

# CENTURION FOOTNOTES

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## DATES...DATES...DATES

18-19 Sept 2010	Roubaix 28 hours and 24 hour relay	Roubaix, FRA
20 Nov 2010	Moe 6 hour and 50km	Moe, Vic
16 Jan 2011	Launceston 6H and 12H run/walk	Launceston, Tasmania
Sat 5 March 2011	Coburg 6 Hour Walk Championships	Coburg, Melbourne, VIC
16-17 April 2011	Australian Centurions 24H Walk Qualifier	Coburg, Melbourne, VIC
14 May 2011	British Centurions Centenary Dinner, House of Commons	London, ENG
22-25 June 2011	Paris Colmar Classic	FRA

## NEWS FROM THE CENTURION WORLD

**Piet Jansens (C 389)**, the secretary of the Dutch Centurions, recently emailed to say that he has finally finished his walk from Land's End to John O'Groats – completing his epic challenge on 20<sup>th</sup> June on a fittingly cold rainy day. He attached the following photos that mark the start and end of the walk.



2006 – Lands End



2010 – John O'Groats

Piet explains:

*I have walked from Land's End to John O'Groats in sections, doing 15 days of walking in each of the last 4 years. The first three sections I walked together with a friend, but the last section (this year) I walked on my own, but I was not lonely.*

*1st section, 2006, 14 days, Land's End to Midsomer Norton, 450 km*

*2nd section, 2007, 14 days, Midsomer Norton to Hebden Bridge, 470 km*

*3rd section, 2009, 15 days, Hebden Bridge to Glasgow, 470 km*

*4th section, 2010, 16 days, Glasgow to JOG, 470 km*

*In the second section, Sandra & Richard Brown walked one day together with us on the Cotswolds Way.*

*On my last section, in the village of Kiltarlity (near Inverness), I got a B&B a bottle of "Wainwright" beer in a B&B, a special beer in memory of the greatest fell-walker in the Lake-District.*

In 2008 he walked the "Wainwright's" Coast to Coast Walk with three other friends (English west coast to east coast) so he is obviously ticking off his list of must-do walks. Well done Piet!

Piet then teamed up with **Jill Green (C 38)** three weeks later to walk the annual **Appeldoorn International 4 Days March** which was held on 12-15 July. Jill explains:

*Dear Tim,*

*I send you this report of the 4-days march at Apeldoorn for the Australian Centurion Newsletter. In 1991, I took part in the 38<sup>th</sup> Apeldoorn 4-Days Walk. In 2001 I did it again. I remember it was a beautiful walk through woods and natural heathland with very little tarmac.*

*When I received a invitation from Janny and Piet Jansens to stay in their home to do this walk again, I was delighted to accept. It was January, we had deep snow and ice, it was wonderful to visualise the warm summer sunshine and being able to walk in shorts and t-shirts, especially when you are muffled up in winter vests and jumpers.*

*So it was that on the 12<sup>th</sup> July, I flew over to Amsterdam. Piet was at the Airport to meet me. The Netherlands had been experiencing a heat-wave, I'd travelled from Wales where it had been cool and wet.*

*On offer there was 50km, 40km, 30km and 20km something for everybody, and everybody came !! Over 3000 every day most of them doing the shorter distances. There were approx. 370 on the 40km and 140 on the 50km. The walk was better than I had remembered, not crowded except for the last section when all the distances walk in together.*

*I met many Centurions, as well as other people I knew from walks over the years, such as Paris-Tubize, and the Danish 7-Days. My Dutch Centurion friends all greeted me warmly and it made me feel privileged to belong to our Centurion Walking Family.*

*Piet and I counted 25 Centurions and I will mention their names:*

<i>C-389 Piet Jansens</i>	<i>C-592 Fred Rohner</i>	<i>C-929 Co de Jong</i>
<i>C-399 Wiebren Teensma</i>	<i>C-610 Joop van de Meer</i>	<i>C-938 Hans van der Knaap</i>
<i>C-417 Gerrie Peters</i>	<i>C-618 Bert Timmermans</i>	<i>C-942 Arie Boertjes</i>
<i>C-448 Jan de Jonge</i>	<i>C-630 Jan Dijkgraaf</i>	<i>C-944 Jaap Visser</i>
<i>C-463 Klaas van het Hoff</i>	<i>C-639 Theo Tromp</i>	<i>C-995 Jan de Vos</i>
<i>C-544 Geert de Kleyn</i>	<i>C-731 Jan Savelberg</i>	<i>C-1008 Ernst Westerhoff</i>
<i>C-571 Theo Janssen</i>	<i>C-754 Jan Schmidt</i>	<i>C-1055 Annie van der Meer</i>
<i>C-574 Jan Verdaasdonk</i>	<i>C-783 Marleen Radder</i>	
<i>C-588 Paul Rohner</i>	<i>C-832 Dave Bindervoet</i>	

