

CENTURION FOOTNOTES

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DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2012 provides many opportunities for 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.

7 Jan 2012	Narabeen All- Nighter (12 Hours)	Narabeen, NSW
11-12 Feb 2012	Caboolture Dawn to Dusk (6 Hours and 12 Hours)	Caboolture, QLD
12 Feb 2012	8 Heures de Charly sur Marne	Charly sue Marne, FRA
18-19 Feb 2012	Injinji Stromlo 12 Hour	Canberra, ACT
25-26 Feb 2012	24 Heures de Bourges – French Championship	Bourges, FRA
Sun 11 Mar 2012	Coburg 6 Hour Walk/Run Championships	Coburg, Victoria
31 Mar - 1 Apr 2012	24 Heures de Chateau-Thierry	Chateau-Thierry, FRA
14-15 Apr 2012	2012 Australian Centurions 24 Hour (Coburg Carnival)	Coburg, VIC
28-29 Apr 2012	24 Heures de Monthey	Monthey, SUI
12-13 May 2012	24 Heures de Dijon	Dijon, FRA
26-27 May 2012	Continental Centurions 24 Hour Qualifying Walk	Scheidam, NED
23-24 June 2012	Sri Chinmoy Australian 24 Hour Track Championships	Sydney, NSW
27 July 2012	Caboolture 24H and 24H Championships	Caboolture, QLD
22-23 Sept 2012	British Centurions 100 Miles Qualifying Walk	Colchester, ENG
15-16 Sept 2012	Roubaix 28 Hours	Roubaix, FRA

Note that the Sri Chinmoy 24 Hour Track Championships (which also includes the Australian 24 Hour Track Championship this year) is to be held in Sydney this year rather than Brisbane.

NEWS ON OUR MEMBERS

I was excited to get a Christmas email from **Geoff Hain (C 49)** and his wife Annie. They continue their globetrotting lifestyle which saw them in many different parts of the world in 2011. Here is what Geoff had to say

Hi Tim,

Couldn't let the year go by without saying hello. Time seems to fly these days - how are you? Hope you are still wearing out the feet around the paths of Melbourne.

Haven't been doing any long distance walking lately, Annie and I are presently living in Buenos Aires, Argentina. We have been here for a few months now and will probably stay here for a good part of next year. Obviously we love the Spanish culture and in particular the availability of Tango - we are out dancing just about every night of the week. This place is Tango heaven for addicts like us.

Before arriving in South America, we had spent quite some time trekking in the Atlas mountains in Morocco before moving on to Portugal where the most amazing thing happened.

We were at a local Tango dance in Lisbon late last year and we were spotted by a Film Director looking for a Tango dancing couple to appear in her latest film.!!!! Although we were soon to return to Australia in a little while to meet our newest grandchild, number 6, nothing was a problem.

*The Film Producer provided our return airfares, accommodation, food etc. We were requested to return to Lisbon in March this year and then spent two complete days on the movie set being filmed on location in and around the city. All we had to do was dance Tango in front of the cameras and crew. Wow what an experience. We were treated like movie stars!!! The film has now been released in Portugal, so maybe in due course it will come to Melbourne, with English sub titles. It is called *The Death of Carlos Gardel*.*

Annie and I are in the very opening scene so you can't miss us. Not in Centurion gear but still very recognisable, even with makeup on. So there you go, not many Centurions have been in the movies.

Keep well Tim & all the best for Xmas and the New Year.

Regards, Annie and Geoff

ANYONE FOR A WALK IN THE SNOW - THE ANNUAL PLOMBIERES TO HOUFFALIZE

Four of our European based Australian Centurions - **Jill Green (C 38)**, **Sue Clements (C 35)**, **Caroline Mestdagh (C 56)** and **Rudy Schoors (C 55)** - were in action on 17-18 December, walking in the annual Plombières to Houffalize in Belgium. Rudy and Caroline forwarded me a lot of fantastic photos and a brief summary of proceedings:

Last weekend we walked the 37th "Marche of Suffering" from Plombières to Houffalize in the Ardennes (South of Belgium). It was a tough walk because of the weather. Six hours snow and 10 to 15 cm at the bottom. A cold wind in our faces and slippery roads. The muscles have been suffering! We enjoyed the event and the pleasant talks with other walkers from Belgium, The Netherlands, Germany, the UK and Denmark.

