

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.

21-11 April 2012	15 Hours Nacht van Loon (+ 80 km)	Loon op Zand, NED
28-29 Apr 2012	24 Heures de Monthey	Monthey, SUI
12-13 May 2012	24 Heures de Dijon	Dijon, FRA
19-20 May 2012	24 Heures de Yvelines	Feucherolles, FRA
26-27 May 2012	Continental Centurions 24 Hour Qualifying Walk	Scheidam, NED
2-3 June 2012	Centurion USA 24 Hour Qualifying Walk	Minneapolis, USA
	See website http://www.fans24hour.org/ and http://walkomn.org/centurion/index.html	
3-9 June 2012	French Ultra Festival (6 Days, 72H, 48H)	Antibes, FRA
20-23 June 2012	Paris-Colmar (450 km)	Paris-Colmar, FRA
23-24 June 2012	Sri Chinmoy Australian 24 Hour Track Championships	Sydney, NSW
	Parish Walk (135 km)	Isle of Man, UK
	24 Heures de Haute Saintonge	Montguyon, FRA
27 July 2012	Caboolture 48H and 24H Championships	Caboolture, QLD
25-26 August 2012	24 Heures de Wadelincourt	Wadelincourt, BEL
8-9 Sept 2012.	24 Heures de Guayana	Montjoly, FRA
15-16 Sept 2012	Roubaix 28 Hours	Roubaix, FRA
22-23 Sept 2012	British Centurions 100 Miles Qualifying Walk	Colchester, ENG
	See http://www.centurions1911.org.uk/colchester_100_miles.html	
27 Oct 2012	100 km Walk	Vaxjo, SWE
28 Oct 2012	French 100 km Championship	TBD, FRA
11 Nov 2012	6 Heures de Palma Palma	Mallorca, SPA
	Sri Chinmoy 12 Hours	Christchurch, NZ
2-3 Dec 2012	24 Heures de Guadalupe	Bouillante, FRA

STOP PRESS - FOUR CENTURION PERFORMANCES AT OUR CENTURION QUALIFYING RACE

Yes, that's right. Last weekend at our Australian Centurions 24 Hour Qualifying event in Coburg, 4 walkers walked in excess of 100 miles and we welcomed a new Australian Centurion in Eddy Goeman of Belgium. You can read the full race report later in the newsletter but, to cut to the chase, here are the 4 centurion star performers

Eddy Goeman	Belgium	C60	100 Miles	21:16:23
Rudy Schoors	Belgium	C55	100 Miles	22:10:05
Caroline Mestdagh	Belgium	C56	100 Miles	22:48:25
Peter Bennett	QLD	C24	100 Miles	22:53:09

I am very excited to welcome **Eddy Goeman** as **Australian Centurion Number 60**. Eddy is our third Belgian member, the other two being husband and wife pair Rudy Schoors and Caroline Mestdagh who qualified in 2009 and who were back again for a second helping this year.

Eddy, who was born in 1962, is an accomplished ultra distance walker, having 2 centurion badges already. He became Continental Centurion C381 in 2010 at Schiedam with a time of 20:37:25. A year later in 2011, he became British Centurion C1086 with a walk of 20:33:02 at Lingfield. Now he has his third badge and must no doubt be eyeing off the remaining ones. Eddy lives in the city of Ninove, Flanders.



The centurion walkers – Eddy Goeman, Rudy Schoors, Caroline Mestdagh and Peter Bennett



Eddy in action at Coburg and in off-road mode back in Europe

AUSTRALIAN CENTURIONS 24 HOUR CHAMPIONSHIP, COBURG 14-15 APRIL 2012

Last weekend saw the annual Australian Centurions 24 Hour qualifying event at the Harold Stevens Athletics Track at Coburg, a northern Melbourne suburb. Being a combined championship, 24 runners and 21 walkers toed the line at 10AM on Saturday morning awaiting the gun. As per our usual rules, the runners ran in lanes 1-2 and the walkers walked in lanes 3-4 of the 400m track.

