

CENTURION FOOTNOTES

MAY 2010 – VOL 17 NUMBER 3

*The Official Magazine of Australian Centurion Walkers Inc
Founded 1971, Incorporated 2000, No. A0040301S
<http://www.vicnet.net.au/~austcent/index.html>*

President	Ian Jack (C 17)	03-95706195
Vice-President	Terry O'Neill (C 18)	03-95435753
Secretary	Tim Erickson (C 13)	03-90125431

DATES...DATES...DATES

22-23 May 2010	Continental Centurions 24 Hour Walk	Schiedam, Holland
	Contact Hans van der Knaap, secr. RWV Rotterdam (hansvanderknaap@cs.com)	
5-6 June 2010	Fans 24H Run/Walk (incorporating USA Centurion Qualifier)	Minneapolis, USA
	See http://walkonmn.org/centurion/index.html and http://www.fans24hour.org/	
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 24 Hour Championships	Caboolture, QLD
14 May 2011	British Centurions Centenary Dinner, House of Commons	London, England

NEWS ON OUR MEMBERS

Sandra Brown (C 36) regularly features in our newsletters with her ongoing walking and running feats. This time it was her husband Richard who was in the news. Sandra emailed recently to say that

Richard is just back from setting a M60 road best performance for 6 days in Athens (where races up to 1000 miles were held in parallel). His 705kms was a great achievement given heat, strong winds and the usual challenges of surviving more or less intact for 6 days! Most of this walked of course....

You may remember this little snippet from our February newsletter regarding New Zealand based centurion **Gerald Manderson (C 31)**

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.

Gerald has now completed the marathon walk, his second in quick succession (after his walk from Melbourne to Brisbane last year). Here is what he had to say post-walk

I had two family funerals in January so did not get away for my South Island walk until 10th February - and the walk took longer than I suspected because I needed 12 days to see all the tourist attractions, and I underestimated how many hills there were. It rained for a week in the rainforest before the sunshine reappeared.

I walked 5 kms downhill in 31 mins from the Fran Josef glacier after about 1600 kms, which was a good indication my legs were recovering well each day.

My intention was to do 66 marathons in 66 days with 16 kgs of weight in my packs at 66 years of age, but I ended up with 60 marathons in 47 walking days + 12 tourist days.

I had 10 days rain and temperatures varied from 6C to 37C, and my packs were not waterproof and my ears got sunburnt, but I have a neat tan.

My best day was 65 kms from Gore to Invercargill, but I was pretty pleased with walking 228 kms in 4 days from Westport to Nelson, which included the famous Westport-Buller Gorge marathon course and the Inaguahu Junction which was hit by an 8.3 Earthquake a few years back.

Lots of hills and mountain passes in the South Island, up to 833 metres, as well as rain forest, and I held a steady walking speed of 4.5 kph on the flats and 4.1 kph on the steepest grades with full packs. I never felt tired on the walk, but I ate plenty in the mornings and little at night.

I slept under the stars, but had to wash my sleeping pack out every week for the first 1,000 kms because of the amonia buildup from muscle breakdown while I was sleeping was too strong. Then my body adjusted and the problem disappeared.

I skinny dipped in mountain streams in sheep country, but got showers in back packers hostels anywhere there were cows because the water did not look clean enough.

My weight has dropped down from 92 kgs to 85 kgs, unlike the Melbourne to Brisbane walk when I gained 4 kgs and my chest went up to 47 inches from carrying 26 kgs for 44 marathons. I am hoping to strip off another 5-7 kgs using oxygen debt intervals as it definitely feels better with a lighter body.

I arrived home with a feeling it had all been too easy and I should have had a lot more weight in my packs, but maybe this provides an opportunity for me to work on building speed over the coming months now that my legs seemed to have injury-proofed themselves so well.

I have been wanting to do this South Island walk for several years, so it was now or never; and to make up for missing Coburg this weekend, I will prepare for Caboolture 48-hour race in July.

Thanks for the newsletters, the ultra world is truly busy.

*Kind regards
Gerald Manderson*



Hamilton River - Gerald in middle of front row as the jet boat does a 360 degree turn at 55 kph – just to show that he did find time for other things apart from walking during his latest challenge



Here I am in a pub, wet to the skin, at 11AM trying to warm up - and food is not on for another hour - sunburn on my face and cold rain.. My coat was not waterproof even though the shop said it was. My packs were around 15 kgs, just enough to get me to about 100 kgs on the scales to get a training affect on the big mountain passes.