*This 57<sup>th</sup> International 4-Days was definately a great success. Piet has succesfully completed this event on 14 occasions. This was my 3<sup>rd</sup>. I enjoyed my four days. So many people asked me if I was going to Nijmegen, well I'm not. I'm off to walk from Vichte in Belgium to Dhron in Germany, but that's another story.*

And sure enough, a further letter followed with Jill's report on her next endurance endreavour – the 260 mile walk between Vichte (Belgium) and Dhron (France). Well done Jill – it sounds fantastic.

*In 1964 a balloon was set free at Vichte in Belgium, with a name-tag attached to it. This was found in Dhron, Germany and so two families became good friends.*

*The man in Dhron was a successful wine grower and had vineyards producing good wine. The man in Vichte started a walking club – De Textieltrekkers. 2004 was the 40th year of this walking club and the 40th year of this special friendship.*

*It was decided to celebrate with a walk between the two places, some 260 miles apart. It was planned for just a few participants. However, after so much hard work devising a safe and interesting route they opened it up for about 40 walkers. This was really enjoyed by all who took part for the 8 days so the organisers – Marie Paul, Frans, Jaques and Godfried – put it on bi-annually in 2004, 2006, 2008, and 2010. It has proved very popular; the 90 places are soon taken and there is a waiting list. The next walk is in 2012 and I think it will be the last as the ten years will be up and they said they would do it 5 times.*

*This year 86 started. There were 34 helpers providing food – breakfast, 3 morning checkpoints, lunch, 3 afternoon checkpoints and a first class evening meal. Also first aid and a wonderful massage, so good after the long 12 hour days. There is a team putting up all the arrows and another to take them all down. The logistics of moving this amount of people over 260 miles and 8 days is amazing, yet every detail has been thought of. The helpers even lay out matting on the sports hall floors and carry the bags to the end each day, also the bags for half way at lunch time. This way the walkers only require a very small day pack. I found it so very interesting seeing the countryside change as we walked through Belgium, across Luxembourg, then into Germany.*

*There was a great reception at the end and we had a real Banquet with German wine, afterwards dancing to a German 'Oompah' band! I do hope that I am able to return in 2012.*

And that was not all we heard from Jill. I received a letter just a couple of days ago with news of a further Continental walk, this time the famous **Dodentocht (Death March)** which was held on the weekend of 15-16 August, starting in Bornem in Belgium. Over to Jill.

*Now I'm back from the Death March, I'm going to tell you about it. In 1969 the Walking club Kadee went to Holland for the Nijmegen 4 Days. On their return, they decided it would be a good idea to have a special walk of their own. Walking 100K was not a normal kind of walk then and they called it the Death March, I suppose because people would look like Death at the end! In 1970, 65 walkers left at 8PM on August 14<sup>th</sup> and disappeared into the night; 47 crossed the finish line. Since those days, the walk has grown out of all recognition. In 1974, there were over 1,000 starters and it just kept on growing. By 1987, 4,518 started and it was by far the largest 100K in Europe. By 1992, 5,000 was reached. I have been 7 times – 1988, 89, 91, 94, 97, 98 and now 2010. Dave went 3 times, once to help the team and twice to walk.*

*The 40<sup>th</sup> event was late year and that attracted an amazing 10,793 entrants. 4153 walkers didn't make the full distance but 6640 did – a success rate of 62%.*

*This year there were 10,620 starters. Australian Centurions Rudy and Caroline were there but I didn't see them. However, I did meet up with lots and lots of people I knew. In the old days, I was able to finish in 14 hrs but this year it took me 17 hrs 17 mins. I'm so lucky to be able to still do it. There is nothing wrong with me after the event, not even a blister. You have 24 hours in which to finish, 9PM to 9PM. I was walking along and Frans Leijters joined me, only 5 nights after he had been in Colchester racing so he was going slowly and it was great for me to have his company and to hear first hand about his trip to the USA.*

Jill, you are an absolute marvel!

