

CENTURION FOOTNOTES

FEBRUARY 2011 – VOL 18 NUMBER 2

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

President	Terry O'Neill (C 18)	03-95435753
Vice-President	Geoff Peters (C 20)	08-83564201
Secretary	Tim Erickson (C 13)	03-90125431

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>. Here is a selection of local and overseas walk events.

26 Feb 2011	24 hours of Bourges	Bourges, FRA
Sat 5 March 2011	Coburg 6 Hour Run/Walk Championships	Coburg, Melbourne, VIC
Sun 6 March 2011	6 Hours of Valencia	Valencia, ESP
26 March 2011	24 hours of Chateau-Thierry (French Championship)	Chateau-Thierry, FRA
16 April 2011	Nacht van Loon op Zand (15 hours and 80km)	Loon op Zand, NED
16-17 April 2011	Australian Centurions 24H Walk Qualifier	Coburg, Melbourne, VIC
14 May 2011	British Centurions Centenary Dinner, House of Commons	London, ENG
4 June 2011	FANS 24 hour – American Centurion Qualifier	Minneapolis, USA
4 June 2011	Continental Centurions 24 Hour Walk Qualifier (OLAT)	Weert, NED
5 June 2011	French Ultra Festival (6 days, 72 hours, 48 hours)	Antibes, FRA
18 June 2010	Sri Chinmoy Australian 24 Hour Track Championship	Brisbane, QLD
22-25 June 2011	Paris Colmar Classic	Paris-Colmar, FRA
25 June 2011	Parish Walk (135km)	Isle of Man, UK
25 June 2011	24 hours Haute Saintonge Montguyon	FRA
2-3 July 2011	British Centurions 24H Walk Qualifier	Lingfield Race Course, Surrey
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, QLD
20 August 2011	24 hours Graide	Graide, BEL
17 Sept 2011	28 hours of Roubaix	Roubaix, FRA

Note the change from August to early July for the British Centurions Qualifying event.

NEW ULTRA WEBSITES NOW ONLINE

I have come across a number of new websites that freely list and promote ultra distance events world wide and, in some cases, provide comprehensive historical results sections. Three of the very good ones are

The Running Calendar - <http://www.runningcalendar.eu/>

This European based site now boasts it is the world's second largest running event calendar and I can believe it.

Beyond Marathon - <http://www.beyondmarathon.com/>

This very creative site uses Google Maps to zoom in on any part of the world and find out about events in that area or country. Like the Running Calendar, it also features a hugely comprehensive day by day calendar.

The German Ultra Marathon website - <http://statistik.d-u-v.org/>

This one just blew me away. It has its own results database that allows you to zoom to individual race results or hone in on the stats for a particular athlete.

Of course, Australian walkers and runners can't go past the AURA website which concentrates on the local scene.

Australian Ultra Runners Assn (AURA) website – <http://www.aura.asn.au/events.html>.

COBURG 6 HOUR PREVIEW

Next Saturday sees the Coburg 6 Hour Championships in Melbourne with the Australian Centurions as co-hosts, looking after the 6 Hour Walk divisions. The event filled some weeks ago and we will see 16 walkers (10 men and 6 women) in action amongst the field of 45. Here is a quick preview

FIDLER, Lara	This will be Lara's first ultra.
HOWORTH, Sandy	Sandra has competed in the walk at Coburg on a number of occasions and has a 24H best of 103 km. Is back for the 6H / 24H double and looks very fit this year. Could be a surprise.
O'NEILL, Karyn	Karyn walked 100 miles in 24 hours in our 2002 event. She walked the 12 hour event in 2003, ran 141 km in 2004 and has walked well in excess of 100km at Coburg every year since. Is back for the 6/24 Hour walks again this year and will be aiming for a good set of results.
PARRIS, Dawn	Dawn, who is one of the legends of Australian ultra running, swapped to ultra distance walking a few years ago with immediate success. She came 2nd in our 2007 6H walk (43.8km), won our 2008 12H Walk (78.5km), came 2nd in our 2009 24H walk with 137.27km and won our 2010 24H walk with 134.12km. Is back again in 2011 and will do both 6H and 24H walks.
SARIEDDINE, May	This will be May's first attempt at an ultra event.
THOMPSON, Michelle	Won our 2005 12 Hour run with 101.9 km, won our 2006 24H run with 166.053 km, was second in 2008 in both the 6H run (57.596 km) and the 12H run (105.974 km) and won the 2010 6H walk (49.1km) and 24H run (172.906km) double. Now walking as well as running, she is getting better with each outing, achieving a phenomenal 53.560km for an Aust Residential Record in the 6 Hour walk in June 2010. Will contest both walk events at Coburg.

CARTER, Ken	Ken is a regular walk competitor, having a best time of 40km for the 6H.
COMMINS, Louis	Competed in his first ultra walk at Coburg in 2006, completing 131.517 km. Came back in 2007 to walk 160.150 km and has been walking regularly on the ultra scene since.
DUKE, Daniel	This will be Daniel's first ultra and he has chosen to enter both the 6H and 24H walks.
JACK, Clarrie	Clarrie is one of Australia's most experienced ultra distance walkers, being Australian Centurion No 4 (1971 – 20:39:45). He also holds the Australian Open Record for the 50 mile walk with a time of 7:57:57, set in 1979. Won the 2007 12 Hour walk with 88.370 km and was second in the 2008 and 2009 6H Walk. Will be a strong walk contender once again this year.
JORDAN, Steve	First time competitor in 2005 when he won the 6 Hour Walk with 43.6 km. Since then he has competed in every Coburg Carnival and has improved his bests to 46 km (6H), 85km (12) and 139 km (24H). Steve will be back again in 2011 hoping for even greater success.
McKAY, Doug	Doug walked 127.55km in his first 24H event in Adelaide in October 2008. He has competed in the last 2 Coburg 24H events and has a best of 138.51km. Is back to do the double in 2011.
SAMIR, Shadi	Shadi has raced at the last 2 Coburg 6H events, completing 44km in 2009 and 48.6km in 2010 in the Run division. This year he is back but has entered the 6H walk.
SHARP, Philip (NZ)	This will be Philip's first ultra event. He is a New Zealand racewalker and is secretary of the New Zealand Centurions.
TIMMS, John	John is a very experienced runner at all distances from 24 hours to 1000 miles and has a best 24 Hour run of 170.7 km (1994). A regular Colac 6 Day runner and a regular supporter of our Coburg event, he has been dipping his toes into ultra walking the last year or so and completed 142km to come 2 nd in last year's Coburg 24H walk. Is contesting both walks this year.
TURNER, Gary	Gary won our 2006 12 Hour Walk with 68.17 km and was 3rd in 2008 with 63 km. In 2009 and 2010, he competed in our 6H walk, walking over 40km on each occasion. He is back again for the 6H walk in 2011.