Conditions were hot during Day One and the 10AM start meant that competitors had to endure around 7 hours of sun and heat before relief was forthcoming. But endure it they did with most still on the track as the sun set and we entered the long dark night time phase of the race. Come 6:30AM the next morning as dawn broke and they were still at it albeit, in many cases, a bit the worse for wear!

We welcomed 5 overseas walkers this year – Rudy Schoors, Caroline Mestdagh, Eddy Goeman and Willy Vermeulen of Belgium along with Sean Pender of Ireland / England. They joined the cream of our own local ultra walking crop in Peter Bennett, Michelle Thompson, Terry O'Neill and Clarie Jack. And we also had a number of other impressive local contenders, some of them repeat offenders and some first timers with impressive credentials. First to the overall results:

24 Hour Walk Championship – Men

- | | | | |
|----|----------------|---------|------------|
| 1. | SCHOORS, Rudy | BELGIUM | 173.387 km |
| 2. | GOEMAN, Eddy | BELGIUM | 161.318 km |
| 3. | BENNETT, Peter | QLD | 161.318 km |
| 4. | JORDAN, Steve | VIC | 157.232 km |

5.	VE RMEULEN, Willy	BELGIUM	155.927 km
6.	FRYER, Martin	ACT	152.241 km
7.	COOK, Kim	NSW	134.694 km
8.	TIMMS, John	VIC	128.682 km
9.	COMMINS, Louis	NSW	110.849 km
10.	O'NEILL, Terry	VIC	88.331 km
11.	ESSAM, Phil	ACT	86.052 km
12.	PENDER, Sean	UK	70.499 km
13.	CARTER, Ken	VIC	60.132 km
14.	McKAY, Doug	VIC	59.717 km
15.	JACK, Clarrie	VIC	48.105 km
16.	TURNER, Gary	VIC	33.591 km

24 Hour Walk Championship – Women

1.	MESTDAGH, Caroline	BELGIUM	162.562 km
2.	THOMPSON, Michelle	VIC	149.707 km
3.	PARRIS, Dawn	VIC	141.097 km
4.	KELLY, Diana	VIC	125.244 km
5.	HOWORTH, Sandra	VIC	53.496 km

But of course, the bare bones results tell only half the story. Highlights included

- The performance of the 4 walkers who walked in excess of 100 miles. The 4 centurion performances were

Eddy Goeman	Belgium	C60	100 Miles	21:16:23
Rudy Schoors	Belgium	C55	100 Miles	22:10:05
Caroline Mestdagh	Belgium	C56	100 Miles	22:48:25
Peter Bennett	QLD	C24	100 Miles	22:53:09

Rudy, Caroline and Peter have all completed centurion walks previously in Australia but for Eddy it was his first time so he now joins our ranks as Australian Centurion Number 60.

- The performance of **Michelle Thompson** who set 3 new Australian Residential records as follows

Michelle Thompson	VIC	C58	50 Miles	9:35:43
			12 Hours	98.655 km
			100 km	12:09:52



Michelle Thompson (C 58) powers on her way to 3 Australian Residential Records at Coburg

Michelle broke Carol Baird's records convincingly and was not far outside the Australian Open records of the great English walker Sandra Brown. Michelle then powered on and was well on her way to challenging the Australian 24 Hour Open/Residential records when disaster struck – a burst blood vessel in the leg. Such is the effort required in this sort of event. She wisely chose to stop then and subsequent tests indicate no lasting

damage, thank goodness.

