

# CENTURION FOOTNOTES

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## DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2011 provides 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.

17-18 Sept 2011	28 Heures de Roubaix	Roubaix, FRA
1-2 Oct 2011	<b>New Zealand Centurion qualifier, Sri Chinmoy 24H</b>	Auckland, NZ
1-2 Oct 2011	24 Heures de Vallorbe	Vallorbe, SUI
15-16 Oct	24 Heures de Merignac	Merignac, FRA
30 Oct 2011	French 100km Championship	Etampes sur Marne, FRA
19 Nov 2011	Victorian 6 Hour Championship (to be confirmed)	Moe, Victoria
10-11 Dec 2011	<b>Malaysia 12 Hour Walk</b>	Melaka, Malaysia
11 Dec 2011	Kurrawa to Duranbah (50km, 30km)	Gold Coast, QLD
12 Feb 2012	8 Heures de Charly sur Marne	Charly sue Marne, FRA
25-26 Feb 2012	24 Heures de Bourges – French Championship	Bourges, FRA
Sun 11 Mar 2012	<b>Coburg 6 Hour Walk/Run Championships</b>	Coburg, Victoria
31 Mar - 1 Apr 2012	24 Heures de Chateau-Thierry	Chateau-Thierry, FRA
14-15 Apr 2012	<b>2012 Australian Centurions 24 Hours (Coburg Carnival)</b>	Coburg, VIC
28-29 Apr 2012	24 Heures de Monthey	Monthey, SUI
12-13 May 2012	24 Heures de Dijon	Dijon, FRA

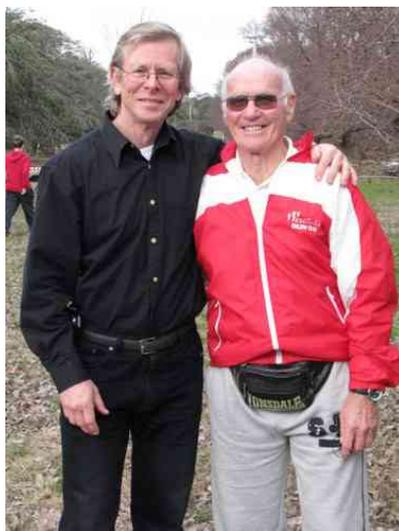
There are plenty of races coming up over the few months, including the prestigious 28 Heures de Roubaix this coming weekend. And on the topic of races, Phil Essam is putting together a new one in Canberra - it will be an overnight 12 Hour event and the tentative date is Feb 18th. See <http://www.coolrunning.com.au/forums/index.php?showtopic=32558>. Stay tuned for further news. It sounds good from what I have heard.

Thanks to Steve Jordan for pointing me to this fantastic statistics site for Australian marathon running. It boasts the full marathon results for every marathon run in Australia since 2000 and for the more recent half marathons. In fact, it contains many marathon results back to around 1990. As many of our walkers run or walk the occasional marathon, I am just passing on the site for your reference. See <http://www.ausrunning.info/marathons/index.php>

## NEWS ON OUR MEMBERS

A number of our Melbourne based centurions were in action in the Victorian Half Marathon Championship on Sunday 4 September. **Michael Harvey (C 43)** was 21<sup>st</sup> in the run with 1:26:54 while **Bill Dyer (C 15)** was 277<sup>th</sup> with 1:32:49. We also had four of our members competing as walkers - **Clarrie Jack (C 4)** 2:11:27, **Terry O'Neill (C 18)** 2:14:00, **Michelle Thompson (C 58)** 2:14:14 and **Karyn O'Neill (C 45)** 2:34:58. Well done everyone.

I was in Canberra for the annual Australian Racewalking Championships in August and I ran into **Jim Turnbull (C 21)** for the first time in a few years. Jim, who lives in Perth and who was over supporting the Western Australian walkers, was the second Australian to complete the 24 Hour / 100 Miles walk-run double, doing his centurion walk in 1986 (23:38:53) and his centurion run in 1988 (21:54:36). He also told me that fellow Western Australian centurion member **George Audley (C 22)** has returned to England after the death of his wife last year. I had not known that so we wish George all the best in his new environs and hope that all is going well.