CAROLINE AND RUDY IN THE NEWS

Husband and wife team **Caroline Mestdagh (C 56)** and **Rudy Schoors (C 55)** have been in action recently back in Belgium. First, Caroline took the Geel (their home city) Sports Lady of the Year for 2010. She also won this prestigious award in 2008. This year she beat a judo exponent and an equestrian for the title. Unfortunately for Rudy, he took third

place in the men's category. Rudy comments:

It was a very successful evening and our supporters, also long distance walkers, enjoyed it very much. It not a common thing to achieve this in a sport which is unknown by the majority of people. Some great news for ultra-walking!



Rudy and Caroline at the Geel Sports Persons of the Year Awards

Then it was off to the Netherlands for the annual 80km night walk from Winterswijk to Arnhem on february 20th (see the event website at <http://www.lwog.nl/>). Rudy explains

This was our first night march of the year. It was a chilly walk, temperatures around 0°C to 5°C, with a misty sky. Most of the time we walked with Annie V.D.Meer. The organization was very good and it was a beautiful walk.



Caroline (left) and Rudy (right) test themselves out over a challenging night walk of 80km

CABOOLTURE 12 HOUR DUSK TO DAWN, CABOOLTURE, QLD, 12 FEB 2011

Peter Bennett (C 24) has started off his year in fine style, this time in the Caboolture Dusk to Dawn event in Queensland, held on the weekend of 12-13 February. The event, which is over 12 hours, is held each year around this time, starting on the Saturday evening and finishing on the Sunday morning. The course is a 500m loop around the Caboolture Historical Village in Caboolture, about 1 hour's drive from Brisbane. Peter tells me that it was hot and humid overnight so he was very pleased with the end result which saw him come 7th against a field of runners, with a final distance of **102.575km**. Peter's lapsheets indicate that he has shattered our M55 Australian Best On Records in four separate categories. Well done Peter on another fantastic walk.

6 Hours	53.620 km
50 Miles	9.21.53 at 80.5 km
100 km	11:43.46
12 Hours	102.575 metres

To put it in perspective, Peter's distance is the 6th best ever by an Australian on home soil and sees him with 4 of the top 10 performances overall. Ian Jack's 107.20km, set in 1979, remains well ahead of the rest and will take some beating

1.	Ian Jack	34	107.20 km	03/11/1979
2.	Gordon Smith	38	105.29 km	19/08/1938
3.	Peter Bennett	38	103.75 km	08/10/1994
4.	Andrew Ludwig	40	103.33 km	07/01/2007
5.	John Smith	40	103.12 km	07/10/1978
6.	Peter Bennett	55	102.57 km	13/02/2010
7.	Peter Bennett	52	100.70 km	10/02/2008
8.	Tim Erickson	25	100.55 km	09/10/1976
9.	Peter Bennett	40	100.00 km	28/10/1996
10.	Michael Harvey	37	99.31 km	02/09/2000



Peter in action in the Australian 20km championships in Brisbane, August 2010

8 HOURS CHARLY SUR MARNE, CHARLY SUR MARNE, FRANCE, 13 FEB 2011

Frenchman David Regy recorded his ninth victory in the annual Charly sur Marne 8 Hour Walk Classic, held on February 13. His winning distance of 80.097 km was right up there with his previous winning distances. Second place went to Urbain Girod with 78.391 km and third place went to Pascal Thibaux with 75.810 km. In the women's event, victory went to Alvernha Dominique with 79.684 km while second and third places went to Sylvianne Varin and Claudine Anxionnat with 68.067 km and 65.486 km respectively, ensuring an all French podium for the women. The event was a large one with 67 walkers (52 men and 15 women).

Men's Race (all those who walked 60km or further)

1.	REGY David	EA Cergy Pontoise	80 972 m.	07:48:52
2.	GIROD Urbain	CM Monthey	78 391 m.	08:00:30
3.	THIBAUX Philippe	CA Ay / Marne	75 810 m.	07:58:21
4.	GILLES Philippe	J 3 Amilly Athlé	75 810 m.	08:00:03
5.	BUNEL Pascal	Neuilly / Marne Athlé	73 229 m.	08:00:00
6.	FAUBERT Daniel	AM Saint Thibault des Vignes	73 229 m.	08:01:03
7.	BUNEL Dominique	Neuilly / Marne Athlé	73 229 m.	08:02:29
8.	MAUREL Eric	OCT Thierville 55	70 648 m.	07:46:49
9.	PELLERIN Alain	CA Ay / Marne	70 648 m.	07:49:11
10.	DIEN Daniel	Neuilly / Marne Athlé	70 648 m.	07:55:36
11.	ROUAULT Jean-Marie	Omnisport Pithiviers	70 648 m.	08:02:28
12.	BIEBUYCK Pascal	ALC Vieux Condé	68 067 m.	07:50:19
13.	GIRAUDEAU Denis	PLM Conflans Sainte Honorine	68 067 m.	07:52:04
14.	NOËL Jean-Claude	NL Meaux	68 067 m.	07:53:06
15.	MARECHAL Jean	AC Château-Thierry	68 067 m.	07:54:46
16.	MARECHAL Pascal	AC Château-Thierry	68 067 m.	07:54:48
17.	ALBRECHT Jacky	ASM Bar le Duc	68 067 m.	07:57:20
18.	LABARRE Bertrand	CS Provins Athlé	68 067 m.	07:58:15
19.	DERRIEN Franck	NL BRUZ	68 067 m.	08:03:12

