

CENTURION FOOTNOTES

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DATES...DATES...DATES

6-7 March 2010	24 Hours Bourges (French C'ship)	Bourges, France
7 March 2010	Coburg 6 Hour Walk/Run Championships	Coburg, Victoria
27-28 March 2010	24 Hours de Chateau Thierry	Chateau Thierry, France
17-18 April 2010	2010 Australian Centurions 24 Hour Walk	Coburg, Victoria
22-23 May 2010	Continental Centurions 24 Hour Walk	Schiedam, Holland
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24-25 April 2010	24 heures de Dijon	Dijon, France
6-12 June 2010	6 Day Race, Antibes	Antibes, France
27-28 June 2010	Sri Chinmoy Australian 24 Hour Championship	Brisbane, QLD
31 July – 1 Aug 2010	Australian 48 Hour Champs and Qld 24H Champs	Caboolture, QLD
14 May 2011	British Centurions Centenary Dinner, House of Commons	London, England

The British Centurions qualifier, which was to be held on the Isle of Man on 21-22 August, has been cancelled and we are waiting for further news of the replacement event.

Peter Bennett tells me that the 2010 Paris-Colmar Classic, scheduled for June 17-20, has been cancelled. I believe that the new Organising Committee that took over after the 2009 race has been unable to put together a viable event for 2010. Lets hope that the great race can be restored to the ultra calendar in 2011.

The British Centurions have now announced details of their much anticipated Centenary Dinner which will be held at the House of Commons in London on Saturday 14 May 2011. That is sure to be a huge event.

NEWS ON OUR MEMBERS

Geoff Hain (C 49) and his wife Annie continue with their travelling lifestyle – the latest email just before Christmas

I am sending this from Buenos Aires, Argentina, where Annie & I are presently living and enjoying the lifestyle in this South American Spanish city. Life without a permanent place of abode has plenty of appeal for us and we intend to remain global wanderers for a while yet. The past 6 months we have been in Canada/USA and we expect to be in UK/Europe for most of next year.

We have enjoyed spending some time with one of our daughters & her family in Vancouver, lived for a while in Montreal, the French part of Canada, did some awesome hiking in the Rocky Mountains and spent a couple of months in and around the birhtplace of flower power, peace & love, San Francisco.

*Regards ,
Geoff*

Gerald Manderson (C 31) is intend on building on his recent walk from Melbourne to Brisbane. His latest venture:

After Christmas I am heading to the bottom of NZ and back, 2500 kms, hoping to catch up on a lot of old friends I have not seen since 1983 when I lived down there. Should be a fun walk with summer hours to get in good daily tallies. Will go over Cook Straight in the Ferry and go both sides of the Southern Alps. Is a very dangerous walk in the winter, because of sudden extremes of temperature and snow storms with little warning. I used to manage a big sheep station down there.

Jill Green (C 38) never stops! She wrote to me just before Christmas about her latest plans

I hope to go to Yorkshire to join the West Yorkshire gropu of the LDWA to do the famous Three Peaks, Pen-y-ghent, Whernside and Ingleborough (see <http://www.3peakswalks.co.uk/> for a discussion of this famous challenge). I last did this in 1995 on an April day. You clock in at the cafe at the start and clock in at the end. You become a member of the Three Peaks Club if you do it in the 12 hour time limit. The West Yorkshire lot are known to be yougn fell running types so I have warned them that I am coming.

Everyone in Australia no doubt followed the news of the record cold weather in Europe last month. Spare a thought for **Rudy Schoors (C 55) and Caroline Mestdagh (C 56)** who emailed me with some photos of their 33km training walk one weekend in late January.

Today we walked 33km in temperatures of -5°C and winter conditions. It's really winter fun at this time at our place. It's very nice to walk in these conditions apart from the slippery moments on the roads. Last week and the week before we had the same conditions.



Rudy and Caroline get their weekend walking in regardless of the snow

It looks like **Stan Miskin (C 23)** has finally won his long standing discussion with IAU, the world governing body of ultra running. In 2006, Stan set a new M80 World Record of 140.018km for 24 Hours but it was never accepted by IAU as their records process was in the throes of change. Not one to let such things rest, Stan has recently re-opened the topic and this time they have agreed to fully process the record applications. This is great news – it is not often that a walker can set a World running record (while walking). I suspect that this M80 record will last a long time!