I asked Sue for some further info and she replied

The annual 110km Plombières to Houffalize walk in Belgium offers participants the opportunity to walk in a led group at a pre-agreed pace: 6.7, 6.4, 6.3, 6.2 or 6 km/hour. The start time for each group is staggered so that as one group leaves a checkpoint the next one is just arriving. This avoids over-crowding at the checkpoint and also enables walkers to drop back a group (or more) at a checkpoint if they find they need to walk at a slower pace.

The walk follows the 'Battle of the Bulge' through the Belgian Ardennes using roads and tracks. This year we were treated to lots of snow falling during the Friday night so the long stretches through forests were a delight; trees draped in thick snow and scenery twinkling in the moonlight. Wonderful memories. A few walkers did a 'double', walking from Houffalize to Plombières on the Thursday, then doing the return trip with the organised 'event'. Now that's what I call keen!

And onto the photos – all I can say is Wow! You can see a very satisfied Rudy and Caroline in the last photo.



Fred Brooks (C 42) is returning to Melbourne this Christmas for a visit. He arrives from England soon after Christmas and will be with us until 9th February. It would be remiss of us not to celebrate that fact so we have organized a luncheon on Sunday 5th February at the Leighoak Club in Oakleigh. Details are as follows

Date: Sunday 5 February 2011
Time: 12:30PM onwards
Venue: Leighoak Club, cnr Atkinson Street and Dandenong Road, Oakleigh (Melway 69 G6)

We hope to see a big crowd. Just email (terick@melbpc.org.au) or ring (0412 257 496) to let me know if you can come.

And talking of Fred, this article was recently published in the Birmingham Mail and it's a beauty.

'Evacuation changed my life'

HIS first Christmas as an evacuee was never going to be his best, but misery piled on misery for Fred Brooks, then aged five.

Yes, his mother had travelled from 199 Rocky Lane, Nechells, to bring presents for Fred and big sisters Joan and Iris.

His cowboy suit fitted a treat – but the Cadbury chocolate bars that Florence (known as Floss) had meant as another gift, never reached him.

"Mum had to walk from Hinckley Station in Leicestershire, to where we'd been billeted, and the chocolate must have fallen out of her carrier bag.

"I remember how her face dropped when she realised it had gone. She was a great woman, our mum. Apart from bringing up 11 kids in a two up, two down – I was the first boy – she had a cleaning job in the mornings and was a barmaid at the Royal Exchange pub, on the

corner of Rocky Lane and Long Acre, each evening.

"My dad, Charles, worked in the Birmingham Corporation drainage department but money was tight: he won £500 on the football pools in 1937 and had to borrow half-a-crown to send a telegram to claim it."

For little Fred, walking between Joan and Iris to climb aboard the Leicestershire-bound train from grimy Saltley Station was all an adventure.

Too young to understand more, he thought he was on a glorious holiday.

Then, hours later that day, reality hit him as he and the girls, billeted together with a silent woman whose face he can't remember, served them bowls of lumpy celery soup.


"We looked at each other and pulled faces but had to eat it," he says. "We didn't know half then."

Next day, double doses of celery soup. Ditto the third

day. And, by then, the Brooks children had learned not to grumble. Their hostess, they'd discovered, had heavy hands, always eager to hit them round the ears and on arms and legs.

At last Joan, always the stern one, complained of their diet and treatment. She was sent back to Birmingham to help her mother, pregnant again, Iris was packed off to another family and stayed happily with them until bombing ended and, after a spell with the Moore family in Radmore Road, Hinckley, little Fred settled with the Websters, a bit further up the same road.