20. BOVIN Laurent	AM Saint Thibault des Vignes	68 067 m.	08:05:45
21. METEAU Jean-Paul	ASC Francophone	65 486 m.	07:47:33
22. HANOZET Jany	ASM Bar le Duc	65 486 m.	07:48:48
23. LETESSIER Gilles	PLM Conflans Sainte Honorine	65 486 m.	07:51:47
24. FAUQUEUR Raymond	US Dunkerque	65 486 m.	07:57:10
25. TOUTAIN Eric	ASC Francophone	65 486 m.	08:00:55
26. SPIESER Jean-Paul	Athlétic Vosges EC	65 486 m.	08:06:14
27. BAUDRILLART Antonio	CSL Nzeufbrisach	62 905 m.	07:47:35
28. VARAIN Cédric	AC Château-Thierry	62 905 m.	07:55:16
29. PICOT Gérard	Rando Montfermeil	62 905 m.	08:04:51
30. LEGRAND Guy	CA Ay / Marne	60 324 m.	07:55:15
31. DOUAY Maurice	NL Villiers Saint Denis	60 324 m.	08:03:29

Women's Race (all those who walked 60km or further)

1. ALVERNHE Dominique	Montpellier Athlé	70 648 m.	08:03:49
2. VARIN Sylviane	Pass Running	68 067 m.	07:57:44
3. ANXIONNAT Claudine	Athlétic Vosges EC	65 486 m.	07:54:59
4. MALOCHET Dominique	ASC Le Havre	62 905 m.	07:48:30
5. PANNIER Josiane	Le Havre AC	62 905 m.	07:53:33
6. QUINQUETON Bernadette	AM Saint Thibault des Vignes	62 905 m.	08:03:37
7. CLEMENTZ Bernadette	Athlétic Vosges EC	60 324 m.	07:48:47

Thanks to Emmanuel Tardi for these fine photos.



Left: Women's winner Dominique Alvernhe
Middle: Men's placegetters Urbain Girod David Regy
Right: Josiane Pannier as she passed the 50km mark in a W60 world best time of 6'09:37'

For completeness, here are the nine winning distances of David Regy – very impressive!

1999	81,738 km in 7:55:58
2000	77,436 km in 7:52:53
2001	83,889 km in 7:53:06
2002	82,416 km in 7:50:26
2003	82,416 km in 7:58:45
2004	81,065 km in 7:47:15
2006	78,391 km in 7:56:20
2009	81,000 km in 7:50:00
2011	80,827 km in 7:48:52

CENTURION LISTS NOW ONLINE

Thanks to Rudy Schoors who has put together complete centurion lists for 5 of the Centurion organizations (all except for the English Centurions which remains a work in progress). I have uploaded them to our website and placed them on the following page: <http://home.vicnet.net.au/~austcent/centworl.shtml>

Rudy advises that he is waiting for the new English Centurions handbook to be published (see further news of this later in the newsletter) before completing his last list. Thanks Rudy – a great service for us. In particular, my records of the early Continental Centurion finishers were incomplete so you have helped me out there.

CENTURION RELATED NEWSLETTERS

We have been publishing our Australian Centurions newsletter online for many years now so I am pleased to announce that two other newsletters have gone online recently.

The Dutch Centurions (see <http://www.centurionverenigingnederland.nl/>) have been producing a hardcopy newsletter for many years now. Secretary Piet Jansens C-389 is now publishing their quarterly newsletter in pdf format and emailing it to those on their distribution list. I can't find where it is stored on their website so I have setup a new page on our website and temporarily put it there. See <http://home.vicnet.net.au/~austcent/centnewsworl.shtml>. What a good way to brush up on your Dutch!

The Spanish Ultra Walking website is now producing a monthly newsletter. Three issues have come out so far and all can be easily accessed and downloaded from their website <http://www.ultrawalking.es/>. Well done to Bernardo José Mora on a great initiative. Here are the links:

November 2010 -> <http://www.ultrawalking.es/2010/UWE1.pdf>

December 2010 -> <http://www.ultrawalking.es/2010/UWE2.pdf>

February 2011 -> <http://www.ultrawalking.es/2011/UWE3.pdf>

ROGER GILBERT, POSSIBLY THE BEST

He may not be as well known as Ugo Frigerio, Harold Whitlock, Vladimir Golubnichi, Hartwig Gauder or Robert Korzenioski but some consider Roger Gilbert the best walker of all time.



In 1949 he won the mythical Paris to Strasbourg, covering the 520 mile walk in 73 hours and 51 minutes. He returned to win in 1953, although the race on that occasion was walked in reverse, from Strasbourg to Paris. Further wins in 1954, 1956, 1957 and 1958 took his grand total of wins to six.

Yet, his story has its own unique twists. Born on 17th February 1914, he debuted as a walker in 1938 but his career was abruptly disrupted by the Second World War. When he tried to enlist in the French army, he was rejected for having flat feet. Then in 1940, he was taken prisoner by the Germans and confined in a concentration camp but he managed to

escape and regain freedom after walking nearly 700 miles through enemy territory.