The surprise news is that **Fred Brooks (C 42)** is heading back to England to live. When his wife Lill died last year, he returned home for a long visit and, after various discussions with his family, he has now sold his Melbourne house and is getting ready for the big move back home. He has been in Australia for over 40 years and his family has grown up here so it is a big decision to make but I am sure it is the right decision for Fred. We Victorian based centurions are intending to have a farewell luncheon for him on Sunday 14 March at the South Oakleigh Club. If anyone else wishes to join us, just get in touch with me for the luncheon details.

2nd PUTRAJAYA INTERNATIONAL 12 HOUR WALK, PUTRAJAYA, MALAYSIA, 12-13 DECEMBER 2009

In 2008, after 4 schedulings at Penang, the Malaysian 12 Hour walk was changed to Putrajaya, the country's new administrative centre, just outside Kuala Lumpur. This venue proved so successful that race organiser Mr Khoo Chong Beng was back there again for the December 2009 race. As usual, the 2009 event saw huge mass participation. Just to put some perspective on it, there were **369 competitors in the men's 12 Hour event and 286 competitors in the women's 12 Hour event**. Full results can be sourced from <http://racewalkermalaysia.synthasite.com/>. I have extracted the first 10 placings for each event . It is interesting to see a number of Kenyans in the mix.

Men's 12 Hour Walk

1.	THIRU KUMARAN A/L M BALAY SENDARAM	Malaysia	101 laps	0 DQ laps	101 km
2.	MATHIVANAN A/L LECHCUMANAN	Malaysia	97	3	94
3.	THEVENDRA A/L RAMANJULOO	Malaysia	91	0	91
4.	HAMIDON BIN SABINO	Malaysia	89	0	89
5.	ELLY KIPYEGO BETT	Kenya	93	5	88
6.	LIEW THO FATT	Malaysia	84	0	84
7.	TEO LU LING	Singapore	83	0	83
8.	PHILIP KIPKEMEI RONO	Kenya	87	5	82
9.	KRISHNAN A/L RENGASAMY	Malaysia	80	0	80
10.	PARAMESWARAN A/L GOVINDASAMY	Malaysia	79	0	79

Women's 12 Hour Walk

1. KORA BOUFFILERT	France	94	0	94
2. YAP WAI MUN	Malaysia	83	0	83
3. SO KIT SUM	Hong-Kong	81	0	81
4. NORAZILAH BT OSMAN	Malaysia	79	1	78
5. IRINE JEPTOO KIPCHUMBA	Kenya	80	4	76
6. KASTURI A/P MUNIANDY	Malaysia	74	0	74
7. LIM SIEW LEAN	Malaysia	72	0	72
8. ERNI WATI BINTI MOHD ARIP	Malaysia	71	0	71
9. CHRISTINA LIM SWEE LIN	Malaysia	70	0	70
10. CATHERINE KIONG GUAT KIM	Singapore	67	0	67

Each lap was 1km. Each time a competitor was reported for a walking infringement, a lap was deducted from the total. The Malaysians always use this rule in their 12 Hour and 24 Hour events. The Malaysian Star newspaper (<http://thestar.com.my/metro/story.asp?file=/2009/12/22/central/5297949&sec=central>) reported on the event as follows

Thiru walks 101km to bag three medals

By Y.P. SIVAM



Left: Camping out for the race

Right: 12 Hour winner B.Thirukumaran (right) takes the lead as his protege Mathivanan keeps pace

VETERAN walker B. Thirukumaran had a memorable outing at the 12-Hour Walk at Dataran Putrajaya recently. The 40-year-old Thirukumaran, who was taking part in the gruelling event for the first time, swept all three gold medals at stake in the men's category in the championships.

His first gold medal came when he emerged as the top participant in the 50km event. Then he continued his walk to complete the 70km walk first. However, the accolades came for his 101km effort in the 12-Hour Walk.

Thirukumaran, an officer with Maybank, said he was delighted with his triumph in the 12-Hour Walk. "Previously, I had only taken part in the 50km walk. But this year, I was keen to venture into the 12-Hour Walk. I had trained hard and my target was about 100km. I did not stop at any time during the 12 hours. I was quite apprehensive and did not want my concentration to be disrupted," said an excited Thirukumaran.

