

CENTURION FOOTNOTES

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

DATES...DATES...DATES

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

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

2012 AUSTRALIAN CENTURION WALK UPDATE

I have been busy processing the entries for our 2012 Coburg 6 Hour (March) and 24 Hour (April) events and am very pleased to report that we are set for bumper walk fields once again. Here is a breakdown of walk entries thus far.

BENNETT, Peter	QLD	24H Walk	We are excited to have Peter, Australia's top ultra distance walker, competing at Coburg for a second time (he was last here in 2010 when he won the 24H walk). With an amazing 216km to his credit for the 24H walk (2008 Rouen France) and the holder of the Australian 100km walk record (10:51:35), he will be hard to beat in this year's 24H walk.
CARTER, Ken	VIC	6H Walk 24H Walk	Ken is a regular walk competitor, having best times of 40km for the 6H and 58km for the 12H. This year, he is going to attempt the 6H and 24H.
COMMINS, Louis	NSW	24H Walk	Lou competed in his first ultra at Coburg in 2006, finishing 7 th in the 24H Walk with 131.517 km. He came back in 2007 to achieve 160.150 km and has been walking regularly on the ultra scene since. Will be a serious walk contender again this year.
COOK, Kim	NSW	24H Walk	Kim last ran at Coburg in 2007, placing 6 th in the 24H with 166.67 km. He is back again this year after a 5 year break but has entered the walk, perhaps keen to test himself with a new challenge.
ESSAM, Phil	ACT	24H Walk	AURA historian Phil Essam has dusted off his walking shoes and will be joining us at Coburg for the first time in a while. He has a best of 119km for the 24H walk and is hoping that "life begins at 50" as he tests out his legs after a quiet few years.
FRYER, Martin	ACT	24H Walk	Martin first competed at Coburg in 2007, winning the run with 227km. He quickly improved to 247km and represented Australia in the 2008 IAU World Championships. In 2009 he extended his repertoire to include the 48H run and won the Sugures championship in France with

			an amazing 433km. With a 24H run PB of 259.841 km, he is at the top of his form. But interestingly, he has chosen to do the 24H walk at Coburg as part of his prep for a 6 Day event later in the year. Their loss is our gain!
GOEMAN, Eddy	BELGIUM	24H Walk	Eddie Goeman is one of 4 Belgian walkers making the trip to compete in our 24 Hour championship. He is an accomplished ultra distance walker, having 2 centurion badges so far: Continental Centurion C381 (2010 – 20:37:25) and British Centurion C1086 (2011 – 20:33:02).
JACK, Clarrie	VIC	6H Walk 24H Walk	Clarrie is one of Australia's most experienced ultra distance walkers, being Australian Centurion No 4 (1971 – 20:39:45). He also holds the Australian Open Record for the 50 mile walk with a time of 7:57:57, set in 1979. Won the 2007 12 Hour walk with 88.370 km, was second in the 2008 and 2009 6H Walk and won the 2011 6H Walk. Will be a strong walk contender once again this year over both distances.
JORDAN, Steve	VIC	6H Walk 24H Walk	First time competitor in 2005 when he won the 6 Hour Walk with 43.6 km. Since then he has competed in every Coburg Carnival and has improved his bests to 46 km (6H), 85km (12) and 149 km (24H). Steve will be back again in 2012 hoping for even greater success.
McKAY, Doug	VIC	6H Walk 24H Walk	Doug competed in his first 24H event in Adelaide in October 2008 and walked 127.55km. He has competed in the last 3 Coburg 24H events and has a best of 138.7km. Is back to do the 6H and 24H walks in 2012 and will be looking for even further.
O'NEILL, Terry	VIC	6H Walk 24H Walk	Terry is Australian Centurion 18, having completed his 100 mile walk in 21:13:08 in 1979. In 2006, he reappeared after a long absence and walked the 100 km in 13:19:08, indicating that he had lost little of his fitness. In 2007, he completed his second 100 mile finish with 21:48:35 and won the Australian 100 km walk championship for the second year in a row. One of our top ultra walkers, he is now a regular at Coburg and always features highly in the walk results.
SCHOORS, Rudy	BELGIUM	24H Walk	Rudy Schoors and Caroline Mestdagh are a married couple from Belgium who are amongst our top ultra distance walkers. They qualified as British Centurions in 2007, Continental European Centurions in 2008. Australian Centurions in 2009 and as American and NZ centurions in 2010. Now with all the available badges to their names, they are returning to Coburg for an encore performance. Rudy has walked the 100 miles in 21:32.
SHARP, Philip	NZ	6H Walk	Philip is a New Zealand walker as well as secretary of the New Zealand Centurions. He came across for our 6 Hour walk in 2011, finishing 7 th with 47.729km. He is back again this year for more of the same.
SKRUCANY, Rudolf	VIC	6H Walk 24H Walk	Rudolf completed 86 km in his first ultra at Coburg in 2006 in the 24H walk and improved in 2007 to 117.447 km. Since then he has been a regular walks entrant and is back again in 2012 to do both walks.
TIMMS, John	VIC	6H Walk 24H Walk	John is a very experienced runner at all distances from 24 hours to 1000 miles and has a best 24 Hour run of 170.7 km (1994). Regular Colac 6 Day runner and a regular supporter of our Coburg event. Has been dipping his toes into ultra walking the last few years and completed 142km to come 2 nd in our 2010 24H walk. Is back to contest the 6H walk and the 24H walks this year.
TURNER, Gary	VIC	24H Walk	Gary won our 2006 12 Hour Walk with 68.17 km and was 3 rd in 2008 with 63 km. In 2009-2011, he competed in our 6H walk. This year he has upped the ante and entered the 24H walk event.
VERMEULEN, Willy	BELGIUM	24H Walk	Willy Vermeulen joins Caroline and Rudy and Eddy as another of our Belgian entrants in the 24H walk. Already a Continental European Centurion (2005) and a British Centurion (2005), he has walked the 100 miles in 21:38.