Once the war finished, he was able to resume his walking career and he subsequently took all before him. In 1949, he joined CA Montreuil and he stayed with that club throughout his career. His list of achievements is indeed large and extends from 1946 to 1958

1946	Victory in Circuit de Lyon
1947	Victory in Circuit de l'Est – Circuit de Lyon - Victory in Genève Lausanne
1948	Victory in Circuit de Lyon
1949	Victory in Paris Strasbourg Victory in Circuit du Nord – Circuit de Lyon
1950	Victory in Circuit de Paris – Circuit de Lyon Victory in 24 heures de Charleroi
1951	Victory in Circuit du Nord – Circuit de l'Ouest – Circuit de Lyon - Circuit de l'Ile de France
1952	Victory in Circuit de Lyon - Victory in Tour d'Alsace
1953	Victory in Strasbourg Paris Victory in Circuit de Lyon – Circuit de Paris – Circuit de Bourgogne Victory in Tour d'Alsace
1954	Victory in Strasbourg Paris Victory in Circuit du Nord – Circuit de l'Est – Circuit des Flandres Victory in Tour d'Alsace Victory in 24 heures de Chalons – Victory in 28 heures de Roubaix
1955	Victory in 24 heures de la Banlieue Ouest Victory in 28 heures de Roubaix Victory in Circuit de Paris – Victory in Tour d'Alsace
1956	Victory in Strasbourg Paris 24 Hour Record en route : 225,350km Champion de France de la Montagne (UFM) Victory in 28 heures de Roubaix Victory in Circuit du Nord – Circuit de l'Est – Circuit de Lyon
1957	Victory in Strasbourg Paris Victory in Circuit du Nord – Circuit de l'Est
1958	Victory in Strasbourg Paris Champion du Monde de Grand Fond Victory in Circuit du Nord – Circuit de l'Est – Circuit de l'Oise

His major accolades include

- 6 times winner of the Strasbourg-Paris: 1949, 1953, 1954, 1956, 1957 and 1958.
- European Champion Gran Fondo (International Federation of March) in 1948, 1949 and 1950.
- World Champion Gran Fondo (International Federation of March) in 1958.

He held the following world records (International Federation de March)

100 km	9:38:40	Nancy	1948
200 km	20:46:00	Lyon	1950
500 km	64:42:00	Strasbourg-Paris	1953
100 miles	16:25:00	Lyon	1950
200 miles	39:28:00	Strasbourg-Paris	1956
300 miles	62:39:00	Strasbourg-Paris	1956
24 hours	225.350 km	Lyson	1950
48 hours	387.250 km	Strasbourg-Paris	1956
72 hours	537.000 km	Strasbourg, Paris	1958

His 6 wins in the Paris-Strasbourg classic make for extraordinary reading - he regularly averaged nearly 8km/hr over the 3 day event.

1949	Paris – Strasbourg	520 km	ROGER Gilbert	FRA	73h51'
1953	Strasbourg – Paris	515 km	ROGER Gilbert	FRA	66h50'
1954	Strasbourg – Paris	526 km	ROGER Gilbert	FRA	70h34'
1956	Strasbourg – Paris	522 km	ROGER Gilbert	FRA	68h31'
1957	Strasbourg – Paris	522 km	ROGER Gilbert	FRA	69h38'

The only thing that prevented Gilbert from further wins was the demise of this great classic after the 1959 staging. It was eventually resurrected in 1970 (and has been going ever since) but by then it was too late for him to look for further victories.

You can see a short French Television video interview with him on <http://www.youtube.com/watch?v=FwRMr-zzew0>

He died in 1999 but we remember him as an extraordinary walker and his feats are still celebrated. For instance, when the inaugural 100km Du Perche was held in 2010 (see <http://www.100kmduperche.com/>), an exhibition was put on in tribute to him in his home town of Frazé. Long may he be remembered!

SANDRA BROWN – HER UNBEATABLE RECORD IS NOW EVEN BETTER

It is some 4 years since my last feature article on the incomparable Sandra Brown and during that time, she has continued her astonishing career at the same frantic rate. So here goes with an update to that 2007 article.

Sandra Brown – The One and The Only

Sandra Brown is a arguably the greatest ever female long distance walker, based on a competitive record which is unmatched for both quality and longevity. She was born 1st April 1949 so is currently 61 years old but her walking performances have hardly dropped over that time. To list some of her many achievements

- She was the first person in the world to be awarded all 6 Centurion medals (English, Continental, Australian, New Zealand, American and Malaysian) – meaning walking 100 miles in less than 24 hours in that particular country.
- She holds the record for the most number of finishes (100 miles in less than 24 hours) in the annual English Centurions 24 Hour race - an amazing 24 and still going.
- She holds the official World Walking Records (track) for the 100 km, 100 miles, 12 hours and 24 hours

100 km	11:17:42	Sandra Brown	GB	Etréchy (FR)	27/10/1990
100 ml	19:00:47	Sandra Brown	GB	Auckland (NZ)	10-11/7/1999
12 hours	106.180 km	Sandra Brown	GB	Etréchy (FR)	27-28/10/1990
24 hours	194.758 km	Sandra Brown	GB	Ware (GB)	19-20/7/1997
- She held until recently the women's record for the Land's End to John O'Groats epic (one end of Great Britain to the other), a distance of 830 miles in 13 days 10 hours.¹
- In Nanango in Qld in 1996, she set a Women's World run record for 1000 miles – 14 days 10 hours, 27 mins, 20 secs (and she walked most of the way!).²
- She is also a very good runner and has represented England on many occasions in ultra distance championships including the 2007 IAU 24 Hour Championship in Canada and the inaugural Commonwealth 24 Hour Run championship in 2009 in Wales.
- Over the last 29 years, she has successfully completed an amazing 141 races of 100 miles or more and is still going strong.

