

CENTURION FOOTNOTES

OCTOBER 2010 – VOL 17 NUMBER 6

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

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DATES...DATES...DATES

20 Nov 2010	Moe 6 hour and 50km	Moe, Vic
11-12 Dec 2010	1 st Malacca Malaysia International 12 Hour Walk	A'Formosa, Malacca, MAL
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

The Malaysian 12 Hour Walk is on once again this December and it will be held at A'Formosa in Malacca. The course will be a 1km loop and the race starts at 8PM on the Saturday evening so should be held in great conditions. As usual, organiser Seng Hock Choo has got his big team in action and it looks set to be a huge event once again. Full race details are available at <http://racewalkermalaysia.synthasite.com/event.php>. If you don't have access to internet, contact me and I can post out the entry form and informational handout.

NEWS FROM THE CENTURION WORLD

Sue Clements (C 35) reported in the Essex Walker magazine that she had competed in the 45th Nijmegen to Rotterdam 160km walk (in around 29 hours) in September.

This walk is organised by the RWV (Rotterdamse Wandelsport Vereniging) every September. After aborting a previous attempt a number of years ago, this time I successfully reached Rotterdam. The walk uses predominantly cycle tracks and is a sociable way to train for ultradistance races. There are checkpoints at 18.5, 37.2, 57.4, 79.7, 98.4, 117.9 and 137.7kms. You can walk at tempos ranging from 6.0 to 9.0kms/hour and the length of time to rest at the checkpoints is governed by your speed. Each walker must reach the checkpoint within the designated time and everybody sets off again at a pre-determined time i.e. the quicker you walk the longer you rest. I liked this arrangement, is very sociable and I walked some stretches with walkers who are usually either in front or behind me. The organisation and support was, as always, absolutely tip top.

See <http://www.RotterdamseWandelsportVereniging.nl> for further details.

The following couple of photos, taken from <http://rwv.mijnalbums.nl/>, show the flavour of the event.



Nijmegen to Rotterdam walk – group shots

Geoff Hain (C 49) and his wife Annie continue their itinerant globetrotting lifestyle.

Hi Tim,

Hope you are fit & well and getting out & about plenty. Annie & I are still in the travel/wandering mode, discovering plenty of incredibly interesting places in the world. Backpack globe trotting seems to agree with us and so we now find ourselves in Toulouse, France. It was a strange coincidence that you mentioned Piet Jansens in the last newsletter completing his staged Lands End to John O Groats walk in the UK over 4 years because we have recently done the same walk. We, however, did it in one go, taking 12 weeks to walk the completet route we chose, some 2030 km. It is quite an iconic thing to do, to travel the longest distance possible on mainland UK, although most people do it as a bike ride on roads which is considerably shorter. Annie & I followed the major long distance paths where possible & connected them together via other minor or lesser known public rights of way. We had a thoroughly wonderful time & would recommend this epic walk to anyone who loves to walk on a daily basis as a lifestyle because this is what it becomes after such a long period.

Our route followed the South West Coastal Path along the northern coastline of Cornwall & Devon - this is surely one of the most beautiful coasts in the world, probably better than the Great Ocean Walk in Victoria which we did a few years ago. After that we travelled over Exmoor & the Quantocks & crossed the Bristol Channel into Wales where we followed another well known path called the Offas Dyke Path along the England/Wales border. It was then across the Midlands to pick up the start of the Pennine Way.

The Pennine Way is probably the toughest LDP in England as it traverses the hill/mountain range going north/south through the middle of England all the way to Scotland. After that we followed a canal system going northwesterly to just north of Glasgow from where the very popular West Highland Way heads north to Fort William and Ben Nevis, England's highest mountain. We then walked along the Great Glen Way alongside Loch Ness but failed to see the "monster". Having reached the east coast of Scotland, we then continued northwards until the final destination on the north east corner of the UK, a little place called John O Groats.

We averaged around 24km/day carrying all our gear, Annie with 8kg & myself with 15kg, staying at B&B's or pubs along the way. Life on the paths is really great, meeting other fellow walkers, mostly doing shorter distances or just daily saunters. Folk in England walk a lot, often setting out for a long days walk with their dogs. The weather doesn't seem to stop people from venturing out, they just wear the appropriate clothing & so it was with us. Rain, wind (gale force at times), mist, fog, & absolutely perfect sunny days greeted us on our daily walking, but it didn't matter, it is hard to beat long distance walking in the UK, no matter what the weather.