HOWORTH, Sandra	VIC	6H Walk 24H Walk	Sandra has competed in the walk at Coburg on a number of occasions and has a 24H best of 103 km. She completed both the 6H and the 24H walks in 2011 and is back for the same demanding double again this year.
MESTDAGH, Caroline	BELGIUM	24H Walk	Caroline Mestdagh and Rudy Schoors are a married couple from Belgium who are amongst our top ultra distance walkers. They qualified as British Centurions in 2007, Continental European Centurions in 2008. Australian Centurions in 2009 and as American and NZ centurions in 2010. Now with all the available badges to their names, they are returning to Coburg for an encore performance. Caroline has walked the 100 miles in 21:30.
O'NEILL, Karyn	VIC	6H Walk	Karyn successfully walked 100 miles in 24 hours in our 2002 event. She walked the 12 hour event in 2003, ran 141 km in 2004 and has walked well in excess of 100km at Coburg every year since. Last year she excelled with a second centurion walk (162.092 km), showing she has lost none of her form. Will contest the 6H walk this year.
PARRIS, Dawn	VIC	24H Walk	After a long and illustrious ultra running career (she is one of the legends of Australian ultra running with a 24H best of 202.65km), Dawn swapped to ultra distance walking a few years ago with immediate success. She came 2 nd in our 2007 6H walk (43.8km), won our 2008 12H Walk (78.5km), came 2 nd in our 2009 24H walk with 137.27km and won our 2010 24H walk with 134.12km. Is back again in 2012 and will do the 24H walk.
THOMPSON, Michelle	VIC	6H Walk 24H Walk	Won our 2005 12 Hour run with 101.9 km, won our 2006 24H run with 166.053km, was second in 2008 in both the 6H run (57.596km) and the 12H run (105.974km), won the 2010 6H walk (49.1km) and 24H run (172.906km) double and won the 2011 6H Walk (53.784km) and 24H walk (172.593km) double. Is getting better with each outing and is one of our most consistent run/walk proponents. Will do the two walks this year and will be looking to better last year's distances.

2011 GORDON SMITH MEMORIAL AWARD

Our Australian Centurions have now voted to decide the winner of 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)

I am very pleased to announce that **Michelle Thompson (C 58)** is our 2011 winner. She won the award for her sterling performance in our 2011 qualifying event at Coburg when she set new W40 Australian records for 50 miles, 12 Hours, 100 km, 100 miles and 24 Hours and finished with 172.593km, just short of the 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.

A number of us met earlier this month over lunch in Melbourne to present Michelle with her award and to welcome **Fred Brooks (C 42)** back to Melbourne when he returned for a 6 week stay. It was great to see Fred looking so well – life back in England must be agreeing with him.



Gordon Smith Award presentations

Back: Ken Walters (C 26), Karyn O'Neill (C 45), Fred Brooks (C 42) and Terry O'Neill (C 18)

Front: Tim Erickson (C 13), Clarrie Jack (C 4), Michelle Thompson (C 58) and Stan Miskin (C 23)

CABOOLTURE DUSK TO DAWN, CABOOLTURE, QLD, 11-12 FEBRUARY 2012

The annual Caboolture Dusk to Dawn 6 Hour and 12 Hour endurance carnival was held last weekend over a 500m circuit in the Caboolture Historical Village in Caboolture in Queensland. While I don't have the official results yet, I can tell everyone that **Peter Bennett (C 24)** did compete and did finish. Here is what he had to say

*I was the sole walker in a packed field of individual and relay runners. High humidity all night. There was an electrical storm about 10pm but we only had a light shower at the race which settled the dust but didn't relieve the steamy conditions. I ended up with **96km**. Don't think I had fully recovered from the long race in December or done enough training but I wanted to do this race as it was for the Andrew Ludwig Memorial Shield.*

8 HEURES DE CHARLY SUR MARNE, CHARLY SUR MARNE, FRANCE, SUNDAY 12 FEBRUARY

While the European track athletes were competing in their various indoor meets last weekend, did they spare a thought for their ultra distance walk compatriots who were in Charly sur Marne, 100km east of Paris, for the 15th edition of this early season classic. France is currently battling snow and ice yet the event still saw 50 individual starters and 12 teams (for a total field size of over 100). Emmanuel Tardi tells me that the temperature was -15°C for the 8am start. Between 10am and 2pm a weak winter sun did break through but temperatures only crept to around -7°C. Local walker Philippe Morel started fast and led for the first 15km until Urbain Girod took over, winning with an 8 Hour distance of 78.391km. Claudine Anxionnat, at 60 years of age, won the women's race with 62.905km. Thanks to Emmanuel for the race results and some photos – it sure looked cold! (And for the record, Emmanuel came 22nd in the men's event with 42.257km – well done mate!). Results are shown below (men restricted to the first 20 places).