Her 24 finishes in the British Centurions 100 Mile qualifying event speak for themselves

1.	1982	Leicester	22.18.24	(C 735)
2.	1984	Leicester	18.36.24	(GB best)
3.	1987	Ewhurst	22.32.40	
4.	1988	Leicester	21.11.14	
5.	1989	Hendon	19.56.17	
6.	1990	Leicester	18.56.46	
7.	1992	Leicester	18.50.29	
8.	1993	London	20.09.05	(24 hr race)
9.	1994	Leicester	19.09.17	
10.	1995	London	21.37.21	
11.	1996	Colchester	19.42.53	
12.	1997	Ware	19.27.15	(24 hr track race)
13.	1998	Manx	19.32.26	

¹ Her record was broken in 2006 by English ultra legend Sharon Gayter (see <http://www.sharongayter.com>)

² Subsequently broken by the great English runner Eleanor Robinson in the 1998 Nanango event

14.	1999	Battersea Park	20.01.49	
15.	2000	Newmarket	20.16.43	(24 hr race)
16.	2001	Colchester	20.36.45	
17.	2002	Blackpool	20.27.27	(24 hr track race)
18.	2003	Newmarket	20.23.25	
19.	2004	Colchester	19.17.28	(W55 best)
20.	2005	King's Lynn	19.25.07	
21.	2006	IOMVAC	19.28.38	
22.	2008	Milton Keynes	19.59.29	(track race)
23.	2009	Newmarket	19.57.24	(W60 best)
24.	2010	Colchester	20.23.30	

In all but her first finish in 1982, she has been the first woman to finish and in a number she has been the first overall, beating the men as well. In a number, she and her husband Richard have filled the first two places (in varying order!). In 13 of the 24 finishes, she has broken the 20 hour barrier and on 3 occasions, she has broken the 19 hour barrier.

Like the great Yiannis Kouros, the key to Sandra's success is her efficient and balanced technique. As the following photo (taken in 2006 in England) shows, she is able to maintain a racewalking action throughout a long event, thus keeping her pace up and avoiding injuries due to imbalance and postural irregularities.



Sandra leads Herbert Neubacher of Germany in the 2006 British Centurions event at the Isle of Man

The article below was originally researched and written by New Zealand statistician Dudley Harris in 2004 when Sandra reached 100 hundreds. It has been updated to reflect Sandra's recent 'hundreds' – the list now stands at 141 – and is republished, with acknowledgement to Dudley, to bring the record up to date. As Sandra commented herself just last month

Roubaix was ultra (100 miles or more) number 141, leaving 9 to go for 150, plus a few more for 161 (a nice idea which only occurred to me at Roubaix when I realised I had done 141). It would be nice this year to complete a few more. A few of us plan to start the year at Chateau Thierry in March.

Sandra Brown – more than 100 Hundreds

Sandra Dobney Brown, the first woman to complete one hundred foot-races of 100 miles or more, has now completed more 'hundred-milers-or-more' than any other known person

Sandra's is a very considerable achievement spread over 29 years. Sandra was the first woman to reach one hundred 'hundreds' in 2002 and since then, she has continued on without a break so that her current tally stands at 141.

It should also be noted that, by the rules adopted by Sandra and Richard Brown, each event is counted only once, no matter how far beyond 100 miles it may be. Thus the Land's End to John O'Groats epic, being in excess of 800 miles, and the Nanango 1000 miles race, each scored only once in the total tally.

There are no time limits for each individual 100-miles or more, although they must be continuous, and the only occasions when 100-milers have taken longer than 24 hours were for cross-country events of a very severe kind; nor for the total period in which they have been accumulated. Indeed, the realisation that such a challenge was possible to achieve probably came to mind only in the latter years, after which, what had begun gradually as a secret ambition, started to become apparent to others.

1982-1988

After a childhood which included what most people would consider to be long, healthy walks 'off the beaten track', Sandra eventually succumbed in 1982 to the public mood for running marathons with her first one, in Winchester. In her 'onwards and upwards' style, that same year saw Sandra enter her first 'ultra' (i.e. beyond the marathon's 26 miles 385 yards) with the 100km Surrey Summits in April and a LDWA cross country 100 mile event along the Pilgrims' Way from Guildford to Canterbury in May - her first 100-miler!

In that era, popular opinion considered that one marathon a year was enough for novices, with two the maximum for those more experienced in racing. More often than that lay madness! In her early thirties, Sandra either did not know of or ignored conventional wisdom. Discovering and briefly practising the technique of race-walking, she entered her first judged Centurion 100-mile event in Leicester in August 1982.

And so the accumulation proceeded gradually: a cross-country event in Snowdonia in 1983, six events in 1984 which included her first two in Europe, and another four in 1985. However, Sandra's fifth year after 'going ultra' went nowhere, other than the wonderful achievement of giving birth to daughter Victoria, born in February 1986.

1987 saw a cautious (or wise) return to endurance events, with two 'hundreds', followed by three in 1988, the third being 163½ miles in Sandra's first 48-hour race.

1989

In 1989, the year Sandra turned 40, came a new level of activity, with eight 'hundreds-or-more'. Not that a birthday-with-a-nought would have made any difference, nor at such an early stage would the thought of aiming for one hundred 'hundreds' have occurred. Much more likely was the attraction of qualifying for and competing in the Epemay-to-Colmar (the female version of the male Paris-Colmar) multi-day walk. (Sandra would compete in the French 'blue-ribbon' event in three more consecutive years.) So the 1989 total shot up to eight events, including the first of a continuing appearance in the 28-hour Roubaix walk, and a second consecutive year at the Blackpool 48-hour, this time with about 18 extra miles.

1990-1991

In 1990, Sandra's 'bag' increased to nine, including the now long-distance 'blue ribbon' event, with Chalons-Colmar at over 211 miles.

