

# CENTURION FOOTNOTES

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## WELCOME TO OUR NEW CENTURIONS

It is with great excitement that I can tell our many readers of the latest two walkers to join the ranks of the Australian Centurions – **Michelle Thompson (C 58)** and **Mark Wall (C 59)**. Along with **Karyn O'Neill (C 45)**, they all walked in excess of 100 miles at our annual qualifying event earlier this month.



**Michelle Thompson (C 58) - 22:03:27**



**Mark Wall (C 59) - 23:20:41**



**Karyn O'Neill (C 45) - 23:44:26**



**Michelle, Mark and Karyn savour the moment once the event has finished**

Full results and further discussion, along with brief profiles of Michelle and Mark, can be found later in the newsletter.

## 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.

14 May 2011	British Centurions Centenary Dinner, House of Commons	London, ENG
21-22 May 2011	24 Heures de Yvelines	Feucherolles , FRA
4-5 June 2011	FANS 24 hour – <b>American Centurion Qualifier</b>	Minneapolis, USA
4-5 June 2011	<b>Continental Centurions 24 Hour Walk Qualifier (OLAT)</b>	Weert, NED
5-11 June 2011	French Ultra Festival (6 days, 72 hours, 48 hours)	Antibes, FRA
12 June 2011	Australian 100km Road Championships	Gold Coast, QLD
18 June 2010	Sri Chinmoy Australian 24 Hour Track Championship	Brisbane, QLD
22-25 June 2011	Paris Colmar Classic	Paris-Colmar, FRA
25-26 June 2011	Parish Walk (135km)	Isle of Man, UK
25-26 June 2011	24 hours Haute Saintonge	Montguyon, FRA
2-3 July 2011	<b>British Centurions 24H Walk Qualifier</b>	Lingfield Race Course, Surrey
16 July 2011	6/12/24 Hour race (2.2km loop at Adelaide University)	Adelaide, South Australia
29-31 July 1011	Australian 48 Hour Championship (and Qld 24 Hour champ)	Caboolture, QLD
20 August 2011	24 Heures de Graide	Graide, BEL
3-4 Sept	24 Heures de Saint Thibault des Vignes	St. Thibault des V. , FRA
17-18 Sept 2011	28 Heures de Roubaix	Roubaix, FRA
1-2 Oct 2011	24 Heures de Vallorbe	Vallorbe, SUI
30 Oct 2011	French 100km Championship	FRA

## NEWS ON OUR MEMBERS

**Sandra Brown (C 36) and Jill Green (C 38)** started her walking year with a vigorous day out in Norfolk in February as Sandra explains below

This last weekend, I had the pleasure of doing the Norfolk LDWA 50 mile cross-country event, after spending a couple of lovely days with my dad who lives in Norfolk. Jill and I did last year's edition of this event, and we knew that those daft enough to sign up for a Norfolk cross-country in February deserve all they get in the way of a glorious mud-bath! I wore my big hiking boots, knowing what the conditions were like. These LDWA events are not races, but a super way to put in a tough 50 miles in pleasant countryside and good company, and with excellent support at checkpoints. Among those also there were Jill Green and Serena Queeney, who are looking forward very much to being with you in April.

**Jill Green (C 38)** did indeed come out to Australia for our 24 Hour walk (see report later in the newsletter) and it was great to catch up with Jill again as she supported English walker Serena Queeney.

## VALE RUTH WEBER

Ruth Webber, one of the greatest supporters of race walking in South Australia, passed away on the weekend of 5-6 March 2011, following a fall and surgery for a broken hip. Ruth was also well known to all older members of the Australian Centurions as the wife of **Jack Webber (C 2)** and one of our staunchest supporters.

Ruth married Jack in 1948 and subsequently spent her life immersed in the sport of Track and Field. She remembered one foul day when the men had lined up for a 20km racewalk in the South Parklands of Adelaide. No officials had turned up so she was handed a stopwatch and told to say 'Go'. This started a long history of officiating for Ruth.

Her first walk judging came in the late 1950s and Ruth judged from then on, for the SA Walkers Club and in the long distance Gawler to Adelaide and Glenelg to Adelaide events. In 1964 she started officiating as a finish line judge with Athletics South Australia and added that to her many other officiating duties. It is a lasting tribute to her dedication over many years that she was eventually granted the honour of Life Membership of both ASA and the SA Walkers club. When the winter walking group joined the SA Masters, Ruth brought her officiating skills with her and she also became a stalwart for that club from then on.

Ruth was also a constant support for her husband Jack in his various endeavours. These included supporting him when he became Australian Centurion Number 2 in 1971 at the Adelaide Harriers Track in Adelaide (22:44:53) and supporting him in his historic walk from Melbourne to Adelaide (an epic 10 days 2 hours 30 mins). She was also on hand daily in

1980 at the Adelaide Harriers track when, in another example of Jack's extraordinary capacity for endurance events, he covered a staggering 1062.25 miles (4269 laps) in 38 days 2 hrs 30 mins for an average of more than 27 miles per day - at 66 years of age.

While Ruth has been involved with officiating for a great many years, it was not until 1980 that she ventured to the other side of the watch and judging paddle. It was in Gawler when she was running a children's walk event on a bitterly cold day. When she told the mothers they should walk to keep warm, they responded by saying that if she did, they would too. Ruth then raced against the much younger women and won the one mile walk.