There was another reason for Thirukumaran, who had represented Malaysia in the SEA Games, Asian Games, Commonwealth Games and Asian championships, to smile and that was his protege L. Mathivanan's impressive performance in the competition. The 21-year-old Mathivanan was second to Thirukumaran in all three events.

Mathivanan, who is preparing for the 2010 Sukma in Malacca, said he was pleased with his results. "It was tough and I had taken a short break during the 12-hour walk. I have to thank my mentor (Thirukumaran) for motivating me."

Last year's best Malaysian finisher R. Thevendra settled for the third place in 91km.

In the women's category French-woman Kora Bouffilert was the winner when she completed 94km. Malaysia's Yap Wai Mun was second on 83km followed by Hong Kong's So Kit Mun with 81km.

However, the loudest applause was saved for Singapore's H. Krishnan, who, at 80, was the oldest participant in the 12-hour walk. Krishnan completed 48km and was presented with a special award by Datuk Eddy Chen, the president of the Race Walkers Association of Malaysia (RWAM).

Chen said it was indeed good to witness a senior person like Krishnan coming all the way from Singapore for the event. "We hope to see him return next year," said Chen after the prize giving ceremony.

The 12-Hour Walk was organised by RWAM with support from the Putrajaya Holdings and the Federal Territory Amateur Athletics Association (FTAAA). The sponsors for the walk were Rockport, Johnson and Johnson, Sloan's, Proviton, Isotnic H-Two-O, Resorts World and Eagle brand.

Chen said they were pleased with the response for the event as the participants had created a carnival atmosphere. "It was wonderful to see participants coming with their family members. Some of them had stayed overnight to support the participants," Chen said.

RWAM patron Datuk Seri Chin Fah Kui, who gave away the prizes to the winners, said they were looking forward to organising more walking events in Putrajaya.

RACE ROUNDUPS

There have been a couple of early season ultra races here in Australia in which walkers have featured.

Launceston 6 Hour and 12 Hour track races, Launceston, Tasmania, 23-24 January 2010

This event was first held in 2009 and was back again in January 2010 for a second staging. Steve Jordan was the single walker who featured amongst the runners, covering the respectable distance of 74.700 km to finish first in the Walk category.

1. Steve Jordan VIC 74.700 km

2010 Caboolture Historical Village Dusk to Dawn Event, Caboolture, QLD, 13-14 February 2010

One of the big events on the Australian ultra calendar, this event runs from 7PM on the Saturday evening to 7AM on the Sunday morning (see <http://geoffsrns.com>). Once again, it attracted a large field and centurions **Peter Bennett (C 24)** and **Ian Valentine (C 57)** were in action amongst the runners, finishing as follows

11. Peter Bennett QLD 95.240 km
16. Ian Valentine QLD 85.000 km

Both Peter and Ian subsequently told me that conditions were very hot and humid overnight and both were down on what they had hoped to walk. But good walks nonetheless. Ian's comment on the experience indicates that he is now learning the art of ultra walking!

Last year I did splits of 46/35km. This year was 44.5/40.5. Last year I couldn't walk for days. This year I could go for a run now.

MULTIPLE CENTURIANS

Piet Jansens (C-389), the Secretary of the Dutch Centurions, recently produced a list of those walkers who have qualified as a British Centurion and have also qualified as a centurion in another country. I have taken it one step further and extended it to include all those walkers who have 3 or more of the 6 available Centurion badges. I can't guarantee that it is perfectly correct so I open it up to review – let me know what is missing. It is great to see **Geoff Hain (C 49)** and **Carol Baird (C 39)** featuring in the list.