In 1991, the annual total decreased to six, although the quality was still there. In September, Sandra set a women's World Best Distance of 200km in 24hr 04mn 20sc in a walk in Vallorbe, Switzerland. That was just two months after a second-place-overall in the Manchester-Blackpool 50-mile walk. Her 7hr 54min 54sec event was described by the Race Organiser as "the greatest exhibition of long-distance walking ever seen in this country".

1992-1998

Seven years would follow at lower levels of frequency: four competitive ultras in 1992 and 1993, five each in 1994, 1995 and 1996, and three in 1997. But the quality was still there, as were some mind-boggling distances.

For example, in 1992, Sandra completed the multi-day Chalons-Colmar in 2nd place for the third consecutive year; and the Centurion 'hundred' was in her 2nd best-ever time (her 'best' of 18.36.24 had come when she was eight years younger).

1994's five events included a 48-hour and a 6-day run; while in 1995, Sandra and husband Richard made their own individual attacks on the 840-miler land's End to John O'Groats - and each was successful.

In 1996, still with an annual 'strike-rate' of five 'hundred-miles-or-more' events, Sandra set a new women's World Track Record time for 1000 miles in Nanango, Queensland in March. After an amazingly short recovery period, she was back in competition again in May and August for two Centurion 'hundreds' and, one and two months later, runs of 24-hours and, in Odessa, 48-hours.

In 1997, there were just three 24-hour events in consecutive months; though in the third one, Sandra set a World Walking Record time for 100 miles on a track.

But in 1998, and possibly with the thought that, a year later, an age of psychological importance would be upon her, Sandra wound the frequency back up to five, including one (in the Isle of Man) which she would count among her own best four performances anywhere!

1999-2001

1999, the year of Sandra's 'Big Five-Oh', began early with one '100' in April and three in May! A brief rest, thence across the world in July to New Zealand, where she broke her own 100 mile World Track Record by almost 27 minutes. From NZ to London for another '100' in August, thence in September to Australia for a fourth 'country qualifier' with her 7th of the year; rounding off 1999 with two more in October.

If 1999 had seemed hectic to observers, Year 2000 was celebrated with 11 'hundreds' in the nine months from Feb to Oct. So to 2001, and the balance of 7 'hundreds' in seven months. Amazing!

Amazing that Sandra could operate at such a rate (27 'hundreds') in the last three years required to reach her goal, not only without any significant decline in quality but also without being held back by injuries - a matter of experience and skill, plus an indomitable spirit.

2002-2010

Many top-rated athletes, having reached their major goal successfully, retire from racing, especially if they can no longer achieve their same level of performance. But not Sandra. Albeit at a lower frequency, she has continued to compete with high-quality performances, which many other 'ultras' (of either gender) can only envy. Sandra has now completed more 'hundred-milers-or-more' than any other person.

In May and August 2004, 7th and 8th best times (only 40 seconds apart) and outright wins in both the Dutch and English Centurion events confirmed that Sandra continued to dominate the 'hundred miles and more' list.

Her 2006 performance in finishing the UK Centurions annual 'hundred' for a record 21st time in 19:28:38 set a standard that no one is ever likely to match.

In the 4 years since then, her ongoing excellence has continued. She celebrated her rise into the W60 age group in 2009 by winning the British Centurions 100 mile event (a feat she matched again in 2010) in a W60 world record time of 19:57:24. She followed this with England representation in the inaugural Commonwealth 24 Hour Run championship, competing with distinction against the field of Open ultra runners and finishing 13th with 187.119km.

2010 has seen a further 5 'hundreds' added to the tally.

Onward ever onward towards 150!

SANDRA'S HUNDREDS

C = Centurion (100-mile-within-24-hours) judged race- walk

W = other judged walk

L= LDWA cross-country walk

R = run

M = multi-day

1982 – age 33

01 May Pilgrims Way, Eng 100mi L
02 Jul Leicester, Eng 22:18:24 C

1983 – age 34

03 May Snowdonia, Wal 108mi / 31h L

1984 – age 35

04 May Dartmoor, Eng 100ml / 27h L
05 Jun St Oedenrode, Hol 21:05:07 C
06 Jul Leicester, Eng 18:36:24 C
07 Aug Chorley, Eng 131.3mi 24hR
08 Oct Brussels, Bel 174km 24hW
09 Nov Coatbridge, Eng 120.2mi 24hR

1985 – age 36

10 Mar Montauban, Fra 273.38k 48h
11 May StOedenrode, Hol 21:44:45 C
12 May Yks Dales, Eng 100mi / 34hr L
13 Jun B'ht R, Eng 100mi / 20:20 W

1986 – age 37

Feb daughter Victoria born

1987 – age 38

14 Jun Ewhurst, Sy, Eng 22:32:40 C
15 Aug Cborley, Eng 119mi 24hR

1988 – age 39

16 Jul Leicester, Eng 21:11:14 C
17 Aug Preston, Eng 114.1mi 24hR
18 Nov Blackpool, Eng 163.5mi 48hR

1989 – age 40

19 Feb M Keynes, Eng 108mi 49ly 24hR
20 May Rouen, Fra 185.26km 24hW
21 Jun Eprenay-Colmar 220k MW
22 Jun Hull, Eng 105mi 439y 24hW
23 Jul Blackpool, Eng 100mi / 19:41:56
also walked 181mi 1099y 48hW
24 Jul Hendon, Eng 100ml / 19:56:17 C
25 Sep Roubaix, Fra 211.42k 28h W
26 Nov WdGreen, Eng 108m1403y 24hW

1990 – age 41

27 Apr Ch.Thierry, Fra 179.984km 24hW
28 Apr Bazancourt, Fra 180.256km 24hW
29 Apr BarLeDuc, Fra 168.185km 24hW
30 May Rouen, Fra 179.395km 24hW
31 Jun Chalons-Colmar 340k / 51h MW
32 Jul Leicester, Eng 18:56:46 C
33 Aug Dijon, Fra 196.476km 24hW
34 Sep Roubaix, Fra 218.65 km 28hW
35 Oct Etrechy, Fra 193.306km 24hW