**Fred Brooks (C 42)** has reported further on how he is settling in back home in England (Birmingham) and it is all good news. Remember that you can chat with Fred via email at [brooks76@hotmail.co.uk](mailto:brooks76@hotmail.co.uk)

*Hi All.*

*Well what's been happening – plenty! Two weeks ago, I went to Ipstones in Staffordshire to find out more on the family history. At Bradnop, a little hamlet close by, I found the farm where my great great grandfather was born. The farm, now called Millstones, is still a working farm but caters for guests. The original name of the farm was Dirty Gutter. In those days it had 56 acres but now it is bigger and the feeling to be invited in for a cup of tea in the original farm house where all of the Brooks sat all those hundreds of years ago was something that I will always cherish.*

*I also visited the Parish church at Ipstones where a lot of the Brooks family were buried and married. The nightly stop was at the Marquis of Granby, a pub many hundreds of years old.*

*Next day saw a church service at Bradnop where the little church was situated, for the 170<sup>th</sup> ANNIVERSARY of the first service. After the usual cup of tea and pastries and stalls, on some of which were some fine antique plates etc., I was able to purchase a couple of these plates at £1 each and a wonderful crystal antique lamp for £2.50.*

*I shall soon be moving house. My brother has bought the two houses next to mine and has given me the option of choosing which one to live in, not a bad thing at my time of life.*

*Last Monday I went back to the streets of my childhood; they are still there in name but with lots of changes. The infants school that I attended in 1940 is still going and the wonderful memories came flooding back.*

*What next? My youngest brother's daughter is christening her new son this coming Sunday and this should be a great day. But possibly the best thing, with whisky at \$9 a bottle, my brother and I sit in the Native Hut that he has built in his marvellous garden and enjoy a nice quiet drink.*

*Well that's about all for now. The next email will possibly be photos to you all. Enjoy good health, FRED*

And Fred did email me a series of photos and I reproduce one – that of the Native Hut in his brother's garden, mentioned above. I can just picture Fred sitting there with a whiskey in hand! Enjoy, Fred.



**AUSTRALIAN 48 HOUR CHAMPIONSHIP, CABOOLTURE, QLD, 31 JULY – 1 AUG 2010**

The Australian 48 Hour Track Championship (with accompanying Queensland 24 Hour Track Championship) was successfully completed at Caboolture in Queensland (see <http://geoffsruns.com>) 3 weeks ago. The venue was once again the Caboolture Historical Village with the course a 500m gravel circuit within the complex. The 48 Hour event started at 9AM on the Friday morning, the 24 Hour event started at 9AM on the Saturday morning and the 12 Hour event started at 9PM on the Saturday night, ensuring that all events finished together at 9AM on the Sunday morning.

Friday and Saturday were both hot and sunny so conditions were tough for the 40 competitors. Just imagine pounding out the laps all day on Friday under the hot sun and then having to go through the night and front up again the following day. It just doesn't bear thinking about!

Amongst the runners were three walkers, each intent on his own personal goal. And what a job they did.

**Peter Bennett (C 24)** came 4<sup>th</sup> overall in the 48 Hour Australian Championship with a distance of **280.203km** and was in fact the first Australian male (beating all the male runners!). It was his first 48 Hour race but he is an experienced 24 Hour competitor so he was able to do it in style, setting 4 new Australian Walk Track Bests along the way

Australian Open Men 200km:	30:49:08	(Record was 35:32.15, set by Derek Skinner in 2006 at 73 years of age!)
Australian M50 200km:	30:49:08	
Australian Open Men 48 Hour:	280.203 km	(Record was 257.877km, also set by Derek in the same 2006 race)
Australian M50 48 Hours:	280.203 km	

Peter also walked over 100 miles in the first 24 hours to register his 11<sup>th</sup> Centurion qualifier (100 miles in under 24 hours) and his third this year. This surpasses the previous best by an Australian for the most number of Centurion qualifiers of 10, held by Carol Baird.

New Zealander **Gerald Manderson (C 31)** also entered the 48 Hour Championship event as a walker and, like Peter, kept at it for the full 48 hours under the relentless conditions to finish with **230.350km**. His efforts were also rewarded as he broke Peter Waddell's 1999 Australian M65 All Comers records as follows

Australian M65 All-Comers 200km:	Just under 40 hours
Australian M65 All-Comers 48H:	230.250km

The final walker was **Robin Whyte (C 29)** who entered the Queensland 24 Hour Track championship, finishing 9<sup>th</sup> with **131.169km**. His 12 hour split of 85km was excellent but he slowed a little in the second half. Still a good effort for Robin who would be the first to agree that he does not really train for these events any more.