Evacuation, says Fred, changed his life, gave him a new outlook as he grew up, he'd look round Birmingham's grey streets and yearn for a clear sky and



Family: Sister Joan, brother John, mother Florence, sister Iris and Fred Brooks in Blackpool in 1937. Left, Fred now.

MELACCA INTERNATIONAL 12 HOUR WALK, MELACCA, MALAYSIA, 10-11 DECEMBER 2011

The tradition of a yearly Malaysian 12 Hour walk continued in 2011 with the famous historical site of St. Paul's Hill A'Famosa in Malacca once again chosen for the overnight event. The race started at 8PM on Saturday 10 December and finished at 8AM the following morning. Walkers negotiated a 1000m loop around the World Heritage listed area and, as per their usual practice, the organisers (the Race Walkers Assn of Malaysia) docked a lap from any competitor deemed to be walking in such a way as to gain an unfair advantage. The results below show laps docked for certain competitors.

Emmanuel Tardi, who raced in the event, tells me that it was very hot and almost suffocating in parts. I think it's pretty obvious why a nighttime timeframe is chosen!

The fields were even bigger than last year with 389 men and 324 women contesting the 12 Hour events. Full result sets can be sourced from the website <http://www.racewalkermalaysia.com/result.php>. I will restrict myself to the top 10 from each of the 12 Hour events. The results look good with the winning man recording 94km and the winning woman recording 84km. Emmanuel tells me that the winning woman was only 19 years old and is one of the very good local racewalkers (10000m PB of 53:54).

Men 12 Hour Walk		Country	Laps	DQLaps	Km	TotalTime
1	ENG HUP BOH	MALAYSIA	96	2	94	11:57:35
2	MALEK REDONE BIN HERBERTO	MALAYSIA	91	1	90	11:56:43
3	WAN ARIF BIN WAN HUSAIN	MALAYSIA	90	0	90	11:57:07
4	YOW KANG HUAT	SINGAPORE	89	0	89	11:56:59
5	LIEW THO FATT	MALAYSIA	88	0	88	11:54:16
6	MOHD RAHMAN BIN ABU BAKAR	MALAYSIA	90	2	88	12:00:41
7	R.SUBRAMANIAM	SINGAPORE	86	3	83	11:56:42
8	CHAN SHUN KING	HONG KONG	81	0	81	11:55:25
9	FOONG FATT HENG	MALAYSIA	81	0	81	11:58:00
10	KRISHNAN A/L RENYASAMY	MALAYSIA	80	0	80	11:56:30

Women 12 Hour Walk		Country	Laps	DQLaps	Km	TotalTime
1	SONG GIE CHEE	MALAYSIA	84	0	84	12:02:37
2	SO KIT-SUM	HONG KONG	82	0	82	11:52:35
3	LAU FUNG-LING	HONG KONG	80	1	79	11:57:10
4	KOMATHI RAMALINGAM JAYARAMAN	SINGAPORE	79	0	79	11:58:37
5	WONG SIEW LENG	MALAYSIA	78	0	78	11:53:16
6	KAN MIU CHUN	HONG KONG	78	0	78	11:56:45
7	SUEN WAI-HA	HONG KONG	78	1	77	11:53:50
8	KALAIVANI A/P BATHUMALAI	MALAYSIA	77	1	76	11:57:51
9	CHAN YEE HUNG	HONG KONG	75	0	75	11:53:22
10	MA WAI FUN	HONG KONG	73	0	73	11:53:22



Emmanuel Tardi (left) in the Melacca International 12 Hour walk. You can see this and many more photos in Emmanuel's Facebook album <http://www.facebook.com/media/set/?set=a.2542771542745.127527.1657411914&type=3>