So there you have it, almost a quarter of a year spent but life doesn't get any better than that.

Just a note on the pic at the start, the actual sign is removed these days & you have to pay money to be able to get your photo taken with the sign in place - we were there before the opening hours & therefore all you can see in the photo is a white pole!!!

Bye for now, Regards, Geoff Hain



Geoff and Annie start their walk at Lands End



Geoff in walking mode

Sandra Brown (C 36) emailed me recently to let me know her latest walking endeavour.

Dear Tim

Many thanks - what a fantastic newsletter, full of things which are fascinating to read about, and which make you want to get out there and do them all! Jill's adventures are especially enticing. She really knows how to find out what's happening and get along there.

We are just back from 2 weeks with Surrey Walking Club friends walking the Tour de Monte Rosa in the Alps (in Italy and Switzerland). What a fantastic experience - this is a high level route, with big amounts of ascent and descent (then more ascent of course!) just about every day, involving the challenge of tough going, while carrying a

biggish pack, often at high altitude. We regularly crossed high passes and stayed at refuges at 8,500 to 11,000 feet, varied the route to increase the challenge of scrambling up rocky ascents, crossed a 3-4kms glacier and crevasses roped together ... gosh, what fun we had! For Richard and myself this was quite a challenging trip: we are reasonably fit and strong, but are not experienced in mountaineering. Distance was only one part of the mix, along with climbs, altitude, technical challenges It's the human spirit to want and need to be challenged. This was a great experience on every level, and leaves us wanting to return for more.

Very best wishes

Sandra

Lois and I have just returned from the Commonwealth Games in India where we were cheering on all the walkers and, in particular, our son Chris who was competing in the 20km racewalk. While it was not one of his better races, it was yet another Australian vest for him and another opportunity to represent his country in the highest level of competition. And just to prove we actually made it there, a couple of photos of us and Chris!



ROUBAIX 28 HOUR WALK AND 24 HOUR RELAY, ROUBAIX, FRANCE, 18-19 SEPT 2010

The highlight of the European ultra distance walking calendar has been completed once again with the Roubaix 28 Hour event. The course was the same as usual, with a first lap of 20.075km from Croix to Roubaix, then laps of 3.475km within the city of Roubaix and finishing with laps of 0.990km up and down the main street for the last hour. Russian Dmitriy Ossipov dominated the men's event to win by some 9km with 234.515km while Sandra Brown dominated the women's event to win by 15km with 211.685km and sixth place overall. I am as always so impressed with the overall standard which saw 66 walkers in action in the individual event and 11 walking in excess of 200km.

Pl	Name	Club/Country	Laps	Distance	Time	Rate
1	OSSIPOV Dmitriy	Ind Saint Pétersbourg (RUS)	67	234 515 km	28:00:39	8.372km/h
2	CZUKOR Zoltan	Komboï-Banyasz SK (HUN)	63	225 585	28:00:58	8.052km/h
3	LETESSIER Gilles	P.L.M Conflans	64	224 090	28:01:10	7.998km/h
4	NAUMOWICZ Dominique	C.M Roubaix	63	223 100	28:01:01	7.963km/h
5	BUNEL Dominique	Neuilly/s/Marne Athlé	64	219 120	28:04:04	7.807km/h
6	BROWN Sandra (F)	Surrey-Walking Club (GBR)	59	211 685	28:03:14	7.546km/h
7	FROLOV Nicolaï	Individuel Mordovie (RUS)	58	210 695	28:00:51	7.521km/h
8	ALBRECHT Jacky	ASM Bar le Duc	60	210 190	28:01:28	7.500km/h
9	DUFRIEN Pascal	AM St Thibault des Vignes	59	209 200	28:03:05	7.458km/h
10	VIT Philippe	AM St Thibault des Vignes	58	205 725	28:03:03	7.334km/h
11	VAN DER GULIK Frank	S.V de L.A.T Amsterdam (NLD)	57	204 735	28:02:07	7.303km/h
12	PEDERSEN Per-Kleis	Posten M.F Aarhus (DNK)	57	199 765	28:02:01	7.126km/h
13	MARSHALL Kévin	Ilford A.C. (GBR)	57	199 765	28:05:49	7.110km/h
14	ANXIONNAT Claudine (F)	Resda Vosges	56	196 290	28:06:12	6.985km/h
15	LYKYANOV Serguey	Tarentul Saint Pétersbourg (RUS)	54	194 310	28:00:44	6.937km/h
16	WICHE Robert	R.W.V. Rotterdam (NLD)	54	191 825	28:07:14	6.822km/h
17	VAN DER KROFT Piet	R.W.V. Rotterdam (NLD)	54	191 825	28:07:16	6.821km/h