8 Hours Walk Men

1.	GIROD Urbain	(C.M. Monthey)	78 km 391 m	7:54:05
2.	THIBAUX Philippe	(CA Agéen)	75 km 810 m	7:58:17
3.	BUNEL Dominique	(Neuilly/Marne Athlé)	75 km 810 m	8:01:37
4.	MOREL Philippe	(AC Château Thierry)	73 km 229 m	7:48:51
5.	GILLES Philippe	(Passruning 45 AMILLY)	73 km 229 m	7:59:24
6.	BUNEL Pascal	(Neuilly/Marne Athlé)	73 km 229 m	8:00:30
7.	MAUREL Eric	(OCT Thierville 55)	73 km 229 m	8:00:34
8.	GEORGELIN Serge	(Bruz Athlé)	70 km 648 m	7:48:06
9.	ROUAULT Jean-Marie	(Omnisports Pithiviers)	68 km 067 m	7:50:51
10.	LOUGRADA Saâdi	(CM Roubaix)	68 km 067 m	7:53:05

11. VARAIN Cédric	(AC Château Thierry)	68 km 067 m	7:54:53
12. MARECHAL Pascal	(AC Château Thierry)	68 km 067 m	7:54:53
13. BIEBUYCK Pascal	(Ath)	68 km 067 m	7:54:53
14. GICQUEL Bernard	(PLM Conflans)	68 km 067 m	7:58:10
15. CHATILLON Dominique	(NL Fublaines)	68 km 067 m	8:03:43
16. NOËL Jean-Claude	(CS Meaux)	65 km 486 m	7:47:59
17. GIRAUDEAU Denis	(PLM Conflans)	65 km 486 m	7:51:29
18. LABARRE Bertrand	(C.S. Provins Athlé)	65 km 486 m	7:53:03
19. LAILLER Patrick	(ASPTT Tours)	65 km 486 m	7:59:02
20. HUART Gilles	(US Toul)	62 km 905 m	7:53:39

8 Hours Walk Women

1. ANXIONNAT Claudine	(Athlétic Vosges EC)	62 km 905 m	7:55:27
2. CLEMENTZ Bernadette	(Athlétic Vosges EC)	60 km 324 m	7:48:46
3. RODIER Nicole	(ESFRA Reims)	57 km 743 m	7:51:56
4. BIZARD Claudie	(Thiais AC)	57 km 743 m	7:55:34
5. MOINEAU Isabelle	(AC Château Thierry)	55 km 162 m	7:46:22
6. LANDRU Noëlle	(AS Corbeil Essonnes.)	47 km 419 m	7:54:05



Claudine Anxionnat and Urbain Girod in action in Charly sur Marne last weekend (photos Emmanuel Tardi)

PARIS COLMAR VIDEOS NOW ON YOUTUBE

This famous event has been the yardstick by which the top ultra distance walkers have measured themselves for over 80 years. In 1926, Emile Anthoine, President of le Cercle des Sports de France, launched a 504 km event and some 50 walkers took up the challenge. It made sense to start the event in Paris while Strasbourg, the capital of Alsace, was chosen as the finish point. Strasbourg was chosen to reinforce the French links with the Alsace region, recently returned to the motherland after the Great War.

Soon after the Second World War, the event swapped direction to become the STRASBOURG - PARIS. In 1981, on the initiative of Francis Jenevein, the finish was changed to COLMAR and the event was rebadged as the PARIS - COLMAR. The distance has varied from year to year as the event weaves its way through different towns, like the famous Tour de France in the cycling world. The race distance is normally 440+ km (the longest was 552 km in 1952) and is walked almost continuously, with only a small number of compulsory rest spots. An event was added for women in 1989; this event is held concurrently with the men's event, starts from Chalons en Champagne and annually traverses more 300+ kilometres to also finish at Colmar.

In the early days, there was no time limit and the last finisher might be some 4-5 days behind the winner. Eventually, time limits were brought in and nowadays those competitors not able to reach the intermediate timing points within the set times are compulsorily withdrawn from the race.

It is not an event for the inexperienced. In recent years, strict qualifying criteria have been put into place and qualifying events are held. Entry to the PARIS - COLMAR is by invitation only and only the very best are invited. The event is run

by le Cercle des Sports de France, under the control of the French Federation of Athletics, with financial support from the local and territorial communities and other partners and volunteers. It is indeed a team effort of vast proportions.

I have noticed a few YouTube videos on the famous Paris Colmar classic going online recently so thought I would update readers with their details. They are all worth a watch.

1970 Strasbourg to Paris: <http://www.ina.fr/media/entretiens/video/CPF04006252/la-plus-longue-marche.fr.html>

Sandra Brown pointed me to this 14 minute French TV production. She commented:

This video contains some terrific coverage of the 1970 Strasbourg to Paris racewalk, full of atmosphere and a very authentic sense of endurance, yearning, suffering beyond normal limits. Number 23 is John Dowling of Sheffield and number 19 is Colin Young of Newham and Essex Beagles. The year was clearly very hot - as is often the case in mid June when the event takes place. The winner, in these very difficult conditions, was Samy Zaugg. The race had become the Paris to Colmar (not far from Strasbourg, and also near the Franco-German border) by the time we took part in the 80/90s.