PETER BENNETT WALKS THE COAST TO KOSCI

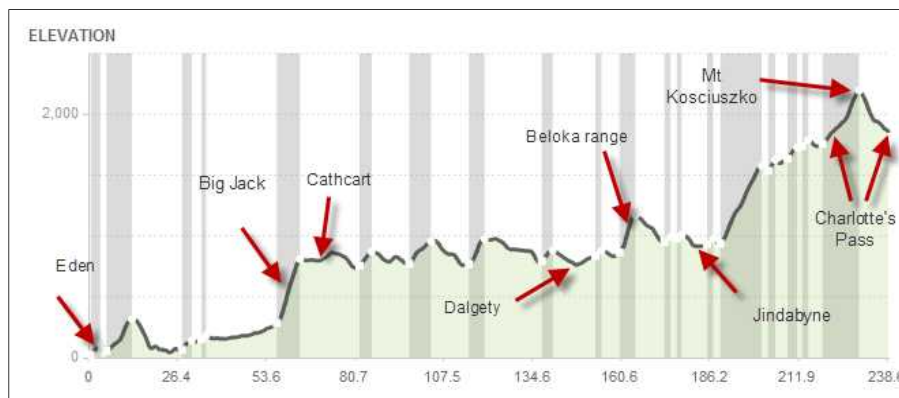
On December 9, **Peter Bennett (C 24)** tackled the eighth annual Coast to Kosciuszko, a 240km ultramarathon from Boydtown Beach to Charlotte Pass in NSW, which includes reaching the summit of Mt Kosciuszko. One of only 50 competitors, he stepped into the history books as the first racewalker to take part in the event (see <http://www.coast2kosci.com>).

Peter set himself a personal goal of completing the race in 40 hours with no breaks and that he did, coming a very creditable **19th in a time of 38:06:38. That's 38 hours and 240km over very tough hilly terrain.** And to really add to the torture factor, the last 12 hours is the steepest of the lot as you battle extreme fatigue, big hills and the effect of the altitude.

Peter has walked 100 miles or more within 24 hours on 11 separate occasions but I am sure that he will rate this his toughest walk ever. The map below shows the course route.



And here is the altitude – it just gets tougher and tougher the longer the event goes.



And here is Peter's report on his amazing walk.

Coast to Kosciuszko Ultra Marathon 2011 By Peter Bennett

The concept of walking the 240km Coast to Kosciuszko Ultra Marathon race was very appealing to me; the course, the scenery, the distance, the elevation and the iconic status of the race. I wondered “Could a race walker make it to the finish line inside the cut-off time?” This is the most iconic ultra marathon in Australia that takes you on a physical and emotional journey from Boydtown Beach in Eden to Charlotte Pass onto the summit of Mt Kosciuszko (2,228 metres) and back to the finishing line at Charlotte Pass.

I first raised the question of entering during on the second night of the 2010 Caboolture 48 hour race. My crew member thought that I was possibly delirious at that stage so just said “Why not “. When the nominations were called for this year, I started thinking about it again. When I arrived home from finishing the Bribie Island 46km Beach Bash at the beginning of October I lodged an entry application with about 5 minutes to spare before the entries closed. When I received an offer by the Race Director of a place in the starting line I thought “now what do I do?” I had been prepared to have my application rejected. But as the Race Director explained to everyone at the post race presentation, he was aware that I was a race walker. He spent some time looking into my background and talking to some ultra runners and concluded that I had met the race entry criteria, was capable of finishing the race and that I deserved a start on merit. I am forever grateful to Paul Every for his display of faith in giving me the opportunity to participate in this race.

It did not take long to get a support crew together. I only had to ask the question and the reply was “you bet “and “I’m in”. Not only did I have the honour of being the first race walker to be accepted to take part in the event but the QRWC can claim to have the first all race walking crew in the race. My wife Julianne, Iggy Jimenez and Sarah Vardenega provided all the support I needed plus plenty of humour (but the slave drivers would not let me stop or rest for the entire 38 hours let alone allow me to get anywhere near the back seat of the car). Having crew members who know you better than yourself is invaluable .They knew what I wanted and how I was feeling without me having to tell them. I could not have asked for a better crew who were 100% focused on the goal from start to finish and they earned high praise from the Race Director for the way they carried out their task I had set myself a goal of completing the race in 40 hours but to finish in 38:06:38 is entirely down to the crew.

