

# CENTURION FOOTNOTES

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## DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2011 looks set to provide many opportunities for both walkers and runners. The best source of information remains the Australian Ultra Runners Assn (AURA) website – check out <http://www.aura.asn.au/events.html>. Below are the main track based ultras. Note that a new 24 Hour track event has been announced for Adelaide in mid July.

16 Jan 2011	Launceston 6H and 12H Run/Walk	Launceston, Tasmania
12 Feb 2011	Caboolture 6H and 12H events	Caboolture, QLD
Sat 5 March 2011	Coburg 6 Hour Run/Walk Championships	Coburg, Melbourne, VIC
16-17 April 2011	<b>Australian Centurions 24H Walk Qualifier</b>	Coburg, Melbourne, VIC
14 May 2011	British Centurions Centenary Dinner, House of Commons	London, ENG
18 June 2010	Sri Chinmoy Australian 24 Hour Track Championship	Brisbane, Queensland
22-25 June 2011	Paris Colmar Classic	FRA
16 July 2011	6/12/24 Hour race (details to be added, date to be confirmed)	Adelaide, South Australia
29 July 2011	Australian 48 Hour Championship (and Qld 24 Hour champ)	Caboolture, Queensland
20-21 August 2011	<b>British Centurions 24H Walk Qualifier</b>	Lingfield Race Course, Surrey

Our own 2011 Australian Centurions 6 Hour walk (March) and 24 Hour walk (April) look set for big fields. With entry forms out now for only a month and with some 3+ months still to go, we have a promising number of entries so far, including three from overseas – Dutch walker and continental centurion Martijn Van den Boogaard, English walker Serena Queeney and New Zealand Centurions secretary Philip Sharp. It is great that once again we will have overseas walkers competing alongside our own home grown contestants.

## NEWS FROM THE CENTURION WORLD

**Peter Bennett (C 24)** was in action recently in the Pan Pacific Masters Games walks which were held on the Gold Coast in Queensland last month. He won 3 gold medals in the M50 divisions in the hot conditions with walks of 7:01.68 (1500m track walk), 55:39 (10km road walk) and 14:59.86 (3000m track walk). Now that's moving!

Also in action in the Australian Track and Field summer racewalking season – **Bill Dyer (C 15)**, **Clarrie Jack (C 4)** and **Tim Erickson (C 13)** on the Victorian front, **Robin Whyte (C 29)** on the ACT front and **John Harris (C 12)** on the Queensland front. **Stuart Cooper (C 5)** would also be in the mix but he is recovering from a leg injury. Rather than list all their races, you can check them out yourself by logging on the Racewalking Australia results website <http://www.racewalkaustralia.com/Home.asp>, clicking on the 'Athletes' link and drilling down by surname.

**Karyn O'Neill (C 45)** has also been active on the local front, competing in a variety of fun runs (as a walker of course) and quietly preparing her fitness towards our own 2011 Australian Centurion events. See the report on the Moe 6 Hour event below.

**Fred Brooks (C 42)** continues to keep us updated on his new life in England. Here is a snippet from his last email of a few weeks ago:

*Hi Tim and Lois, Plenty of snow and ice, the earliest start to a snowy and icy winter in 17 years. What is the upshot of all this - well yours truly went out last Thursday and hit the ground very hard and has been to some extent laid up for the last four days with a very sore back, ribs and whatever you have beneath the waistline. Still, I am on the mend and it looks as if I can attend two Christmas parties this week as scheduled, one with the Historical Society and the other with the Birmingham Evacuee club. I qualify for that by being parted from my family in 1939 and sent into the country, where I was to stay for the next three years and I came back as a veteran at the age of eight years old, no medals just the honour.*

*To all my fellow Centurions a very Merry Xmas and a wonderful and prosperous New Year, Fred C42 and proud.*

## GRAHAM WATT (C 48) ENTERS THE VICTORIAN PARLIAMENT

We Victorians went to the ballot boxes in late November to elect a new State Government and it saw a loss to the incumbent Labor Party and a win to the opposition Liberal Party. Amongst the many new Liberal MPs is **Graham Watt (C 48)** who won the Melbourne metropolitan seat of Burwood in emphatic style. Graham is a long time Liberal Party member and his persistence to the cause has been rewarded. You can read all about his convincing win at <http://whitehorse-leader.whereilive.com.au/news/story/state-election-burwood-back-in-liberal-hands/>.