- The anguish of **Willy Vermeulen** of Belgium and **Steve Jordan** of Melbourne who both found themselves just a few laps short of the required distance in the dying hours of the race. Try as they might, they could not maintain the required pace over the final stages and were going to miss out on the 100 mile mark by only a few laps. Willy called it quits with about 40 mins to go with a distance of 155.927 km while Steve slowed down and just walked it out, finishing with 157.232 km. They were indeed gallant efforts. Willy has indicated he will return to complete unfinished business and Steve is now so close that he is sure to get there soon.
- The dramatic finish of **Peter Bennett**, who has 12 centurion finishes under his belt and who has a 24 Hour walk PB of 216km. He had a day at the office that he is unlikely to forget for a fair while - he started suffering mid race and his final hours were tough to watch as he listed sideways and backwards. Indeed, his final laps saw him struggling to stay upright as his back had gone on him completely. But finish he did, passing the 100 mile mark in 22:53:09 for his 13th such milestone.
- The Racewalking Australia 100km Championship medallists who were as follows

RWA 100km Men	1. Peter Bennett	2. Eddy Goeman	3. Rudy Schoors
RWA 100 Km Women	1. Michelle Thompson	2. Caroline Mestdagh	3. Dawn Parris

Below is a short selection of photos. You can check out all my photos at <http://www.rwa.org.au/coppermine>. Note that you will see lots of runners in action as well as it was a combined run/walk championship.



Rudy Schoors, Caroline Mestdagh, Eddy Goeman, Michelle Thompson and Peter Bennett



Willy Vermeulen, Steve Jordan, Sean Pender, Martin Fryer and Dawn Parris



Terry O'Neill, Kim Cook, Sandra Howorth, Phil Essam and Lou Commins



John Timms, Clarrie Jack, Gary Turner, Doug McKay and Diana Kelly

24 HEURES DE CHATEAU-THIERRY, CHATEAU-THIERRY, FRANCE, 31 MARCH – 1 APRIL 2012

Emmanuel Tardi has fast become my most important source for all European walking news. His report on the 24 Heures de Chateau-Thierry follows.

On Saturday afternoon, I went to the Château-Thierry 24 Hour Walk. In the men's event, Fabrice Henry started fast and led for the first 60km before Philippe Thibaux took over. Local walker Philippe Morel took over the lead at the 80km mark, passing the 100km split in 11:08. But by the end of the night, the lead had changed again with Urbain Girod winning the race with an excellent distance of 203.055km, beating Dominique Bunel with 201.992km (beating his previous best of 197.544km set in Bourges 5 weeks ago).

In the women's event, Maggy Labyllle from Guadeloupe led for the first 4 hours before Sylvianne Varin took over. But by the 6 hour mark, she had surrendered her lead to Nicole Rodier. By the 100km mark, passed in 14:02, Maggy Labyllle was leading but just like in the men's event, the lead changed again overnight with Iryna Perevalo (originally from the Ukraine and now living in France) eventually winning with 160.730km. Iryna was a previous Ukraine speed ice skating Champion.

In the 2x6hours event (1pm to 7pm and 7am to 1pm) , Emmanuel Lassalle won with 111.391km.

See <https://picasaweb.google.com/Emmanueltardi/ChateauThierry31Mars2012> for Emmanuel's photos, taken during the first 4 hours of the race. And see <http://www.lunion.presse.fr/article/aisne/marche-24-heures-de-chateau-thierry-le-modele-urbain#.T3m9p1UusuCY.facebook> for the local newspaper report.

Thanks to Emmanuel for his very interesting report. It is unusual to see the lead swapping so frequently in a race of this sort. Normally someone will command a winning break early in the event and then hold on to win. I am publishing the complete results because I reckon that anyone who attempts such a tough event deserves to get his/her name in print!