Stan Jones (C 10), now 84, had a successful competition in the annual Australian Masters T&F competition in Perth over Easter. Competing in the M80 division, he took 3 silvers behind the “young” Col Hainsworth (only 80!). I am sure that he is looking forward to his 85th birthday this year when he moves into the M85 division! His times were 11:01.79 (1500m), 38:18.47 (5000m) and 1:19:23.4 (10km)

Robin Whyte (C 29) was also in action, taking 3 golds in the M65 division with 8:39.16 (1500m), 30:34.93 (5000m) and 1:01:18.0 (10km).

Rudy Schoors (C 55) and **Caroline Mestdagh (C 56)** have also been stretching out their walking legs now that the long European winter has come to a close.

Hoi Tim, here are the results of the Night of Loon Op Zand race, Netherlands. We did a good race in preparation of our next Centurion: on the 5th of June when we are going to the USA for our fourth Centurion. The race was quiet hard because of the surface were you have to walk on, not equal and a lot of cobble stones. The weather conditions were perfect. Another month in front of us to focus on the next centurion, looking forward for the next challenge!

Take good care in Aussie land, Rudy and Caroline.



Rudy and Caroline finished the 15 hour event together, as is their norm, each walking 111.50km. With 45 walkers walking in excess of 100km, it was a high quality event and their efforts bode well for their American walk next month. The placings in excess of 110km are shown below.

1	Dirk Jan Nieuwenhuizen	134,500 km	15:12	8,849 km/hr
2	Guido Vermeir	132,750	15:05	8,801
3	Bart Snoeren	132,750	15:09	8,762
4	Eddie Goeman	124,250	15:06	8,228
4	Fabiaan de Roeck	124,250	15:06	8,228
5	Huib van Broekhoven	124,250	15:07	8,219
6	Gerard Heunks	123,500	15:07	8,170
6	Rob Frielink	123,500	15:07	8,170
7	Adrie Zoon	120,000	15:10	7,912
8	Rein Pistorius	117,500	15:03	7,807
9	Ton van Andel	115,750	15:00	7,717
10	Frans Derijcke	115,750	15:03	7,691
10	Marie Paule Vandenabeele	115,750	15:03	7,691
10	Jan Asselbergs	115,750	15:03	7,691
11	Martin Achterberg	114,000	15:00	7,600
11	Luc Soetewey	114,000	15:00	7,600
12	Co de Jong	113,250	15:05	7,508
13	Ilona Klinkendon	113,250	15:06	7,500
14	Willy Vermeulen	113,250	15:11	7,459
15	Piet van der Kroft	111,500	15:00	7,433
15	Wout Dekkers	111,500	15:00	7,433
15	Wim van Capelle	111,500	15:00	7,433
16	Johan koning	111,500	15:04	7,400
17	Kris Hazenbosch	111,500	15:08	7,368
18	Caroline Mestdagh	111,500	15:12	7,336
18	Jos van Gorp	111,500	15:12	7,336
18	Rudy Schoors	111,500	15:12	7,336

COBURG 24 HOUR CARNIVAL & AUSTRALIAN CENTURIONS 24 HOUR WALK, 17-18 APRIL 2010

It never gets any easier keeping a sleepless vigil throughout the Saturday night as the walkers and runners pound their way around the Harold Stevens Athletics Track in Coburg! Let's start off with a quick summary of proceedings:

A total of 25 runners and 11 walkers (5 of them centurions already) contested the 24 Hour weekend with the starter's gun being fired at 10AM on the Saturday morning in sunny and warm conditions. As the Melbourne temperature quickly soared towards 30°C, competitors were faced with the daunting prospect of some 7 hours under full sun before any relief could be expected. Although most started conservatively, the effect was soon obvious and by 4PM, the scene was reminiscent of the final few hours on a Sunday morning rather than the 6 Hour mark of the event. When day finally gave way to night, most were able to respond but for many the damage was done and the night saw a number of key withdrawals or extended rest periods. Most were back on the track on the Sunday morning for the final few hours and a good crowd was on hand to witness the final gun sound at 10AM.

See <http://picasaweb.google.com.au/tim.erickson02/2010Coburg24HourCarnival24HourRaces> for photos. I won't dwell on the run results (which saw some fine performances given the heat) – if you want to review them, just check out http://www.coburgharriers.org.au/joomla1/component/option,com_docman/task,doc_download/gid,544/Itemid,28/.