Ruth began training in January 1981 and, after a few weeks, went to Christchurch in New Zealand to compete in the World Veterans Athletics Championships, coming 4<sup>th</sup> in both the 5000m and 10km walks. She continued racing until 1987 and over that period she won several walk gold medals at National championships as well as in the 100m, 200m, 1500m and 3000m runs.

Even after Jack died in 1998, Ruth never stopped her officiating and general involvement. In fact, in 2007, she won the SA Masters Association Administrator/Official of the Year award. She always used to like to come over to our Australian Centurions walk with her mate Geoff Peters (C 20) and it was only in recent years that her health put a stop to this annual outing.

In 2008, Ruth underwent major heart surgery but within weeks was back out at Santos Stadium, judging and holding a stopwatch at the finish line. In recent years, she sold her house and moved into a retirement village and enjoyed the extra support that gave her in her life. She was an avid letter writer and I would get regular updates from her on various matters pertaining to the SA scene and to our Centurion world.

We offer our deepest condolences to her family on her passing. We will sadly miss her.



**Jack and Ruth Webber stride out for the camera in 1997**

**AUSTRALIAN CENTURIONS 6 HOUR TRACK WALK, COBURG, SAT 5 MARCH, 2011**

A select group of ultra walkers gathered at Coburg (a northern Melbourne suburb) early on the morning of Saturday 5<sup>th</sup> March to contest the annual Coburg 6 Hour Track Championships. A full field of 45 entrants was on the books (29 runners and 16 walkers) and all but 2 turned up on the day, ready to test themselves over the traditional longer distances.

**Michelle Thompson** and **Clarrie Jack (C 4)** led the way in the walk with excellent performances. Michelle walked superbly to achieve the longest distance overall with 53.784 km, breaking her own Australian Residential best on record performance by 224m and setting a new W40 Australian Record into the bargain. Clarrie, with 52.290 km, set a new M65 Australian Record, breaking Robin Whyte's distance of 50.400 km. Others to do well included Daniel Duke 47.049 km in his first ever walk, Karyn O'Neill (C 45) 46.433 km for her best ever, Steve Jordan 45.019 km after doing an 8km fun run earlier in the morning, Doug McKay with a PB 44.117 km and Dawn Parris 44.693 km. We also welcomed New Zealand Centurions secretary Philip Sharp who strolled a pleasant 42.729km during the 6 hour window.

### 6 HOUR WALK MEN

1	JACK, Clarrie	VIC	52.290 km
2	DUKE, Daniel	VIC	47.049
3	JORDAN, Steve	VIC	45.019
4	McKAY, Doug	VIC	44.117
5	TIMMS, John	VIC	43.898
6	COMMINS, Louis	NSW	43.709
7	SHARP, Philip	NZ	42.729
8	TURNER, Gary	VIC	35.689
9	SAMIR, Shadi	VIC	30.688
10	CARTER, Ken	VIC	27.918

### 6 HOUR WALK WOMEN

1	THOMPSON, Michelle	VIC	53.784 km
2	O'NEILL, Karyn	VIC	46.433
3	PARRIS, Dawn	VIC	44.693
4	FIDLER, Lara	VIC	40.017
5	SARIEDDINE, May	VIC	12.856

Results at [http://www.coburgharriers.org.au/joomla1/component/option.com\\_docman/task.doc\\_view/gid,575/Itemid,28/](http://www.coburgharriers.org.au/joomla1/component/option.com_docman/task.doc_view/gid,575/Itemid,28/)



**Philip Sharp, Clarrie Jack, Daniel Duke, Steve Jordan and Doug McKay in action**



**Lara Fidler, Michelle Thompson, Karyn O'Neill and Dawn Parris in action**

## 24 HEURES OF BOURGES, BOURGES, FRANCE, 26 FEB 2011

Swiss walker Urbain Girod and Italian walker Nicoletta Mizera were the winners of the annual 24 Heures de Bourges, contested over 26-27 February. There was a steady rain for most of the competition and performances were undoubtedly effected. Giles Letessier and Pascal Marechal accompanied the Swiss on the men's podium while Annie Berthault and Bernadette Quinqueton filled the minor positions on the women's podium. Hungarian walker Zoltan Czukor, who was considered the favorite, came in 16<sup>th</sup> with 167 km after commanding the race for the first half.



**Left: Nicoletta Mizera Right: Pascal Bunel and Urbain Girod (photos from Emmanuel Tardi)**

### Men's 24 Hour Walk

1. GIROD Urbain	SUI	195k936m
2. LETESSIER, Giles	FRA	192k234m
3. MARECHAL Pascal	FRA	190k544m
4. BUNEL Dominique	FRA	189k599m
5. PELLERIN Alain	FRA	186k420m
6. ALBRECHT Jacky	FRA	182k928m
7. DIEN Daniel	FRA	180k121m
8. VERNIER Jean-pierre	FRA	180k061m
9. GILLES Philippe	FRA	177k881m
10. BUNEL Pascal	FRA	177k286m
11. BERT Dominique	FRA	176k940m
12. GRASSI Alain	FRA	172k976m
13. DUFRIEN Pascal	FRA	172k585m
14. BIEBUYCK Pascal	BEL	171k201m
15. HAZENBOSCH Kris	BEL	168k990m
16. CZUCOR Zoltan	HUN	167k848m
17. KERLAU Yves-michel	FRA	162k166m
18. DALPHIN Daniel	FRA	159k012m
19. GIRAUDEAU Denis	FRA	156k558m
20. DERRIEN Franck	FRA	154k390m
21. HERMAN Claude	BEL	146k830m
22. MAUNY Claude	FRA	146k068m
23. RASSAIND Andre	FRA	142k183m
24. EMONIERE Philippe	FRA	139k063m
25. BAUDRILLART Antonio	FRA	137k423m
26. GLASER Jean-bernard	FRA	135k265m
27. SPIESER Jean-paul	FRA	132k032m
28. MERCIER Jean-pierre	FRA	125k298m
29. SCHAERLAECKENS Ludo	FRA	112k500m
30. LHERITIER Michel	FRA	101k857m
31. VERGER Pierrick	FRA	81k192m