Graham, who originally hails from Western Australia, is well known to Victorian racewalkers as a former VRWC member and as a former member of Box Hill Athletic Club and A grade walker, but he is better known to all of us as Australian Centurion number 48.

In fact, without doubt, his greatest athletic achievements was to secure his Centurion membership by the smallest of margins in 2004. He had failed 5 times in a row - 1998 54.8 km, 1999 66.8 km, 2000 60.0 km, 2002 97.2 km and 2003 100.8km. His 2004 100 mile time of 23:59:23 is the closest shave of any attempt, beating the 24 Hour limit by just 37 secs! In fact, his last 2 hours were the fastest of the whole race as he pulled out all stops to beat the final gun. He was unable to even walk after the finish, such was the effort he had expended. His performance is one which will forever stick in my mind.

Sometimes it takes determination and perseverance to gain what you want and Graham is a prime example of how to keep striving. Well done Graham. May your time in Parliament be all that you hope.



Graham then and now – getting his centurion badge in 2004 and now a successful politician

## VICTORIAN 6 HOUR AND 50KM, MOE, VICTORIA, SATURDAY 20 NOVEMBER 2010

Last month, I travelled to Moe in country Victoria to attend the Victorian 6 Hour track championships which were held on the Newborough athletics track. Amongst the large running field were 4 walk entrants – Michelle Thompson, **Karyn O'Neill (C 45)**, Steve Jordan and John Timms. With a 2PM start time, conditions were hot and sunny and it was a tough day out for all the competitors.

Full results can be sourced from the Traralgon Harriers website <http://www.traralgonharriers.org/>. The 4 walkers all toiled honestly for the 6 hours with Michelle Thompson the best of them with a fantastic 51.582km. Michelle is improving each time she steps on the track and she, Steve, Karyn and John will all be competing in the 24 Hour walk at Coburg in April.

11	Michelle Thompson	51.582km
E17	Steve Jordan	42.714km
E17	John Timms	42.714km
19	Karyn O'Neill (C 45)	37.278km



Michelle Thompson, Karyn O'Neill, Steve Jordan and John Timms in action at Moe

**1<sup>ST</sup> MALACCA MALAYSIA INTERNATIONAL 12 HOUR WALK, A'FORMOSA, MALAYSIA, 11-12 DEC**

The tradition of a yearly Malaysian 12 Hour walk continued in 2010 with the famous historical site of St. Paul's Hill A'Famosa in Malacca chosen for the overnight event. The race started at 8PM on Saturday 11 December and finished at 8AM the following morning. Walkers negotiated a 1000m loop around the World Heritage listed area and, from reading a few of the blogs, it did not seem to be plain sailing for competitors with trishaws and people aplenty on the course. As per their usual practice, the organisers, the Race Walkers Assn of Malaysia, docked a lap from any competitor deemed to be walking in such a way as to gain an unfair advantage. The results below show laps docked for each competitor. The weather was reported to be mostly cloudy with a temperature of 30°C - I think it's pretty obvious why a nighttime timeframe is chosen!

The fields were huge with 255 men and 214 women contesting the 12 Hour events and a similar number contesting 50km events. Full result sets can be sourced from the website <http://racewalkermalaysia.synthasite.com/>. I will restrict myself to the top 20 from each of the 12 Hour events. The results look good with the winning man recording 95km and the winning woman recording 82km, both without any laps being docked.