24 Hour Walk Men

Peter Bennett, with a PB of 214km, was expected to be in a class of his own in the walk and so it proved. Passing the 6 Hour mark with 51.750km, he was already some 5km ahead of fellow centurion walkers Ian Valentine with 46.368km and Terry O'Neill with 45.540km. By the 12 hour mark he had covered 96.876km as against 87.768km for Ian and 81.972km for Terry. But the second half saw him slow like so many of the other competitors and his eventual winning distance of 171.968km was well below his expectations. But it was still his 9th walk in excess of 100 miles (his 100 mile time was 22:01:39) and it did allow us to see this wonderful walker for the first time at Coburg. Behind him, devastation reigned as the field imploded with experienced ultra walkers dropping by the wayside. Amongst the carnage, John Timms, better known for his running exploits, kept his eyes straight ahead and worked his way through the field, eventually finishing second with a very creditable 142.162km. Doug McKay, another walker who managed to keep going, took third with 133.983km.

1.	BENNETT, Peter (C 24)	QLD	171.968 km
2.	TIMMS, John	VIC	142.162 km
3.	McKAY, Doug	VIC	133.983 km
4.	VALENTINE, Ian (C 57)	QLD	119.690 km
5.	JORDAN, Steve	VIC	114.285 km
6.	COMMINS, Louis	NSW	105.126 km
7.	O'NEILL, Terry (C 18)	VIC	82.111 km
8.	SKRUCANY, Rudolf	VIC	72.573 km
9.	JACK, Clarrie (C 4)	VIC	30.273 km



Peter Bennett, John Timms and Doug McKay in action

24 Hour Walk Women

Like in the women's run, only two starters toed the line in the women's 24 Hour walk, centurion walker Karyn O'Neill and former ultra running star Dawn Parris. It was Dawn who strode to an early lead, covering 42.642km in the opening 6 hours to lead Karyn by some 6km. By the 12 hour mark, she had increased her lead to 8km with a split of 79.488km. But soon after midnight, she stopped for a rest, allowing Karyn to take the lead after another couple of hours and pass the 100km mark first, thus winning the associated Racewalking Australia 100km walk championship. Dawn, now back on the track, slowly clawed the lead back as daybreak came. She then went on to win with 134.119km while Karyn took a number of breaks, content to stroll through to 121.263km.

- | | | | |
|----|-----------------------|-----|------------|
| 1. | PARRIS, Dawn | VIC | 134.119 km |
| 2. | O'NEILL, Karyn (C 45) | VIC | 121.263 km |



Dawn Parris and Karyn O'Neill in the Women's 6 Hour Walk

Thanks to the many people who came along and helped, in particular **Ken Walters (C 26)** and **Stuart Cooper (C 5)**. It was also great that **Stan Miskin (C 23)**, one of the legends of Australian ultra running, was able to come and do the presentations for the runners.



Post event, the Centurions gather – Clarrie Jack - C4, Ian Valentine - C57, Peter Bennett - C24, Tim Erickson - C13, Terry O'Neill - C18, Karyn O'Neill - C45 and Stan Miskin - C23

The Australian 100km walking championships were awarded as follows

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1	BENNETT, Peter	12:24:44
2	VALENTINE, Ian	15:45:22
3	TIMMS, John	16:51:13

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1	O'NEILL, Karyn	17:56:08
2	PARRIS, Dawn	18:19:05

and the Jack Webber trophy for the most meritorious walk went to Peter Bennett.

OUR MOST PROLIFIC CENTURIANS

It is timely to review our most prolific Australian centurion qualifiers. At the top of the list is Carol Baird with 10 finishes followed by Geoff Hain and Peter Bennett with 9 each. Then it's along way back to Deryck Skinner with 4 with a number of members on 3 and 2. Of course, many of our overseas members like Sandra Brown, Jill Green, Herbert Neubacher, Gerald Manderson, Chris Clegg, Sue Clements, Gerrit de Jong, Charles Arosanyin and Jens Borello have also achieved multiple finishes and many of our members have both run and walked hundreds. But let's concentrate on our local walkers for this little review. Here are the stats.