18	BOVIN Laurent	AM St Thibault des Vignes	54	189 340	28:03:07	6.750km/h
19	GRADOS Daniel	C.M Roubaix	53	188 350	28:01:36	6.720km/h
20	JONES David	Redcar R.W.C. (GBR)	51	186 370	28:01:18	6.651km/h
21	ASSELOS Patrick	Stade Lamentinois Guadeloupe	53	185 865	28:02:53	6.627km/h
22	BUNEL Pascal	Neuilly/s/Marne Athlé	52	184 875	28:04:03	6.587km/h
23	BIEBUYCK Pascal	C.M Roubaix (BEL)	48	183 400	24:31:56	7.476km/h
24	BORISOVA Olga (F)	Tarentul Saint Pétersbourg (RUS)	50	182 895	28:00:48	6.529km/h
25	PRUCKNER Jaroslav	A.S Mlada Boleslav (CZE)	48	178 430	28:02:04	6.365km/h
26	STRUNC Pierre	C.M Roubaix	49	176 935	28:01:41	6.313km/h
27	BLOM-HERTBEEK Boudewijn	S.V de L.A.T Amsterdam (NLD)	48	175 945	28:01:08	6.280km/h
28	WATTS Ken	London-Vidarians (GBR)	48	175 945	28:01:20	6.279km/h
29	PSUTKA Roman	AC Domazlice (CZE)	47	172 470	28:02:00	6.152km/h
30	STEPANCHUK Andreï	Ind (BLR)	46	168 995	28:01:30	6.030km/h
31	MIZZERA Nicoletta (F)	C.M Roubaix	46	168 995	28:01:59	6.028km/h
32	FOUDJEM Ganno-Daniel	F.A.P. (CAM)	43	166 025	21:33:38	7.700km/h
33	RASSAIND André	A.L. Voiron	46	161 540	28:01:22	5.765km/h
34	KERLAU Yves-Michel	A.L. Porterie-A.C Nantes	46	161 540	28:07:12	5.745km/h
35	SEYNAEVE Serge	C.M Roubaix (BEL)	47	160 045	28:05:41	5.697km/h
36	WATTS Bob	London-Vidarians (GBR)	43	158 570	28:02:13	5.656km/h
37	ELIEZER Jocelyn	A.C Bouillante Guadeloupe	43	158 570	28:02:46	5.654km/h
38	MIROSHNIENKO Vera (F)	Ind Saint Pétersbourg (RUS)	42	155 095	28:00:46	5.537km/h
39	DUTERTE André	C.M Roubaix	42	155 095	28:02:23	5.531km/h
40	CHABIN Frédéric	Essonne Athlé-LP Longjumeau	43	153 600	28:01:13	5.482km/h
41	BASTAREAUD Tony	Gosier A.C Guadeloupe	43	153 600	28:02:58	5.476km/h
42	LUCIEN Francilla (F)	Gosier A.C Guadeloupe	42	152 610	28:01:26	5.446km/h
43	BIBRAC Eric	A.C Bouillante Guadeloupe	41	151 620	28:02:51	5.406km/h
44	CONSTANDINOU John	Birchfield-Harries (CYP)	43	146 145	28:02:47	5.211km/h
45	DUJARDIN Bernard	C.M Roubaix	39	144 670	28:02:12	5.160km/h
46	SPIESER Jean-Paul	Resda Vosges	41	144 165	28:06:16	5.130km/h
47	MASORSKIY Nikolaï	Ind Kemeravo (RUS)	37	137 720	28:01:03	4.915km/h
48	QUINQUETON Bernadette (F)	AM St Thibault des Vignes	38	136 225	28:01:16	4.862km/h
49	LABYLLE Maggy (F)	A.C Bouillante Guadeloupe	36	134 245	28:02:52	4.786km/h
50	VARIN Sylviane (F)	Meaux	36	131 760	28:01:24	4.702km/h
51	DAVIES Karen (F)	Birchfield-Harries (GBR)	38	131 255	28:02:29	4.681km/h
52	DANDOY Jérémy	C.M Roubaix	35	130 770	28:02:16	4.664km/h
53	GALICIA Alfrédo	Intrépide d'Angers	38	126 285	28:03:48	4.500km/h
54	MONSIK Sergeï	Neuilly/s/Marne (UKR)	28	113 900	13:53:29	8.199km/h
55	RIVIERE Sylvain	S.P.N Vernon	28	113 900	18:08:44	6.277km/h
56	LABARRE Bertrand	C.S. Provins-Athlé	27	110 425	13:43:40	8.044km/h
57	MASSE Bernard	O.S.M Lomme	27	110 425	14:13:38	7.762km/h
58	GLASSEE Josef	A.C. Herentals (BEL)	24	100 000	14:25:41	6.931km/h
59	HAZENBOSCH Kris	D.C.L.A. (BEL)	22	93 050	12:41:21	7.333km/h
60	MORVAN Nicole (F)	AM St Thibault des Vignes	20	86 100	16:40:51	5.162km/h
61	HENRY Fabrice	A.S Saint Junien	14	65 250	07:26:47	8.763km/h
62	HERITIER Michel	Sainte-Maure de Touraine A.C	8	44 400	06:13:34	7.131km/h
63	FAUQUEUR Raymond	Entente Lit. Dunkerque	2	23 550	02:44:21	8.598km/h
64	FAUQUEUR-DUDA Corinne (F)	Entente Lit. Dunkerque	2	23 550	02:44:22	8.597km/h
65	VANCURA Rudolf	AC Domazlice (CZE)	1	20 075	02:25:22	8.286km/h
66	FLINT Christopher	London-Vidarians (GBR)	1	20 075	16:54:26	1.187km/h