### Women's 24 Hour Walk

1.	MIZERA Nicoletta	ITA	171k000m
2.	BERTHAULT-KORZHYK Annie	FRA	162k009m
3.	QUINQUETON Bernadette	FRA	157k528m
4.	MOINEAU Isabelle	FRA	146k720m
5.	DOUET Christiane	FRA	132k597m
6.	LANDRU Noelle	FRA	129k475m
7.	BIZARD Claudie	FRA	95k724m

Check out the French TV video of the event (How's your French?) at [http://centre.france3.fr/info/bourges--jusqu-au-bout-de-l-effort-67568511.html?onglet=videos&sms\\_ss=facebook&at\\_xt=4d6b82e22ac02c0a%2C0](http://centre.france3.fr/info/bourges--jusqu-au-bout-de-l-effort-67568511.html?onglet=videos&sms_ss=facebook&at_xt=4d6b82e22ac02c0a%2C0)

### 6 HOURS OF VALENCIA, VALENCIA, SPAIN, SUNDAY 6 MARCH 2011

Five walkers took part in the inaugural Valencia 6 Hour Walk on Sunday March 6<sup>th</sup>. The competition was held in conjunction with a cycling event over a 3km circuit located in the sports area of the old Turia riverbed. In the men's event, Bernardo José Mora won with 56.245 km while in the women's event, Sandra Castilian, the only participant, covered 43.680 km.

#### 6 Hour Walk Men

1.	Bernardo José Mora	56,245 km
2.	Edgar Coso Ferrer	46,995 km
3.	Julián Olmos Olmos	46,315 km
4.	Santiago Seguí García	39,231 km

#### 6 Hour Walk Women

1.	Sandra Castellano	43,680 km
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### 24 HOURS OF CHATEAU-THIERRY, CHATEAU-THIERRY, FRANCE, 26 MARCH 2011

The 24 Heures de Chateau-Thierry, which also doubles as the French Championship, is one of the big ultra distance walks on the European calendar and usually attracts top international fields. This year was no exception.

David Regy won his seventh French national title with an excellent 207.175 km, leading an all-French podium finish ahead of Philippe Thibaux (204.110 km) and Jean-Marie Rouault (201.470 km). Swiss walker Urbain Girod, fourth with 197.025 km, was the first non-French walker. Hungarian Zoltan Czukur who led the event until around the 100 km mark, eventually finished tenth with 182.845 km. In the women's event, Dominique Alvernhe won with 182.185 km ahead of Claudine Anxionnat (177.375 km) and Sandra Brown of England (169.265 km). The fourth place finisher was Ukrainian Iryna Perevalo (159.855 km), so the French championship bronze medal went to fifth placed Josiane Pannier (153.045 km). A total of 68 walkers of both sexes took part in the race, which this year celebrated its thirty-second edition. Sandra Brown commented

*The English contingent had a very enjoyable time in CT, with generally good results. I think just about everyone felt they had done justice to themselves in the circumstances (which included recent very sad bereavements for both Kathy and Serena.) The revenge of some food on Friday night made me feel rough for a while and Chris suffered the effects of a high pollen count. We all survived and it was great just being together. The beer afterwards tastes all the better when you have overcome some problems.*

#### 24 Hour Walk Women

1.	ALVERNHE Dominique	(57 FRA)	182,360 km
2.	ANXIONNAT Claudine	(51 FRA)	177,470 km
3.	BROWN Sandra	(GBR)	169,289 km
4.	PEREVALO Iryna	(UKR)	160,187 km
5.	PANNIER Josiane	(50 FRA)	153,621 km
6.	RODIER Nicole	(48 FRA)	152,067 km
7.	POUTINSEVA Irina	(RUS)	151,794 km
8.	BERTHAULT-KORZHYK Annie	(52 FRA)	148,976 km
9.	PANNIER PILLE Magali	(72 FRA)	144,210 km
10.	MOINEAU Isabelle	(67 FRA)	142,345 km
11.	ISAMBOURG Veronique	(64 FRA)	139,016 km

