. St Petersburg	RUS	1:16	30:24
2	THIBAUX Philippe	2	CA Agéen	FRA	4:04	33:15
3	MARECHAL Pascal	6	AC Château Thierry	FRA	4:10	33:21
4	FRECHENGUES Bernard	5	Sénart Combs Brie A	RUS	5:49	35:02
5	VIT Philippe	7	AM St Thibault	FRA	6:38	35:49

With their first compulsory stop out of the way, it was a further 163km to the next stop at Mirecourt (417.8km). It was this second long leg which really sorted things out and, by the time Mirecourt was reached, only Osipov and Marechal were still in the hunt. Osipov had covered 417.8km in 52 hours for a 6 hour lead and it was now 1AM on Saturday morning.

1	OSIPOV Dimitri	1	Ind. St Petersburg	RUS	1:00	52:08
2	MARECHAL Pascal	6	AC Château Thierry	FRA	7:00	58:11

The remaining two walkers now enjoyed a significant rest as the race did not restart until 11AM at Corcieux with one final 53km leg to the finish at Colmar. Of course, this final 53km included the tough 10km climb up the Col de Bonhomme as one last challenge. By the time Osipov reached Colmar, he had increased his winning margin to nearly 7 hours - his final time for the 471.5km was 59:12 for an average speed of just on 8km/hr. Marechal finished a long way back in second place but the achievement here is just to finish this ultimate event and all who do deserve maximum plaudits.



Osipov finishes at Colmar - <http://alsace.france3.fr/info/Le-russe-Osipov-remporte-le-Paris-Colmar--55524308.html>

1	OSIPOV Dimitri	1	Ind. St Petersburg	RUS	18:04	59:12
2	MARECHAL Pascal	6	AC Château Thierry	FRA	18:59	66:10
	THIBAUX Philippe	2	CA Agéen	FRA	407,8 km	58:41
	VIT Philippe	7	AM St Thibault	FRA	349,2 km	49:12
	FRECHENGUES Bernard	3	Sénart Combs Brie A	FRA	339,7 km	48:41
	PAILLE Stéphane	8	SA Mérignac	FRA	243,1 km	34:50
	BUNEL Pascal	12	Neuilly sur Marne	FRA	203,1 km	31:00
	COSTILS Alain	3	SPN Vernon	FRA	202,5 km	27:59
	BIEBUICK Pascal	13	AC Renaix	BEL	202,5 km	27:49
	VARAIN Cédric	9	AC Château Thierry	FRA	194,6 km	26:32
	DIEN Daniel	10	Club Sportif CASL	FRA	184,5 km	26:06
	FAUBERT Daniel	11	UA Versailles	FRA	172,5 km	22:26
	THEVENIN Pascal	14	AM St Thibault	FRA	166,5 km	23:28
	NAUMOWICZ Dominique	4	CM Roubaix	RUS	148,5 km	19:08
	ELIEZER Jocelyn	15	AC Bouillante	FRA	130,8 km	18:31

Elite Women – 316.8 km

Defending champion Sylviane Varin came into this event as a clear favourite with last year's second placed Claudine Anxionnatt and third placed Dominique Alvernhe also expected to do well. Experience is so important in such a race.

The elite women walked the 3km prologue alongside the men on the Wednesday afternoon and then walked the first road leg to Villeneuve Le Comte (28km) on the Wednesday evening. From there, they were transported to the 179 km mark at Chalons en Champagne to await the elite men. Their race recommenced at 5PM on the Thursday afternoon with a further 97km leg to Sermaize Les Bains.

When they reached this point (124.9km elapsed) early on the Friday morning, all 8 starters were still in contention. Little separated the two leaders Alvernhe and Varin. Just over 3 hours separated the entire field and all had done well thus far.

1	ALVERNHE Dominique	21	Montpellier A	FRA	4:11	14:22
2	VARIN Sylviane	20	SPN Vernon	FRA	4:11	14:23
3	PEREVALO Iryna	24	Neuilly sur Marne A	UKR	4:30	14:37
4	DOLS Corinne	23	A Feyzin Athlétisme	FRA	4:33	14:56
5	GUIZONNE Jacqueline	26	AC Bouillante	FRA	4:57	15:24
6	ANXIONNAT Claudine	22	RESDA Vosges	FRA	5:19	15:46

7	ATTIAS Dorit	25	New-Jersey	USA	5:42	16:00
8	QUINQUETON Bernadette	27	AM St Thibault	FRA	7:24	18:16

Here they were able to enjoy a 1 hour compulsory break before setting off to Mirecourt (264.5km elapsed). It is interesting to consider their splits at Gondrecourt-le-Château (194.5km) – the first two reached this point in under 24 hours of walking time. This is fast walking by any standard.