**Tim and Jim in August 2011 in Canberra**

**24 HEURES DE GRAIDE, GRAIDE, BELGIUM, 20-21 AUGUST 2011**

Thanks to Emmanuel Tardi for the results from last month's 24 Heures de Graide in Belgium. The men's podium was an all French affair with Fabrice Henry winning with 189.884km ahead of Giles Letessier with 184.722km and Philippe Giles with 182.470km. Fabrice Henry has been around for a long time and has bests of 9h23 for 100k (2004) and 23h12 for 200km (2002). The women's category was won by Deborah Geimer with a good first up 134.980km. The 24-hour race also hosted the Belgian 100km Championship which was won by Ludo Schaerlaeckens. Emmanuel commented:

*I went to Graide last Saturday for a 24 hours racewalking event. I was assisting Deborah Geimer who wanted to try this kind of event for the first time (her maximum walking distance was 20k - 1h56.54 in 2008). There were around 30 starters (and 3 relay teams). The event started at 1pm with very hot weather (around 33° in the shade) .*

Emmanuel also sent some links to pictures and videos of the event

- link to pictures <https://picasaweb.google.com/103156327465993120670/24heuresDeGraide>
- Video no 1 <http://www.europetelevision.info/node/374>
- Video no 2 <http://www.europetelevision.info/node/375>



**Emmanuel with Deborah Geimer**



**Deborah Geimer**



**Henry Fabrice**

1.	Henry Fabrice	FR Verdon	189 884 m	24:00:00
2.	Letessier Gilles	PLM Conflans	184 722 m	24:00:00
3.	Gilles Philippe	J3 Amilly	182 470 m	24:00:00
4.	Fauqueur Raymond	Elan 59	174 708 m	24:00:00

5.	Bunel Pascal	Neuilly/Marne	173 286 m	24:00:00
6.	Lailler Patrick	ASPTT Tours	165 612 m	24:00:00
7.	Bert Dominique	SA Merignac	162 451 m	24:00:00
8.	Schaerlaeckens Ludo	AC Wibo	159 979 m	24:00:00
9.	Derrien Franck	NL (Fra)	155 803 m	24:00:00
10.	Giraudeau Denis	PLM Conflans	136 459 m	24:00:00
11.	Geimer Deborah (F)	ASSA	134 980 m	24:00:00
12.	Calay Christophe	RCBG (Bel)	133 063 m	24:00:00
13.	Rassaind André	AL Voiron	129 981 m	24:00:00
14.	Gerard Philippe	NL (Bel)	122 844 m	24:00:00
15.	Berthault-Korzhyk Annie (F)	Neuilly/Marne	119 784 m	24:00:00
16.	Spieser Jean-Paul	Club Vosges	112 875 m	24:00:00
17.	André Hugues	Bertrix	111 115 m	24:00:00
18.	Morel Eric	Ol Darnetal	102 489 m	24:00:00
19.	Lejeune Philippe	NL (Bel)	59 967 m	24:00:00
20.	Copine Véronique (F)	NL (Bel)	59 967 m	24:00:00
	Biebuyck Pascal	ALC Vieux-Conde	120 000 m	16:13:47
	Vermeir Guido	Rotterdam W	100 000 m	12:44:29
	Jacob Bernard	NL (Bel)	100 000 m	14:01:48
	Bunel Dominique	Neuilly/Marne)	85 000 m	10:37:19
	Robin Claude	NL (Bel))	72 500 m	18:32:36
	Lamquin Nicole	NL (Bel))	50 000 m	12:35:34
	Pfister William	ASM Bar-le-Duc)	40 000 m	04:55:35
	Balfroid Mathieu	NL (Bel))	40 000 m	06:07:32
	Mauny Claude	Neuilly/Marne	40 000 m	09:20:34
	Hatte Joseph	NL	35 000 m	09:31:12
	Rivinius Hartmut	Wadgassen (Ger	10 000 m	01:28:57

#### 24 HEURES DE SAINT THIBAUT DES VIGNES, ST. THIBAUT DES V. , FRANCE, 3-4 SEPTEMBER

The 24 Heures de Saint Thibault Des Vignes has also been completed with Urbain Gird winning with 183.041km ahead of Pascal Dufrien and Hugues Thevenin while the top woman was Corinne Faqueuer in fourth place. The 1pm Saturday start time meant that early conditions were very difficult with temperatures above 30 degrees but storms were expected later. And the storms did indeed come in the early evening, drenching everyone and really giving the organisers a hard time. More showers continued on overnight and into the Sunday morning as competitors finished under grey skies. Not exactly ideal conditions by the sound of things!