NEW ZEALAND CENTURION 24 HOUR WALK, AUCKLAND, 2-3 OCTOBER

The New Zealand Centurions annual qualifying event was held in Auckland's Sovereign Stadium on 2-3 October, in conjunction with the 13th Sri Chinmoy New Zealand 24 Hour event and the great news for our New Zealand compatriots is that they have 3 new centurions – **Rudy Schoors (C15 - 21:37:25)**, **Andrew Shelley (C 16 - 21:37:55)** and **Caroline Mestdagh (C 17 – 22:51:46)**.

It was especially pleasing for the New Zealand Centurions to welcome one of their own as a member in 38 year old Upper Hutt racewalker Andrew Shelley who set New Zealand records for 50 Miles (9:49:15), 100 km (12:15:22) and 12 Hours (97.9km) along the way through – more about Andrew's walk later in the newsletter.

For Rudy and Caroline, this makes 5 Centurion badges out of a possible 6. What a wonderful effort. They commented

Our mission is completed; we both achieved the NZ Centurion title and got our fifth Centurion batch worldwide. Caroline did 22h51' and Rudy 21h37' over the 100 EM. Rudy got number C-15 and Caroline C-17. Conditions were pretty good: no rain, but lots of cold wind, stars during the night and quite sunny during the day but still a cold wind. The Sri Chinmoy Marathon Team and the New Zealand Centurions Club both did a good job in organizing. We are both very proud to achieve this so we're both very happy walkers for the moment!

We are still in NZ for another week and doing some additional walking. At the moment we are at Tangariro NP and want to do the crossing. The weather isn't good at 1800 m, too much wind and snow on the ridges. It will be for another time we think.

*Take good care,
Rudy and Caroline.*



Rudy, Andrew and Caroline at the end of the event

The full results read as follows (the 3 walkers are shown amongst the runners)

24 Hour Men

1	Greg Hannah 41	Dunedin	217.802
2	Alex McKenzie 49	Tauranga	206.530
3	Wayne Botha 38	Auckland	204.698
4	Graeme Butcher 48	Masterton	177.235
5	Andrew Shelley 41 - N.Z. Centurion Walker C16	Upper Hutt	174.460
6	Norman Chan 51	Christchurch	164.853
7	Rudy Schoors 45 - N.Z. Centurion Walker C15	Belgium	164.800
8	Richard Pedley 31	Auckland	162.422
9	Dhiraja McBryde 45	Auckland	140.954
10	Alan Sutcliffe 41	Auckland	133.600
11	Warren Wright 36	Australia	131.423
12	Barry Wilson 60	Rotorua	126.092
13	Richard Wall 35	Wellington	118.691
14	William Lucas 53	Dunedin	117.906
15	Dave Knudsen 51	Auckland	110.000
16	Nick Warren 30	Auckland	103.727
17	Gene Andrews 28	Auckland	102.927
18	Kevin Wilson 59	Auckland	63.200