Well done to Peter, Gerald and Robin for great performances in this toughest of events. Thanks to **Pat Fisher (C 53)** for the photos reproduced below from his facebook album (see more photos at <http://www.facebook.com/#!/album.php?aid=29268&id=1801942198>)



**Robin Whyte and Val Chesterton**



**Gerald Manderson**



**Peter Bennett**



**Robin and Gerald after the event!**

**6 DAY RANKING LIST**

In the last newsletter I published a ranking list for 200km (men) and 170km (women), taken from the various Paris-Colmar qualifying events over the years (see <http://www.scribd.com/doc/921772/Ranking-Mundial-TT-200km>). Bernardo Jose Mora, the man who put it together (part of the team behind <http://www.athletissimo.com/>) has also put together a 6 Day walk ranking list, taking into account an old English race he found at Nottingham, the 2010 Antibes race and the Colac 6 Day races in which walkers have competed. Here it is. Let me know if there are other performances which should be added and we can build it up a bit more. I know there are lots more performances out there waiting to be captured. I have restricted it to performances over 300km.

**Men**

741,212km	John Dowling	IRE	00.00.00	M	Nottingham (GBR)	31-7/6-8.1983
701,892km	Alain Grassi	FRA	00.00.59	M50	Antibes (FRA)	6/12.06.2010
637,230km	Bernardo José Mora	ESP	10.08.63	M45	Antibes (FRA)	7/13.06.2009
633,257km	Dominique Naumowicz	FRA	28.03.63	M45	Antibes (FRA)	6/12.06.2010
622,000km	Gerald Manderson	NZE	11.11.43	M55	Colac (AUS)	15/20.11.1999
555,555km	Stéphane Pallé	FRA	00.00.64	M45	Antibes (FRA)	6/12.06.2010
541,312km	Patrick Lailler	FRA	00.00.50	M60	Antibes (FRA)	6/12.06.2010
540,000km	Peter Waddell	AUS	25.01.31	M75	Colac (AUS)	16/22.11.1997
532,336km	Bernabé Rodríguez Sibaja	ESP	00.00.68	M40	Antibes (FRA)	7/13.06.2009
526,928km	Jaroslav Prueckner	CZE	00.00.54	M55	Antibes (FRA)	6/12.06.2010
515,412km	Thierry Lebrun	FRA	00.00.80	M30	Antibes (FRA)	6/12.06.2010
512,822km	Jean Claude Courcy	FRA	00.00.48	M60	Antibes (FRA)	6/12.06.2010
506,771km	Philippe Emoniére	FRA	00.00.51	M45	Antibes (FRA)	6/12.06.2010
495,200km	Norman Morris	NZE	00.00.41	M65	Colac (AUS)	15/21.11.1996

493,397km	Zoltan Czukor	HUN	18.12.82	M45	Antibes (FRA)	6/12.06.2010
482,539km	Stan Miskin	AUS	31.07.25	M75	Colac (AUS)	16/22.11.2003
476,662km	Alain Martínez	FRA	00.00.65	M40	Antibes (FRA)	7/13.06.2009
471,382km	Fredéric Lescure	FRA	00.00.61	M45	Antibes (FRA)	6/12.06.2010
458,432km	Christer Svensson	SWE	15.12.69	M40	Antibes (FRA)	6/12.06.2010
405,426km	Michel L'Heritier	FRA	00.00.48	M60	Antibes (FRA)	7/13.06.2009
352,243km	Santiago Seguí García	ESP	16.09.53	M55	Antibes (FRA)	6/12.06.2010
336,700km	Daniel Dapphin	FRA	00.00.56	M50	Antibes (FRA)	6/12.06.2010
306,800km	Ron McGregor	AUS	00.00.42	M60	Colac (AUS)	20/26.11.2005
<b>Women</b>						
473,972km	Josianne Pannier	FRA	00.00.50	W60	Antibes (FRA)	6/12.06.2010
448,170km	Deborah de Williams	AUS	10.09.69	W35	Colac (AUS)	21/27.11.2004
371,665km	Jacqueline Delassaux	FRA	00.00.46	W60	Antibes (FRA)	6/12.06.2010
313,390km	Magali Pannier-Pille	FRA	00.00.72	M35	Antibes (FRA)	6/12.06.2010

#### BRITISH CENTURIONS 100 MILE QUALIFIER, CASTLE PARK, COLCHESTER, 8-9 AUG 2010

The annual British Centurions 100 Mile Qualifier was held at Colchester on the weekend of 8-9 August and I am pleased to report that 4 new centurions (C1079-C0182) were amongst the 13 walkers who reached the elusive 100 mile mark. Leading the way was the unstoppable **Sandra Brown (C 36)**, her winning time being 20:23:30. Sandra emailed me to say