We flew to Canberra on the Thursday morning. Once there we picked up a hire 4-wheel drive and drove into the city to borrow from friends some gear we were unable to carry on the plane - esky, gas bottle and cooker, folding chair, table etc. Then it was off to the supermarket to get all our food supplies for the race. Soon we were heading out along the Monaro Highway on the way to Eden on the NSW South Coast. After such an early start we stopped at the little town of Nimmitabel and had lunch at the town bakery. We all voted that they made the best pies ever.

After arriving at Eden we checked into our cabin right on the beach at the holiday park. This was time to relax, have a sandwich and a cuppa before preparing all our gear and food for the race start next morning. We did a short drive to Boydtown Beach to familiarise ourselves with where the race started (this proved to be a wise move) before going into town to attend the pre-race briefing and pasta party. The function room at the Eden Fisherman's club was overflowing with race participants and crews. It was reassuring to see a few familiar faces from races at Caboolture. It had been a long day so after an excellent pasta buffet and a race briefing we re-fuelled the car and headed back to the holiday park to get some sleep.

It was a privilege to be on the starting line on race day with such a strong field of Australia's best ultra runners and a contingent of overseas athletes. The beach looked beautiful at dawn. We had made it to the start line with 10 minutes to spare. I had changed my watch to NSW daylight saving time but not my alarm clock. I flew out of bed got dressed and we drove straight to the starting areas being grateful we knew exactly where to go. There was no time for pre-race nerves just enough time to pin the race number on, take a photo and we were off.

From the beach the course led across the Princess Highway and onto a fire trail and immediately into the hills. There was no rest or working your way easy in the race. Most of the runners were soon out of sight as I concentrated on relaxing and getting into a comfortable rhythm. During the first seven hours I was able to chat to David Billett (C.50) who at various intervals was alternating his run with periods of walking. He provided some insights on what lay ahead but also commented that we were "just taking rubbish" after we discussed the amount of household goods that had been illegally dumped in the forest.



Left: contemplating the job ahead at the start



Right: on the road

It would be over three hours from the start until we would be able to link up with our crews so they had plenty of time to get back to the cabin to have breakfast and pack up. After about 24 km I reached the point on Towamba Road where the crews and athletes met up. It was here that I felt the warm up stage was over and the real race was beginning. My talented crew applied my sunscreen as I was still walking and made sure I had plenty of fluids and something to eat. From then on the crew started a routine of driving 3-5km ahead depending on road conditions; the temperature and the terrain. They were more on their toes and alert after encountering a big red bellied black snake on the road.

I reached the first mandatory check point at Rocky Hall (approx 50km) in 6 hours 31 minutes and was still at the back end of the field. This checkpoint was a boost as I felt good and it really felt like I was part of the race as there were a number of other crew cars in sight. Soon after we crossed the Towamba River and enjoyed one of the highlights of the race (for us anyway) when I was joined by Iggy to walk up Big Jack Mountain. By the time we reached the top 7km later we had picked up about 10 places. I enjoyed the uphill but the downhill sections were very tough on the knees especially on the rocky unsealed sections of road. It was a perfect sunny day but as the temperature rose to about 26C. I draped a towel that had been soaked in ice water over my head and shoulders. This not only kept me cool and protected from the sun but helped with the dust and the flies as well.

The second checkpoint at Cathcart (70km) was memorable for the icy pole that my crew had bought for me from the little general store. From there we were on mostly unsealed roads and undulating terrain with numerous cattle grids to negotiate. Sarah & Iggy had started a routine of walking with me at various intervals. Now that we were not at the back

of the field our support car was regularly leapfrogging with some of the other support crews. This interaction with the other athletes and their crews is part of what makes this race so special. The camaraderie and offers of support we received by everyone was humbling. No big egos or a dog eat dog world, just people who were genuinely happy for how we were progressing in the race.