1	ZAUGG-SAMY	SR-DELLE	FRA	512KM	70H04m	7.307km/hr
2	SIMON-JOSY	AA-LUXEMBOURG	LUX	512KM	70H35m	7.253
3	LEBAQUER-LOUIS	RC-ROUBAIX	FRA	512KM	70H37m	7.250

1990 Paris Colmar Classic: http://www.youtube.com/watch?v=c2srX_Mj69g

This 48 minute feature, in English, was passed onto me years ago by Dudley Harris and I uploaded it to YouTube a few days ago. The quality is poor but the commentary is fantastic. Titled 'Mad Frogs and Englishmen', it follows the efforts of Richard and Sandra Brown as they attempt the classic event. Both finish, Richard in 9th place and Sandra in 2nd place.

1	KLAPA-ZBIGNIEW	ORKAN-POZNAN	POL	522KM	64H36m	8.088km/hr
2	LETESSIER-GILLES	COM-BAGNEUX	FRA	522KM	66H16m	7.877
3	CECILLON-JEAN	CA-MONTREUIL	FRA	522KM	66H43m	7.824
9	BROWN-RICHARD	S-WALKING-C	GBR	522KM	73H29m	7.103
1	COUHE-EDITH	NEUILLY-PLAISANCE	FRA	340KM	50H30m	6.742
2	BROWN-SANDRA	S-WALKING-C	GBR	340KM	51H48m	6.573
3	DELAROCQUE-MONIQUE	ASPTT-EVREUX	FRA	340KM	55H49m	6.100

1996 Paris Colmar Classic: <http://www.youtube.com/watch?v=CuVpLdX6hcA>

This is a 4 minute French TV feature on the 1996 event, won by the great Polish walker Adam Urbanowski (one of 10 wins!). It starts with a studio interview but then quickly gets into the action.

1	URBANOWSKI-ADAM	WKS-WROCLAW	POL	520KM	60H29m	8.597km/hr
2	KLAPA-ZBIGNIEW	IND-LASOWSKI	POL	520KM	61H20m	8.478
3	MAJETIC-IVO	AC-PRAGUE-1890	CZE	520KM	64H23m	8.077
1	DUCHENE-ISABELLE	ASRVH-REMIREMONT	FRA	331KM	41H52m	7.899
2	LEFILLEUL-JOELLE	IND-LIFE	FRA	331KM	43H04m	7.697
3	RADDER-MARLEEN	ROTTERDAMD-WV	HOL	331KM	45H51m	7.230

1999 Paris Colmar Classic: http://www.youtube.com/watch?v=BBpgPzxX4Gc&feature=digest_sun

Emmanuel Tardi has uploaded this 27 minute French video of the 1999 Paris-Colmar classic which saw Polish legend Zbigniew Klapa win the men's event for the 5th time, covering the 521 km in an astonishing 58 hours and 53 mins while French walker Delcina Pajoul won the women's event of 343km in 45 hours and 53 minutes, her second win in a row.

1	KLAPA-ZBIGNIEW	IND-LASOWSKI	POL	521KM	58H53m	8.848km/hr
2	URBANOWSKI-ADAM	WKS-SLASK-WROCLAW	POL	521KM	61H15m	8.506
3	RODIONOV-ALEXSEI	CS-MEAUX	RUS	521KM	63H06m	8.257
1	PAJOUL-DELICINA	AS-MONTFERRAND.	FRA	343KM	45H53m	7.486
2	AMIROVA-LUDMILA	AM-ST/PETERSBOURG	RUS	343KM	46H37m	7.369
3	PUTINTSEVA-IRINA	AM-ST/PETERSBOURG	RUS	343KM	46H39m	7.363



Left : Klapa after his 5th win in the 1999 event
 Right : Pajoul on her way to a repeat victory in the 1999 event

PONDERING THE WOMEN'S 50KM

IAU and AURA regard 50km as the entry point for ultra distance running and I am of the same opinion with regard to ultra distance walking. Even though the 50km distance is an Olympic distance for male racewalkers, it is also my demarcation point for long distance walking – I regard ultra distance walking as all events from 50km upwards.

Readers will recall my article last year on the Australian best performance of Michelle Thompson (C 58) in winning the Racewalking Australia 50km women's championship in Melbourne in September in a time of 5:13:14. On the same weekend in America, Erin Taylor-Talcott recorded an American women's best of 4:41:36, a time which ranked her quite highly in the USA male rankings and which bettered the standard required to contest the USA Olympic and World Cup 50km trial. The only issue – she is a women and the 50km is a men-only event.

After much discussion, common sense prevailed and she was allowed to contest the USA Olympic 50km trial which was held last month. There, she improved her 50km time even further, coming 6th overall in 4:33:22.



Erin Taylor-Talcott crosses the finish line in 6th place with a big PB of 4:33:22. Photo from <http://imperialbeach.patch.com/articles/santee-sees-dramatic-duel-for-spot-on-olympic-team#photo-8949282>

Erin's time of 4:33:22 was of course a new American Record and the 9th fastest women's 50km of all time. Here is what she had to say in her Facebook page after the event

Thank you all SOOOOOO much for your support. It was a great day out there. I raced fairly smart and got three American records; 25K, 35K and 50K. I placed 6th overall. I have heard that at least one of the men won't be going to Russia (IAAF World Racewalking Cup) so I am asking to be put on the team. Not sure if it'll happen, but I'll fight for it. Thank you, thank you, thank you for the people who believed in me and thought I should be racing at this National Championship/World Cup Trials/Olympic Trials. Score one for women!!!!