Les 24 heures de Château Thierry

1.	GIROD Ubain	CM MONTHEY (Suisse)	203.055 km	24:00:00
2.	BUNEL Dominique	NEUILLY SUR MARNE ATH.	201.992 km	24:00:00
3.	MOREL Philippe	AC Château-Thierry	197.198 km	24:00:00
4.	MARECHAL Pascal	AC Château-Thierry	192.389 km	24:00:00
5.	THIBAUDS Philippe	Club Athlétique Agéen	190.955 km	24:00:00
6.	BIEBUYCK Pascal	ATH (Belgique)	187.133 km	24:00:00
7.	VARAIN Cédric	AC Château-Thierry	186.378 km	24:00:00
8.	LETESSIER Gilles	PLM CONFLANS	182.460 km	24:00:00
9.	FAUQUEUR Raymond	ELAN 59	181.070 km	24:00:00
10.	LOUGRADA Saadi	CM ROUBAIX	176.177 km	24:00:00
11.	THEVENIN Hugues	Marne et Gondoire Athlétisme	173.230 km	24:00:00
12.	BOUFFLERT Eric	GABS Groupement Athle Basse Seine	162.242 km	24:00:00
13.	BUNEL Pascal	NEUILLY SUR MARNE ATH.	161.610 km	24:00:00
14.	PEREVALO Irina (F)	NEUILLY SUR MARNE ATH.	160.730 km	24:00:00
15.	BIBRAC Eric	ACB CHAMFLEURY	160.484 km	24:00:00
16.	PICOT Gerard	PASS RUNING	160.123 km	24:00:00
17.	RODIER Nicole (F)	EFSRA	157.865 km	24:00:00
18.	LABYLLE Maggy (F)	AC BOUILLANTE	156.761 km	24:00:00
19.	ROSAL Jean Jacques	AC BOUILLANTE	156.760 km	24:00:00
20.	NOEL Jean Claude	MEAUX ATH.	156.068 km	24:00:00
21.	MORVAN Nicole (F)	PASS RUNING	150.739 km	24:00:00
22.	SEYNAEVE Serge	CM ROUBAIX	149.737 km	24:00:00
23.	CHABIN Frédéric	ESSONNE ATHLETIC	149.510 km	24:00:00
24.	CLEMENTZ Bernadette (F)	Athlétic Vosges Entente Clubs	148.736 km	24:00:00
25.	PICHON Jean	AM St Thibault des Vignes	146.674 km	24:00:00
26.	MOINEAU Isabelle (F)	AC Château-Thierry	143.538 km	24:00:00
27.	DANDOY Jeremy	CM ROUBAIX	136.456 km	24:00:00
28.	RASSAIND André	EA Centre Isère	136.155 km	24:00:00
29.	ELIESER Jocelyn	AC BOUILLANTE	134.411 km	24:00:00
30.	GLASER Jean Bernard	NEUILLY SUR MARNE ATH.	131.019 km	24:00:00
31.	BERTHAULT KORZHYK Annie (F)	NEUILLY SUR MARNE ATH.	123.676 km	24:00:00
32.	SPIESER Jean-Paul	Athlétic Vosges Entente Clubs	121.040 km	24:00:00
33.	LANDRU Noelle (F)	AS CORBEIL ESSONNES	119.951 km	24:00:00
34.	LAILLER Patrick	ASPTT TOURS	108.096 km	24:00:00
	GILLES Philippe	Pass Runing	122.350 km	15:17:15
	LANGLOIS Patrick	AM St Thibault des Vignes	114.900 km	14:43:42
	GIRAUDEAU Denis	PLM CONFLANS	107.450 km	16:37:06
	THEVENIN Pascal	AM St Thibault des Vignes	100.000 km	13:18:52
	GENIN Sébastien	CM MONTHEY (Suisse)	81.375 km	10:48:58
	VIT Philippe	AM St Thibault des Vignes	77.650 km	09:28:33
	BOVIN Laurent	AM St Thibault des Vignes	73.925 km	10:13:28
	HENRY Fabrice	NL	66.475 km	07:12:54
	HAZENBOSCH Kris	DCLA DARING CLUB LEUVE (Belgique)	59.025 km	07:49:44
	VARIN Sylviane (F)	AM St Thibault des Vignes	44.125 km	05:32:23
	MAUREL Eric	ATHLE 55	36.675 km	04:01:39