Carol Baird (C 39)	22:16:43	18-19 Sept 1999	Coburg, Victoria	(C 39)
	21:47:47	08-09 April 2000	Coburg, Victoria	
	21:26:10	02-03 Sept 2000	Coburg, Victoria	
	20:55:46	07-08 July 2001	Auckland, NZ	(C 6)
	169.2 52 km in 24H	25-26 Aug 2001	Genting Highlands, Mal	(C 9)
	20:31:34	13-14 April 2002	Coburg, Victoria	
	20:48:53	08-09 July 2002	Auckland, NZ	
	21:13:27	19-20 Oct 2002	Adelaide, SA	
	21:55:35	12-13 April 2003	Coburg, Victoria	
	22:34:05	11-12 July 2009	Newmarket, England	(C 1071)
Geoff Hain (C 49)	23:30:38	16-17 Oct 2004	Adelaide, SA	(C 49)
	23:27:49	16-17 April 2005	Coburg, Victoria	
	23:38:25	22-23 April 2006	Coburg, Victoria	
	162.474 km in 24H	1-2 Oct 2005	New Zealand	(C 14)
	23:31:43	19-20 Aug 2006	Isle of Man, UK	(C 1051)
	23:33:47	21-22 April 2007	Coburg, Victoria	
	23:25:14	17-18 Nov 2007	Grapevine, Texas, USA	(C 68)
	23:18:30	31 May – 1 Jun 2008	Schiedam, Holland	(C 368)
23:24:50	18-19 April 2009	Coburg, Victoria		
Peter Bennett (C 24)	19:42:54	08-09 Oct 1994	Clifton Hill, Victoria	(C 24)
	172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Mal	(C 32)
	176.175 km in 24H	15-16 April 2006	Rouen, France	
	165.26 km in 24H	11-12 August 2007	Kuala Lumpur, Malaysia	
	214.65 km in 24H	5-6 July 2008	Rouen, France	
	213.885 km in 24H	30-31 May 2009	Rouen, France	
	19:48:40	27-28 June 2009	St Lucia, Queensland	
	177.300 km in 24H	1-2 August 2009	Caboolture, Queensland	
22:01:35	17-18 April 2010	Coburg, Victoria		

LE 24 HEURES DE CHATEAU THIERRY, FRANCE , 27-28 MARCH 2010

Zoltán Czukor (born 18 December 1962 in Hungary) comes into the ultra distance walking scene after a career as an international walker spanning nearly 20 years (from 1990 to 2008) and including 3 Olympic Games representations (2000, 2004, 2008). He retired from international racewalking after the 2008 Olympics and decided to turn his considerable talents to ultra walking. He showed his credentials with an inaugural win in the 2009 French 100km championship, his time of 9:27:51, some 40 minutes ahead of French national champion David Regy. He had entered

the 24 Heures de Bourges in mid April but did not turn up so it a case of wait and see if he turned up for his next 24 Hour appointment in this year's 24 Heures de Chateau Thierry.

And turn up he did! For more than 15 hours, he crushed the field and looked set for a final distance around 220km and it was only in the final stages that the wheels came off and he slowed. However, he was so far ahead of the field that the result was never in doubt and he eventually finished with 204.378km, the only walker to beat the 200km mark.

Second place was fought out between Pascal Biebuyck and Pascal Marechal with both on the same lap at the end of the 24 hours. Biebuyck eventually won out over Marachel who only 3 weeks previously had taken fourth place in the Bourges 24 Hour event.

In the women's event Sylviane Varin was in a class of her own, finishing with 178.230km, with second place getter Nicole Rodier nearly 20km further baack with 160.649km