24 Hour Women

1	Vivian Cheng 32	Wellington	201.400
2	Carrol Lapsys 33	Australia	182.408
3	Caroline Mestdagh 45 - N.Z. Centurion Walker C17	Belgium	162.800
4	Sophie Anderson 32	Auckland	144.400
5	Phillippa Speedy 30	Auckland	128.000
6	Nabhoniya Butler 38	Auckland	114.897

The full list of New Zealand centurions now reads as follows

Number	Name	Country	Time	Venue	Date
C1	Ross Pilkington	New Zealand	23:23:40	Auckland, NZ	19-20 Apr 1968
C2	Gerald Manderson	New Zealand	21:37:31	Melbourne, AUS	19-20 Sept 1998
C3	Norm Morriss	New Zealand	22:32:47	Melbourne, AUS	19-20 Sept 1998
C4	Sandra Brown	England	19:00:47	Auckland, NZ	10-11 July 1999
C5	Bob Lee	New Zealand	22:06:26	Auckland, NZ	08-09 July 2000
C6	Carol Baird	Australia	20:55:46	Auckland, NZ	07-08 July 2001
C7	Parminder Bhatti	England	21:18:58	Auckland, NZ	07-08 July 2001
C8	Jill Green	England	22:18:08	Auckland, NZ	07-08 July 2001
C9	Herbert Neubacher	Germany	22:18:08	Auckland, NZ	07-08 July 2001
C10	Susan Clements	England	23:00:05	Auckland, NZ	07-08 July 2001
C11	Geoff Tranter	England	23:04:37	Auckland, NZ	07-08 July 2001
C12	Maureen Metcalfe	New Zealand	23:47:08	Auckland, NZ	07-08 July 2001
C13	Peter Baillie	New Zealand	22:15:32	Auckland, NZ	18-19 Sept 2004
C14	Geoff Hain	Australia	23:37:33	Auckland, NZ	01-02 Oct 2005
C15	Rudy Schoors	Belgium	21:37:25	Auckland, NZ	02-03 Oct 2010
C16	Andrew Shelley	New Zealand	21:37:55	Auckland, NZ	02-03 Oct 2010
C17	Caroline Mestdagh	Belgium	22:51:46	Auckland, NZ	02-03 Oct 2010

To finish, a list of all those centurions with 4 or more badges. Sandra Brown and Jill Green lead the group with all 6. Rudy and Caroline have now joined Herbert Neubacher and Geoff Hain with 5. A note that when Chris Clegg achieved his 4 badges, there were only 4 clubs worldwide so he had the full set, as it existed at the time.

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	
Caroline Mestdagh (BEL)	5	C1061 - 2007	C72 - 2010	C56 - 2009	C366 - 2008	C17 - 2010	
Rudy Schoors (BEL)	5	C1062 - 2007	C73 - 2010	C55 - 2009	C367 - 2008	C15 - 2010	
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	

ANDREW SHELLEY TALKS ABOUT HIS WALK

Andrew Shelley has generously allowed me to reproduce his NZ Centurions race report and photos which can be found at web page <http://andrewwalking.blogspot.com/2010/10/new-nz-walk-records-and-centurion-nz.html>. Here goes!

I had divided my race into three stages: the first stage to 100km; the second stage was from 100km to 100 miles; and the third stage was from 100 miles to the finish at 24 hours. I had time goals for the first two stages and a total distance goal for the third stage.

Stage 1: the first 100km

Before the race I had been very careful to tape any places on my feet that I thought might blister, including double-layered telfa pads so that they would take the friction rather than my feet. But after only a few of hours I could feel a hot spot on each heel and knew that I was still going to get blisters. I could stop and deal to the hot spots, but I didn't know what I would do differently. I was also aiming for various records and stopping would cost valuable time. So I kept on walking.

My target pace for the 100km would give me the NZ walk records for 50 miles, 12 hours, and 100km. Everything went pretty much to plan and I steadily closed in on 50 miles. A few laps before the 50 mile mark I was told I was

about 10 minutes under the previous record, and so it proved to be. The existing record was 9h:58m:28s (Gerald Manderson, 1999), and I recorded 9h:49m:15s.