1991 – age 42

36 Mar Lagny, Fra 183.5km 24hW
37 Apr Bazancourt, Fra 188.0km 24hW
38 May Surgeres, Fra 307.038km 48hR
39 Jun Chalons-Colmar 340.5km MW
40 Sep Dijon, Fra 193.29km 24hW
41 Sep Vallorbe, Swi 200km 24hW

1992 – age 43

42 Mar Bazancourt, Fra 196km 24hW
43 Jun Chalons-Colmar 342km / 52h MW
44 Jul Leicester, Eng 18:50:29 C
45 Oct Tooting B, Eng 129mi 1664y 24hR

1993 – age 44						
46	May	Basle, Swi	186.112km	24hR		
47	May	StOedenrode, Hol	19:22:22	C		
48	Aug	BP London, Eng	20:09:05	C		
49	Oct	Tooting B, Eng	133mi 1110y	24hR		
1994 – age 45						
50	Apr	Bazancourt, Fra	176km	24hW		
51	May	Szeged, Hun	188.1km	24hR		
52	Jul	Cologne, Ger	306.222km	48hR		
53	Jul	Leicester, Eng	19:00:00	C		
54	Nov	Sacramento, USA	426mi / 6 days	M		
1995 – age 46						
55	Mar	Lagny, Fra	189.962km	24hW		
56	May	LeJog, UK	840mi / 13d10h	M		
57	Aug	BP London, Eng	21:37:21	C		
58	Sep	Roubaix, Fra	212.240km	28hW		
59	Oct	Tooting B, Eng	123mi 1453y	24hR		
1996 – age 47						
60	Mar	Nanango, Aust	1000mi 14d10h27	M		
61	May	Schiedam, Hol	19:33:21	C		
62	Aug	Colchester, Eng	19:42:53	C		
63	Sep	IAU Courcon, Fr	212.701km	24hR		
64	Oct	Odessa	312.4km	48hR		
1997 – age 48						
65	May	Basle, Swi	188.182km	24hR		
66	Jun	Solihull, Eng	197.711mi	24hW		
67	Jul	Ware, Herts, Eng	19:27:15	C		
1998 – age 49						
68	May	Dijon, Fra	189.01km	24hW		
69	May	Doncaster, Eng	120.1mi	24hR		
70	Jun	Manx IoM, UK	19:32:26	C		
71	Aug	Fleurbaix, Fra	194.032km	24hR		
72	Sep	Roubaix, Fra	211.651km	28hW		
73	Oct	Tooting B, Eng	114mi 345y	24hR		
1999 – age 50						
74	Apr	BarLeDuc, Fra	180km	24hW		
75	May	Dijon, Fra	177.974km	24hW		
76	May	Weert, Hol	19:46:37	C		
77	May	Doncaster, Eng	107mi 1269y	24hW		
78	Jul	Auckland, NZI	19:00:47	C		
79	Aug	BP, London, Eng	20:01:49	C		
80	Sep	Melbourne, Aus	19:14:56	C		
81	Oct	Tooting B, Eng	104.5mi	24hW		
82	Oct	Bombaye, Bel	200km / 26h13m	W		
2000 – age 51						
83	Feb	TorcyParis, Fra	170.595kn	24hW		
84	Mar	Perpignan, Fra	183.242km	24hW		
85	Apr	BarLeDuc, Fra	168km	24hW		
86	May	Dijon, Fra	192.658km	24hW		
87	May	Doncaster, Eng	109mi 948y	24hW		
88	Jun	Schiedam, Hol	20:41:01	C		
89	Jul	Rotterdam	200km	W		
90	Aug	Newmarket, Eng	114mi / 23h38m	C		
91	Sep	Golden Co, USA	21:50:57	C		
92	Oct	TootingB, Eng	100mi / 21:35:31	W		
93	Oct	Uden, Hol	176.036km	24hRW		
2001 – age 52						
94	Mar	Cha'Thierry, Fra	166.214km	24hW		
95	Apr	BarLeDuc, Fra	180km	24hW		
96	May	Doncaster, Eng	112mi 499y	24hR		
97	Jul	Feschoux, Bel	170.017km	24hW		
98	Aug	Colchester, Eng	20:36:45	C		
99	Aug	Genting H, Mal	182.03km	C		
100	Sep	Roubaix, Fra	216.57km	28hW		
2002 – age 53						
101	May	Schiedam, Hol	20:18:54	C		
102	Jul	Hull, Eng	187.271km	24hW		
103	Aug	Blackpool, Eng	186.324km	C		
104	Sep	Roubaix, Fra	219.1km	28hW		
2003 – age 54						
105	Mar	B'ville, Fra	21:33:23 / 170km	W		
106	Jul	Newmarket, Eng	100m / 20:23:25	C		
107	Sep	Roubaix, Fra	222.3km	28hW		
108	Oct	TootingB, Eng	111mi 1318y	24hY		
2004 – age 55						
109	Apr	Rouen, Fra	198.01km	24hW		
110	May	Exmor Eng	LDWA 100mi	35hW		
111	May	Schiedam, Hol	19:18:08	C		
112	Aug	Colchester, Eng	19:17:28	C		
113	Oct	Brno, Czech	176.146km	24h		
2005 – age 56						
114	May	Chilterns	100miles	L		
115	May	Weert, NL	100 miles, 20.19.30	C		
116	July	Worscach, Aust	180.22 kms	24h		
117	July	King's Lynn	100 miles, 19.25.07	C		
118	Oct	Tooting Bec	199.248km	24h		
2006 – age 57						
119	April	Bar le Duc	170 kms 20.49.11	W		
120	May	Northumbria	100 miles	L		
121	Aug	IOMVAC	100 miles, 19.28.38	C		
122	Oct	Tooting Bec	200.138km	24h		
2007 – age 58						
123	Mar	Bourges	170km, 21.28.31	24h		
124	May	Surgeres 48h	327.527km	M		
125	July	Drummondville, Can	192.71km	24h		
2008 – age 59						
126	Mar	Chateau Thierry, Fra	170.2km / 21.59.35	W		
127	May	Dijon, Fra	170.61km/21h24m	W		
128	May	Yoredale, Eng	100mi / 30h29m	L		
129	May	Schiedam, Hol	100mi / 20:14:23	C		
130	Aug	Milton Keynes, Eng	100mi / 19:59:25	C		
131	Sept	St Thibault des V.	190.702km	24hW		
132	Oct	Tooting Bec (track)	117m 226y	24hR		
2009 – age 60						
133	Mar	Bourges, Fra	175.956km	24hW		
134	May	Wessex, Eng	100mi / 28h04m	L		
135	Jul	Newmarket, Eng	100mi / 19:57:24	C		
136	Sept	Keswick, Eng	187.119km	24hR		
		(Inaugural Comm 24H Championship Run)				
2010 – age 61						
137	Mar	Bourges, Fra	187.549km	24hW		
138	May	Heart of Scotland	100m / 30h32m	L		
139	Aug	Colchester, Eng	100mi / 20:23:30	C		
141	Aug	Perth, Scot	175.055km	24hR		
140	Sept	Roubaix, Fra	211.685km	28hW		