2 x 6 Hour Walk

1.	LASSALLE Emmanuel	Amiens UC	111.391 km	
2.	ANXIONNAT Claudine (F)	Athlétic Vosges Entente Clubs	91.428 km	
3.	PANNIER Josiane (F)	Le Have AC	90.368 km	
4.	KORZHYK Aliaksei	ASC Gagny	86.522 km	
5.	BRASTEL Yves	EFSRA	85.520 km	
6.	DUPUIS Norbert	NL NEUILLY S MARNE	85.319 km	
7.	QUINQUETON Bernadette (F)	AM St Thibault des Vignes	84.309 km	
8.	HACHEBAERT Eric	AC Château-Thierry	83.984 km	
9.	BIZARD Claudie (F)	THIAIS AC	83.542 km	
10.	THANRON Bernard	KM 520	44.125 km	
11.	CATTEAU Georges	CM Roubaix	40.400 km	



Ubain Girod, Dominique Bunel, Philippe Morel and Emmanuel Lasselle



Iryna Perevalo, Maggy Labyelle and a great shot of the field passing through the old town

LE 24 HEURES DE CONFLUENT, FRANCE, 31 MAR - 1 APR 2012

Frenchman Stephane Paille was the winner of the inaugural edition of the 24 Heures de Confluent, held on the weekend of March 31 - April 1, with a distance of 181.380 km. In the women's event, victory went to the Nelly Dhiffolleau of France with 109.200 km.

24 Hours Men

1.	PAILLE Stephane	FRA	181,386 km
2.	VERNIER Jean-pierre	FRA	149,970 km
3.	HERMAN Claude	FRA	141,600 km
4.	BORNIA Richard	FRA	102,565 km
5.	MAUREL Thierry	FRA	101,112 km
6.	PIERRE Patrick	FRA	93,796 km
7.	SAJUS Patrick	FRA	89,227 km
8.	COTERILLO Jean-Philippe	FRA	75,840 km
9.	DEHU Andree	FRA	68,272 km
10.	FONTAN David	FRA	33,332 km

24 Hours Women

1.	CHIFFOLEAU Nelly	FRA	109,202 km
2.	ARRIBAT Nathalie	FRA	87,766 km
3.	VERGNE Françoise	FRA	82,974 km
4.	COSSON Maryse	FRA	80,952 km

LES 6 HEURES DE VERNON, FRANCE, SUNDAY 15 APRIL 2012

Thanks also to Emmanuel Tardi for the results from the recent 6 Hour ultra walk event at Vernon in France. Perennial French ultra distance champion David Regy won the men's event with an excellent 58.6km while Dominique Alvernhe (age 55) won the women's race with 53.44km. Her 50km split was 5:23:48.