By this point I had noticed that my left foot was feeling a bit wet. I assumed that this was because a blister had popped. I'm getting used to such things so I didn't give it too much thought and just carried on towards 12 hours and 100km.

As 12 hours approached the fatigue was taking its mental toll. Mark Gray stood at a point on the track just before the start/finish line and told me that the record was 5km from that point. 5k on the track is 12.5 laps, which means that the existing record would be at about the 200m mark in 12.5 laps time. Simple. Except it took me a while to figure that out at the time! Mark was standing at the record marker as I got there, and from memory I was able to complete another 500m before the 12 hours was up.

No time to rest after the 12 hours, as the 100km target was only a few minutes away. I had hoped to do 12h10m - which seemed a reasonable target given my road time - but I never seem to do as well on the track as I do on the road and was a few minutes slow. As the 100km approached I picked up the pace again and went across the line in 12h:15m:22s. This was a good 5 minutes faster than the existing official record of 12h:20m:33s (Peter Baillie, 2005) and also faster than my time at the Taupo 100km earlier this year.

It was now 9:30pm and time to prepare for the night. I stopped (relatively) quickly to change into warmer gear. The seat was ready for me, I sat down and got my first look at my feet: my shoes were blood soaked! Never mind, it might have looked gruesome but my feet weren't particularly painful and I couldn't think of what could really be done to fix the problem that wouldn't take a long time to do. So it was warm top on, jacket on, shorts off, Skins tights on, shorts back on, shoes on, and go.

I was expecting to slow a bit after the 100km but, oh my goodness, this was something else again! It was so difficult to get going again, my feet were sore and my legs were stiff. My average lap time instantly increased by 33 seconds a lap and I couldn't bring it back down.

Stage 2: Centurion Qualification

The next target was 100 miles. I had a time goal for 100 miles and wanted to break the record, but after a while it became clear that I was going too slow for that. Not to mind, 100 miles marked another very important aspect of the race: qualification as a New Zealand Centurion. Centurion qualification is generally awarded to those who walk 100 miles in under 24 hours, under the scrutiny of judges to ensure that the person actually is walking. Prior to the race only 14 people had qualified as Centurions in New Zealand, and I wanted to be C15.

There were three walkers aiming for NZ Centurion qualification: myself, Rudy Schoors (Belgium), and Caroline Mestdagh (Belgium). Rudy and Caroline have both walked 100 miles multiple times and are Centurions in the UK, the Netherlands, Australia, USA, and now New Zealand. I had a large lead on Rudy by the time I got to 100km, but then I slowed and he did not. As 100 miles approached he was closing rapidly. The lap count on the day indicated that when I reached 100 miles Rudy was less than 400m (1 lap) behind me! But subsequent checking of the scoring showed that one of Rudy's laps had been missed and he was less than 400m ahead of me.

I slowed again immediately after completing the 100 miles, allowing Rudy to catch me up. Having both completed 100 miles we shook hands and walked the next lap together. I then needed to leave the track for a few minutes for a bathroom break while Rudy continued on.

Caroline was some distance behind Rudy and me, but also went on to complete her 100 miles and qualify as NZ C17. Both Rudy and Caroline completed only a couple more laps after reaching their 100 miles, enough to ensure that if there was a lap counting error they would still have made 100 miles.

Stage 3: The Remainder of the 24 Hours

I had thought it was hard getting to 100 miles, but everything suddenly became so much harder again. There was still just over 2 hours remaining in the event and there was a significant temptation to stop now that I had achieved 100 miles. It seemed that I thought about stopping with every lap. But I also wanted to see what total distance I could do, and I was now in 4th place on the leaderboard and didn't want to just give that placing away. So I trudged on.

Graeme Butcher had a bad time of it during the night and I had eventually caught him and passed him as he just slowly walked laps. But with the sun appearing and obviously feeling better he started to run again. He pulled back the laps and eventually caught and passed me, relegating me back to 5th place - the same place that I had been seeded at the start.

24 hours was fast approaching and it would soon all be over. Sandy Barwick walked my second-to-last lap with me and we talked about things I cannot yet remember! Then it was the final lap and time to put in a final sprint. I charged around the last lap faster than I had walked for many hours, crossed the start/finish line again with a few more seconds on the clock, and made it 60m down the straight. The hooter went and it was all over! I put my finishing block down where I was, marking a total distance of 174.460km.