12. BIZARD Claudie	(59 FRA)	122,194 km
13. LANDRU Noelle	(51 FRA)	116,012 km

#### 24 Hour Walk Men

1. REGY David	(69 FRA)	208,485 km
2. THIBAUX Philippe	(69 FRA)	204,411 km
3. ROUAULT Jean-Marie	(64 FRA)	202,114 km
4. GIROD Urbain	(63 SUI)	197,230 km
5. BUNEL Dominique	(68 FRA)	192,579 km
6. LETESSIER Gilles	(50 FRA)	192,131 km
7. VIT Philippe	(53 FRA)	191,629 km
8. PELLERIN Alain	(68 FRA)	185,473 km
9. MAUREL Eric	(62 FRA)	184,621 km
10. CZUKOR Zoltan	(62 HUN)	183,380 km
11. FAUBERT Daniel	(47 FRA)	180,584 km
12. PETER Vincent	(72 FRA)	179,189 km
13. DIEN Daniel	(50 FRA)	178,362 km
14. Richard Brown	(GBR)	177,258 km
15. THEVENIN Pascal	(59 RA)	175,472 km
16. GIRAUDEAU Denis	(51 FRA)	171,195 km
17. MARSHALL Kevin	(GBR)	171,320 km
18. MARECHAL Jean	(47 FRA)	171,815 km
19. GRADOS Daniel	(49 FRA)	171,689 km
20. BAUDRILLART Antonio	(68 FRA)	169,779 km
21. ASSELOS Patrick	(65 FRA)	166,745 km
22. BERT Dominique	(60 FRA)	166,242 km
23. METEAU Jean Paul	(52 FRA)	166,085 km
24. LEGRAND Guy	(61 FRA)	165,025 km
25. DERIEN Franck	(FRA)	164,361 km
26. BOVIN Laurent	(61 FRA)	160,423 km
27. FAUQUEUR Raymond	(57 FRA)	160,036 km
28. LAILLER Patrick	(50 FRA)	156,098 km
29. PSUTKA Roman	(CZE)	156,098 km
30. WALLAEYS Jean	(80 FRA)	149,999 km
31. FLINT Christopher	(GBR)	149,627 km
32. EMONIERE Philippe	(61 FRA)	146,332 km
33. RIVIERE Sylvain	(67 FRA)	146,171 km
34. RASSAIND André	(37 FRA)	143,359 km
35. HASSEVELDE Sebastien	(77 FRA)	141,609 km
36. PRUCKNER Jaroslav	(CZE)	137,641 km
37. SCHAERLAECKENS Ludo	(BEL)	136,377 km
38. GLASER Jean-Bernard	(38 FRA)	132,977 km
39. SPIESER Jean Paul	(63 FRA)	132,102 km
40. CHABIN Frederic	(65 FRA)	128,283 km
41. MERCIER Jean Pierre	(70 FRA)	123,099 km
42. MONTIGNY Patrick	(49 FRA)	94,475 km

#### AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, VICTORIA, 16-17 APRIL 2011

As mentioned earlier in the newsletter, we welcomed 2 new Australian Centurions earlier this month in our annual qualifying event, held in conjunction with the 2011 Coburg 24 Hour Carnival on the weekend of 16<sup>th</sup> - 17<sup>th</sup> April. Of the final field of 45 entrants in the 24 Hour Championships, 39 walkers and runners were present when the starter's gun was fired at 10AM on the Saturday morning. Intermittent cloud cover and a cool breeze during the day allowed all the runners and walkers to get off to a good start and by 6PM, there were the makings of some fantastic performances. A very cold night meant a testing time but come the Sunday morning most were still on the track and a good crowd was on hand to witness the final gun sound at 10AM.

#### 24 Hour Walk Men

Dutch Centurion Martijn Van den Boogaard and British Centurion Mark Wall were expected to be the big guns in the men's walk and they were right on schedule for their 100 mile targets with 12 hour splits of 86.940km and 85.698km respectively. Steve Jordan, with 84.456km, was not far behind and also looked strong while Lou Commins, with

81.558km, was also in the hunt. But while Mark continued on his merry way, Martijn and the others were in trouble, all slowing and falling behind schedule.

The final results tell the story. Mark powered through the 100 mile mark in 23:20:41 to become Australian Centurion number 59 while most of the other walkers, Martijn, Steve and Lou included, slowed and were forced to take time out. Martijn eventually took second with 136.436km but he was very disappointed with his walk. Lou took third with 135.011km. Special mentions to Doug McKay and John Voitin who both showed great determination, continuously circling the track for the full 24 hours to record 133.752km and 111.404km respectively.



**Martijn Van den Boogaard, Louis Commins, Doug McKay, John Voitin and Steve Jordan**

1.	WALL, Mark	VIC/ENG	161.733 km
2.	Van den BOOGAARD, Martijn	HOLL	136.436 km
3.	COMMINS, Louis	NSW	135.011 km
4.	McKAY, Doug	ACT	133.752 km
5.	JORDAN, Steve	VIC	113.628 km
6.	VOITIN, John	VIC	111.404 km
7.	DUKE, Daniel	VIC	73.817 km
8.	MACRAE, David	VIC	47.691 km
	JACK, Clarrie	VIC	DNS

#### **24 Hour Walk Women**

The women's walk saw last year's 24 Hour Run winner Michelle Thompson in action as a walker and was she good. By the 6 Hour mark, she had covered 49.680km to be first walker overall, 1km ahead of Mark Wall, and on target for a big time. Karyn O'Neill was second at that point with 45.560km and Dawn Parris was third with 42.642km.

From then on, it was the Michelle show as she powered through to set new W40 Australian records for 50 miles, 12 Hours, 100 km, 100 miles (she became Australian Centurion number 58 with her 100 mile split of 22:03:37) and 24 Hours, finishing with 172.593km, just short of her 172.906km which she recorded in winning last year's Coburg 24 Hour Run. Now that's an interesting statistic!