It was around this stage that The Race Director jogged beside me for a couple of minutes to see how I was feeling. He was really pleased that I was still going so well and that I had not stopped at all. He asked me long did I intend to keep race walking. "Until I finish" was the only answer I could think of. From the moment I had entered the race there was never a thought about not finishing, there was no plan "B".

By early evening we were bemused by a gathering of crew vehicles on the road around a big dead tree in the middle of nowhere. Due to the fact that there were big dead trees everywhere we could not work out why this dead tree was significant. We speculated that it might have a sinister history like the picnic at Hanging Rock. I think we were all a little weary by this stage as Sarah had begun talking to the sheep. This was when we were not telling each other lame jokes. Anyway we later found out the tree was the closest land mark to the 100km mark.

Once we turned onto the Snowy River Way we had the luxury of a long flat bitumen road. As night fell I changed into some warmer clothes, put on a reflective vest and headlamp and was handed a cup of hot fettuccine as I headed off into the night. The hot food and a cup of tea gave me a real boost but I could have eaten another 6 cups of fettuccine. Iggy promised that I could have another cup in about 20km.

We enjoyed the company of other crews and athletes on the road at night. We would leapfrog each other sometimes seeing a runner we had not seen before. Some of the runners were going through rough patches and looked in bad shape. It is a testament to the toughness and determination of these runners that they made it all the way to the finish line. It was fortunate that there was moonlight as we could not see a single house light in any direction. The only lights we saw were car tail lights in the distance. Distances can be very deceptive at night on the high plains. It could sometime take us half an hour or more to reach a vehicle that looked to be only a few hundred metres away. Some of the other crews were driving 10 or more kilometres ahead at this stage to allow themselves to get some much needed rest before their runner caught up. At one stage two runners went past Iggy & I and asked did we see the brown snake on the road. Apparently it was curled up on the road and we must have just missed standing on it. We were certainly more alert and kept a sharp look out at any dark object on the road with our headlamps after that.

Just before 2am I arrived in Dalgety (147.2km). The crew had gone ahead to the check in point at the local community hall that was set up to provide crews with a chance to get a hot meal and a rest. While they were enjoying a well earned break (and toilets) I crossed the Snowy River Bridge and followed the road signs pointing towards Jindabyne. I could see the reflective vests of a runner and support crew a hundred metres ahead so I was confident I was on the right road. Still, it was a relief to have the crew car come along side soon after. We ticked off another milestone when the crew called out that I had just going through 100 miles and recorded it in the trip diary at the 22 hours 42 minutes mark.



Left: At the 33 hour mark – Perisher



Right: Approaching Charlotte Pass

Soon after I was joined by Iggy for the climb up the Beloka Range. This is steeper than but not as long as Big Jack Mountain but we still found it another enjoyable part of the course. It really broke up the routine having these steep climbs. By the time we reached the top it was nearly dawn and there was thick fog everywhere. There was a long downhill section before what seemed a very long climb up to the Barry Way that leads into Jindabyne. Some people told us there was only one more hill until Jindabyne and a few undulations. We never want to hear the word "undulating"

“again as after every corner we turned there was yet another hill.

Arriving in Jindabyne (182.8km) after nearly 27 hours on the road was a significant milestone and a huge physiological boost to me and the crew. We finally felt we were getting to the business end of the race. I changed out my night gear as it was already warming up and headed out of town along the bike path. Soon after I reverted to having a damp towel over my head to keep out the heat. The euphoria of reaching Jindabyne was tempered after we crossed the Thredbo River (189.4km) and began the long and steep 38km ascent to Charlotte Pass. Because of the heat, elevation and the fact I was going so slow the crew reverted to only getting 1.5 - 2km ahead at a time. Iggy & Sarah intensified their efforts to make sure I was adequately hydrated and keeping up my energy levels up. They renewed taking turns at walking with me but they could tell I was getting extremely tired as I could no longer make any lame jokes or even answer simple questions. Still we continued onwards and upwards, putting one foot in front of the other with AC/DC “It’s Long Way to the Top” playing in my brain.

