

CENTURION FOOTNOTES

MAY 2012 – VOL 19 NUMBER 4

The Official Magazine of Australian Centurion Walkers Inc
Founded 1971, Incorporated 2000, No. A0040301S
<http://www.centurions.org.au>

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.

2-3 June 2012	Centurion USA 24 Hour Qualifying Walk See website http://www.fans24hour.org/ and http://walkonmn.org/centurion/index.html	Minneapolis, USA
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 Parish Walk (135 km) 24 Heures de Haute Saintonge	Sydney, NSW Isle of Man, UK 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 See http://www.centurions1911.org.uk/colchester_100_miles.html	Colchester, ENG
6-7 Oct 2012	NZ Centurions 24 Hour Qualifying Walk See http://nz.srichinmoyraces.org/node/3223	Auckland, NZ
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 Sri Chinmoy 6/12 Hours	Mallorca, SPA Christchurch, NZ
2-3 Dec 2012	24 Heures de Guadalupe	Bouillante, FRA
8-9 Dec 2012	Malaysian 12 Hour	Venue to be advised

NZ Centurions Secretary Philip Sharp advises he can provide billets for any walkers interested in competing in the NZ Centurions Qualifying event in October in Auckland. You can contact Philip at sharp@math.auckland.ac.nz.

NEWS ON OUR MEMBERS

Sue Clements (C 35) was in action on 21-22 April in Holland for the annual 'Nacht van Loon op Zand' overnight race. I picked up her report in one of the British racewalking newsletters. Well done in tough conditions Sue!

Last weekend I returned to The Netherlands to participate in this event for the 11th time. This time the weather was extremely unfavourable - rain, rain, hailstones, more hailstones, and just when I thought it could not get any worse, more rain and hailstones. Eventually I had to pause to change out of my cold, wet top clothes but it cost me the precious few meters I needed to make up 100kms; I ended up completing 100.65 kms. The Dutch are very keen that I take a team of 4 along next year, so if anybody is up for it please let me know. It's a great race, well organised, excellent support and perfect for aspiring Centurions. It starts 9:00pm on the Saturday and finishes at 12 noon on the Sunday so it is possible to travel out there, do the race and travel home all in the space of the weekend.
Sue

Jill Green (C 38) will be out of action from walking for some time. While walking in the Atlas Mountains (Northern Africa) recently, she fell and broke her leg and now has weeks to get used to having her leg in plaster. She is at her mobile home in Chertsey at the moment, and will be returning to the Isle of Wight in due course. I'll wager that Jill is one very frustrated lady at the moment, given her normal lifestyle of walks, walks and more walks. We are thinking of you Jill and hope that you are soon back on your feet.

Sandra Brown (C 36) won the Continental Centurions 100 mile walk last weekend in a wonderful time of 20:30:23, her 149th race of 100 miles or more. You can read the report later in the newsletter. And it was only last month (14 April 2012) that she took bronze in the British Open 20km Racewalk championship in Essex, her time 1:59:37. Astonishing – Sandra might be in the W60 division but she shows no signs of ever slowing!

Michelle Thompson (C 58) will be travelling to Sydney next month to participate in the Sri Chinmoy Australian 24 Hour Championships. **Steve Jordan**, who got so close at Coburg, is also going up as am I (but just to watch in my case). There are also a couple of quite promising new walkers who will be attempting the 24H walk there so it should be an interesting weekend.

On the personal front, I have also been busy of late and travelled to Russia earlier this month to watch the 2012 IAAF World Race Walking Cup which was held in Saransk on 12-13 May. Of course I did have an ulterior motive in that our son Chris was competing in the 20km walk and hoping to qualify for the London Olympics. Well, all worked out exactly as planned and he came 21st in the 124 strong field with a 33 sec PB time of 1:22:20 and an all-important Olympic A qualifier. He has now been added to the Australian team for London and Lois and I have booked our flights to England and will be roadside to wave the flag and enjoy the Olympic atmosphere. While there, I to catch up with many of our centurion friends in England.



Chris Erickson qualifies for the London Olympics in Saransk, Russia, earlier this month

LE 24 HEURES DE MONTHEY, MONTHEY, SWITZERLAND, 28-29 APRIL 2012

This was the first edition of this event, held in Monthey in Switzerland and the race was one of the official selection trials for this year's Paris – Colmar classic. The event seems to have been very well setup and organized if their website (www.24hmonthey.com) is anything to go on.