Acknowledgements

Many thanks to Heather Andrews who did a great job as support crew, keeping me fed and watered, and a wonderful job of keeping on top of various schedules. She continually monitored my position and checked in with the official

lap scorers to ensure that my records were timed. And she kept on top of food schedules and drug schedules in a way that would have been impossible by myself. Checking back over the food record it turns out that I ate more than I thought I had, which can only be a good thing in an event that lasts this long. And thanks also to the racewalkers who came along to the track and offered their support, especially David Sim who also assisted Heather with record keeping and Mark Gray who could give me feedback out on the track. It was a long and very cold night for supporters. Thanks also to the Sri Chinmoy marathon team for their efforts in organising and running the event. Each and every lap was acknowledged by our lap scorers, and they were positive and cheerful throughout the 24 hours.



Andrew Shelley (C 16) reports below on his successful attempt in Auckland

I would also direct readers to 2 photo repositories from the event – lots of great photos!

<http://www.flickr.com/photos/42096570@N03/sets/72157625110917234/>
http://gallery.srichinmoyraces.org/New_Zealand/auckland/auckoct10/

TALKING ULTRA DISTANCE WALKING RECORDS

I picked up a letter in the Essex Walker magazine from English walker Chris Maddocks listing what he thought were the British long distance walking records and asking for feedback. He had them (men only unfortunately) listed as

24hr road	Derek Harrison	Rouen	1978	219.5 km
24hr track	Hew Neilson	Walton-on-Thames	1960	214.061 km
200km road	Richard Brown	Bazencourt	1992	21.42.41
100m road	Richard Brown	Sint-Oedenrode	1993	16.50.28
100m track	Hew Neilson	Walton on Thames	1960	17.18.51
100km road	Tony Geal,	Grand-Quevilly	1979	9.34.25
100km track	Ed Shillabeer	Colchester	1985	9.41.54

It got me rummaging for the definitive list of world long distance walking bests and the Spanish Ultrawalking and Ultramarathon website (<http://www.ultrawalking.es>) has them listed as shown below. It looks very comprehensive but let me know if you wish to query any of the bests listed.

Men – World Records Track

100 km	9:16:32.2	Fredéric Marie	FR (1961)	Etréchy(FR)	19/4/1987
100 ml	17:18:51.1	Hew Neilson	GB (1916)	Walton o.t.(GB)	14-15/10/1960
200 km	21:58:40.0	Claudio Sterpin	IT	Milán	18-19/10/1986
500 km	90:49:55	John Dowling	GB	Nottingham(GB)	31/7-3/8/1983
12 hours	118:805 m	Robert Dobson	GB (1942)	Colchester(GB)	15/9/1985
12 hours (No Conf.)	118,921 m	Tom Richardson	GB (1911)	Woodford(GB)	16-10/1938
24 hours	216,621 m	Claudio Sterpin	IT	Milán	18-19/10/1986

6 days	741,212 m	John Dowling	GB	Nottingham(GB)	31/7-5/8/1983
6 días	855,180	George Littlewood	GB (1859)	Sheffield	6-11/3/1882

Men – World Records Road

100 km	8:38:07	Victor Ginko	BG (1965)	Scanzorosciate(IT)	27/10/2002
200 km	19:55:07	Zbigniew Klapa	PL (1952)	Chapelle(BE)	22-23/10/1983
24 hours	226,432 m	Paul Forthome	BE	Bruselas	13-14/10/1984
24 hours	228,930 m (No Conf.)	Jesse Castaneda	US	Albuquerque(US)	18-19/9/1976

Women – World Records Track

100 km	11:17:42.0	Sandra Brown	GB (1949)	Etréchy (FR)	27/10/1990
100 ml	19:00:47.0	Sandra Brown	GB (1949)	Auckland(NZ)	10-11/7/1999
200 km	29:23:54.0	Anne Sayer	GB (1936)	Nottingham(GB)	11-12/4/1982
12 hours	106,180 m	Sandra Brown	GB (1949)	Etréchy(FR)	27-28/10/1990
24 hours	194,758 m	Sandra Brown	GB (1949)	Ware(GB)	19-20/7/1997
48 hours	294,114 m	Anne Sayer	GB (1936)	Nottingham(GB)	11-12/4/1982
6 days	695,236 m	Ada Anderson	GB (s.XIX)	King's Linn(GB)	19-24/8/1878