					<b>Laps</b>	<b>Docked</b>	<b>Final</b>
<b>12 Hour Men</b>							
1	A235	THIRU KUMARAN A/L M.NALAY SEWDAKAM	MALAYSIA	95	0	95 km	
2	A116	LEUNG TING-KIN	HONG KONG	91	1	90	
3	A233	THEVENDRA A/L RAMENJULOO	MALAYSIA	89	0	89	
4	A279	MALEK REDONE BIN HERBERTO	MALAYSIA	88	2	86	
5	A058	ENG HUP BOH	MALAYSIA	85	0	85	
6	A078	HAMIDON SABINO	MALAYSIA	85	0	85	
7	A207	TAN BENG HOCK	MALAYSIA	82	0	82	
8	A067	FOONG FATT HENG	MALAYSIA	81	0	81	
9	A018	AZLAN BIN NORUL ANHAR	MALAYSIA	81	2	79	
10	A168	PARAMESWARAN A/L GOVINDASAMY	MALAYSIA	76	0	76	
11	A036	CHEUNG KAM MAN	SINGAPORE	76	0	76	
12	A297	MOHD. HANIZAM B. HARUN	MALAYSIA	75	0	75	
13	A149	MUHAMMAD HARUN TEE BIN ABDULLAH	MALAYSIA	73	0	73	
14	A197	SIVA SUBRAMANIAM A/L GURWANAIU	MALAYSIA	73	0	73	
15	A009	ALAN TIANG PROMSUWAN	MALAYSIA	73	0	73	
16	A264	YIM HENG FATT	MALAYSIA	71	0	71	
17	A157	NG POH LIM	MALAYSIA	70	0	70	
18	A253	WONG KWOK-KAI	HONG KONG	69	0	69	
19	A172	PHILLIP LIM	MALAYSIA	68	0	68	
20	A049	CHUNG WING-KAN	HONG KONG	68	0	68	
<b>12 Hour Women</b>							
1	B768	TAI SAU-KING	HONG KONG	82	0	82 km	
2	B683	LAI YUET-MEI	HONG KONG	84	4	80	
3	B685	LAU FUNG-LING	HONG KONG	80	1	79	

4	B763	SO KIT-SUM	HONG KONG	77	0	77
5	B741	NORAZILAH BT OSMAN	MALAYSIA	76	0	76
6	B607	AMELIA ANG PECK HAR	MALAYSIA	75	0	75
7	B764	SUEN WAI-HA	HONG KONG	74	0	74
8	B622	CHAN WOON-KAM	HONG KONG	73	1	72
9	B790	TEO AH LIEW	MALAYSIA	71	0	71
10	B802	WONG LI LENG	MALAYSIA	70	0	70
11	B806	WONG SIEW LENG	MALAYSIA	70	0	70
12	B677	KASTURI A/P MUNIANDY	MALAYSIA	70	0	70
13	B650	ERNI WATI BINTI MOHD ARIP	MALAYSIA	66	0	66
14	B618	CATHERINE KIONG GUAT KIM	SINGAPORE	65	0	65
15	B805	WONG SHUI-WAI	HONG KONG	65	0	65
16	B804	WONG MEE YOONG	MALAYSIA	62	0	62
17	B709	LIM MIOU CHIN	MALAYSIA	62	0	62
18	B690	LEE SIAK YENG	MALAYSIA	60	0	60
19	B665	HEW MUN FOONG	MALAYSIA	63	3	60
20	B653	FANIM FADZIL	MALAYSIA	56	0	56

### BRITISH CENTURIONS CHRISTMAS LETTERS

I am very pleased to be able to include the Christmas letters from the British Centurions President and Captain.

#### President's Christmas Letter

Dear Fellow Centurions,

It has been a long time coming, but at last we have reached our Centenary year. Our 'Society' as we were called at the time of our formation has gone on a long road from its humble beginnings in May 1911. One may consider that it is quite an achievement for 1082 pedestrians to have acquired the title 'Centurion', especially as some long distance runners cannot make the distance.