NEW CENTURION HANDBOOK AVAILABLE FOR ORDER

The English Centurions have produced a new Centurion handbook which is now available for purchase. It follows the format of past editions and includes a complete breakdown of all their centurion events, year by year, as well as a complete listing of all English centurions. As such, it is an invaluable history of the world's oldest Centurion club. And it is very inexpensive. See the flyer below for more details.

Jill Green, who is coming out for our event in April, is available to bring copies out for us so if anyone wants to order one, you need to contact me ASAP so that I can coordinate numbers with Jill.



THE CENTURION HANDBOOK

ORDER FORM FOR 11th EDITION

The 11th edition of the Centurion Handbook will be published early in 2011. It is based on the successful format of the existing handbook and brings the historical narrative and list of Centurions up to date.

The new edition will cost £10.00 plus £1.00 post and packaging. To obtain your copy please contact Ann Sayer or Ian Statter regarding methods for payment. (email a.sayer1@which.net) (ian.statter@talktalk). Details of the new publication are also available on the website (www.centurions1911)

GORDON SMITH AWARD NOW FINALISED – CONGRATULATIONS TO PETER BENNETT

This annual award, named after Australian Centurion Number One, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**. Award criteria are as follows

- It is restricted to performances done in Australia.
- It is awarded for the best SINGLE performance.
- All Australian Centurions will vote on a short list of performances, as proposed by the Executive.

Previous winners have been

2005	Deryck Skinner (C 51)
2006	Stan Miskin (C 23)
2007	Terry O'Neill (C 18)
2008	Deryck Skinner (C 51)
2009	Peter Bennett (C 24)

At the end of 2010, we nominated the following three very worthy local performances

1. **Michelle Thompson**, better known as an outstanding ultra distance runner, has recently turned her hand to walking, with considerable success. She has initially restricted herself to 6 hour events, clocking up 44.29km in Moe in November 2009, 49.13km at Coburg in March 2010 (a W40 record), 53.56 km in Brisbane in June (new Australian residential and W40 records) and 51.58km in Moe in November 2010. We are nominating her Brisbane effort when she completed a distance of **53.560km**, beating the Australian Residential best by 2km and finishing only about 620m short of Sandra Brown's All Comers record of 54.180km. We look forward to seeing Michelle test herself over the longer distances in 2011.
2. **Peter Bennett (C 24)** contested his first ever 48 hour event in Caboolture, QLD, on 30 July – 1 August and he produced the goods, taking 4th overall (first Australian male) in the Australian 48 Hour running championship and setting new Australian Open and M50 walk records for 200km (**30:49:08**) and 48 Hours (**280.203km**). These two marks shattered the existing records and were indeed world class performances.
3. **Gerald Manderson (C 31)** also competed in the 48 Hour championship in Queensland, setting new M65 All-Comers record for 200 km (**40:38:41**) and 48 Hours (**230.350km**). This is an especially good effort as Gerald effectively retired from ultra walking at the end of 2003 and has done little since. It was only in 2009 that he resumed training and the form has returned quickly.

All Australian Centurions were invited to vote and the counting has now been completed. As expected, all 3 performances racked up votes but overall, it was **Peter Bennett who has won the award for the second year in a row.**

Congratulations to Peter on another stellar year.

FINANCIAL NEWS

Thanks to those club members who have contributed recently. As everyone know, we have no formal membership subscription rate but simply rely on ongoing donations from our members and supporters to survive. And survive we do. I am pleased to say that our bank balance is currently healthy and we are well placed to meet our share of the costs in this year's Coburg walk events.

Incoming	Carol Baird – newsletter postal subscription (2 years)	24.00
	Carol Baird – donation	26.00
	Jim Gleeson – donation	30.00
	Stan Miskin – donation	25.00
	Ruth Webber – donation	50.00
Outgoing	Photocopying and Postage	- 34.40
	Annual Incorporation Payment (Consumer Affairs)	- 41.80
Balance		\$1051.25

UNTIL OUR NEXT NEWSLETTER

What a bumper newsletter. I am very excited about our 2011 walk events next weekend and then next month and I am also excited about the new year of ultra walking now unfolding. I look forward to a year of stellar performances on both the local and overseas fronts. Dust of those shoes and be part of it in spirit, if not in actuality.

Yours in Centurion walking

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