Centurion	Num	UK	USA	AUST	Continental	NZ	Malaysia
Sandra Brown (ENG)	6	C735 - 1982	C50 - 2000	C36 - 1999	C131	C4 - 1999	C7 - 2001
Jill Green (ENG)	6	C898 - 1992	C53 - 2000	C38 - 1999	C282 - 1999	C8 - 2001	C22 - 2003
Herbert Neubacher (GER)	5	C959 - 1997	C54 - 2000	C37 - 1999	C203	C9 - 2001	
Geoff Hain (AUS)	5	C1051 - 2006	C68 - 2007	C49 - 2004	C368 - 2008	C14 - 2005	
Chris Clegg (ENG)	4	C135 - 1947	C17 - 1971	C11 - 1975	C53 - 1977		
Geoff Tranter (ENG)	4	C507 - 1973	C57 - 2000		C206	C11 - 2001	
Jens Borello (DEN)	4	C1026 - 2005	C62 - 2006	C52 - 2006	C317 - 2004		
Carol Baird (AUS)	4	C2071 - 2009		C39 - 1999		C6 - 2001	C9 - 2001
Richard Brown (ENG)	4	C760 - 1983	C49 - 2000		C144		C8 - 2001
Per Kleis Pedersen (DEN)	4	C800 - 1986	C59 - 2004		C147		C6 - 2001
Sue Clements (ENG)	4	C950 - 1996		C35 - 1998	C288 - 1999	C10 - 2001	

Parminder Bhatti (ENG)	3	C909 - 1993	C52 - 2000			C7 - 2001	
Boyd Millen (ENG)	3	C930 - 1995		C41 - 2000	C289 - 1999		
Gerrit De Jong (HOL)	3	C456 - 1970		C40 - 1999	C62		
Marcel Dekker (HOL)	3	C957 - 1997	C69 - 2007		C269 - 1998		
Christine Elsenga (HOL)	3	C961 - 1997	C56 - 2000		C272 - 1998		
Frank van der Gulik (HOL)	3	C1022 - 2005	C66 - 2007		C343 - 2006		
Marcelino Sobczak (HOL)	3	C1031 - 2006	C64 - 2007		C340 - 2006		
Roger Le Moine (ENG)	3	C802 - 1986		C34 - 1998	C216		
Annie van der Meer (HOL)	3	C1055 - 2007			C42		C24 - 2005
Ludo Schaerlaeckens (BEL)	3	C1058 - 2007	C51 - 2000		C286 - 1999		
Caroline Mestdagh (BEL)	3	C1061 - 2007		C56 - 2009	C366 - 2008		
Rudy Schoors (BEL)	3	C1062 - 2007		C55 - 2009	C367 - 2008		
Ad Leermakers (HOL)	3	C561 - 1975			C219 - 1991		C18 - 2003

FOCUS ON JIM GLEESON (C 3)

Jim Gleeson, born 14 June 1931, is recognized as one of the greatest exponents of long distance walking in Australia and he was regarded for many years as the iron man of Victorian Racewalking. I remember Clarrie Jack talking in awestruck terms of Jim's 1971 24 hour walk at the Preston Track when he set the current Australian record of 122 miles 215 yards. What made that walk so special was the incredibly bad conditions with gale force winds and very adverse conditions. So I thought it about time that I reviewed Jim's long and illustrious career.

Jim became a racewalker in 1958 after Frank McGuire kidded him into the sport. He wanted to be a marathon runner but finished up as a marathon walker instead. He did thirty five 50 km races in his years with the Victorian Amateur Walkers Club (VAWC) and won the Victorian 50km titles in 1963 and 1964. His career also included various VAWC club titles and numerous placings at all levels of racewalking in Australia.



**The 1959 Victorian racewalking team for the National Championships
Ted Allsopp, Don Keane, Noel Freeman, Alan Hancock, Laurie Hehir, Noel Norris and Jim Gleeson**

He won the VAWC 50 mile titles in 1961, 1962 and 1963 and this set him off down the path of long distance walking. His first effort in 1961 saw a time of **8:42:29** and a win by some 35 minutes. His second effort in 1962 saw him improve his time by 27 minutes to set a new Australian best time of **8:15:19**. Here is how the VAWC "Heel and Toe" newsletter reported the race

Showing tremendous grit and determination, Club 50 mile champion Jim Gleeson annihilated the Australian best-time on record by retaining his title in 8 hrs 15 mins 19 secs at Albert Park on October 14th. Jim becomes the first Australian to better 10 mins per mile for the gruelling journey of more than 16 laps of Albert Park lake. The half-way mark saw only two of the seven starters still on their feet, with Gavan Breen retaining the lead he had set up in the second lap. However, after being ¾ mile behind Gavan at 23 miles, Jim's experience in this

type of event asserted itself and by the 50 kilo. Mark, reached by Gavan in 5 hrs 3 mins, Jim was only 5 mins down, and was gaining hand over fist. The 36th mile saw Jim stride past the fading Gavan with the fastest lap of the race, and Gavan's ultimate retirement was in the 42nd mile. Jim was after Harry Tetlow's record of 8 hrs 25 mins and held his form splendidly to clock a phenomenal 8 hrs 15 mins 19 secs.