Time will tell on whether she is able to force her way into World Cup team. But in any case, Erin is indeed breaking

new ground for women and working to get due recognition internationally. In that context, you might be surprised to see the quality of the top ranked female performers over 50km. Below is Emmanuel Tardi's All-Time list. It now shows Erin in 9th place overall behind the world leading time of 4:10:59, done by Monica Svensson in 2007. Note that most of the ranking times have been done in the Italian city of Scanzorosciate (outside Milan) which has hosted international 100km and 50km events each October for many years now. In fact, the 2007 race saw two World Bests for women:

- Monica Svensson of Sweden set a new World Best for 50 km with her time of 4.10.59. The previous record of 4:12:16 had been set by Belarussian Elena Ginko in the same competition in 2004. Svensson made her 50 km in this same competition in 2006 and recorded 4.17.29. In 2007, she opened fast and was just 2.03 at the halfway mark, holding on well in the second half. Amazingly, she beat the first man, Lukas Padzera (4.11.49), by nearly one minute.
- In the women's 100 km event, Latvia's Jolanta Dukure won with a World Best of 10.04.50. The previous best had been held by French walker Kora Boufflert who recorded 10.13.56 in Roubaix in 1994. Jolanta started in the 100 km event the previous year but had been disqualified. This time around she made amends.

Anyway, onto the All-Time 50km Rankings for women – note Sandra Brown in there in 27th place from 1991.

1.	4h10.59	WR	Monica SVENSSON	SUE/261278	SCANZOROSCIATE	21.10.2007
2.	4h12.16	WR	Elena GINKO	BLR/300776	SCANZOROSCIATE	17.10.2004
3.	4h16.27		Jolanta DUKURE	LET/200979	PARALEPA	09.09.2006
4.	4h25.21		Brigita VIRBALYTE	LIT/010285	SCANZOROSCIATE	17.10.2010
5.	4h28.13		Evaggelia XINOOU	GRE/221181	SCANZOROSCIATE	17.10.2004
6.	4h28.53		Aydieta NERINGA	LIT/050683	IVANO FRANKIVSK	01.10.2006
7.	4h29.56		Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	27.10.2002
8.	4h32.36		Lyudmila SHELEST/YEGOROVA	UKR/041074	SCANZOROSCIATE	18.10.2009
9.	4h33.22		Erin TAYLOR TALCOTT	USA/210578	SANTEE	22.01.2012
10.	4h35.51		Anna Lisa POTENZA	ITA/100281	SCANZOROSCIATE	18.10.2009
11.	4h36.45		Olena KRYVOKHYZHA	UKR/100379	SCANZOROSCIATE	28.10.2001
12.	4h37.40		Martina GABRIELLI	ITA/150286	SCANZOROSCIATE	15.10.2006
13.	4h39.45		Susan ARMENTA	USA/190973	CHULA VISTA	17.02.2002
14.	4h41.32		Agnese PASTARE	LET/271088	SCANZOROSCIATE	19.10.2008
15.	4h41.57	WR	Kora BOUFFLERT	FRA/230466	AY	17.09.1995
16.	4h43.24		Anita LIEPINA	LET/171167	SCANZOROSCIATE	27.10.2002
17.	4h44.09		Henrietta RUSNAKOVA	SVK/171071	SCANZOROSCIATE	19.10.2003
18.	4h45.13		Katsiaryna PASHKOUSKAYA	BLR/030976	SCANZOROSCIATE	18.10.2009
19.	4h45.57		Laura POLLI	SUI/070983	SCANZOROSCIATE	16.10.2005
20.	4h46.35		Monica GARDINI	ITA/031173	SCANZOROSCIATE	19.10.2003
21.	4h47.27		Tiziana SECHI	ITA/120182	SCANZOROSCIATE	27.10.2002
22.	4h47.42		Maria Teresa MARINELLI	ITA/300485	SCANZOROSCIATE	15.10.2006
23.	4h49.25	WR	Jacqueline DELASSEAU	FRA/141246	CHAUMONTEL	17.09.1978
24.	4h49.39		Despina ZAPOUNIDOU	GRE/051085	SCANZOROSCIATE	16.10.2005
25.	4h49.44		Monika CHODEROVA	RTC/150476	SCANZOROSCIATE	27.10.2002
26.	4h50.05+		Ludmilla LUBOMIROVA	RUS/131162	PERPIGNAN	15.10.1995
27.	4h50.51		Sandra BROWN	GBR/010449	BASILDON	13.07.1991
28.	4h52.29		Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	29.10.2000
29.	4h52.39		Silvia PANSERI	ITA/170980	SCANZOROSCIATE	27.10.2002
30.	4h54.10		Nadezhda PUTILOVA	RUS/080483	ST PETERSBURG	08.09.2002
31.	4h55.19.4t		Svetlana BYCHENKOVA	RUS/170276	ST PETERSBURG	27.06.1998
32.	4h58.08		Lucie PELANTOVA	RTC/070586	SCANZOROSCIATE	21.10.2007
33.	4h58.13		Heidi MAEDER	SUI/131043	YVERDON	06.08.2000
34.	5h00.10+		Valentina SETROVA	BLR/191271	SCANZOROSCIATE	19.10.2003
35.	5h01.52		Lilian MILLEN	GBR/050345	YORK	16.04.1993
36.	5h02.55		Micheline DANEAU	CAN/070860	WEST LONG BEACH	17.05.1992
37.	5h03.49+		Evguenia GOURIEVA	RUS/021269	ROUBAIX	09.10.1994
38.	5h05.18		Yelena MIKHAYLOVA	RUS/160183	ST PETERSBURG	08.09.2001
39.	5h05.44.7t		Tatyana AMBRAZEVA	RUS/180786	ST PETERSBURG	12.10.2003
40.	5h06.05		Daniela MANCINI	ITA/030483	SCANZOROSCIATE	18.10.2009