*Hi Tim. The Colchester 100 was another super event, and a great credit to Chris Flint, our Hon Sec, whose organisational skills, hard work and perseverance brought the event to fruition. All those there had the enormous pleasure of seeing Chris complete his 20<sup>th</sup> UK 100 and become the fourth person to have his name inscribed on the Hew Neilson salver.*

*The other great pleasure - as always - was to welcome our four new Centurions, including, this year, the very talented and stylish young Manx walker Bernie [Bernadette] Ball, and the very strong Spanish walker Jose-Mora Bernardo, a friend from the Paris-Colmar circuit. Our Dutch friends were very welcome, as ever, and gave their wholehearted support to the event.*

*Colchester was great too - the people in the park were encouraging, and the town is handsome place, with its Norman castle built of Roman masonry, fine Georgian streets - and good pubs!*

The Essex Walker newsletter had its own report (presumably written by editor Dave Ainsworth):

#### THE GREATEST SHOW ON TURF

Footpaths through the wide grassy areas of Colchester Lower Castle Park provided the venue for a hastily arranged Open 100 Miles promoted by the London Vidarians. It started simultaneously with the Basildon event and was to see an athlete aged over 60 years of age triumph over allcomers. SANDRA BROWN broke the tape in 20.23.20. Sandra had given her all and had a "lean" over the closing stages and was found a chair at journey's end. The good lady nodded off...she truly earned her 40 winks! Sandra, with Centurion No.735 was also the most senior of the 15 existing Centurions racing (from a programme entry of 26). It was a very long day for Sandra and Richard (who had started but had not made it...on this occasion) for they had to wait for the presentation in nearby Leisure World before returning to Dorset by rail!

Top man was GERARD HEUNKS of RWV in 20.57.37 with FRANK van der GULIK of LAT Amsterdam next in 21.11.41. 3<sup>rd</sup> man, and 4<sup>th</sup> overall, was the first newcomer - Spaniard JOSE MORA BARNADO in 21.48.31 becoming Centurion No.1079 and earning the coveted 145 Trophy. In 7<sup>th</sup> position and 2<sup>nd</sup> lady was Manx Harrier BERNIE BALL in 22.56.03. She came over the line, carry an IOM flag and hand-in-hand with Yorkshire's RICHARD SPENCELEY. Chief Organiser CHRIS FLINT was 9<sup>th</sup> in his 20<sup>th</sup> successful UK appearance over this distance, clocking 23.22.01 with Southend-based MARTIN FISHER of Redcar 11<sup>th</sup> in 23.30.39. Popular Middlesex AAA President SEAN PENDER of Enfield/Haringey (& Loughton AC) closed the result sheet in 13<sup>th</sup> spot with 23.39.50, knocking ¼ hour off his 2008 Milton Keynes qualifying time.

So many Essex walker readers were present, mainly on the Sunday, that all can't be mentioned. But thanks to all who got along to encourage those hardy walkers. But we'll mention 2 of our readers who accepted "plum" appointments: Joint Chief Judges were PETER CASSIDY and JACK THOMAS. The latter deserved a gold medal for getting his caravan in-and-out of Castle Park's narrow gates with less than half-inch to spare each side. He's truly an experienced caravanner.

Some walkers were classified, including event regular SEREENA QUEENEY who got a pb in this category covering 92 miles and 61 yards in 23.33.50. The good lady gets closer! Among those starting but not making the result sheet were SUE CLEMENTS (assisted by KEVIN MARSHALL who qualified as a Centurion in Castle

Park back in 2001), only a week after a long one on the Continent. Also gracing the active list were DAVID HOBEN (a week before tackling the 100K Death March in Belgium), regular Essex visitor HANS van der KNAPP, MARK WALL & SUE REY who we remember working so hard to stage the 2008 event at Milton Keynes track, and JOHN CONSTANDINOU of Race Walking Record fame. To be fair, most of those not completing 100 miles had made it clear that they intended accounting for lesser distances. There were 4 new Centurions, so Ilford's MICKY SUTTON no longer has the highest number (C1078).