Jim describes the race as his hardest ever, but it must also be his most satisfying. He trained very hard for the event – one Saturday, he walked at least 20 miles in the morning, finished second in a two miler at Mentone, and then set off for another spin in the afternoon. Jim's performance is a fine example to all his clubmates of what can be achieved through patient and consistent hard training.

The following year, he made it three in a row with a time of **8:23:05**. Again, to quote from the 'Heel and Toe'

Victorian 50 km champion Jim Gleeson earned himself a place in Australian walking history at Albert Park on 12th October, when he scored his third successive victory in the VAWC 50 mile championship. Jim clocked a most creditable 8.23.05 to equal the three in a row record set in 1928-29-30 by the famous Jack Lewis (to whom the people of Warburton have recently erected a special memorial).

With 6 other enthusiasts, Jim set off at 7 a.m. on a cool overcast morning at a restrained 10.15 pace. Varel Newmark and Alan Hancock held a narrow lead over Jim and Gavan Breen for the first 15 miles (covered in just under 10's). However, when Alan retired at 22 miles, Jim, Gavan and Varel came together in approx 4 hrs 10 mins. From this point Jim began to apply the pressure and, walking each 5,000m lap in just over 30 mins, drew steadily away from Gavan with Varel further back in 3rd place. With 4 laps to go, there seemed a remote chance that Jim might even get down to his 1962 record of 8.15.19, but the strength-sapping wind took its toll and Jim was content to complete the course in his own time, recording 8.23.05 – the second fastest ever walked in Australia.



Jim in winner's sash after winning his first Victorian 50km championship in 1963

Jim did many long distance walks over the ensuing years but none more impressive than his Darwin "Big Walks" of the mid sixties. In September 1961, The Northern Territory News had sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, the newspaper extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. With baton-changes every 5 miles, the Army team passed the 50 mile mark in 9:03:00 and finished in a time of 11:11:00. The winning women's team covered their 42 miles in just on 9 hours. This event gave a unique opportunity to some of the best Victorian walkers as the newspaper sponsored first one walker in 1964 and then teams of walkers in 1965-1967.

Jim was the first walker to benefit from the Northern Territory News sponsorship. A week after successfully defending his 1964 Victorian 50 km title, he flew to Darwin to compete by invitation in the gruelling race against eight teams of relay walkers (7 walkers per team). He left Melbourne on a 58^oF day and reached Darwin late at night on a Friday after an unexpected diversion via Katherine due to storms. It was wet season and the conditions could only be compared to a sauna. He was billeted with Frank Scully, got to bed at about 10PM and was up again at 4AM the next day to drive down to the starting point some 60 miles from Darwin for a 7AM start. The starting temperature was 92^oF and the humidity registered a massive 87%. Jim was to walk single handed against his rivals who only did a mile or two at a stretch before handing over to a fresh walker. The course was over laps of 8,333 km (5 miles) and a boomerang was used instead of a relay baton!

From the start, the temperature rose higher and higher, and after only 20 miles, it seemed the fair skinned Victorian couldn't last much longer – his skin was a deep red and the cruel sun was effecting even the local walkers. Jim held 3rd place most of the way and was doing a magnificent job at about 11 min miles. As the day dragged slowly on, Jim still refused to give in and kept plodding stoutheartedly on, earning the intense admiration of all who followed the marathon race.

Very very tired, Jim was still only 6 mins behind the Navy team at the finish in the late afternoon, the race being won for the second time by the Army team in 10.36.10. Jim's time of **11.03.35** was a heroic exhibition and was marked by a handsome trophy presented to him after the race. Although on the point of collapse, Jim stood as the crowd roared and clapped continuously for nearly 10 minutes. His sterling achievement was described by the organizers as '*a superb athletic performance and classic example of endurance and plain old-fashioned guts*'.