Those walkers who walked in excess of 80km are shown below.

1.	Urbain Girod	CM Monthey	SUI	24:00:00	183.041 km	7.627 km/hr
2.	Pascal Dufrien	AMSTV	FRA	24:00:00	175.347 km	7.306 km/hr
3.	Hugues Thevenin		FRA	24:00:00	163.201 km	6.800 km/hr
4.	Corinne Fauqueuer (F)	ELAN 59	FRA	24:00:00	157.743 km	6.573 km/hr
5.	Bertrand Laberre	CS Provins Athletisme	FRA	24:00:00	156.434 km	6.518 km/hr
6.	Laurent Bovin	AMSTV	FRA	24:00:00	154.213 km	6.426 km/hr
7.	Jaroslav Pruckner	SK Bradlec	CZE	24:00:00	149.964 km	6.249 km/hr
8.	Gerard Picot	Tando Montf	FRA	24:00:00	144.607 km	6.025 km/hr
9.	Andrew Rassaind	Amicale Laique Voiron	FRA	24:00:00	141.252 km	5.866 km/hr
10.	Isabelle Moineau (F)	AC Chateau Thierry	FRA	24:00:00	140.282 km	5.845 km/hr
11.	Gildan Legrand	AAEE Epernon	FRA	24:00:00	134.944 km	5.623 km/hr
12.	Jean-Paul Spieser	RESDA Vosges	FRA	24:00:00	130.815 km	5.451 km/hr
13.	Frederic Chabin	Essonne Ath. La Postillone	FRA	24:00:00	192.773 km	5.407 km/hr
14.	Philippe Richard	MEGA	FRA	24:00:00	125.272 km	5.220 km/hr
15.	Annie Berthault (F)	Neuilly Sur Marne Ath.	FRA	24:00:00	121.277 km	5.053 km/hr
16.	Norbert Dupuis	USO de Chelles	FRA	24:00:00	119.038 km	4.960 km/hr
17.	Noelle Landru (F)	A.S.C.E.	FRA	24:00:00	96.783 km	4.033 km/hr
18.	Laurent Passerel	Neuilly Sur Marne Ath.	FRA	24:00:00	92.432 km	3.810 km/hr
19.	Alain Alivre	AAE Blimont	FRA	24:00:00	91.265 km	3.803 km/hr
20.	Jean Claude Noel	CS Meaux	FRA	24:00:00	82.056 km	3.419 km/hr
21.	Frank Derrien		FRA	24:00:00	80.343 km	3.348 km/hr

## MICHELLE THOMPSON SETS A NEW AUSTRALIAN 50KM RECORD

On Sunday 11 September, the Victorian Race Walking Club hosted the Racewalking Australian 50km championship for Women and 2011 Australian Centurion **Michelle Thompson (C 58)** was the star of the show.

While you can read a full report of the meet at <http://www.vrwc.org.au/newsletters/heelandtoe-2011-num49.pdf>, I will restrict myself to a report of the longer events on offer. It was a case of cold and windy conditions with steady drizzly rain early on - not exactly conducive to good walking. Luckily it cleared mid morning and 50km is not that far when talking of ultra distances!

Michelle had been hoping to better 5:30:00 but was well ahead of that target, finishing with a great **5:13:14** to set a **new Australian 50km Women's Best on Record** (the previous best of 5:23:08 was set in 2004 by Canberra racewalker Lisa Wilson). The splits show just how consistently Michelle walked:

### RACEWALKING AUSTRALIA 50KM CHAMPIONSHIP FOR WOMEN

	10km	20km	30km	40km	50km
1. Michelle Thompson	1:02:05	2:04:47	3:07:10	4:10:18	5:13:14
2. Liz Feldman	1:09:58	2:20:35	3:33:26	4:49:07	6:05:43
Heather Carr	1:03:13	2:09:59	3:19:01	4:33:46	DNF

She had walked the first half with local Melbourne racewalker Simon Evans but powered away for an easy win in the second half. Liz Feldman and Heather Carr were the other two women attempting the 50km championship and both were chasing W60 records. Heather was ahead at the 30km mark and she was rewarded with a new Australian Masters W60 30km record of 3:19:01. But she was listing badly to one side, a condition which got worse as the race progressed. Alas, it was so worrying to the officials that at the 45km mark, we had to withdraw her from the race, a decision about which she was understandably very disappointed. This opened the door for Liz who was still moving very well and she rose to the challenge, completing her 50km with a new World Masters W60 50km record of 6:05:43. So overall, it was a great day's work for the ladies.