Moans. Well entrants managed to see that now expected rain. And it came down hard...but for once, only for just over an hour! Some didn't like a hill at the start of those 54 circuits...but as hardy Northerners say, "It's the same for them all". They don't beef. The Colchester hobbledehoy's resurfaced - probably different ones, as those causing past problems have probably grown up by now. They tried closing a park gate so blocking progression. But, on the whole, youngsters were showing interest. And Centurion 606 Jack Thomas managed to engage some in serious discussions about what was happening...ending with handshakes and smiles all round! In all a great 2-days of sport and - again - so pleasing to see many turning-up to support and encourage

The full results are now on the Centurions website at [http://www.centurions1911.org.uk/2010\\_colchester.html](http://www.centurions1911.org.uk/2010_colchester.html)

1.	Sandra Brown (F)	Surrey Walking Club	GBR	20.23.30	C.735
2.	Gerard Heunks	RWV	NED	20.57.37	C.1068
3.	Frank van der Gulik	SV de LAT Amsterdam	NED	21.11.41	C.1022
4.	Bernardo Jose-Mora	C.A.B. Siurell	SPA	21.48.31	<b>C.1079*</b>
5.	Frans Leijtens	RWV Rotterdam	NED	22.25.49	C.949
6.	Jaap Visser	RWV	NED	22.36.36	C.944
7.	Bernie Ball (F)	Manx Harriers	GBR	22.56.03	<b>C.1080*</b>
8.	Richard William Spenceley	Yorkshire Race WC	GBR	22.56.03	<b>C.1081*</b>
9.	Chris Flint	London Vidarians	GBR	23.22.01	C.849
10.	Coert Peeters	SV de LAT	NED	23.23.15	<b>C.1082*</b>
11.	Martin Fisher	Redcar Race WC	GBR	23.30.39	C.788
12.	Johan Koning	SV de LAT	NED	23.31.58	C.1072
13.	Sean Pender	Enfield & Haringey AC	GBR	23.39.50	C.1067
14.	Sailash Shah	Lancashire Walking Club	GBR	23.44.37	94 miles 46 yards
15.	Serena Queeney (F)	Enfield & Haringey AC	GBR	23.33.50	92 miles 61 yards
16.	Tony Hill	LDWA/BBN	GBR	23.35.22	88 miles 22 yards
17.	David Toms	Brendon Fern Hoppers	GBR	23.39.50	64 miles 95 yards
	Sue Clements (F)	Enfield & Haringey AC	GBR	12.08.39	55 miles
	Boudewijn Blom-Hertbeek	SV de LAT Amsterdam	NED	10.52.41	52 miles
	Hans van der Knaap	RWV Rotterdam	NED	07.41.38	39 miles
	Mark Wall	Leicester WC	GBR	03.25.00	18 miles
	John Constandinou	Birchfield H	GBR	02.37.16	13 miles
	Sue Rey (F)	Leicester WC	GBR	02.52.26	13 miles



**Bernie (C180) and Richard (C1081) along the way and proudly finishing together with Isle of Man flag**



**Bernardo Jose-Mora (C1079)**



**Sandra Brown (C735) finishing**



**Sean Pender (C1067) cools the feet**

And to finish things off, a list of the major perpetual trophy winners

**Bristol Trophy** (first female Centurion to reach the 100 Mile mark in a 100 miles or greater distance race.)  
Sandra Brown

**Hammond Trophy** (first male and existing Centurion at the 100 Mile mark in a 100 miles or greater distance race)  
Gerard Heunks

**Hew Nielson Trophy** (first new Centurion in a 100 miles race - presented by Hew Nielson's daughter Pam Ficken\_  
Bernado Jose Mora

**Bill King Memorial Cup** (youngest competitor to finish 100 miles)  
Bernie Ball

**Eddie MacNeir Trophy** (first male walker, aged 65 years of age or over who completes 100 miles within 24 hours)  
Jaap Visser

Jaap was unwell after the finish and was unable to attend the presentation. We hope he has now recovered fromm his amazing efforts. Jaap is in fact 73 years old and walked very solidly throughout the whole 24 hours.

**Ko Van Der Kwaak Trophy:** (Awarded to the winning team of existing Centurions)  
Holland (G.Heunks, F. van der Gulik, F. Leijtjens, J.issuer, C. Peeters, J. Koning)

**Sunday Dispatch Cup** (Awarded to the Winning Team)  
RWV (Gerard Heunks, Frans Leijtjens, Jaap Visser)

### **THE PARIS COLMAR CLASSIC RISES FROM THE DEAD?**

**Peter Bennett (C 24)** went me the following press release which he picked up from one of the European websites and has translated into English. If it comes to fruition, it will be wonderful news for all walking enthusiasts.

The 2010 edition of the Paris Colmar walking race was canceled by ITS host association, the "Circle of Sports of France" for Budgetary Reasons.