Karyn O'Neill walked her best race for many years, digging deep to pass the 100 mile mark in 23:44:26. Of course, Karyn is already an Australian Centurion, having qualified in 2002 with 23:35:56, and this was a very popular comeback. English walker Serena Queeney added some 6km to her best to take third with 153.638km, tantalisingly close to the 100 mile standard, and we hope that with further experience and training, she can achieve the elusive walking standard. Serena was ably looked after by **Jill Green (C 38)** who travelled out from England with her. It was great to make Jill welcome to our shores once again and to see her looking so fit and full of energy as the night wore on.

Susannah Harvey-Jamieson had been expected to fight out the 24 Hour run but disaster struck in the final days as her foot flared up after a run. Rather than miss the event, she opted to swap to the walk, taking fourth place with a commendable 137.829km, just ahead of Dawn Parris with 134.949km. A special mention to Diana Kelly who strolled for the full 24 hours, always smiling and obviously enjoying the experience, her final distance 114.895km

1.	THOMPSON, Michelle	VIC	172.593 km
2.	O'NEILL, Karyn	VIC	162.092 km



3.	QUEENEY, Serena	ENG	153.638 km
4.	HARVEY-JAMIESON, Susannah	QLD	137.829 km
5.	PARRIS, Dawn	VIC	134.949 km
6.	KELLY, Diana	WA	114.895 km
7.	HOWORTH, Sandy	VIC	89.148 km



**Serena Queeney, Dawn Parris, Susannah Harvey-Jamieson and Sandy Howorth**

The associated Australian 100km walk championships were won by Mark Wall and Michelle Thompson. Final times will be confirmed once the results are fully checked and I can review the lapsheets.

#### **AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN**

1.	WALL, Mark	ENG	TBA
2.	Van den BOOGAARD, Martijn	HOLL	TBA
3.	JORDAN, Steve	VIC	TBA

#### **AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN**

1.	THOMPSON, Michelle	VIC	TBA
2.	O'NEILL, Karyn	VIC	TBA
3.	QUEENEY, Serena	ENG	TBA

The Jack Webber Trophy, for the most meritorious performance by a Centurion, was unanimously awarded to Michelle Thompson. A selection of photos have now been uploaded to <http://www.rwa.org.au/coppermine/index.php> and more will be added as they become available.

See later in the newsletter for short profiles of Michelle and Mark, our newest Australian Centurions.

#### **NACHT VAN LOON OP ZAND WALK, LOON OP ZAND. HOLLAND, SATURDAY 16 APRIL 2011**

**Rudy Schoors (C 55), Caroline Mestdagh (C 56) and Sue Clements (C 35)** all walked in the annual Nacht van Loon op Zand walk in Loon op Zand in Holland on 16<sup>th</sup> April. This well known event offers both 15 Hour and 80km events. Rudy and Caroline chose the 80km event with Rudy winning in 9:31 and Caroline finishing second (first woman) in 10:10. Sue chose the 15 hour event and she completed 99.650 km in the required time. Well done to all three.

<b>15 Hour Walk Men (37 finishers)</b>	<b>Distance</b>	<b>Time</b>
1. Bart Snoeren	131,900	15:10
2. Dirk-Jan Nieuwenhuizen	131,900	15:10
3. Guido Vermeir	127,650	15:09
4. Fabiaan de Roeck	119,150	15:03
5. Ed Voogt	118,400	15:08
6. Eddy Goeman	116,650	15:00
7. Adrie Zoon	116,650	15:08
8. Wout Dekkers	116,650	15:09

9.	Ronald Cuijlits	114,150	15:10
10.	Frans Derijcke	113,150	15:00
11.	Jantinus Meints	112,400	15:02
12.	Rein Pistorius	112,400	15:08
13.	Johan Koning	112,400	15:10
14.	Ton van Andel	110,650	15:00
15.	Rob Wiche	110,650	15:02
16.	Wim van Cappelle	110,650	15:03
17.	Luc Verreu	110,650	15:03
18.	Jan van Best	110,650	15:04
19.	Jos van Gorp	110,650	15:09
20.	Rinus Meijers	108,900	15:00

#### 15 Hour Walk Women

1.	Marie-Paule Vandenaabeele	116,650	15:00
2.	Wilma Driessen	113,150	15:01
3.	Lenie Huismans	110,650	15:04
4.	Hanny Klumpkens	108,150	15:08
5.	Yvonne Grootswagers Leermakers	106,400	15:11
6.	Sue Clements	99,650	15:14

#### 8 Hour Walk (37 finishers)

1.	Rudy Schoors	79,900	09:31
2.	Caroline Mestdagh	79,900	10:10
3.	Martin Achterberg	79,900	10:15
4.	Frans van den Berg	79,900	10:49
5.	Hans Pranger	79,900	10:57
6.	Ilona Klinkendon	79,900	11:05
7.	Jenny Berghs-Potters	79,900	11:05
8.	Jan van Kuijk	79,900	11:23
9.	Ton de Jong	79,900	11:25
10.	Jan van Moorsel	79,900	11:40
11.	Gerrit Arfman	79,900	11:43
12.	Jan Dinnissen	79,900	11:43
13.	Ap van Gelderen	79,900	11:51
14.	Toine Rombouts	79,900	11:51
15.	Ernie Dorré	79,900	11:51
16.	Ton Seetsen	79,900	11:53
17.	Mart Pennen	79,900	11:55
18.	Willy Timmermans	79,900	12:33
19.	Rian Lacet	79,900	12:33
20.	Aaf Peters de Rijk	84,150	12:35



Left: Sue Clements (C 35) in action in the 15 Hour event. Right: Rudy and Caroline after winning the 8 Hour event

**MICHELLE THOMPSON – AUSTRALIAN CENTURION C58**

Michelle Thompson, better known as an outstanding ultra distance runner, has recently turned her hand to walking, with considerable success.