The fine performance was not without its aftermath. He received second degree burns to his face, arms and legs and was taken into the Darwin hospital by Frank Scully the next day for treatment.

In 1965 Jim was again invited to go to Darwin along with Bob Gardiner (3 time Olympic representative and one of our greatest 50 km walkers ever) and they formed a 2-man relay team to compete against the other 7-man teams. Conditions were similar to the previous year with temperatures of up to 95 degrees.

Bob took off like a steam train, doing the fastest 5 mile leg. Jim was just over 2 mins slower than Bob for his 5 mile leg. Bob powered on, doing quick times for his next 2 legs of the journey. By the time 30 miles had been covered, they were miles ahead of their nearest rivals. Bob's next leg was the slowest that he had ever done, the heat and humidity taking their toll. He was then forced to retire and spent the next few days in Darwin hospital getting over sunstroke. Rather than stop, Jim decided to continue on and walk the remaining 30 miles alone. He did that and finished the race in 11.01.14, just over a mile ahead of the Army team which finished second and another mile back to the R.A.A.F team in third place. Again another performance to write home about.

In 1966 Bob Gardiner, Ted Allsopp and Jim again travelled to Darwin for the 100 km walk, competing as a 3-man team. They won of course, recording the fastest ever time of 9 hours 2 mins (a record that still stands today).

In 1967 Ted Allsopp, Harry Summers and Jim went up for the last time. Again, they won in a time of 9 hours 6 mins. The following article in the N.T. News sums up the atmosphere well.

A rain soaked Harry Summers crossed the finishing line on Saturday afternoon at Gardens Oval No. 2 and gasped, "where's me stubbie . . . someone get me a stubbie."

Harry had just completed the last leg of the 100,000 metres relay walk for the Victorian team which successfully defended the Jack Feeley Challenge Cup.

Note that the Victorians' win detracted from the Territory team's performance They finished only 51 mins behind the Victorians and at one stage were only three minutes behind.

Jim Gleeson, Victorian walker, summed up the Territory team's effort by saying: "They are very, very good. They have improved a lot and so have their styles."

The final leg of the race for the Territorians was walked by Walkathon winner Robert McFarlane.

The Victorians said that when the rain came towards the end of the race, they took full advantage of the cooler conditions. Harry Summers, walking in the race for the first time, felt the heat and humidity so much that at one stage he was on the verge of collapse.

Ted Allsopp said that Summers had looked so ill that he had had to go into a hotel and sit under a fan to cool off. But this did not deter Summers who came into Gardens No. 2 looking a mixture of red and white but still able to wisecrack as he made his way around the oval to finish the race.

Of course, Jim remained competitive over the shorter distances and, in 1968, he won the Lake Burley Griffin 20 miler in Canberra, one of the first winners of this prestigious annual event.

When the Australian Centurions were formed in 1971 and the first 24 Hour races were set in motion, VAWC decided that they would stage one. The Edwards Lake Track in Reservoir, a recently laid rubber bitumen track set amidst parkland, was deemed to be a suitable venue. The date was set for 23-24 October 1971 and Alf Robinson, the President of VAWC, set about getting a good field in place. Although top walkers like Ted Allsopp had declined the challenge, Alf had been successful in getting Jim to the line as his '*top gun*'.

There were 9 starters overall, an indication of the healthy state of Victorian walking at that time. But competitors were unprepared for the weather conditions thrown at them during the race. At the start of the race, the wind was blowing at over 50 miles per hour. This continued for the first 6 hours, followed by squally periods of rain that continued until the early hours of the Sunday morning when the weather became hot (typical Melbourne weather, I hear you say). Jim

powered through these changing conditions with no breaks at all, passing the 50 mile mark in a very fast **8:31:27**, setting a new 100 mile mark of **18:33:58** (an Australian record that stood until 1979) and reaching a final 24 Hour distance of **122 miles 215 yards** (this still stands as the Australian record).

Next across the line was Clarrie Jack of the Glenhuntly Club. An experienced distance walker, Clarrie was not daunted by the distance and showed maturity in recording an excellent time of 20:39:45 to become Centurion Number 4. Both Jim and Clarrie eclipsed Gordon Smith's 1938 time.