The question about the organization in 2011 has been answered this morning, thanks to the the establishment of the association "Paris Colmar à la Marche", chaired by Mrs Anne-Marie NOIR, CEO of Monaco Laboratories ASEPTA AKILEINE, sponsor and co-organizer of Paris Colmar since 1949.

"I am very pleased to be able to make the largest walking race in the world start again on new bases. We will combine our efforts with the young Parisian company SBE to restore the Paris Colmar walking race to its former glory and even increase its attractiveness. The organizing team will be entirely new, new sponsors will join us,

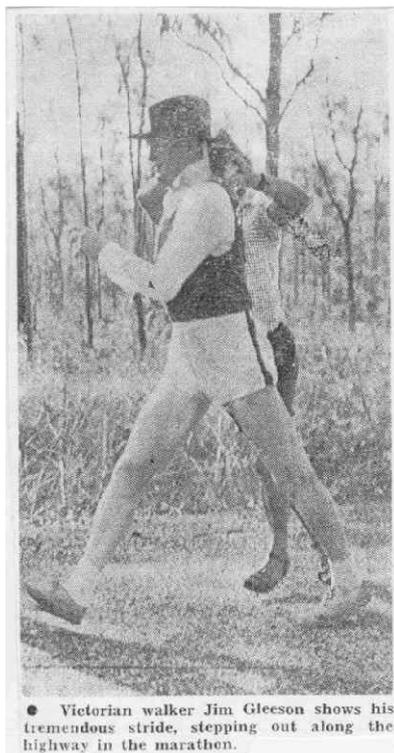
we will focus on increasing substantially the prizes awarded to the walkers, on communication and on entertainments around the event", said the new President.

The dates: **Wednesday 22 to Saturday 25 June 2011.**

Note that the persons in charge of the technical organisation will be two former great walkers, Jean Cecillon, Director and Jean-Claude Gouvenaux, Commissioner General (winner in 1984) and that it is the "Neuilly-sur-Marne Athletisme Club" which will be in contact with FFA (Fédération Française d'Athlétisme), as it is from the town of Neuilly sur Marne that the participants will start.

#### FROM THE ARCHIVES – JIM GLEESON IN ACTION IN DARWIN

I recently came across this fantastic newspaper clipping of **Jim Gleeson (C 3)**, our Australian 24 Hour Open Record holder, in action in action in the 1965 Darwin 100km Big Walk. I have published this information before but it makes for an interesting re-read with the photo to add some extra lustre to a great story.



In September 1961, The Northern Territory News sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, they extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. 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 Gleeson 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). The starting temperature was 92°F and the humidity registered a massive 87%. Jim was to walk singlehanded 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 out 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'.

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. Bob had to retire and spent the next few days in Darwin hospital getting over sunstroke. Rather than retire, 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 and the subject of the above photo.

It was for efforts like this that Jim was known for many years as the 'Iron Man' of Australian walking.

### ALBERT (BERT) COUZENS: 1899 - 1973

Phil Essam recently pointed me to a few small newspaper snippets about an English walker named Bert Couzens. These short articles intrigued me so I decided to delve further into the life of this remarkable man and I am able to present a rather episodic discussion of some of his many feats.

Albert (Bert) Couzens was born in 1899. Like his father before him, who was Queen Victoria's favorite walker, he was attracted to the life of the long distance walker, long after the heady days of professional pedestrianism had passed. But this did not stop him from becoming a legend in his own right. He started his career at an early age. At eleven, he strolled from London to Colchester (about 50 miles); three years later he was fired from his chemist's apprentice job for walking off one day to see friends at Walton-on-the-Naze (about 70 miles).

He was employed for most of his life by Henley's of Barking and was obviously one-track-minded, explaining his non-married status very simply: "*Women and athletics don't mix.*"

On November 16, 1935, Couzens completed 160 miles of non-stop walking in 32 hours to break the world record. This great feat has been captured in the following photo ([http://www.thefirstpost.co.uk/9535\\_news-comment\\_news-politics\\_sport-picture-past-1935](http://www.thefirstpost.co.uk/9535_news-comment_news-politics_sport-picture-past-1935))



In 1937, he walked from York to Fleet Street in London, a distance of 200 miles, in 38 hours, carrying a letter of good will from his commandant to the commandant of the Royal Observer Corps in London. He later reduced his record time for this walk to 36 hr. 55 min.