+ on 100km walk
t on track



Monica Svensson of Sweden in action in the IAAF World Championships in Berlin in 2009

Let's now move up a bit to the 100km distance. Once again, Emmanuel has come to the fore with his All-Time lists. As someone who has walked the longer distances, I can tell you that these performances are fantastic! Belarusian racewalker Viktor Ginko tops the men's list. An international 50km rep from 1993 to 2005, a veteran of 2 Olympic Games, 5 World Championships and 3 World Walking Cups and a top 10 finisher internationally in a whole range of events, he eventually turned his thoughts to the longer distances with immediate success and holds the top 3 spots.

Men 100km (Top 50)

Time	Name	Nat.	DOB	Place	Date
8h38'07	Viktor GINKO	BIE	071265	SCANZOROSCIATE	27.10.2002
8h43'30	Viktor GINKO			SCANZOROSCIATE	29.10.2000
8h44'28	Viktor GINKO			SCANZOROSCIATE	19.10.2003
8h48'28	Modris LIEPINS	LIT	030866	SCANZOROSCIATE	28.10.2001
8h54'35	Aleksey RODIONOV	RUS	050357	SCANZOROSCIATE	15.11.1998
8h55'12	Pascal KIEFFER	FRA	060561	BESANCON	18.10.1992
8h55'40	Vitaliy POPOVICH	UKR	221062	SCANZOROSCIATE	31.10.1999
8h57'29	Pascal KIEFFER			PERPIGNAN	15.10.1995
8h58'47	Zoltan CZUKOR	HON	181262	SCANZOROSCIATE	27.10.2002
8h58'12	Gérard LELIEVRE	FRA	131149	LAVAL	09.10.1984
8h59'14	Modris LIEPENS			SCANZOROSCIATE	29.10.2000
8h59'45	Pascal KIEFFER			MIRECOURT	10.10.1993
8h59'52	Zoltan CZUKOR			SCANZOROSCIATE	19.10.2003
9h00'29	Zoltan CZUKOR			SCANZOROSCIATE	17.10.2004
9h00'58	Zoltan CZUKOR			SCANZOROSCIATE	31.10.1999
9h01'29	Sten REICHEL	ALL	160575	SCANZOROSCIATE	29.10.2000
9h02'00	Peter TICHY	SVK	120369	SCANZOROSCIATE	27.10.2002
9h02'50	Modris LIEPENS			SCANZOROSCIATE	31.10.1999
9h04'15	Aleksey RODIONOV			SCANZOROSCIATE	29.10.2000
9h04'27	Denis FRANKE	ALL	171169	SCANZOROSCIATE	15.11.1998
9h04'57	Peter TICHY S			CANZOROSCIATE	19.10.2003
9h05'36	Zoltan CZUKOR			SCANZOROSCIATE	21.10.2007
9h06'17	Viktor GINKO			LUGANO	18.10.1992
9h06'34	Peter TICHY			SCANZOROSCIATE	29.10.2000
9h06'35	Zoltan CZUKOR			SCANZOROSCIATE	15.11.1998
9h07'00	Zbigniew KLAPA	POL	160752	CHAPELLE	22.10.1983
9h08'49	Viktor GINKO			SCANZOROSCIATE	16.10.2005
9h09'08	Sergey CHERNOV	BLR	120679	SCANZOROSCIATE	19.10.2003
9h11'51	Andrei STEPANCHUCK	BIE	120679	SCANZOROSCIATE	21.10.2007
9h11'58	Denis FRANKE			SCANZOROSCIATE	31.10.1999
9h12'04	Viktor GINKO			SCANZOROSCIATE	17.10.2004
9h12'15	Sergey LUKYANOV	RUS	270456	LENINGRAD	01.09.1988
9h13'27	Viktor GINKO			SCANZOROSCIATE	28.10.2001
9h13'28	Pascal KIEFFER			BOURGES	03.10.1998
9h13'50	Aleksey SHELEST	UKR	270373	SCANZOROSCIATE	17.10.2004