Although only twenty years of age, Stuart Cooper of St Stephen's Harriers showed that inexperience and lack of a distance background are not obstacles if you have a good style and a firm measure of determination. He too was successful in his first attempt, becoming Australian Centurion number 5 with a time of 21:36:53.



The three new centurions – Stu Cooper (C 5), Jim Gleeson (C 3) and Clarrie Jack (C 4)

Jim did this race on 50 km training and could not get out of bed to go to work the next day as his legs would not respond for some 24 hours. They then became black after a few days as the bruising of the muscles came out on the skin. He had to have a week off work.

He fronted again the following year but being newly married and having work commitments meant that he was unprepared to improve on his 1971 performance, recording **19:16:14** for the 100 miler.

Jim went on to become President of the Australian Centurions, holding office from 1975 to 1977.

Injuries, age and a lack of available time restricted him in subsequent years from attempting another 100 miler (what's to prove?) but he did take on the occasional long challenge. I came across a cutting in our Centurion records recording the fact that in 1977 Jim completed a 95 km walk from Richmond to Sorrento to re-enact a historic walk by Arthur Barrett in January 1893 after missing the boat from Prince Bridge to Sorrento. Jim attempted the walk to raise money for the Chelsea Historical Society's Museum Fund, completing the journey in 11 hours 57 minutes and bettering the late Mr Barrett's time by 2 hours, 18 mins. Long distance runner Tony Rafferty took 2.5 hours more to complete the distance than did Jim.

At age 78, Jim looks in great shape and still does a 2 hour stroll each morning. He hopes that many more will take on the centurion challenge because as Herb Elliot said "*Any fool can do a mile but it takes a man to do a marathon*".

GORDON SMITH MEMORIAL AWARD

I am pleased to announce that **Peter Bennett (C 24)** is the winner of the **2009 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**. Peter joins previous winners **Deryck Skinner (C 51)** 2005, **Stan Miskin (C 23)** 2006, **Terry O'Neill (C 18)** 2007 and **Deryck Skinner (C 51)** 2008. Talk about a who's who of Australian ultra distance walking!

Voting was spread between the 3 nominees but, while Clarrie and Geoff got their fair share, Peter's Brisbane 24 Hour walk was clearly the choice of most. And why not – he had decided to enter the Australian 24 Hour Track Championship only a few days before and had no intentions of going the full distance as he was still in recovery mode after his Rouen 24 Hour classic win (213km) in France 4 weeks earlier.. 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 was second only to Jim Gleeson's Australian Open record and saw him set 4 new Australian M50 walking records

M50 12 Hour record	101.120 km
M50 24 Hour record	186.533 km
M50 100 Km record	11:52:10
M50 100 Miles record	19:48:40



2009 Gordon Smith Award winner Peter Bennett in action in Brisbane in July

FINANCIAL NEWS

We have successfully negotiated our way through the various financial challenges of 2009 and will shortly be dipping the hand into the till once again to pay for a new batch of centurion tee shirts for our 2010 qualifying event. While we have enough money in the kitty to cover that, now is the time for members and supporters to consider an annual donation, especially if it is some time since you did so. The treasurer's report, which is being sent separately, lists those who have donated during the 2009 year – thanks to the many who help keep us afloat.

Incoming	Geoff Peters – newsletter subscription 2010	12.00
	Geoff Peters – donation	28.00
	Jill Green – donation	50.00
	Claude Martin – donation	30.00
	Stan Miskin – donation	25.00
	Jim Gleeson – newsletter subscription 2010-2011	24.00
	Jim Gleeson – donation	26.00
Outgoing	60 new Centurion silver and bronze medallions	600.00
	Stamps	63.40
	Engraving – Gordon Smith Trophy	<u>9.00</u>
Balance		679.37

UNTIL OUR NEXT NEWSLETTER

Another year has kicked off and it's a bright sunny Melbourne day. But of course any day is a good day to get the shoes out and go for a walk! We are lucky in that our chosen sport is an all-weather discipline as Rudy and Caroline showed us in January!

Yours in Centurion walking

Tim Erickson (C 13)
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