She burst onto the ultra distance running scene in 2005, winning the 12 Hour Run at the annual Coburg 24 Hour carnival with a very promising 101.856 km. A relative newcomer to the long distance scene, her few longer runs up to that stage included a couple of marathons and a run the previous month in the Melbourne to Portsea 55km ultra run. In 2006, she improved her 12 Hour Run distance to 103.922 km at Gosford and then returned to Coburg in April, winning the prestigious 24 Hour Run event with an impressive first up 166.053 km.

2007 was a quiet year for her as she struggled with injury, her only outing being in November when she placed second in the Victorian 6 Hour Run Track Championship with 54.060 km. 2008 saw her do the double at Coburg with 2 PBs, placing second in the 6 Hour Run with 57.596km in March and then placing second again in April in the 12 Hour Run with 105.970km, both PBs.

Once again in 2009, she bypassed the 24 Hour events and concentrated on the shorter ultras. Her best performance for the year was in February when she won the Launceston 6 Hour Track Run with a PB 61.919 km. 2009 also saw her do her first ultra distance walk when she recorded 44.292 km in the Victorian 6 Hour Championship in Moe in November.

Now mixing walking and running training, she found she was less susceptible to injury and both her run and her walk performances improved. January 2010 saw her win the Launceston 12 Hour Track Run with a PB 109.055 km. This was followed in March by a win in the Coburg 6 Hour Walk with a PB 49.130 km. Then in April she swapped back to running mode, winning the Coburg 24 Hour Run with a PB 172.906 km. Back to walking mode, she was 3<sup>rd</sup> to finish in the Sri Chinmoy 6 Hour Run in Brisbane in June, her distance of 53.560 km yet another PB and a W40 Australian walking record. Finally back to running mode again and a wonderful 182.705 km in the Caboolture 24 Hour Run in Queensland in late July.

2011 saw her concentrating exclusively on her walking with further success. In March, she won the Coburg 6 Hour Walk with an Australian Residential record of 53.784km and in April she participated in her first longer walk, at the Coburg 24 Hour Carnival, becoming Australian Centurion number 58 with her 100 mile split of 22:03:27. Interestingly, her 24 Hour final distance of 172.593 km was less than one lap short of her time in winning the Coburg 24 Hour run the previous year (172.906 km).



**Michelle racewalking in January 2011 and walking in the Coburg 24 Hour event in April 2011**

Her ultra race inventory thus far reads very impressively and shows almost continuous improvement over the 7 years in which she has competed in ultra distance events.:

16.04.2005	Coburg Carnival 12 Hour	101.856 km	1 <sup>st</sup>	PB
06.11.2005	Victorian 50km Championship	4:38:10	2 <sup>nd</sup>	PB

07-08.01.2006	Coastal Classic 12 Hour Run	103.922 km	2 <sup>nd</sup>	PB
22-23.04.2006	Coburg Carnival 24 Hour	166.053 km	1 <sup>st</sup>	PB
18.11.2007	Victorian 6 Hour Track Championship	54.060 km	2 <sup>nd</sup>	PB
27.01.2008	Mansfield to Buller 50km	6:23:00	6 <sup>th</sup>	PB
30.03.2008	Coburg 6 Hour Championship	57.596 km	2 <sup>nd</sup>	PB
06.04.2008	Frankston to Portsea 55km run	5:53:55	5 <sup>th</sup>	PB
19-20.04.2008	Coburg Carnival 12 Hour	105.970 km	2 <sup>nd</sup>	PB
22.11.2008	Victorian 6 Hour Track Championship	55.323 km	1 <sup>st</sup>	
10-11.01.2009	Narrabeen All Nighter 12 Hour Run	101.406 km	1 <sup>st</sup>	
25.01.2009	Mansfield to Buller 50km	6:04:47	4 <sup>th</sup>	
22.02.2009	Launceston 6 Hour Track Run	61.919 km	1 <sup>st</sup>	PB
01-02.08.2009	Caboolture Historical Village 24 Hour	130.500 km	1 <sup>st</sup>	
21.11.2009	Victorian 6 Hour Track Championship	44.292 km	1 <sup>st</sup>	Walk
24.01.2010	Launceston 12 Hour Track Run	109.055 km	1 <sup>st</sup>	PB
7.03.2010	Coburg 6 Hour Championship	49.130 km	1	Walk PB
17-18.04.2010	Coburg Carnival 24 Hour Run	172.906 km	1 <sup>st</sup>	PB
19.06.2010	Sri Chinmoy 6 Hour Run	53.560 km	3 <sup>rd</sup>	Walk PB
30-31.07.2010	Caboolture Historical Village 24 Hour	182.705 km	1 <sup>st</sup>	PB
20.11.2010	Victorian 6 Hour Track Championship	51.582 km	4 <sup>th</sup>	Walk
05/03/2011	Coburg 6 Hour Championship	53.784 km	1 <sup>st</sup>	Walk PB
16-17/04/2011	Coburg Carnival 24 Hour Walk	172.593 km	1 <sup>st</sup>	Walk PB

I am sure that we will see more of Michelle on both the walk and run fronts over the next few years as she continues to improve in both disciplines. She is an exciting prospect indeed.