1	ALVERNHE Dominique	21	Montpellier A	FRA	14:03	23:14
2	VARIN Sylviane	20	SPN Vernon	FRA	14:28	23:40
3	DOLS Corinne	23	A Feyzin Athlétisme	FRA	15:07	24:30
4	PEREVALO Iryna	24	Neuilly sur Marne A	UKR	15:50	24:57
5	ANXIONNAT Claudine	22	RESDA Vosges	FRA	16:21	25:48
6	GUIZONNE Jacqueline	26	AC Bouillante	FRA	16:33	26:00
7	ATTIAS Dorit	25	New-Jersey	USA	20:50	30:08
8	QUINQUETON Bernadette	27	AM St Thibault	FRA	21:59	31:51

By Mirecourt (263km), Varin had surged past Alvernhe to lead by over 1 hour. Two women had dropped out but the remaining 6 were all reaching the checkpoints in the required times and walking well. It was early Saturday morning.

1	VARIN Sylviane	20	SPN Vernon	FRA	1:13	34:25
2	ALVERNHE Dominique	21	Montpellier A	FRA	2:28	35:39
3	DOLS Corinne	23	A Feyzin Athlétisme	FRA	3:02	36:25
4	PEREVALO Iryna	24	Neuilly sur Marne A	UKR	4:23	37:30
5	ANXIONNAT Claudine	22	RESDA Vosges	FRA	4:36	38:03
6	GUIZONNE Jacqueline	26	AC Bouillante	FRA	5:12	38:39

Once at Mirecourt, the remaining walkers were transported to Corcieux to await a race restart at 11AM on the Saturday morning. The final 52km leg to Colmar included the infamous Col de Bonhomme. All in all, a tough 4 day assignment.

And now onto the final results which showed Varin holding onto her lead to win with the 316.8km walked in just over 31 hours at an average speed of 7.6km/h. For Varin it was a case of great back to back victories. Last year she walked 305.7km in 41:52. This year she walked 316.8km in 41:38.



Varin and Alvernhe in action

(photos by Isabelle Duchene - <http://isabeille74.canalblog.com/archives/2009/06/19/index.html>)

1	VARIN Sylviane	20	SPN Vernon	FRA	3:12	41:38	7,607 km/h
2	ALVERNHE Dominique	21	Montpellier A	FRA	3:11	43:15	7,322
3	DOLS Corinne	23	A Feyzin Athlétisme	FRA	3:23	44:38	7,097
4	ANXIONNAT Claudine	22	RESDA Vosges	FRA	3:27	46:26	6,821
5	GUIZONNE Jacqueline	26	AC Bouillante	FRA	3:27	47:31	6,666
	PEREVALO Iryna	24	Neuilly sur Marne A	UKR	263.1 km	37:30	
	ATTIAS Dorit	25	New-Jersey	USA	226.0 km	36:38	
	QUINQUETON Bernadette	27	AM St Thibault	FRA	194.5 km	40:25	

See websites <http://paricolm-csf.skyrock.com> and <http://www.marchons.com> for further information.

PARISH WALK, ISLE OF MAN, 20 JUNE 2009

The annual Isle of Man 85 Miles Clerical Medical Parish Walk, held a couple of weeks ago, saw a record number of 1,620 walkers. This event just gets bigger and bigger every year. Imagine over 1500 people attempting to walk the 85 mile trek around the Isle, visiting all the parishes along the way. This year's event saw Jock Waddington retain his Parish Walk title and second place getter, Janice Quirk, only 12 minutes behind, break Sandra Brown's ladies course record, set in 1998. I recommend their extensive website which is well worth a visit - www.parishwalk.com

Waddington has completed the event the last 5 years and has shown a steady improvement to his current winning form. Such things don't just come out of nowhere – there is usually a lot of hard work behind any winning performance. Consider his rise to the top

2005	62 nd	21:43:59
2006	19 th	18:24:56
2007	6 th	16:48:18
2008	1 st	15:44:43
2009	1 st	15:45:56

For the record, the first 10 places were as follows

1.	Jock Waddington	Veteran Men (40 and over)	15:45:56
2.	Janice Quirk	Veteran Ladies (35 and over)	15:58:35
3.	Mark Hempsall	Veteran Men (40 and over)	16:20:45
4.	Sue Biggart	Veteran Ladies (35 and over)	16:28:41
5.	Eammon Harkin	Veteran Men (40 and over)	16:35:44
6.	Michael Readshaw	Veteran Men (40 and over)	16:40:36
7.	Alan Cowin	Veteran Men (40 and over)	16:49:49
8.	Martijn Biesmans	Men	16:53:41
9.	Vinny Lynch	Veteran Men (40 and over)	17:05:08
10.	Andy Green	Veteran Men (40 and over)	17:05:58