**50km walkers Liz Feldman, Michelle Thompson and Heather Carr**

VRWC 5 Hour and 4 Hour walks were also on offer with centurions **Terry O'Neill (C 18)** and **Karyn O'Neill (C 45)** in action alongside regular ultra walkers Steve Jordan, Alex Poore and Gary Turner.

VRWC 5 HOUR WALK	10km	20km	30km	40km	Final Distance
1. Terry O'Neill (C 18)	1:03:11	2:06:44	3:14:23	4:21:10	45.968 km
2. Karyn O'Neill (C 45)	1:11:56	2:25:32	3:45:30	-	39.133 km
3. Steve Jordan	1:14:54	2:34:34	3:55:08	-	37.766 km

VRWC 4 HOUR WALK	10km	20km	Final Distance
1. Alex Poore	1:18:54	2:37:58	29.734 km
2. Gary Turner	1:22:36	2:46:35	28.000 km

**PROFILE - CAROL BAIRD**

I have now finished profiles of all our Australian Centurions - see <http://www.centurions.org.au/centprof.shtml> - so this newsletter, I thought I would reproduce what I have written on **Carol Baird (C 39)**, certainly the best of our home grown centurions and a darn good ultra runner to boot. Here goes ....

Carol Baird of Canberra fronted as a complete unknown to our Centurion qualifying event at Clifton Hill in September 1998 as an entrant in the 100 km walk. She duly won in an impressive time of 16:16:10.

12 months later, in September 1999, she was back to challenge herself over the 24 Hour distance in what was the highest ever quality Centurion qualifying event. The 50 mile splits told the story for the first half of the race with overseas competitors filling 5 of the first 6 places at that stage. Carol was back in 8<sup>th</sup> place at that time and trailing fellow Canberra walker Ann Staunton, But she came into her own in the second half, finishing strongly to claim 5<sup>th</sup> place and setting new Australian Residential standards for 100 km, 100 miles and 24 hours along the way. Thus in only her second walk, she became Australian Centurion number 39 - her time **22:16:43**.

For completeness, the finishing list in that historic race reads:

Sandra Brown	England	100 miles	19:14:56	<b>C36</b>
Herbert Neubacher	Germany	100 miles	21:03:07	<b>C37</b>
Jill Green	England	100 miles	21:15:35	<b>C38</b>
Robin Whyte	ACT	100 miles	21:34:48	<b>C29</b>
Gerald Manderson	NZ	100 miles	21:36:09	<b>C31</b>
Carol Baird	ACT	100 miles	22:16:43	<b>C39</b>
Gerrit de Jong	Holland	100 miles	22:51:24	<b>C40</b>



**The 1999 finishers – Herbert, Gerrit and Gerald in back, Jill, Robin, Carol and Sandra in front**

Four months later, in January 2000, she finished second to Robin Whyte in the Gosford Coastal Classic 12 Hour event with a distance of **95.23 km**, breaking Ann Staunton's Australian 50 Miles (Carol's time was **10:00:24**) and 12 Hour records. She now had the full set of women's records. Robin had this to say about the race:

*Carol Baird is quite unbelievable, I gained 4 laps on her between about 2.30 and 3.30 hours but from then on I feared she would overtake me. She was so positive all the way, whereas I was wondering how I was going to keep going from as far out as 8.00 hours to go.*

Three months later, in April 2000, Carol gave another a flawless walking performance in the annual Coburg 24 Hour Carnival to break her Australian Residential 100 km (**13:04:33**), 100 Miles (**21:47:47**) and 24 Hours (**171.927 km**) records. For her, this latest race capped off a wonderful last 6 months.

In September 2000, in the annual Australian Centurions qualifying event at Coburg, she was the first of 3 centurion finishers and broker more records - 100 km (**12:57:47**), 100 Miles (**21:26:10**) and 24 Hours (**175.460 kms**). She was getting better every time she stepped on the track.

The next year started once again with the Gosford Coastal Classic but this time she beat Robin Whyte by over 4km to win and once again break her 50 Miles (**9:42:06**) and 12 Hours (**97.290 km**) records.