At some point the crew called out that we had reached the 200 km mark but still the road wound relentlessly upwards. By the time we reached Smiggins Holes I was having a real battle to stay awake and no matter what I ate or drank seemed to have any effect. A can of Pepsi Max picked me up for an hour before I started nodding off again. By then we had gone through the checkpoint at Perisher (212.4km) and were near Guthrie’s Creek. A big mug of the best tasting pea & ham soup I have ever had gave me the boost I desperately needed and the sight of snow on the mountains ahead had me quickening my pace.

Finally Charlotte Pass came into view. We could see all the crew vehicles parked in the distance and this spurred us on to make the last climb. Arriving at Charlotte Pass I quickly changed into warmer clothes and put on a poncho as there was light rain falling. A quick photo and with renewed vigour accompanied by Iggy & Sarah I began the 9km ascent to the summit. On the way up we played tourist and took lots of photos but we were aware of the dark clouds rolling in and the rain approaching. It was really uplifting to run into many competitors on their way down from the summit and the warm encouragement they gave us. By the time we reached the summit thick clouds had obscured all the mountain and we were buffeted by light but icy rain. I managed to climb on top of the cairn at the summit and stand up in the strong winds for mandatory photos before we decided to get out and get off the mountain. On the return journey I was on a mission and Sarah & Iggy tried to ensure I did not fall over the edge. Once in the valley it was full steam ahead for the finish line (or at least it felt like it) and 7.36pm I finally crossed the finish line after 38 hours and six minutes to a feeling of great relief and immense satisfaction. I was also a little sad that such a great race had come to an end but I kept that to myself just in case someone was tempted to carry me off in a straightjacket. In finishing 19th (13th male) I finished ahead of more than half the runners. I had wanted to finish the race as soon as possible not only for the time but also I did not want to keep my crew out on the course any longer than absolutely necessary. They were all as shattered as I was. The last runner finished in 45 hours 42 minutes just inside the 46 hour cut-off. After recovering we still had the long 38 km drive back down the mountain to Jindabyne. This seemed to take forever and I could not believe I had just spent hours fighting my way up the same stretch of road.

The overall race winner was Ewan Horsburgh in 27 hours 27 minutes with Julia Fatton from Switzerland the women’s winner and 5th overall. Julia took over 2 hours off the race record to finish in 30 hours 11 minutes. Of the 42 athletes who started on the beach in Eden six were unable to make it to the finish line.



Left: At the top of Kosciusko with Iggy



Right: Finished at last – Sarah, Iggy, Peter and race director Paul Every

We found this is an awesome race and an ultimate test of fitness and mental strength. We were absolutely knocked over

by the friendliness and support we received from the other crews and competitors. The Race Director and his wife are absolute gems and could not do enough for everyone in the race. At the presentation ceremony on Sunday morning in Jindabyne the Race Director joked to the crowd that he was a bit annoyed with me. He said because of me he will get inundated with walkers all thinking they can walk Coast to Kosci in 38 hours.

I had people tell me before the race that walking 240km non stop was impossible. Nothing is impossible if you set yourself a goal and put your mind to it. Never underestimate yourself and what is humanly possible. It is races like this when your friends really shine through and it makes you dig deep and push through the boundaries to beyond levels of what you thought you were capable of.

Would I encourage other race walkers to have a go at this race? You bet. You and your crew will have to time of your life. This is more than just a race, it is an adventure and for some it can be a life changing experience. It is very unique and quite different from all other races I've ever done (that even includes the Paris-Colmar stages races). It is an experience my crew and I will never forget. It is hard but it is a lot of fun.