Jock Waddington wins back to back Parish Walks (<http://www.parishwalk.com/>)

AUSTRALIAN 24 HOUR CHAMPIONSHIP, ST LUCIA, BRISBANE, 27-28 JUNE 2009

I made the most of my time in Brisbane recently and took in the Australian 24 Hour championships at the University of Queensland track at St Lucia in inner Brisbane. The event, which started at 9AM on the Saturday morning, featured 6 Hour, 12 Hour and 24 Hour divisions and was open to both runners and walkers. It was the walkers who were of particular interest to me and there were 4 of them in action – **Peter Bennett (C 24)** and **Steve Jordan** in the 24 Hour, **John Harris (C 12)** in the 12 Hour and **Patrick Sela** in the 6 Hour.

Peter Bennett (C 24), the President of the Queensland Race Walking Club, is without doubt Australia's top ultra distance walker and was fresh from a win (with 213 km) in the prestigious Rouen 24 Hour classic in France only 4 weeks earlier. He decided to enter the St Lucia event only a few days before and had no intentions of going the full distance as he was still in recovery mode after the gruelling European race. But complete the race he did, coming 4th overall and beating all but 2 of the male runners – his final distance of **186.533 km** is the second biggest distance ever done in Australia and is yet another example of Peter's wonderful ability to walk and walk and walk. Along the way, he set 4 new Australian M50 walking records

M50 12 Hour record	100.800 km (approx)
M50 24 Hour record	186.533 km
M50 100 Km record	11:52:10
M50 100 Miles record	19:48:00 (approx)

This is Peter's 7th successful centurion walk (2 in Australia, 3 in France and 2 in Malaysia). There is no stopping him.

Victorian **Steve Jordan**, who has competed in the last few Australian Centurion events at Coburg, was trying for that elusive first centurion finish but blistered early and struggled through to complete **111.133 km** in what was for him a disappointing race.

John Harris (C 12), who has spent a welcome comeback season with the Queensland Race Walking Club, is a triple centurion and hence no newcomer to the world of ultra walking. Following on from his good walk in the Canberra 20 miler 3 weeks earlier, he chose the 12 Hour event, coming a worthy 3rd overall with a final distance of **89.271 km**.

Patrick Sela, another member of QRWC, having his first dip into the world of ultra walking, entered the 6 Hour event – which is not a bad effort when you consider that he will turn 70 in a few months. He belied the years to take 4th with **45.687 km**.



Peter Bennett (C), Steve Jordan, John Harris (C) and Patrick Sela in action in Brisbane

You can check out all the results and photos at <http://www.srichinmoyraces.org/au/events/24hour/> . The 4 walkers did us proud with their efforts.

As an addendum, I received an email today from Peter to advise that he and John fronted up this weekend (1 week after their efforts at St Lucia) in a Queensland Racewalking Club 1 Hour walk. He commented:

John Harris and I walked in club races this morning. We did the 1 hour event on the track at UQ St Lucia (as if we had not seen enough of that track last weekend). Started off very slowly & stiffly but was going along much more smoothly by the end .I covered 10.5km (56.42 for 10km) and John was about 9.6km in the hour.

RELIVING CAPTAIN BARCLAY'S FEAT

In 1809 Captain Robert Barclay Allardice was bet that he couldn't walk 1000 miles in 1000 hours for 1000 Guineas – meaning he had to walk one mile in every consecutive hour 24 hours a day – the challenge therefore taking 42 days

with the maximum an hour and 20 minutes sleep at any one time (if you walk back to back miles in different hours). He completed the challenge on 12th July 1809, losing three stone in the process with his challenge hailed as ‘one of the greatest human feats ever attempted.’

200 years on, champion jockey, polar explorer and BBC presenter, Richard Dunwoody MBE is recreating this challenge, walking the same mile 1000 times in Newmarket in England – 1000 miles in 1000 hours but this time to raise a substantial sum for charity – Alzheimer's Society, SPARKS, Racing Welfare and Spinal Research. The challenge commenced on May 29th and will end on 10th July. The course is from the Bedford Lodge Hotel to Newmarket War Memorial and return. The final mile will be along the Newmarket Racecourse before a packed house who are there for the 2,000 Guineas Classic.

After passing 500 Miles, he walked through a special tape while a portable CD boomed out "I Can Walk 500 Miles" by the Proclaimers. The Lady Mayor of Newmarket was on hand to congratulate Richard on his feat of reaching the halfway mark. A special 500 Mile cake was cut and champagne offered to all in attendance, courtesy of the Bedford Lodge Hotel (one of the sponsors and also the start/finish point of every mile). I imagine the celebrations will be much greater for his 1000th mile.