Women – World Records Road

100 km	10:13:56	Kora Boufflert	FR (1966)	Roubaix(FR)	9/10/1994
100 ml	18:06:10	Annie Van der Meer	NL (1947)	Rouen(FR)	10-11/4/1986
170 km	19:56:41	Kora Boufflert	FR (1966)	Bar le Duc(FR)	23-24/4/2005
200 km	22:36:46	Annie Van der Meer	NL (1947)	Rouen(FR)	10-11/4/1986
24 hours	211,250 m	Annie Van der Meer	NL (1947)	Rouen(FR)	10-11/4/1986

Our own Australian long distance walking records, which are all track based, are not too shabby either!

Men - Australian Track Records

6 Hours	Tim Erickson	VIC	1975	Melbourne, VIC	60.005 km	Open and Residential
12 Hours	Jim Gleeson	VIC	1971	Melbourne, VIC	108.290 km	Open and Residential
24 Hours	Jim Gleeson	VIC	1971	Melbourne, VIC	196.490 km	Open and Residential
48 Hours	Peter Bennett	QLD	2010	Caboolture, QLD	280.203 km	Open and Residential
6 Days	Peter Waddell	ACT	1997	Colac, VIC	540.000 km	Residential
6 Days	Gerald Manderson	NZ	2001	Colac, VIC	622.000 km	Open
50 Miles	Clarrie Jack	VIC	1979	Melbourne	07:57:57	Open and Residential
100 Km	Peter Bennett	QLD	1996	Brisbane	10:51:25	Open and Residential
100 Miles	Ian Jack	VIC	1979	Melbourne	17:59:30	Open and Residential
200 km	Peter Bennett	QLD	2010	Caboolture, QLD	1:06:49:08	Open and Residential
500 km	Peter Waddell	ACT	1997	Colac, VIC	6 Days	Residential
500 km	Gerald Manderson	NZ	2001	Colac, VIC	5 Days	Open

Women - Australian Track Records

6 Hours	Michelle Thompson	VIC	2010	Brisbane, QLD	53.560 km	Residential
6 Hours	Sandra Brown	UK	1999	Melbourne, VIC	54.180 km	Open
12 Hours	Carol Baird	ACT	2002	Melbourne, VIC	97.550 km	Residential
12 Hours	Sandra Brown	UK	1999	Melbourne, VIC	103.600 km	Open
24 Hours	Carol Baird	ACT	2002	Melbourne, VIC	182.657 km	Open and Residential
48 Hours	Kerrie Hall	QLD	1999	Maryborough, QLD	211.480 km	Open and Residential
6 Days	Deborah DeWilliams	VIC	2004	Colac, VIC	448.170 km	Open and Residential
50 Miles	Carol Baird	ACT	2001	Melbourne, VIC	09:42:06	Residential
50 Miles	Sandra Brown	UK	1999	Melbourne, VIC	09:08:52	Open
100 Km	Carol Baird	ACT	2002	Melbourne, VIC	12:18:57	Residential
100 Km	Sandra Brown	UK	1999	Melbourne, VIC	11:33:24	Open
100 Miles	Carol Baird	ACT	2002	Melbourne, VIC	20:31:24	Residential
100 Miles	Sandra Brown	UK	1999	Melbourne, VIC	19:14:56	Open
200 Km	Kerrie Hall	QLD	1999	Maryborough, QLD	2 Days	Open and Residential
500 km	No claimant					

FINANCIAL NEWS

A quiet month on the financial front but a special note of thanks to Deryck Skinner who volunteered as an official for the City Bay Run Runs in Adelaide and donated his \$250 pay to the club. Thanks for such a generous thought, Deryck.

Incoming	Donation – Deryck Skinner	\$250.00
Outgoing	Photocopying	\$ 10.00
Balance		\$691.45

UNTIL OUR NEXT NEWSLETTER

The end of another year fast approaches and the Melbourne weather is warming rapidly. It is great to see so many of our readers actively participating on their local fronts in the world of walking and still enjoying the many and varied benefits of our wonderful sport. I wish you all the best in this busy leadup to Christmas.

Yours in Centurion walking

Tim Erickson (C 13)
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