Looking for further challenges, she journeyed across the Tasman in July 2001 to compete in the annual New Zealand Centurions qualifying race in Auckland. Once again she won with her fourth Centurion finish and another set of PBs and another set of Australian Residential records for 100km (**12:37:50**), 100 Miles (**21:26:10**) and 24 Hours (**175.460 km**).

Seven weeks later and it was another overseas trip, this time to Malaysia for the first ever Malaysian 24 Hour endurance walk which was held at the Genting Highlands resort on 25-26 August. The event was huge with over 180 starters in the 24 hour walk and included 20 international male walkers and 10 international female walkers. Carol had her trip fully funded and her husband Bob, who accompanied her as her handler, had a subsidised airfare and all accommodation costs covered in Malaysia. The course, at 5000 feet altitude, was very tough – steep ups and downs, sharp turns, rough sections of road and varying road surfaces (paving, cement, speed humps) all in one 800m lap. Overall, 9 men and 2 women (Sandra Brown and Carol) completed the 100 miles within 24 hours., Carol passed the 100 mile mark in about **23:15** to become Malaysian Centurion number 9 - the slower than normal time reflecting the toughness of the course.

January 2002 saw her back in Gosford for the Coastal Classic where she finished second to NSW walker Alex Crawford, her 12 Hours distance of **96.065 km** just outside her best.

April 2002 and the yearly Australian Centurion qualifier beckoned. As usual, another first place and another swathe of records - 100km (**12:18:57**), 100 Miles (**20:31:24**) and 24 Hours (**182.657 km**). This was her 6<sup>th</sup> centurion finish in only 3 years.

She then returned to New Zealand in July for the annual New Zealand Centurion qualifier in Auckland, improving on her 2001 performance to record **20:48:53** for the 100 miles. She was 4<sup>th</sup> overall and the first walker to finish.

Only three months later, in October 2002, and she travelled to Adelaide for the annual Sri Chinmoy Self-Transcendence Ultra Running Festival. As usual, the venue was the old Adelaide Harriers Track and Carol and Stan Miskin were carrying the flag as walkers. Carol did yet another hundred (**21:13:27** - her 8<sup>th</sup>) and went on for the full 24 hours to be just outside her Australian best of 182 km set at Coburg earlier this year. Stan Miskin, at 76 years of age, also toed the line in his first ever walking race and walked to a distance of 121 km. Carol was 2<sup>nd</sup> overall, being beaten by only 1 runner (David Standeven) while Stan was 11<sup>th</sup>.

Following her usual recipe, 2003 started with the Gosford Coastal Classic which Carol won with **94.813 km**. Then it was onto Coburg in April for the annual Australian Centurion 24 Hour event which she won with **166.890 km**, passing the 100 mile mark in **21:55:35** for her 9<sup>th</sup> centurion qualifier. This was perhaps her toughest hundred yet as even she was effected by the trying early conditions. But a finish was never in doubt as she powered through in typical style.



**April 2003 at Coburg - Carol completes her 9<sup>th</sup> centurion qualifier**

Perhaps feeling it was now time for a change, she entered the Queensland 24 Hour Championship in August as a runner. What a debut performance - she was the overall winner, breaking five W50 Australian Records in the process - 50 miles, 100 miles, 100 km, 12 Hours and 24 Hours. Her 100 mile run time was 19:29:12 and she completed 188.645 km

for the full 24 hours. With this performance, she joined Lyn Lewis as the second Australian women to do the run/walk hundred mile double.



**Carol in running mode in the 2004 Queensland 24 Hour Championship**

Two months later, she was back in action as a runner in the Sri Chinmoy 24 Hour event in Adelaide. There she finished third overall and was the first lady, completing 180.919 km (100 miles in 20:52:52).

January 2004 saw her back in Gosford for the annual 12 Hour event, but as a runner once more, and she was the first woman runner to finish with a fine 103.767 km. On to the Coburg 24 Hour Carnival in April where she was the overall winner in the run division (beating all the men) with 189.292 km.

While not listing every run over the next few years, I will mention the Sri Chinmoy 24 Hour run in Adelaide in September 2006. Although Carol had missed a lot of training due to a nagging ankle injury, it did not stop her setting a whole swag of running records including a new Australian W55 100 km age category record and new WORLD W55 age category records for 12 Hour and 100 miles. She held down second place throughout the race and only one runner could beat her overall. It was a fantastic run – 192 km in hot and oppressive conditions.