Your 'Committee' which is not a fully elected group apart from the President, Secretary and Treasurer has met on various occasions over the past 12 months with the main agenda being the Centenary year which we hope will give great pleasure to many. The Committee has had great support from various Centurions in many ways. I would like to take this opportunity to thank all those who have in some way helped the Centurions, and a special mention to our Secretary Chris Flint C849 who has tirelessly kept us going and this year and also became only the fourth Centurion to achieve 20 successful finishes since he qualified in 1989 at Hendon. Also, our congratulations to him for organising the Colchester 100 at short notice.

Sue Clements C 950 has spent many hours (an understatement) updating the new Handbook with assistance from the editing team of Piet Jansens C389, Captain Charlie Weston C584, Dave Ainsworth C540 and others. The new book, a little larger than its predecessors, will be on sale in the new year.

The Centenary Dinner will I hope be an opportunity for many of us to get together for a once in a lifetime reunion. This is the fruition of many long discussions and we hope that Centurions of all ages and nationalities will fill the Member's Dining Room in the House of Commons to celebrate this unique occasion in the grand surroundings of the Palace of Westminster. Those attending will be able to walk through the Great Hall used by King Henry VIII to play 'real' tennis and also to see the location of the Lying in State of our monarchs and statesmen over the centuries, and the Central Lobby. Unfortunately the Commons and the Lords are "out of bounds" to visitors. We plan to have a few short speeches during the dinner and give the Centurions the opportunity to talk amongst ourselves and renew old friendships

Captain Charlie Weston C584 will summarise the past year in his Christmas Newsletter but I will mention the Colchester 100 as Charlie was unable to attend. Yet again Sandra Brown dominated in this quickly arranged event, producing a World Best performance for her age group and I thank all who were able to assist in some way. The Colchester Borough Parks manager must take some of the applause for his help and willingness to provide essential equipment and shelter. Yes, once again we suffered a fairly short but heavy rainstorm which has been a common feature in the 100 miles races over the last few years.

It has now been announced by Surrey Walking Club that next year's 100 miles in 24 hours will be held at the Lingfield Race Course on 20-21 August which is situated in Surrey with clear directions from the M25 motorway

We intend to incorporate the Centenary 100 miles with this event and are grateful to Surrey WC for their organisation of this important event for Centurions. More details will become available soon.

### **Centenary Annual General Meeting**

The Annual General Meeting of the Centurions will be held on Saturday 29<sup>th</sup> January 2011 commencing at 1pm at Toynbee Hall, 28 Commercial Street, London E1 6LS. The doors to the Lecture Hall will open at 12.30pm and light refreshments will be available. It is situated between Aldgate East and Whitechapel Underground stations. The nearest main line stations are Liverpool Street and Fenchurch Street. The telephone number is 020 7392 2943.

Toynbee Hall was built in 1884 and is a Grade 2 listed building with original features and is a social welfare charity. We very much hope to see as many as possible at the AGM as it is an important meeting to discuss the Centenary Dinner and other associated events. If you would like more information please contact Chris Flint C.849 on 01304 368324.

In the tradition of Christmas Day I ask that you raise your glass at 2pm and the toast is 'The Centurions'. Wishing you all a peaceful and happy Christmas

**Carl Lawton C.750**  
**President**

### **Captain's Christmas Letter 2010**

Dear Fellow Centurions,

Season's Greetings to you all! Once again I thank you for electing me as 9<sup>th</sup> Centurion Captain to serve my 6<sup>th</sup> term in office. Sadly I have to inform you of the death of the following Centurions over the past year:

David H.A. Christie-Murray C155  
W 'Bill' Maxwell C509  
Ken Turner C581  
John Stubbs C982  
John Hampshire C325  
D.R. Hill C398  
Henk van Delft C801

Sadly, we regret the loss of a good friend, Brian Ficken, husband of Centurion Pam Ficken C934, who died after a long illness, and also Tony Dallard aged 82, the Brother-in-Law of Bob Watts C838 and Ken Watts C859 who supported them on 13 consecutive occasions at Roubaix. We shall remember all of them and we have sent our condolences to their respective families.

### **Centurion Honoured**

It is with great pleasure that Philip Malins C209, a veteran of the Burma campaign, has recently been honoured by the Japanese Government for the many years he has spent reconciling British and Japanese veterans in the aftermath of the War. The announcement was made in the Daily Mail.