#### MARK WALL – AUSTRALIAN CENTURION NUMBER 59

Mark Wall, who regularly updates us on the English walking scene, is well known to older Victorian walkers. Mark, who was born in Melbourne on 19<sup>th</sup> September 1956, started his walking career as a 17 year old in the 1973/74 Victorian Interclub competition and competed right through until 1989 on the Victorian and interstate front.

His first few years in the sport were relatively inconspicuous, the highlight being in 1975 when the AAU (now Athletics Australia) decided to hold the first ever Junior (Under 19) 10km National championship. Mark was delighted to be selected to represent Victoria.

*“I was only a bit player in the race as I was throughout my Under 19 career. The race, held at Kewdale in Western Australia, was won by Rod Huxley of NSW. The day after, a certain Tim Erickson won the National 50 km title ahead of Clarrie Jack and the late Jim Henderson, who was claimed by the officials to have edged out Peter Vysma for the bronze medal, I know that because it was me who manned the Victorian feeding table in the wet and rainy conditions.”*

Once he graduated to the Open ranks, Mark could be categorized as a track walker who had a fair turn of speed but who was yet to break through in the longer road distances. This was still the era of the National 3000m title and he regularly finished well up in this event, recording 4<sup>th</sup>, 5<sup>th</sup> and 7<sup>th</sup> in successive years. But road successes eluded him.

It took many years of hard work but eventually Mark's road performances improved and he competed with distinction over all distances up to 50km throughout the 1980s. 1987 saw him end his Banking career after 12 years and return to full-time education to train as a teacher. The impact of which was to bear fruit when he rewrote all his PBs.

*I called it the ‘8 Glorious weeks’. I went from a 47 minute 10km walker to 45:10 in one hit around 2 laps of the lake, I did a 15km PB and then my 20km PB in Adelaide in a Federation (now RWA) event, the Campbell Cup. I was doing up to 200km a week by pursuing every mile I could, before lectures, after lectures, early morning just about every opportunity.*

1989 was his final year on the road in Victoria and it produced his first and only Australian championship medal – a bronze in the Australian 20 km championship in Perth – as well as his first Victorian championship gold medal – in the

Victorian 50 km title in Melbourne. This, added to his various bronze and silver Victorian Championship medals, capped off his career nicely.

In 1990, Mark married, moved to Tasmania and all but disappeared from the scene. A couple of Tasmanian 50 km titles showed that he was still dabbling with the sport but no major milestones occurred. This was followed by moves in the late 1990s to Victoria, the Northern Territory and then in 2000 to Western Australia before he finally moved to the UK in August 2001. Since then, he has been a regular competitor with the Leicester Walking Club, racing nearly every week and throwing himself into UK walking affairs with typical enthusiasm.



**Mark (number 23 in the blue Leicester singlet) in the 2007 Blackpool 50 Mile walk in England**

When interviewed by me in in early 2009, he rated his proudest moment as his 2008 Blackpool 50 miles when, at 51 years of age, he finished 3<sup>rd</sup> in 9:09:06, a very respectable time indeed. He was also very pleased to pick up a bronze medal in the 2009 European Masters championships in Aarhus in May of that year. But this all paled into insignificance with one superb performance in July 2009 when he qualified as a UK Centurion.

Mark had showed interest in long distance walking in Australia in the seventies when the Australian Centurions were in full swing and he tried on 6 occasions to qualify. His best efforts were in Gosford in 1978 (70.3km), Clifton Hill in 1979 (50 miles in 10:54:19) and Melbourne in 1983 (this was his last attempt and he retired at the 50 mile mark, reached in 11:35). He even had a couple of attempts in England post 2001 but again he failed to finish.

This was to be rectified in July 2009 when in the UK Centurions annual qualifying event at the Newmarket Racecourse in London, he came 4<sup>th</sup> overall, completing the 100 mile distance in a time of 21:08:36, thus becoming a member of the world's most exclusive club as Centurion number 1071.



**Mark becomes centurion number 1071 in July 2009 at Newmarket Racecourse in England**

We had hopes that Mark might return to Australia at some stage and qualify as a centurion on home soil and it so it was in April 2011 when he became Australian Centurion number 59 at the Coburg 24 Hour carnival in Melbourne, his time 23:20:41. Mark has now achieved what has been 36 years in the making – from his first Centurion attempt in October 1976 when he reached 50km in 5:30:15 at the Kensington Athletic Track in Adelaide, South Australia. I am sure that the long wait has made the final victory even sweeter.

#### LATEST SPANISH ULTRA WALKING NEWSLETTERS

Bernardo José Mora has been busy producing more Spanish Ultra Walking newsletters. Two more issues have come out since our last newsletter and they are great reading once you fire up an online translator and translate from Spanish to English. They can be easily accessed and downloaded from website <http://www.ultrawalking.es/>. Here are the links for the 5 newsletters produced so far.