1.	CZUKOR Zoltan	Komlo HUN	204 378 m
2.	BIEBUYCK Pascal	ASSA Renaix BEL	195 958 m
3.	MARECHAL Pascal	AC Château-Thierry	195 002 m
4.	NAUMOWICZ Dominique	CM Roubaix	190 942 m
5.	LETESSIER Gilles	PLM Conflans	189 461 m
6.	VARAIN Cédric	AC Château-Thierry	183 199 m
7.	CHATILLON Dominique	NL Fublaines	179 518 m
8.	VARIN Sylviane (F)	SPN Vernon	178 230 m
9.	BUNEL Pascal	Neuilly s/Marne Athlé	175 375 m
10.	PELLERIN Alain	AC Bazancourt	174 983 m
11.	GIRAUDEAU Denis	PLM Conflans	170 099 m
12.	GRASSI Alain	NL Dives/Mer	166 980 m
13.	MARECHAL Jean	NL Château-Thierry	165 394 m
14.	GRADOS Daniel	CM Roubaix	163 363 m
15.	BAUDRILLART Antonio	Pays de Colmar Athlé	162 862 m
16.	RODIER Nicole (F)	ESFS Reims Ath	160 649 m
17.	BOVIN Laurent	AM St Thibault des Vignes	158 810 m
18.	MOINEAU Isabelle (F)	NL Etampes / Marne	154 067 m
19.	PICOT Gérard	Rando Montfermeil	153 956 m
20.	ANXIONNAT Claudine (F)	RESDA Vosges	153 140 m
21.	PSUTKA Roman	ac Domazlice CZE	143 429 m
22.	PANNIER Josiane (F)	Le Havre AC	140 795 m:
23.	SPIESER Jean-Paul	RESDA Vosges	133 853 m
24.	MAUNY Claude	Neuilly s/Marne Athlé	126 975 m
25.	CHABIN Frédéric	Essone Athlétic	125 565 m
26.	TABOURET Guy	US Toul	110 768 m
27.	MERCIER Jean-Pierre	CSL Neufbrisach	101 688 m



Zoltan Czukor and Sylviane Varin (file photos)

KEN WALTERS (C 26), JACK OF ALL SPORTS AND MASTER OF MANY

Ken Walters, born 19 September 1932, turns 78 this year but you would never know it. He cheerful outlook and positive energy belie his age and he is still involved at the Eastwood Golf Bowls Club, still coaches in the sport of racewalking, still commentates at the Victorian Masters championships, still helps put out the monthly "Around The Grounds" magazine and is still venue co-manager for the Victorian Masters Croydon venue.

His first love was professional cycling which he took up as a 15 year old in 1947. He then competed with distinction until 1962, racing in Australia's most famous professional tour, the Sun Tour, on a number of occasions and actually winning his division of the 1955 Sun Tour and winning several sprints.



Ken leads the peleton in one of the many professional races in which he competed

It was not an easy ride by any means as he worked two jobs, toiling early morning as a milkman and then plying his trade as a baker during the day, before getting on the bike in the evening to fit in whatever training he could in what remained of the day

The great photo shown below, published in the Melbourne Herald Sun, was taken during the 1954 Sun Tour and was captioned 'Alone at the Top'. It shows Ken changing his tyre at the top of Mt Hotham. The support cars had been stopped by a snow drift lower down the mountain and Ken was on his own when he punctured. The really amazing thing is the road surface – not the bitumen we take for granted nowadays – it was shale and loose rock. It is tough enough riding up a mountain over such terrain but imagine going down the other side at speed. They certainly bred them tough in those days.



Ken eventually gave the bikes away in 1962 – he was 30 years of age, had been riding for some 15 years and was newly married with new responsibilities - now some considerable years down the track, he and Judy are still together and the proud parents of four and grandparents of seven.

Although Ken had given up cycling, he was not ready to forgo his sporting endeavours and immediately moved onto squash. A year later, as captain of the Ringwood team, he helped them to their first squash pennant.

Within a couple more years, in 1965, he was extending himself even further and 'bluffed my way' into a career as a boundary umpire with the Victorian Football League (VFL). After officiating in two grand finals, he was encouraged to step up to field umpiring and he continued in this role each winter until only 3 years ago when he was forced to retire with *planta fasciatis*. That adds up to 41 years – not a bad effort in anyone's books!

As his family grew, Ken and Judy started them in Little Athletics as members of the Sherbrooke Little Athletics Club. As the club grew to 90 members, Ken realised that, rather than compete at the Knox Little Athletics Centre, there was scope to expand to a new centre. After socialising the idea with all the local primary schools in the Sherbrooke area, he founded the Sherbrooke Little Centre which opened in 1970 with him as the inaugural Secretary. In the first season, the centre boasted 450 participants. As an aside, both Ken and Judy have been honoured with life memberships of Sherbrooke Little Athletics Club.

Ken realised that no one at the new centre knew anything about racewalking and that they lacked any qualified walk judges so, in 1971, he attended an inspiring seminar in Marysville given by racewalking coach Frank McGuire. This marked Ken's introduction to walking and he subsequently took on the role of racewalking coach with the Sherbrooke Little Athletics Club.

The club trained at an old grass track in Sherbrooke and Ken soon realised that it was not really good enough for walking so he took his training group down to the synthetic track at Ringwood. While there, he was approached by local identity Charlie Gorman who asked whether he was willing to expand his training group to take on some Ringwood kids. Ken of course agreed and he soon had a 40 strong training group.