### **Annual General Meeting on Saturday 30<sup>th</sup> January 2010**

21 Centurions attended this year's A.G.M. which was held at the TA Barracks at Camberwell in London. All our Officers were re-elected unopposed. Preparations for our Centenary Dinner to be held on Saturday 14<sup>th</sup> May 2011 were discussed and also the printing of our new Handbook. I urge you all to order a copy of the new Handbook as soon as possible. It is hoped to have it available early in 2011. I would like, on your behalf, to thank our Secretary Chris Flint C849 and his Committee for all their efforts during 2010.

### **Parish Walk (Isle of Man)**

For the first time in the last few years, starters and finisher numbers were slightly down. 25 Centurions started, 14 of whom completed the full 85 miles. The winner for the third year running was Jock Waddington in a time of 15:18:06.

### **London Vidarians W.C. 100 miles**

This year's 100 miles (in support of the "Help for Heroes" charity) was held at Colchester on 7<sup>th</sup> and 8<sup>th</sup> August. Our thanks must go to Chris Flint again for organising the race at such short notice when no other club was able to promote the event. There were 25 starters and 13 walkers completed 100 miles. Sandra Brown C735 was the



1PM on the Saturday. We were soon greeted with a burst of rain and threatening clouds omened a bad time for all. Unbelievably the clouds rushed across the sky during the course of the afternoon but any further rain fell in other places and we were spared. The wind, however, continued to blow and as night fell, the temperature plummeted and competitors were forced to put on layers of clothing to protect themselves from the bitter cold and wind. 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.

**Peter Bennett** from Queensland, a relative unknown (to us anyway) 38 year old, took the lead from the gun and soon built up a considerable lead with a steady pace of 2:30 per lap. His technique was perfect and he presented a picture of stylish walking as he powered through the miles. Peter had not trained for or prepared specifically for this event and general opinion was that he would not last at this sort of pace. When would he hit the wall? We kept waiting. He passed the 50km mark in the very fast time of 05:11 and had a short rest. Then off again at about 02:45 laps. This was maintained until he reached the 50 mile mark in 08:46 (very fast). A short 15 min rest and then off again at about 03:00 min laps. Amazingly, he kept up this pace and his stylish technique throughout the second half of the race and actually sped up over the last 20 laps. He never showed any real distress throughout the race and finished as Australian Centurion 24 in an outstanding time of **19:42:54**, with general exhaustion but no specific problems of any kind. Those of us who had watched many 100 mile races thought his effort was one of the best we had ever seen and was what might be expected of a seasoned ultra-performer, not a novice to the game.

Behind him, fellow Queenslander Andrew Ludwig powered through to finish in 22:26:29 to become C25 and Victorian Ken Walters finished just behind him in 22:28:31 to become C26. The event also saw the emergence of Carmela Carassi who walked an Australian best of 92 miles 992 yards before she ran out of time. She would return the next year to become Australian centurion 27.



**The 4 finishers in 1994 – Peter Bennett, Carmela Carrassi, Ken Walters and Andrew Ludwig**

Skip forward 2 years:

Although we had our own 1996 Centurions event planned for Melbourne in October, the Queensland Race Walkers Club planned and put on their own event in September of that year as a fund-raiser for the Queensland Epilepsy Foundation. It incorporated a 24 Hour endurance walk, shorter walking races and a 24 Hour walk relay event. We gave this event our blessing, being of the mind that it was all good publicity for the club. I travelled up to assist in running the event which was held at the QE II Stadium in Brisbane, the site of the 1982 Commonwealth Games. The race saw two outstanding performances, the first being the qualification of Queensland based walker Caleb Maybir as C28 (23:34:20) and the second being the 100km performance of Peter Bennett who carried on from where he left off in the 1994 Centurions Race in Melbourne. This time, he powered through to a new Australian 100km walk record of **10:51:25**, breaking Ian Jack's 1979 record time of 11:19:10 by a fantastic 28 minutes.