9h13'59	Aleksey SHELEST			SCANZOROSCIATE	29.10.2000
9h14'12	René PILLER	FRA	230465	OISSEL	09.10.1989
9h14'37	Pascal TOURNOIS	FRA	271254	BESANCON	18.10.1992
9h15'04	André TOUSSAINT	FRA	240452	DEMANGES	21.10.1990
9h15'31	Wolf VARRIN	SUI	291057	RIVERA	29.10.1989
9h15'58	Christoph HOHNE	RDA	120241	LUGANO	29.10.1967
9h16'08	André TOUSSAINT			MIRECOURT	10.10.1993
9h16'32.2	Frédéric MARIE	FRA	270661	ETRECHY	19.04.1987 Track rec
9h16'38	André TOUSSAINT			ROUFFACH	01.10.1989
9h16'38	Modris LIEPINS			SCANZOROSCIATE	27.10.2002
9h17'06	Viktor GINKO			SCANZOROSCIATE	15.10.2006
9h17'29	Frédéric MARIE			TORCY	12.10.1986
9h17'58	Ugis BRUVELIS	LIT	280671	SCANZOROSCIATE	16.10.2005
9h18'36	Adam URBANOWSKI	POL	241259	DEMANGES	21.10.1990
9h19'02	Christian HALLOY	BEL	211044	TAMINES	01.10.1977
9h19'29	Gérard LELIEVRE			BAR LE DUC	18.10.1981
9h19'42	Aleksey RODIONOV			SCANZOROSCIATE	31.10.1999
9h19'48	Andrei STEPANCHUCK			SCANZOROSCIATE	19.10.2003
9h20'14	René PILLER			ROUBAIX	17.10.1999
9h21.28	Jean-Claude CORRE	FRA	140961	TORCY	12.10.1986
9h21.48	Fredrik SVENSSON	SUE	100973	SCANZOROSCIATE	15.10.2006
9h23.03	Thierry NUTTIN	FRA	111062	PERPIGNAN	15.10.1995
9h23.03	Fabrice HENRY	FRA	280666	BAR LE DUC	17.10.2004
9h23.08	Jacky LAVAL	FRA	100352	LES MUREAUX	13.10.1985
9h23.17	Robert TUBAK	HON	010379	SCANZOROSCIATE	28.10.2001
9h23.58.6	Roger QUEMENER	FRA	170641	SAINT MAUR	28.03.1976 p
9h24.15	Aleksandr ROMANENKO	UKR	260681	SCANZOROSCIATE	21.10.2007
9h25.21	François CHARCELLAY	FRA	170955	TORCY	12.10.1986
9h25.40	Jean-Pierre VERNIER	FRA	140260	ROUFFACH	01.10.1989
9h26.07	Patrice FAUBERT	FRA	050151	LES MUREAUX	13.10.1985
9h26.24.5	Sergey LUKYANOV	RUS	270456	LENINGRAD	07.06.1989 P
9h27.03	Alain MOULINET	FRA	090852	MEHUN/YEVRE	01.10.1976
9h28.06	Vladimir BOIDATCHENKO	RUS	031055	PERPIGNAN	15.10.1995
9h29.06	Jan CORTENBACH	PB	110259	RIVERA	30.10.1988
9h29.32	Peter SELZER	ALL	250646	LUGANO	26.10.1969
9h29.49	Kurt SAKOWSKI	ALL	231230	LUGANO	29.10.1967
9h30.53	Denis TERRAZ	FRA	050258	ROUBAIX	09.10.1994
9h31.01	Henri CARON	FRA	020724	LAUSANNE	27.09.1953
9h31.13	Luc GAUTHIER	FRA	191049	MEHUN/YEVRE	01.10.1978
9h31.32	Igor NAVISKI	BLR	060366	YVERDON	17.10.1993
9h31.34	Noel DUFAY	FRA	090161	ROUFFACH	01.10.1989
9h31.58	Guy DOUBLET	FRA	050555	LES MUREAUX	13.10.1985
9h32.51	Roland LOUIS	FRA	300463	LIGNY EN BARROIS	27.10.2002
9h32.52	Miroslav BOSKO	SVK	260968	SCANZOROSCIATE	15.11.1998
9h33.05	Karl DEGENER	ALL	150243	HAMM	29.10.1978

Latvian walker Jolante Dukure, a former World Junior silver medallist (1998), represented Latvia in 2 Olympic Games (2000 and 2008) as well as in lots of other international comps before moving up to the ultra distances. Like Ginko in the men's list, she transitioned quickly and sits atop the women's 100km list. Once again Sandra Brown is in there with the track world best of 11:17:42.

Women 100km (Top 16)

Time	Name	Nat.	DOB	Place	Date
10h04'50	Jolanta DUKURE	LET	200979	SCANZOROSCIATE	21.10.2007
10h13'56	Kora BOUFFLERT	FRA	230466	ROUBAIX	09.10.1994
10h20'17	Ludmilla LUBOMIROVA	RUS	131162	PERPIGNAN	15.10.1995
10h23'47	Anita LIEPINA	LET	171167	SCANZOROSCIATE	19.10.2003
10h48.49	LIEPINA	LET		SCANZOROSCIATE	17.10.2004
10h54.19	Valentina SETROVA	BLR	191271	SCANZOROSCIATE	19.10.2003
10h57'50+	Annie VAN DE MEER	PB	240247	ROUEN	11.05.1986
10h58.37	SETROVA			SCANZOROSCIATE	17.10.2004
11h09.48	SETROVA			SCANZOROSCIATE	21.10.2007

11h11.36	Lyudmila DOLGOPLOVA	BLR	110869	SCANZOROSCIATE	17.10.2004
11h16'32	Evguenia GUTTIERREZ	FRA	021269	PETIT-QUEVILLY	12.10.1997
11h17'42+	Sandra BROWN	GB	010449	ETRECHY	27.10.1990 Track rec
11h22.50+	Kora BOUFFLERT			SAINT DOULCHARD	14.10.2006
11h25	Josiane PANNIER	FRA	241250	GRAVIGNY	?
11h27.58+	Kora BOUFFLERT			BAR LE DUC	23.04.2005
11h30.28	Jeannie BOCCI	USA	43	HOUSTON	20.12.1987
11h31.44	Josiane PETRUS	FRA	030161	PONT L'EVEQUE	13.08.1983
11h34.35+	Ludmilla AMIROVA	RUS	69	TORCY	26.02.2000
11h40.07	Aaf DE RIJK	PB	201053	HAMM	18.10.2001
11h52	Jacqueline BONNET	FRA	141246	CHALONS	17.05.1986
11h54.57+	Edith COUHE	FRA	260444	TORCY	20.02.1983

+ = interim time done in a 24 Hour walking event



Ginko and Dukure in action

With some of our top international racewalkers now transitioning to the ultra distance walk events, the future looks bright indeed and we can expect times to continue to tumble.