1.	REGY David	SPN Vernon	58 km 600 m	5:48:18
2.	BUNEL Pascal	Neuilly sur marne Athletisme	55 km 160 m	5:54:41
3.	ALVERNHE Dominique (F)	Montpellier Agglo Athletic Med	53 km 440 m	5:47:33
4.	LABARRE Bertrand	CS provins Athletisme)	53 km 440 m	5:52:56
5.	DIEN Daniel	Neuilly sur marne Athletisme	53 km 440 m	5:56:13
6.	GRASSI Alain	Pass Running	53 km 440 m	5:57:07
7.	LETESSIER Gilles	PLM Conflans ste Honorine	51 km 720 m	5:46:03
8.	GIRAUDEAU Denis	PLM Conflans ste Honorine	51 km 720 m	5:50:16
9.	BOVIN Laurent	AM ST Thibaut des Vignes	51 km 720 m	5:50:28
10.	GROUT Remi	C.O.B.EU Le Treport	50 km 000 m	5:55:10
11.	DERRIEN Franck	NL	48 km 280 m	5:45:55
12.	RIDEL Christian	NL	48 km 280 m	5:49:13
13.	QUINQUETON Bernadette (F)	AM ST Thibaut des Vignes	48 km 280 m	5:57:13
14.	BIERRE Franck	(NL	46 km 560 m	5:47:49
15.	DREAU Jean Michel	Domont Athletisme	46 km 560 m	5:57:39
16.	WATTEBLED Christine (F)	C.O.B.EU Le Treport	44 km 840 m	5:49:15
17.	CASELLI Pierre	NL	44 km 840 m	5:53:53
18.	BRASTEL Yves	EFS Reims Athletisme	44 km 840 m	5:55:38
19.	FOUQUET Francois	NL	44 km 840 m	5:55:40
20.	PREVOST Sylvie (F)	NL	44 km 840 m	5:55:40
21.	DESREUX Virginie (F)	NL	44 km 840 m	5:59:43
22.	MAURY Jean Luc	NL	43 km 120 m	5:54:49
23.	AUVRE Alain	AAE St Blimont	43 km 120 m	5:59:44
24.	RIDEL Dany (F)	NL	41 km 400 m	5:45:07
25.	LE ROY Andre	NL	41 km 400 m	5:58:02
26.	CHESNAY Gilles	NL	41 km 400 m	5:58:03
27.	MONTIGNY Patrick	Elan Chevilly Larue	37 km 960 m	5:57:51
28.	KESSELMARK Patrick	NL	37 km 960 m	5:57:52
29.	QUILLET Rodrigue	ACA	29 km 360 m	4:19:18
30.	LESORT Herve	NL	22 km 480 m	3:06:04

KENNEDY MARCH OF SITTARD, SITTARD, HOLLAND, 7 APRIL 2012

John F. Kennedy came into the American Presidential office with a goal of improving the health of the nation as part of his New Frontier. As President-elect, he wrote and had published an article in Sports Illustrated, December 26, 1960, called *The Soft American* which warned against the negative aspects becoming unfit in a changing world where automation and increased leisure time replaced the benefits of exercise and hard work.

President Kennedy addressed the issue of physical fitness frequently in his public pronouncements and assigned new projects to the President's Council on Physical Fitness and Sports, an organization established by Kennedy's predecessor Eisenhower on July 16, 1956. Perhaps Kennedy's most famous intervention in the area of fitness, and an indicator of the extent to which the Council became identified with him, was the **fifty mile march**. The idea of the march developed from Kennedy's discovery in late 1962 of an executive order from Theodore Roosevelt challenging U.S. Marine officers to finish 50 miles (80 km) in twenty hours.

But the real impact of the fifty mile march was with the public at large, which took it as a personal request and a challenge from their President. Furthermore, responsibility for the President's challenge was presumed to lie with the President's Council. This put the council in a tricky position. To disavow the marches would undermine its declared purposes. On the other hand, the council wanted no part of having the marches thrust on it as a program by an over-enthusiastic public. As a compromise, the council sent out a cautious press release recommending a moderate, gradual program of walking for exercise. For the more persistent, the council prepared a background letter explaining the origin of the march, again suggesting a sensible walking regimen, and stating emphatically that government agencies were not sponsoring or rewarding hikes. However the Amos Alonzo Stagg Foundation did present Bronze medals to those who completed the 50-mile (80 km) hike in less than 12 hours during the initial 30 days of the challenge.

The Kennedy march became a fad in the UK shortly after American people took up Kennedy's challenge. After Dutch television showed images of the Kennedy march craze, some Dutch people decided to make an attempt at finishing the 80 kilometres within 20 hours.

In the city of Sittard, situated in the most southern province of the Netherlands, four young people decided to walk the march during their Easter holidays. On 20th April 1963, they began their route with 7 friends, beginning and ending in Sittard and covering pieces of Germany and Belgium. One girl took a bus in the German town of Heinsberg, but the other 3 girls and 7 boys persisted and finished in a time of 19 hours. They decided immediately to try to do the march one year after and thus a tradition was born.