The next year, Peter was back in Melbourne for our 1997 Centurion qualifier at Clifton Hill, keen to improve on his 100 km performance of the previous year. He headed off at the requisite pace but slowed due to the heat and persistent back problems, finally calling it quits at the 50 km mark which he passed in 5:23, a good walk at any time.

It would be another 6 years before we saw him back in action as an ultra distance walker. The pressures of work and a young family ensured that his focus was elsewhere. In 2003, I was approached by Khoo Chong Beng, the organiser of

the inaugural Malaysia 24 Hour Walk, to be held in the Genting Highlands resort in August, with the offer of one free ticket for an official Australian representative. I approached Peter and he jumped at the opportunity. He had walked in the Australian 20 km championship in Brisbane in April, walked in the Canberra 20 miler in June and then won the Queensland 30 km walk title in mid July so he was in fine shape and the obvious choice to represent us. But then big trouble as he hurt his back at work only a couple of weeks before flying out. Despite intensive treatment he went over carrying a major injury and in other circumstances, would not have even fronted for the race. And he nearly pulled it off with a superb performance - he zoomed through the first 100 km in under 13 hours but as time went on, his back got so bad that he was forced off the track at the 15 hour mark. He finally returned some 3 hours later and limped along for the remaining 6 hours, finishing with **157.430km**, just 3 miles short of the 100 mile mark.



**Peter (number 327, far left) in pensive mood before the start of the 2003 Malaysia 24 Hour Championship**

Two years later, in September 2005, he was back at Genting Highlands to complete unfinished business, being one of 12 walkers who completed the requisite 162.5 km for Malaysia Centurions club membership. His performance over the tough 800m lap - **172.50 km**, 9<sup>th</sup> place overall and Malaysian Centurion Number 30. He also set a new Australian M45 24 Hour Record with his overall distance.

With the newly instituted Australian Ultra Distance Masters records now in full swing and with his two Malaysian walks under his belt, Peter had a new spring in his stride and a new enthusiasm for ultra distance walking. From 2006, he was a regular on the Australian ultra distance walking scene, setting a number of very impressive M45 records over a variety of distances.

His next big test was not long in coming when, in April 2006, he accepted a late invitation to compete in the 37<sup>th</sup> edition of the 24 Hours of Rouen in France. Unfortunately the event was marked by terrible climatic conditions. Of the forty competitors from ten different nations who started at 5PM on the Saturday, half retired within the first five hours because of the ceaseless rain, violent wind and icy cold (it rained for nearly the entire race). But Peter was not amongst the retirees! With only a couple of days to get time off work, sort out his travel and pack, his third place with a career best distance of **176.175 km** was an impressive effort. Peter had turned 50 that year and could now celebrate the milestone in fine style.

The overseas trips continued when, in November 2006, he accepted an invitation to compete in the third edition of the annual Penang 12 Hour Walk in Malaysia. An amazing 495 competitors in a 12 hour walking race! As is to be expected, conditions were very hot and humid even though the race was held during the night. It was described as more of a "Survivor Penang" than a race. Once again, Peter performed magnificently in the tough conditions. The race was conducted in categories so there was no overall winner declared but he won the Men's Senior Veterans Category with 86 laps (**92.708 km**), the same number of laps as the winners of the Open Men's category.

The Queensland duo of Peter Bennett (M50) and Andrew Ludwig (M40) were a tough act to beat, as evidenced by their one-two finish in the Gosford Coastal Classic 12 Hour event in January 2007. A field of over 50 runners and walkers made this race one of the largest ever track based ultra events held in Australia and Andrew and Peter took all before them in the walking section. Andrew started fast, covering the first 50 km in 5:12:42, reached the 50 Mile mark in 8:55:52 and held on for a winning distance of 103.335 km, easily beating Robin Whyte's race record of 99 km. Peter did it the hard way, flying to Sydney on the Saturday morning and then catching the train up to Gosford for the Saturday 7PM start and taking second place with **98.349 km**. Straight after the race finished at 7AM on the Sunday morning, he

did the reverse journey home. By the time he finally went to bed in Brisbane on Sunday evening, he had been up for 40 hours. Centurion Pat Fisher (C 53) took third with a good 81.808 km. Peter's comments:

*"I would never have recorded that far if Andrew hadn't been in the race. At half way I was looking at about 92 km but actually felt much stronger in the latter stages of the race .I think I did more laps in the last two hours than the first two. Andrew and I raced the last couple of minutes and did about a 2.12 for our last 420 metre lap (the event was held in lane 3 of the grass track). No wonder some of the runners thought we were insane. Back at work today after a Christmas-New Year break. No ill effects from the race just a bit weary and I think I will end with a few more black toenails. I am a bit surprised actually as it is only six weeks since I did the 12 hour race in Penang."*



**Gosford 2007 - Peter, Andrew Ludwig and Pat Fisher (Copyright Doug Fitzgerald – reprinted with permission)**

Later that year (August 2007), he was back in Malaysia for the next Malaysia 24 Hour championship and once again he walked well, coming 5<sup>th</sup> overall in the oppressive conditions with yet another centurion finish, this time with **165.26 km**

With the demise of the Gosford Classic 12 Hour, the Caboolture Dawn to Dusk 12 Hour event, held in February 2008, took on added importance in the Australian ultra calendar and that edition of the event saw a record field and a number of fine performances. And once again, the dynamic Queensland duo of Andrew and Peter were amongst the runners. On this occasion, Peter turned the tables on Andrew, winning with **100.700km** as against Andrew who achieved 93.026km. The race report acknowledged their performances as follows:

*"We were all honored to a display of power walking or speed walking by Peter Bennett and Andrew Ludwig for near 7 hours, till Peter slowly worn down Andrew. They walked shoulder to shoulder for hours starting at 9kph, continuing to only drop a 1kph. Peter went on to walk 101kms, while Andrew achieved 93.026. Gentlemen, you were a pleasure to watch."*

In fact, Peter set new Australian M50 Records for 12 Hours (100.700 km) and 100 km (11:55:14) on the 500m (certified) compacted decomposed granite surface.

June 2008 saw Peter again travelling overseas to become the first ever Australian entrant in the Colmar classic, contesting the Stages race - 6 stages over 3 days along the Paris-Colmar route for a total distance of 173 km. In what was without doubt the highest profile ever ultra walk by an Australian in Europe, he finished second to Daniel Foudjen of Cameroon, covering the distance in 19 hours 30 mins for an average speed of 8.872 km.

Fresh from his great race in the Stages event, Peter spent a productive three days at his work headquarters in the northern French city of Lille, enjoyed a few days sightseeing in Paris and then travelled to Rouen for his next appointment, a second appearance in the 24 Heures de Rouen Classic. And he completed it in style, winning easily. But surely no one expected a performance of this magnitude - his winning distance an amazing **214.65 km** or 133 miles for those old enough to remember. Putting that into perspective, Peter's Australian 100 km record was 10:51:25, Ian Jack's Australian 100 miles record was 17:59:30 and Jim Gleeson's 24 Hours Australian record was 196.490 km. In rouen, Peter powered through the 100 km mark in around 10:30, passed the 100 mile mark in around 17 hours and covered 214 km in the 24 hours. Of course, our records are track based so we could not grant his statistics 'record' status but what a walk.



**Peter Bennett in action in Rouen – a worthy winner with 214.65 km in 24 hours**

A win in the Caboolture 12 Hour Classic walk division (**98.500km**) in February 2009 and then back to Europe in late May for yet another Rouen appearance and a repeat win with an almost identical distance of **213.855 km**. Peter led from the start, heading off at a devastating speed of 9.5km/hr and had soon broken away from all the other walkers except for Chinese contestant Aiguo Feng. As night fell, Feng lost contact and, from that point on, Peter was on his own as he lapped the 795m circuit with almost monotonous regularity. While others were forced to take breaks, Peter did what he does best and just 'kept on keeping on'. Perhaps the only reason he was slightly short of the previous year's record breaking distance was the hot weather that walkers encountered in the final stages of the event. The event certainly had an international flavour with the top finishers including walkers from France, China, Indonesia, Kenya, Algeria, Holland, Madagascar and, of course, Australia.