SANDRA BROWN TAKES OVER AS CENTURIONS CAPTAIN

Congratulations to **Sandra Brown** who has just been elected to the position of Centurions Captain. The press release read as follows:

At their January AGM, the Centurions elected Surrey Walking Club member and past President Sandra Brown as their Captain – the first female Captain in the Centurions' 100 year history. All members of the Centurions have walked 100 miles within 24 hours. Nearly 1100 people, including 54 ladies, have qualified to become Centurions since J. E. Fowler-Dixon walked the distance in 20.36.08 at the Lillie Bridge, London, track race, in 1877. When the Centurions organisation was formed in 1911, the 48 men to have qualified up till then became C 1-48. Ann Sayer became the first lady Centurion in 1977. Having qualified as a Centurion in 1982, Sandra couldn't kick the habit and has completed the British 100 miles race a record 25 times (winning the ladies' race 24 times), and other Centurion events around the world. The Centurions 2012 event will be held in Colchester's Castle Park on 22-23 September. For further information about the Centurions and coming events, see www.Centurions1911.org.uk

Sandra has now published her first Captain's Message to the Centurions and it reads as follows:

My fellow Centurions

At our recent AGM, I had the honour to be elected your Captain. I will do all I can to be worthy of that honour and to be an ambassador for our sport. In this role, I know I stand on the shoulders of giants – the giants of our first 100 years who inspired you and me to become Centurions and helped us in that endeavour. On behalf of us all, I thank Charlie Weston, our Captain for the past 7 years, who has represented the Centurions with distinction and has welcomed many new Centurions at our qualifying events.

Following our very successful centenary in 2011 and on the threshold of our second century, our challenge now is to inspire the Centurions of the future. We want to reach out to a wide community of men and women – race-walkers,

cross-country walkers, runners – to capture their imagination and ignite their ambition and their dream to become Centurions.

Our 2012 100 mile race is to be held in Colchester on 22-23 September. Please be there if you can, to walk or help, or both! We want our events to encourage aspiring Centurions to come and have a go, and encourage current Centurions to come and walk again.

Centurions at the AGM had many ideas for future events and activities, including social walks. Your Committee will look at developments in long-distance sport in the UK and around the world as we take forward our great traditions and ensure a strong future, involving all Centurions wherever they may be.

I send my best wishes and look forward to working and walking with you all.

Sandra Brown (C735)

Captain

randsbrown@btinternet.com

PONDERING OUR CLUB RULES

Our club practice is to rotate the positions of President and Vice President every two years according to Centurion number. After 41 years of operation, our President is Terry O'Neill (C 18) and our Vice President is Geoff Peters (C 20) and we are slowly moving forward through the list which is now up to C59. This practice dates from our original ruleset which was drawn up when the club was formed in 1971. It is fair to say that recent club members will never get the chance to be President unless they live to a very old age!

Terry and I were discussing this recently and we felt it is time to review this practice. Is it time for these positions to be decided by nomination and vote rather than by rotation? Numerical rotation is a relatively archaic way of running a club and can result in positions which are purely honorary and which involve no expectation of work. I will not always be here to run the show and we must work to a wider Executive base which can take control of our centurion chapter.

Further, when we became an Incorporated Organisation in 2000, we accepted a new Government controlled set of rules as per the Associations Incorporation Act 1981. These rules assume that clubs will call for nominations and hold elections for their Executive positions via a General Meeting. Put simply, our system of rotation is not correct for an incorporated body and should be changed. Our Incorporated Association Rules can be viewed on our website at <http://www.centurions.org.au/documents/Centurions%20Rules.pdf>.

Terry and I are intending to discuss this further and come back to our members with a formal recommendation. But in the meanwhile, we open it up for feedback via email (terick@melbpc.org.au) or telephone (0412 257 496).

FINANCIAL NEWS

We have started off the year in fine fashion with a number of generous donations. Thanks to all for their continued support. You should have received our annual financial report and it discusses the need for our members to support the club financially each year and indicates the costs that we are likely to incur this year.

Incoming	Clarrie and Ian Jack – newsletter subs	12.00
	Clarrie and Ian Jack – donation	38.00
	Fred Brooks – donation	50.00
	Michelle Thompson – donation	50.00
	Ken Walters – donation	50.00
	Terry and Karyn O'Neill – donation	50.00
	Stan Miskin – donation	25.00
Outgoing	-	-
Balance		<u>\$1468:45</u>

UNTIL OUR NEXT NEWSLETTER

It is always a challenge to face a new year personally and it is no different for our Centurions organisation. But in our case, we can look forward confidently with a strong financial base and ongoing support from our many members and supporters. I wish everyone a wonderful 2012 and hope that the new year brings only good news for you.

Yours in Centurion walking

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