Many race walkers and their families have attended, often making Newmarket as the venue for a day out, while they give their support. Many well known names from The Turf have also attended to walk a mile or more with him. Full details can be sourced at <http://www.dunwoody1000mile.com>. One of the many interesting statistics on this comprehensive website is a comparison of the two walkers

	Captain Barclay 1809	Richard Dunwoody 2009
Age	29	45
Height	5' 11"	5' 9"
Weight	13st. 3lbs at the start (11st. at the end)	11st. 8lbs at the start
Physique	Strong imposing physical presence, muscular well formed arms and shoulders	Strong, muscular, athletic
Fitness	Sporting / walking feats all his life from the age of 17	VO2 max is approx 60, comparable to that of an elite soccer player and is roughly double the average for males of a similar age; resting heart rate is in the 40's and max heart rate is similar to what would be expected for individuals of 34 years of age *
Attire	Dressed in blue flannel jacket, cream coloured flannel breeches, lambswool stockings, strong shoes with thick socks, great coat during times of rain	Will be dressed in Nike casual sports wear and a Nike Pegasus training shoe
Aids	Brace of pistols, stick to be beaten with	A Blackberry and an iPod!



Left: Dunwoody in training for his Antarctic feat (<http://www.dailymail.co.uk/sport/othersports/article-504201/Drama-ice--Dunwoody-trek-hit-team-admits-I-on.html>)

Right: Dunwoody in training for his 1000 mile feat (<http://www.spikesmag.com/news/1000milesin1000hours401.aspx>)

During the the nineteenth century, attempts to repeat this particular athletic challenge were made by many pedestrians including the renowned English walker Ada Anderson. In 1876 she walked the obligatory 1000 miles in 1000 hours to match Barclay. Then at a Kings Lynn music hall in July 1878 she topped the feat by walking a mile and half every hour for 672 hours, logging 1008 miles. Announcing herself as the champion walker of the world, she travelled to New York at the end of 1878 and reeled off 2700 quarter miles in 2700 quarter hours at the Mozart Hall.

Another popular goal was for competitors in long distance walks to walk 100 miles in less than 24 hours, from which they earned the nickname "Centurions". Enormous cash prizes were offered for these races and they were a popular activity for the press, crowds of working class spectators, and the betting public until the 1880s. And obviously we keep the tradition going with our own Centurion clubs in the 21st century!

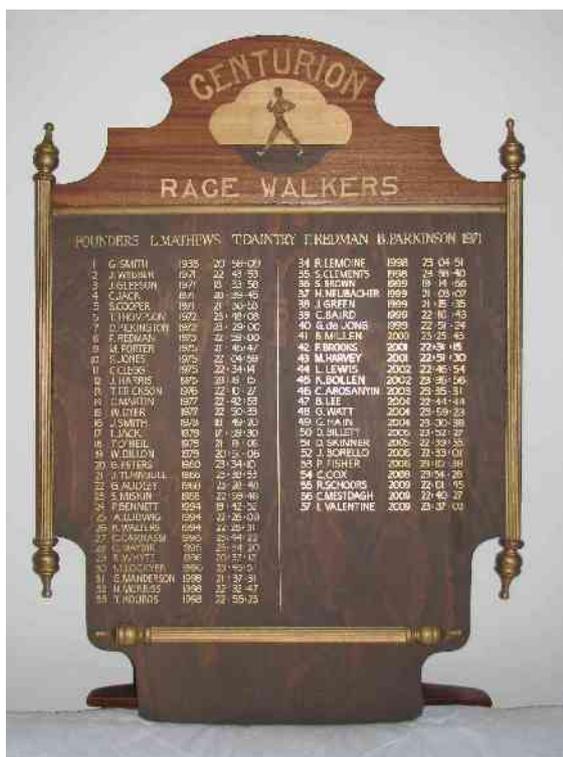
Although Barclay's feat has been surpassed on a number of occasions but it remains the standard against which people test themselves.

FINANCIAL NEWS

Our honour board has been updated with the names of our 3 new Australian centurions and most of our major costs for the year have now been met.

Outgoing	Postage and Photocopying	10.00
	Centurion Board update	<u>154.00</u>
Balance		943.40

And what better way to finish than to have a look at the honour board with the names of our 2009 Centurions added.



UNTIL OUR NEXT NEWSLETTER

What a big month for ultra distance walking with so many events on offer and so many walkers performing well. On the local front, Peter Bennett continues to set the standard for us all as he has continued on from last year with more stellar performances.

Yours in Centurion walking

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