The number of participants grew over the years, with a peak in 1989 when 7090 people enrolled. Having 3062 participants in 2009, the **Kennedy March of Sittard** is still the biggest long-distance hike (that is, a hike of more than 59 kilometers) in the Netherlands.

This year, on 7th April, the Kennedy March of Sittard was held once again, over the traditional 80km. A total of 33 walkers took part in the elite competition (to beat 12 hours) while 2,069 walkers completed the course in under 20 hours. Of the elite walkers, Dutchman Geert Bogie won in a time of 8:43:21 while the first woman was Marleen Radder with 9:53:10. The full list of all those walkers who beat the 12 hour time is shown below

1.	Geert Bogie	8.43.21
2.	Frans Leijtens	9.08.34
3.	Frank v/d Gulik	9.12.35
4.	A van Anandel	9.26.24
5.	Ron Budy	9.32.48
6.	Dennis van Reeden	9.34.48
7.	Remco de Bruin	9.39.55
8.	Servee Derks	9.42.00
9.	Rinus Meijers	9.53.00
10.	Marleen Radder (F)	9:53:10
11.	Sven Verbruggen	9.55.12
12.	Jean Pierre Roolant	9.56.43
13.	Rik Wesemael	9.56.43
14.	Jantinus Meints	10.10.50
15.	Johan Munnecom	10.25.17
16.	René de Vlieger	10.25.57
17.	Roland Knoppen	10.27.56
18.	Coert Peeters	10.39.39
19.	Huub Raijmakers	10.40.08
20.	Connie Raijmakers (F)	10:40:08
21.	Marco van Heel	10.41.03
22.	Frits Mennen	10.42.47
23.	Arnold Kaanen	10.43.58
24.	Fred Röhner	10.50.30
25.	Cees Versteeg	10.50.35
26.	Hans van Wakeren	11.03.15
27.	Con Bollmann	11.18.39
28.	A.J.M. Peters de Rijk (F)	11.23.39
29.	Martin Kneepkens	11.25.45
30.	Gerrit Bonants	11.32.08
31.	Johan van Rossum	11.45.40
32.	Sandra de Graaff (F)	11.45.42
33.	Berthus van Ginkel	11.46.25

SANDRA BROWN DOES A DIFFERENT HUNDRED MILER

Sandra Brown (C 36) reports from England on what was a very different hundred mile walk.

Over the first weekend in March Richard and I did an interesting event called the Thames Path 100 miles – an off-road 100 following the Thames Path national trail, along the river Thames from Richmond (in west London) to Oxford. With a couple of diversions (eg around the Windsor Dorneywood Olympic rowing site) the distance was 103m, with 2,500 ft of climb (mainly where the path makes a major diversion from the river where there is no riverside access). The event was organised by a newish, small company called Centurion Running, which

aims to put on events mainly of 100 miles, plus training events of eg 50 miles. Last year, they staged 100 miles races along the North Downs Way and the South Downs Way national trails. This was the first time they have used the Thames Path trail. The time limit was 30 hours, and the event was mainly a running event, with the winner completing in a fantastic 15h 11m.

Richard ran and walked in just under 24h and I decided just to walk, partly as I had done a 53m cross-country in Norfolk the weekend before (seeing Jill and Sue there,) and finished in 24.50. The first day, we had fine weather, but on Sunday morning it rained, and for the final hour or so of my event, it was pouring with rain, so the riverside paths were turned to nasty, slithery mud. We finished in Oxford, and went to the station to travel home.

One feature of the event was that most of the checkpoints, including the finish, were just small gazebo-type open sided tents in fields, so you didn't want to hang around. As we are LDWA folk, we were ready for anything, carrying packs with waterproofs, food etc, so we were OK with the weather. We only learned a couple of days later that the organisers had to stop the event with a couple of hours to go because the weather got worse and worse – it rained and snowed – and they had some hospitalisations as well as people falling in the mud. When we set out, we weren't fussed about times as long as we finished within the 30h limit, but thank goodness we got there faster or we could have been among those who found themselves stopped at 90 or 95m. I would not have been amused! Some of the runners were travelling light in terms of clothing etc, and had people crewing for them in cars (we were on our own,) though having crew is not much help if you are on a stretch of the trail through fields, woods etc with no road access for some distance. The whole event was an interesting experience. The Thames Path scenery is very attractive; we enjoyed the event and were pleased with our times for an off-road event.