To summarise my experience on how to walk this race I would start by saying not to get intimidated by the length of the race or by the hills. Try not thinking too far ahead just break the race down into little milestone stages. You need to have a lot of patience.

The most important advice I could give is to stay on your feet and keep moving forward no matter how slowly you may be travelling. Ultra walkers are generally one paced and cannot compete with the runners on the flat and on downhill sections. The hills are where we were able to make up ground on a number of runners.

It is a regulation that you cannot start this race without a crew. Select a crew who are able to anticipate all your needs and requirements. You can then concentrate solely on walking as they do all the thinking make all the decisions and point you in the right direction. Pay attention to your hydration & nutritional requirements. This is crucial especially late in the race when extreme fatigue, the unrelenting climbs and the altitude play a part.

Thank you to my superb crew of Julianne, Sarah and Iggy. It would not have been possible to achieve this result without your efforts. Thank you also to Race Directors Paul Every & Diane Weaver for putting so much effort into the planning and running of this race, making everyone feel welcome and their concern for the welfare of every competitor. Thank you to all the other competitors, volunteers, support crew members for your friendship and support and for your contagious passion for this race.

2011 GORDON SMITH MEMORIAL AWARD

Our Australian Centurions will be voting over the next month to decide who wins the 2011 Gordon Smith Memorial Award. This annual award, named after Australian Centurion Number 1, 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 are

- 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)
- 2010 Peter Bennett (C 24)

This year it will be a tough ask for our centurions to vote, given the quality of the 3 nominees. Here they are, in date order.

- **Clarrie Jack (C 4)** led the way in the 6 Hour walk at the Coburg Carnival in early March, winning the men's event with **52.290 km** and setting a new **M65 Australian Record**. The previous record had been held by Robin Whyte with 50.400km so Clarrie was nearly 2km ahead of it. Considering that Clarrie became a member of our exclusive club way back in 1971 (40 years ago!), it is pretty incredible to realise that he is still walking so well so many years later.

- **Michelle Thompson (C 58)** was back at the Coburg track again in April of this year, but this time as a walker and was she good, powering through to set new **W40 Australian records** for 50 miles, 12 Hours, 100 km, 100 miles and 24 Hours and finishing with **172.593km**, just short of her 172.906km which she recorded in winning the previous year's Coburg 24 Hour Run. Now that's an interesting statistic! She was awarded the Jack Webber Trophy for the most meritorious performance on the day. With this walk, she also became Australian Centurion number 58 with her 100 mile split of **22:03:37**.
- **Peter Bennett (C 24)** tackled the eighth annual Coast to Kosciuszko - a 240km ultramarathon from Boydtown Beach to Charlotte Pass in NSW, which includes reaching the summit of Mt Kosciuszko - in mid December. One of 50 elite competitors, he stepped into the history books as the first racewalker to take part in the event. Peter set himself a personal goal of completing the race in 40 hours with no breaks and that he did, coming a very creditable 19th (against a field of runners) in a time of **38:06:38**. That's 38 hours for **240km** over very tough hilly terrain. And to really add to the torture factor, the last 12 hours are the steepest of the lot as you battle extreme fatigue, big hills and the altitude effect. As a matter of interest, he passed the 100 mile mark in just over 22 hours en route to his final destination.

The winner will be announced in the next newsletter.

FINANCIAL NEWS

As we reach the end of our financial year, we are well placed with a healthy bank account balance. Thanks to all those many members and friends who continue to support us financially.

Incoming	Tim Erickson – donation	\$ 80.00
Outgoing	Nil	-
Balance		\$1238.70

I will be writing up our annual report in the next few days and will send it out separately.

UNTIL OUR NEXT NEWSLETTER

Another year completed and what a successful one for us with two new members and lots of activity, both on the local front and overseas. It's 30°C today as I look out the window – while it may be under snow in Belgium, we look set for our usual hot summer here in Australia. To everyone, may the peace and joy of Christmas light up your day.

Yours in Centurion walking

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