**Peter wins in Rouen in May 2009 – with 213.855km**

2009 saw him finish the year with his greatest ever workload as he completed two further centurion walks, firstly in Brisbane in June (**19:48:40** for 100 miles) in the Sri Chinmoy Australian 24 Hour championship, and secondly in August in Caboolture when he completed **177.300 km** in the Queensland 24 Hour Track championships.

Peter has been just as prolific in 2010, winning the annual Australian Centurions qualifier at Coburg in April (**22:01:35** for 100 miles), achieving a PB distance of **216.240 km** in coming second in the Rouen classic in June and appearing for the first time in the Australian 48 Hour Track Championship in August. Just to focus in on his 48 Hour walk for a little, his distance of **280.203km** saw him finish as the first Australian male (beating all the male runners!). It was his first 48 Hour race but 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
Australian M50 200km:	30:49:08
Australian Open Men 48 Hour:	280.203 km
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 for the year. This surpasses the previous best by an Australian for the most number of Centurion qualifiers of 10, held by Carol Baird.



**Rouen 2010 – and yet another fantastic walk by Peter Bennett – 216.240 km**

Peter has now accumulated an amazing 11 centurion walks and shows no signs of slowing.

19:42:54	08-09 Oct 1994	Clifton Hill, Victoria	(C 24)
172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Malaysia	(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	
216.240 km in 24H	12-13 June 2010	Rouen, France	
165.5km in 24H	31 Jul-1 Aug 2010	Caboolture, Queensland	

A review of our current Australian Masters records list show Peter's name occurring 9 times (and it would be more except for the fact that so many of his walks have been in non-track races).

M35 50 Miles	8:46:39	Clifton Hill, Victoria	08/10/1994
M35 100km	11:23:25	Clifton Hill, Victoria	08/10/1994
M40 100km	10:51:25	Nathan, QLD	28/09/1996
M50 100km	11:55:14	Caboolture, QLD	10/02/2008
M35 100 Miles	19:42:54	Clifton Hill, Victoria	08/10/1994
M50 200km	30:49:08	Caboolture, QLD	01/08/2010
M35 6 Hour	56.640 Km	Clifton Hill, Victoria	08/10/1994
M50 12 Hour	100.700 Km	Caboolture, QLD	10/02/2008
M50 48 Hour	280.203 Km	Caboolture, QLD	01/08/2010

A review of our Open Records list shows his name appearing 3 times:

100 Km	Men	1996	Brisbane, QLD	10:51:25
200 Km	Men	2010	Caboolture, QLD	1:06:49:08
48 Hours	Men	2010	Caboolture, QLD	280.203 km

Peter, we salute you on a fantastic ultra career and wish you all the best as you continue to rewrite our record books.

## FINANCIAL NEWS

Thanks to those members and supporters who have sent recent donations. As we come to the end of our current financial year, we are well placed for 2011 and I look forward to another successful year.

Incoming	Donation – Steve Jordan	60.00
	Donation – Tim Erickson	120.00
	Donation – Geoff Hain	40.00
	Donation – Claude Martin	30.00
	Donation – Ruth Weber	28.00
	Ruth Weber - 2011 Newsletter Postal Subscription	12.00
Outgoing	Photocopying	<u>- 12.00</u>
Balance		\$969.85

## UNTIL OUR NEXT NEWSLETTER

Well, that's it for another action packed year. I had intended to produce eight newsletters this year but various commitments restricted my activities a little this year and I find that, as the year draws to a close, this is only newsletter number seven. Hopefully 2011 will see us back to the usual allotment. I wish all our readers a Christmas filled with peace and joy and hope that 2011 brings only good news for you.

Yours in Centurion walking

Tim Erickson (C 13)  
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