Very best wishes to all .. Sandra

JILL GREEN JOINS A RATHER EXCLUSIVE CLUB

And **Jill Green (C 38)** writes about joining a very exclusive club – well done Jill – what an effort!



At Christmas 2008, I got a letter from a good LDWA friend Don Newman. Don is also a runner, and he suggested I should join the 100 Marathon Club. I had seen people running wearing 100 Marathon Club vests. I protested that I had only ever run one marathon and that was the London Marathon. Don told me that the South Downs 80 miles would also count, indeed everything over 26 and a bit miles, even the LDWA 100 miles. Alas, I did nothing about it.

I met Don on events in 2009 and he said he was still waiting for my list and he would put it all on a spread sheet. So at Christmas 2009, I did send a list to Don who kindly returned it to me asking for all the events I had done before 1985 and any I had done in 2008/09.

In November 2012, the Isle of Wight had deep snow, Jim had come to visit me; everything stopped – no buses, no shops open, pavements sheets of ice, delighted children, hundreds of snowmen. Jim and I went for countryside walks. In the evening, he asked if there was anything he could do to help me, so I produced my list. We went through it all again: 545 marathons all with certificates or results sheets. Then we both went to see Don in Surrey. He spent all morning on the list. Now it was ready for me to send.

We tried to do it on the computer but this didn't work for us so I posted it with my £10 membership fee. Nothing happened then I got my membership card number 348. Some time later I got a call from Roger Biggs, the Chairman of the 100 Marathon Club, who told me the club was really only for people who run marathons. Well, that's that, I thought, at first. Roger told me they were altering the rules to that effect, but he wouldn't strike me off. He said he had another lady who had sent him a list like mine; I guessed that was Sandra Brown. I decided to drop it then. I had invested a lot of time and effort, but I decided not to ask for a vest or anything.

Then in 2012, I got another membership card. I telephoned the Secretary who said that, as I am now over 70 I get my membership free. So Jim and I went through all the spread sheets again, looking at the 545 events and crossing out any where there were no runners participating. I even crossed out the events where some people did run though it was

frowned on. I took out 150, then added the new ones, and came up with 406 events in total. I've sent that off, but as yet I haven't found out how to get my 100 Marathon Club vest.

April 2012

FINANCIAL NEWS

It is always a busy time in the leadup to our annual race but costs have been kept to a minimum and the bank account remains healthy. We still have a few final costs in honour board updating and trophy engraving but we are well placed to cover them.

Incoming	Rudolf Skrucany – donation	45.00
	Merv Lockyer – Centurion Handbook purchase	12.00
	Merv Lockyer – Newsletter Subscription	12.00
	Merv Lockyer – Donation	26.00
	Geoff Peters – Newsletter Subscription	12.00
	Geoff Peters – Donation	28.00
	Ian Valentine – purchase of 2 centurion shirts	30.00
	Ian Valentine – donation	10.00
	Tim Erickson – donation	10.00
	Peter Bennett – donation	50.00
	Donation from Rudy, Caroline and Willy (Belgium)	100.00
Outgoing	Deka Trophies – 40 new Cent Silver/Bronze medallions	365.00
	J.F. Trainor – replica Jack Webber Trophy	59.00
	Tee Shirt Company – 30 centurion tee shirts	<u>480.00</u>
Balance		\$793.81

UNTIL OUR NEXT NEWSLETTER

Phew, our two big Australian walking events have been completed and we welcome a new member to our very exclusive club. But there is much more walking to be done for the year so onward ever onward!

Yours in Centurion walking

Tim Erickson (C 13)
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