With such a large group of walkers now training in Ringwood, he realised that there was a need to provide something further in the local area and in 1979 he founded Proclamation Park Walkers Club. When interviewing him for this article, he reminisced that in the early days before the Ringwood track had lights, the walk judges had to use torches to judge the walkers when evening events were scheduled!

This new club gave him the opportunity to take older walkers under his wing and it was in this context that he coached Paul Copeland to win the Australian Under 18 trackwalk title in 1983. This was the start of an exciting time in Ken's coaching career as he helped Paul develop into one of our best ever walkers with an international career that stretched from 1986 to 1997.

Ken was also heavily involved in the Victorian Veteran's Association at this time, both on the track and on the road. In the 1980's he founded the "Bushrangers Classic" 100km team relay run in which teams of 5 runners each ran four 5km legs around the Dandenong Ranges east of Melbourne. In the very first year of this event, 26 teams competed. Judy and Ken used to map out the course each year and they kept it going for 8 years until eventually the increasing traffic spelt the end of what had been a very successful concept.

He was one of the key organisers of the World Veteran Games in Melbourne in 1987 and introduced individualised lapscoreing for all the longer walk and run events. This is still used today in Australian Masters events and has stood the test of time as the best way to run these events.

Ken was never one to forgo a challenge. When holidaying one year in central Victoria, he saw an advertisement for the "4 Peaks" alpine run which challenges the Porepunkah, Hotham, Feathertop and Buffalo mountains. He entered and finished the gruelling run and then completed it 7 more times in subsequent years.

In the early 1990's, he joined the Professional Runners Cross Country club and to take on yet another challenge. Over the course of his first season with the club, he improved his 10km time by 7m 30s and won 20th anniversary staging of the Murchison 10km Handicap event.

With the interest generated by the Sydney to Melbourne Westfield runs, this was a golden period for ultra distance running in Australia and, with his new found running fitness, he decided to test himself over the longer distances. He fronted for the annual Victorian 50 Mile championship and in his first year he won the novice section at Princes Park with a very impressive 7h 01m. The next year, he was included in the elite section at the Box Hill track and improved his time to 6h 48m.

His introduction to centurion walking was an accident. While at a walkers club event at Albert Park, he saw a poster advertising the annual 100 mile walk to be held at the Collingwood Harriers Track in Clifton Hill in October 1994 and he expressed an interest. Someone told him that he had no hope and so a \$10 bet was laid and he was committed.

The annual 100 mile walk was a small affair in those days and Ken was one of only 7 walkers who toed the line for the Saturday 1PM start. I remember the weekend well as Melbourne turned on its usual fickle weather. The race started in cool windy conditions which soon turned to rain which then fell intermittently over the afternoon. As night fell and the wind continued unabated, the temperature plummeted and competitors were forced to put on layers of clothing to protect themselves from the bitter conditions. It was not until the early hours of the morning that the wind dropped and we were greeted with a much improved Sunday. At least those remaining had good conditions and even some sunshine for the final morning of the event.

Of the four remaining on the track, all finished the event and the first three reached the elusive 100 mile mark, thus becoming centurions. The first two placings were taken by Queenslanders. Peter Bennett walked an amazing race, never showing any real distress and finishing strongly in an outstanding time of 19:42:54. By way of contrast, Andrew Ludwig had to survive a very torrid second half in which leg problems nearly spelt failure. To his credit he never contemplated pulling out or giving up and he struggled home with a 100 mile time of 22:26:09.

The third walker to complete the hundred was Ken. He had his race well planned and all went according to the script for the first 12 hours. He set off at 3:00 min laps and had a 30 min break at the 5 hour mark. Then back on the track and onto the 50 mile mark in 10:31:40. Another major break of 45 mins and he was off again for the second half. However, it was soon apparent that Ken was quietly suffering and he withdrew into himself as he battled the body in an effort to keep going. Opinion was that he was gone at about 60 miles and would not last much longer. But as the night ended, Ken was still to be seen on the track and looking more in control. A short break at the 20 hour mark and he stormed home with 3 min laps over the last 100 laps. He knew Andrew Ludwig was within striking distance and he got to within one lap as the two reached the 99 mile mark. In what was perhaps the closest finish in any of our 100 milers, Ken finished about 300m behind Andrew to take third place in the fine time of 22:28:31. However, the effort was apparent as he was helped back to his support tent. Like Andrew's performance, it had been a battle of mind and body as the mind had been forced to override the normal limits of endurance.