Also in 1937, he walked 408 miles from Edinburgh to London in 94 hours (just under 4 days). He subsequently improved his record to 84 hours 50 minutes (3½ days). On this second occasion, a newspaper clipping advises that

*During the whole walk he had only 100 minutes rest, had no sleep, ate only two slices of toast, drank 32 cups of tea, and smoked 62 cigarettes. While on the road, he was paced by three cyclists.*

But he is best remembered for his most famous feat when in 1946/1947, he walked nearly 3000 miles in 1000 hours. He started out initially on September 30<sup>th</sup> 1946, just to beat Captain Barclay's famous feat of 1000 miles in 1000 hours and beat it he did, in grand style, recording a distance of 2,652 miles in the required timeframe! The venue was Romford Stadium, a greyhound track, with some 5 laps to the mile.

Within 2 weeks (335 hours in fact), he had already covered the requisite 1,000 miles. A newspaper report commented

*Bert ambled along at a casual gait until he had walked an even 1,000 miles. He rested as little as possible, slept in a little hut off the track, ate crab sandwiches and tea, went wandering off his beaten path occasionally, once to see himself in a newsreel. He smashed to bits a 137-year-old world's record of 1,000 miles in 1,000 hours; his time was only one-third that.*

Another article commented further

*Now he is continuing in order to finish the other 665 hours to see how many miles he has logged by that time. Couzens has worn out two pairs of rubber shoes. He drinks buckets of tea, smokes 40 cigarettes a day and lives on tablets and a few sandwiches, but no meat. Since the beginning of his marathon walk on September 30, he has had only 4 hours sleep. He usually lies down for half an hour and sleeps for 15 minutes.*

There are a number of photos from this walk and one is shown below.



**Couzens takes a cup of tea during his 3000 mile walk (<http://www.life.com/image/50504798>)**

For other photos from the walk, check out <http://www.life.com/image/50504796> , <http://www.life.com/image/50504797> and <http://www.life.com/image/50504799>

By the time the 1,000 hours had been reached in early November, he had completed an incredible 2,653 miles. Still not content, he then announced he would continue on to the 3,000 mile marker which he duly did – the total time recorded at 1,136 hours. The papers reported it as

*a physical endurance record that may never be surpassed. He covered the last mile of his walk in 12 minutes. Couzens then went home for his first night's sleep for seven weeks. He has walked for some part of every hour during that period. His plans for yesterday were digging over the garden and going for a walk.*

The finish of this walk was captured by newsreel footage – see <http://www.britishpathe.com/record.php?id=26845>. The film shows Couzens taking the last few steps of his marathon 3,000 mile walk, being congratulated by the Mayor of West Ham, inspecting his 6 pairs of worn-out shoes, then being raised by the crowd and carried away from the stadium.

When the newsreel was shown at the Coronation cinema in Manor Park on the following Friday evening and Saturday

afternoon, patrons had an opportunity to express appreciation of this remarkable feat when Bert appeared on the stage. He was given a big welcome and feted by the Mayor of East Ham, Alderman C. W. Dixon and a copy of the newsreel was then presented to him as a keepsake.

The newspaper report of this feat commented that “*Soon he intends to walk to Southampton, get on a liner bound for New York, walk round the deck while crossing the Atlantic, and then walk from New York to San Francisco.*” It is not known if this eventuated.

A year later, he was back in the news when, on March 8<sup>th</sup> 1947, he completed a 3,000 mile walk around Britain, finishing at Croydon. His time was 47 days 8 hours. The article stated that “*during the freeze, Couzens walked at times along an 18 inch path between 20 foot walls of snow.*”

He also walked the length of the British Isles from Lands End to John O'Groats, a distance of some 900 miles. On another occasion he did a sponsored charity walk of several laps round West Ham Football Ground accompanied by Kid ? a famous boxer of the time.

Interestingly, for someone so gifted, he never qualified as a Centurion, perhaps because of the high wall erected between amateur and professional walking in those days. Bert died in Barking in 1973, at 74 years of age. But his feats live on after him and his superhuman feats of endurance walking continue to inspire us.

#### FINANCIAL NEWS

All is quiet on the financial front with only a couple of small payments over the last month.

Outgoing	Photocopying for newsletter	10.00
	Engraving (Webber and Smith Perpetual Trophies)	55.00
Balance		\$451.06

#### UNTIL OUR NEXT NEWSLETTER

That's it again for another month and what a bumper issue it turned out to be. The photo of Jim Gleeson and the article on Bert Couzens show how much walking information is out there still waiting to be uncovered. And our walkers keep doing what they do best – walking! Well done everyone. Today was our coldest day so far for the winter here in Melbourne but I am pleased to report that I went out for a 10km walk. I think I was inspired by the newsletter!

Yours in Centurion walking

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