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>

March 2011 -> <http://www.ultrawalking.es/2011/UWE4.pdf>

April 2011 -> <http://www.ultrawalking.es/2011/UWE5.pdf>

#### MORE ON SANDRA BROWN'S ACHIEVEMENTS

The last newsletter noted that the 50km performance of Josiane Pannier (6:09:37) in the Charly Sur Marne 8 Hour Classic was a W60 world best. In fact, this is not the case. I was obviously not firing on all cylinders when I wrote this as I knew for a fact that Sandra Brown's W60 performance was superior. For the record, since turning 60 in 2009, Sandra has raised the bar for older female walkers with the following superb performances, all of which are British bests

Racewalking:

**10kms track walk – 56:56.8**

Battersea Park Track, 29 April 2009 [VAC track championship walk]

[Previous record: Mary Worth, 62m 37s 8, in 1992]

**10kms road walk – 57:28**

Lee Valley Stadium, 15 August 2009 [Enfield & Haringey League walk]

[Previous best: Mary Worth, 59m 05s, in 1988]

**20kms road walk – 1:55:34**

Lee Valley Stadium, 15 August 2009 [Enfield & Haringey League walk]

[Previous best: Mary Worth, 2h 04m 34s, in 1989]

**50kms road walk – 5:47:30**

Newmarket race-course, 11 July 2009 [within RWA Ultra-distance championship]

[Previous best: Renee Scott, 6h 31m 12s, in 1993]

**100 miles road walk – 19:57:24**

Newmarket race-course, 11-12 July 2009 [RWA and Centurions Ultra-distance championship]

[Previous best: Annie van der Meer, 21h 18m 00s, in 2007]

**24h road walk – 187.549 km (this is also a World Best)**

Bourges, 6-7 March 2010; French 24h national championship

Road Running:

**24 hour road running – 187.119 km**

Keswick, Cumbria, 17-18 September 2009 [Commonwealth Ultra-distance championship]

#### FROM THE ARCHIVES – AUSTRALIAN LADY WALKS 100 MILES IN 1876

**Deryck Skinner (C 51)** recently made me aware of an old newspaper cutting that noted a 100 mile walk performance by a New Zealand lady done way back in 1876. I went to work and found the article, sourced from the Australian newspaper archive at <http://ndpbeta.nla.gov.au/ndp/del/home> and dated 12 June 1876. What a wonderful effort.

**WALKING A HUNDRED MILES IN TWENTY-FOUR HOURS**  
**The South Australian Advertiser, Adelaide, SA, Monday 12 June 1876**  
**Reprinted from the Southern Cross of 8 May 1876**

The unparalleled feat of a lady walking 100 miles in less than a period of 24 hours was accomplished by Mrs. J. L. Wiltshire, of the City Hall, Auckland, between half-past 8 o'clock on Friday evening and 20 minutes past 8 o'clock on Saturday evening. The fair pedestrienne finished her first 25 miles by 26 minutes past 1 a.m. on Saturday morning, or in a period of four hours and 65 minutes. She then retired for 26 minutes, resuming her performance at 10 minutes to 2 o'clock, and completed the second 26 miles at 7 o'clock a.m.; time, 5 hours and 10 minutes. After an interval of 30 minutes, Mrs. Wiltshire made another start, and travelled the third 25 miles by 1 p.m. Saturday afternoon; time 5 hours and a half. At half-past 6 p.m. she had accomplished 97 miles of her journey, doing her last 22 miles in five hours and a half. Mrs. Wiltshire then stopped for 56 minutes, and at 25 minutes past 7 she again appeared on the course to go through the remaining 2 miles. These, and three laps (equal to 93/80ths of a mile) in addition, were completed at 20 minutes past 8 o'clock, and within 20 minutes of the prescribed time.

After completing the first 25 miles, Mrs. Wiltshire began to feel somewhat stiff, but persevered bravely with her self-imposed task. About midday on Saturday she must have been severely tried, but neither at this time or any subsequent part of the feat did she waver in her resolution to accomplish what she had undertaken. One or two ladies and gentlemen in the afternoon and evening occasionally took it in turn to lend her the assistance of an arm, but, as may be imagined, the support was more of a cheering nature than of much physical assistance. Indeed, it seems that she scarcely used the help so kindly rendered. Between half-past 7 o'clock on Saturday evening, and the conclusion of the feat, the large hall was literally crowded, and the greatest excitement was manifested to see if the "little lady" would be able to finish the hundred miles in the time. The Volunteer Artillery Band performed with much spirit all this time, and the constant clapping of hands and waving of hats and handkerchiefs all round the hall as Mrs. Wiltshire successively appeared at each corner culminated, at the last few rounds, into a perfect furore of excitement. The band had struck up "See the conquering hero comes" and Mrs. Wiltshire retired to the last notes of that appropriate air, amid deafening applause from the audience. The average of Mrs. Wiltshire's plucky performance of walking 100 miles in 21 hours and 50 minutes gives one mile to every 13 minutes 6 seconds, or slightly over 4.58 miles per hour.

**FINANCIAL NEWS**

Thanks to the many club members who continue to support us financially. I anticipate that our total cost from this year's Australian Centurion 24 Hour qualifying event will be in order of \$800 and we are well placed to cover that.

Incoming	Geoff Peters – newsletter subscription and donation	50.00
	Merv Lockyer – newsletter subscription and donation	50.00
	Terry and Karyn O'Neill - Donation	50.00
	Sandra Brown - Donation	45.00
	Jill Green - newsletter subscription and donation	50.00
	Stan Jones - newsletter subscription and donation	50.00
Outgoing	RWA medal purchases	56.00
	Engraving of trophies / medals	48.00
	Purchase of replica trophies	96.00
	Photocopying	<u>6.00</u>
Balance		\$1041.07

**UNTIL OUR NEXT NEWSLETTER**

A huge issue this time with so much news to cover. It has been a busy couple of months but now I can breathe a sigh of relief – another milestone covered and another 2 names on our illustrious honour board. It's time to catch up on a bit of walking training!

Yours in Centurion walking

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