The fourth walker still on the track when the final gun fired was Carmela Carassi, a complete newcomer to such a demanding discipline. Her final distance of 92 miles 992 yards was the greatest distance walked by any Australian woman and she returned the next year to successfully complete her hundred and become a centurion.



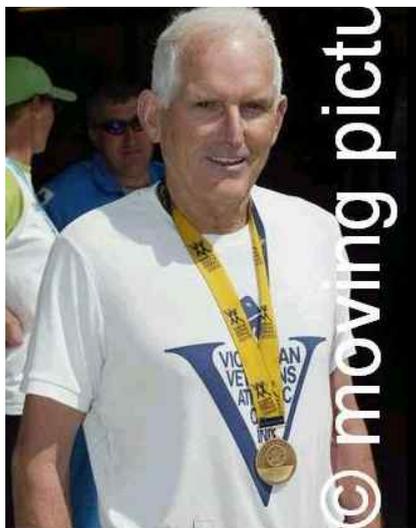
The 4 finishers – Peter Bennett, Carmela Carrassi, Ken and Andrew Ludwig

Around this time, Ken and Judy took on a new challenge – running the Ferny Creek cafe in the Dandenongs. A regular post-run breakfast spot for the running fraternity, the venue was always packed on a Sunday morning and, for the next four years, they were kept busy by the demands of running a successful small business.

As mentioned above, Ken has been involved in the Veterans athletics movement since the early 1980s and he competed in a number of World Veterans and World Masters Games, winning medals on numerous occasions.

1983 World Veterans Championships, New Zealand
1987 World Masters Games in Melbourne
1989 Oceania Masters Games in Norfolk
1999 World Veterans Games, Gatehead
2001 World Veterans Games, Brisbane
2002 World Masters Games, Melbourne

Competed in Marathon (M50)
20km walk 2nd, 5000m walk 3rd, Teams gold (M55)
10km walk 1st (M55)
20km walk, 5th (M65)
20k walk 4th, Teams gold (M65)
5000m walk 2nd, 20km walk 1st (M70)



Ken at the World Masters Games in Melbourne in 2002 after winning the M70 20km walk

Ken is still coaching racewalkers some 40 years after attending that eventful seminar. Amongst his current protégées are Rhydian Cowley who has just been selected to represent Australia in the 2010 World Racewalking Cup and the 2010 World Junior Championships and Kylie Irshad, the current Victorian Open 5000m racewalk champion. He is justifiably regarded on the local front as one of our most knowledgeable and successful coaches.

And of course, Ken was on hand with his old mate Les Clarke at our centurions walk last month, looking after Queenslanders Peter Bennett and Ian Valentine. And of course he stayed up all night!



Ken hands some refreshments to Peter Bennett in this year's 100 mile walk at Coburg last month

FINANCIAL NEWS

Thanks to everyone for their continuing support of our club. Only a few financial transactions on which to report since our last newsletter.

Incoming	Donation – Stuart Cooper	40.00
	Donation – Peter Bennett	50.00
Outgoing	Photocopying	10.00
	Tee Shirt Company – Centurion Tee Shirt Order	450.00
	Racewalking Australia – annual membership payment	<u>68.00</u>
Balance		265.39

I have now been able to tally the total cost of the 2010 Centurion Qualifying event - \$546. This is much less than it would cost if we were to try to run the event on our own and our thanks go to Coburg Harriers for allowing us a continuing part in their annual 24 Hour carnival.

Tee shirts	11 @ \$16.00	\$ 176
Medallions – bronze	8 + 4 @ \$10	\$ 120
Medallions – silver	8 @ \$10	\$ 80
Centurion Badges	1 @ \$8	\$ 32
RWA Medals	6 @ 7	\$ 42
RWA Medal engraving		\$ 36
Replica trophy – Jack Webber		\$ 30
Engraving – Farmer Trophy		\$ 15
Engraving – Jack Webber Trophy		\$ 15
Honour Board updating		<u>\$ 0</u>
Total		\$ 546

UNTIL OUR NEXT NEWSLETTER

Our annual 24 Hour event has finished for another year but there are plenty of walking opportunities at hand to keep everyone busy. As we head into our colder months, I wish everyone a warm and healthy winter and hope that you will find the time for many enjoyable excursions on foot!

Yours in Centurion walking

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