The troublesome ankle eventually forced her into retirement in early 2007. When you look at the superb walks and runs that she had done over her career, it was perhaps not surprising that she eventually paid a heavy penalty. After surgery, she was told that she would never compete again.

In January 2009, her ankle seemed to have recovered enough for her to test herself out with a solo walk over the full length of the Australian Alpine Walking Track. She reported post-event

*The great news is that I have just completed the Australian Alps Walking Trail (last time in 2004 I walked from Walhalla to Tharwa), this time walking from Tharwa to Walhalla. It was again a great challenge and I am pleased my ankle survived the 46 days of carrying about 24 kilos in my pack and covering over 680 km of the most challenging terrain the Great Dividing Range has to offer.*

I walked part of the route way from Mt Howitt to Mt Feathertop back in the 1970s and I remember it as a tough but inspiring walk. With names like Mt Desperation and Mt Buggery, I think you get the general picture! The track essentially follows the crest of the alpine range (the Alps) from southern Victoria through to the Australian Capital Territory (ACT). On the way it crosses all the highest mountain regions from the Baw Baw Plateau, the Mt Howitt area, the Bogong High Plains, the Cobberras, then the Kosciuszko National Park and finally into the Namadgi National Park near Canberra. In many ways, it is the grandest and most difficult of all the long distance tracks in Australia. It is not the longest but with over 27,000 metres of climbing and descending it is indeed a tough walk (equivalent to more than 3 ascents and descents of Mt Everest!).

Doing a long solo walk is one thing but doing a 24 Hour event is quite another. So it was a great surprise when, in July 2009, her name popped up as a starter in the annual British Centurions qualifying race at Newmarket. Carol kept her trip very quiet - I did not know about it until I received emails a few weeks before from Peter Bennett and Rudy Schoors - they had seen the start list and noticed Carol's name. Apart from a 20 mile racewalk in Canberra the previous month she had not done any competitive walks since 2003. She told me in Canberra that the ankle seemed to have

recovered sufficiently for her to do some competitive walking again but the last thing I expected to see was her name on the English start list.

And the result - after battling stomach problems and 7 hours of heavy rain, she became British Centurion 1071 with a finish time of **22:34:05**. This is her tenth Centurion walk finish and earned her a fourth badge to match her Australian, New Zealand and Malaysian ones.



**Carol qualifies in England in 2009 - a feat to savour!**

What a magnificent career in every sense, both as a runner and as a walker! Carol sits at the top of Australian ultra distance walking and her records continue to withstand attack. Will we see her in action again or was her English walk her swan song? Only time will tell.

Tim Erickson  
11 August 2011

#### WEBSITE NEWS

For some time now, I have been keen to fix up the address of our Australian Centurions website - after all, who can remember a name like <http://www.vicnet.net.au/~austcent>. So I have registered a new domain name of <http://www.centurions.org.au>. There are no excuses for forgetting this one!

I also took the opportunity to swap from our free but very limited website provider to a new paid subscription which offers a lot more website functionality. The website looks just the same except for one new page - a photo gallery. To start things off, I have uploaded a selection of 2011 photos. I will be populating with lots more over the next few weeks. I have lots of photos of our centurions but up until now, I have had no way to display them online. To check out the new gallery, go to <http://www.centurions.org.au/gallery/>. Note that rather than go right through all the photos, you can just search on a surname or first name and hone in.

#### LATEST SPANISH ULTRA WALKING NEWSLETTERS

A quick item to link to the latest Spanish Ultra Walking newsletter from Bernardo José Mora - the usual great reading once you fire up the online translator!

September 2011 -> <http://www.ultrawalking.es/2011/UWE9.pdf>

#### FINANCIAL NEWS

A quiet time recently but the bank balance remains healthy.

Incoming	Donation - Ian Valentine	40.00
Outgoing	Postage and Photocopying	- 24.70
	New website registration and setup	- 70.00
Balance		\$907.86

**UNTIL OUR NEXT NEWSLETTER**

Another issue ticked off and more great walking by Michelle Thompson (C 58). As we leave our cold winter behind us, it is time to dust off the walking shoes, get out there and enjoy the great outdoors in the most natural way possible - by walking.

Yours in Centurion walking

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