Alas, disaster struck late on Saturday evening as conditions deteriorated for competitors around the 2.5km course. At 10:30pm the organisers, in consultation with Colmar-Paris officials, decided to stop the race, a decision hailed by most participants. The strong wind gusts were deemed to be a significant danger risk to walkers and others around the course and weather conditions were not expected to change throughout the night. Competitors were stopped on their way to the finish line at the rink after about nine and a half hours of walking. The results below show the positions at the neutralization time. Urbain Girod and Claudine Anxionnat were leading the men's and women's races at that stage.

Men's Race – placings when stopped

Urbain GIROD	63	CM Monthey	SUI	9:35:39	85.0
Philippe THIBAUD	69	Club Athlé. Agéen	FRA	9:32:03	82.5
Pascal BUNEL	64	Neuilly/ Marne Athlé	FRA	9:37:41	82.5
Eric MAUREL	62	OCT Thieville 55	FRA	9:31:10	80.0
Serge GEORGELIN	68	Bruz Athlétisme	FRA	9:34:47	80.0
Sergei LUKYANOV		St Petersburg	RUS	9:37:12	80.0
Cédric VARAIN	80	AC Château-Thierry	FRA	9:39:01	80.0
Pascal MARECHAL	62	AC Château-Thierry	FRA	9:39:47	80.0
Gilles LETESSIER	50	PLM Conflans	FRA	9:42:19	80.0

Saadi LOUGRADA	62	CM Roubaix	FRA	9:43:23	80.0
Michel THEVENOT			FRA	9:31:39	77.5
Ludo SCHAERLAECKENS		MAS AC.WIBO	BEL	9:42:11	77.5
Daniel DIEN	50	Neuilly/ Marne Athlé	FRA	9:31:30	75.0
Patrick LAILLER	50	ASPTT Tours	FRA	9:34:25	72.5
Sébastien GENIN	71	CM Monthey	SUI	9:34:52	72.5
Denis GIRAUDEAU	51	PLM Conflans	FRA	9:40:25	72.5
Jean WALLAEYS	80	CM Roubaix	FRA	9:36:51	70.0
Christophe BIET			FRA	9:38:05	70.0
Gérard PICOT	47	Pass Runing	FRA	9:46:14	67.5
Jaroslav PRUCKNER	54	SK Bradlec	CZE	9:33:33	65.0

Women's Race – placings when stopped

Claudine ANXIONNAT	51	Avec Vosges	FRA	9:41:48	75.0
Françoise FABRE	66	Courir à Beaucaire	FRA	9:30:21	67.5
Béatrice PETETIN		RCHJ Morez	FRA	9:38:59	65.0
Paola BRUNET	59	CA Fribourg	SUI	9:34:31	57.5
Noelle LANDRU	51	AS Corbeil Essonnes	FRA	9:32:15	50.0

LE 24 HEURES DE DIJON, DIJON, FRANCE, 12-13 MAY 2012

Emmanuel Tardi was at Dijon in France earlier this month to witness the final 24 Hour qualifying walk before this June's Paris-Colmar Classic. The first 23 hours of the race were held on a 3.7km circuit around a local lake before dropping to a smaller 830m lap for the final hour. This was the first 24 Hour race for French walker Eddy Roze and he was expected to do well. He has twice won the French 100km championship (best time of 9:54 in 2011) and he recorded 4:10 for the Dudince 50km in March this year. He certainly started fast (around 9.5km/h) and was two laps in front of Serge Georgelin and Philippe Vit when he passed the 100km mark (11:15). Alas, he had back problems and lost a lot of time in the second half, eventually surrendering the lead to Serge Georgelin just after the 20 hour mark. Georgelin went on to win the race with 188.033km, winning the associated 2012 French 24 Hour Championship. Claudine Anxionnat, after her disappointment in the Monthey 24H event, won the women's title with 161.960km.

1.	GEORGELIN Serge	188,033 km	24:00:00	7,835 km/h
2.	VIT Philippe	183,543 km	24:00:00	7,648 km/h
3.	LUKYANOV Sergei	179,838 km	24:00:00	7,493 km/h
4.	ROZE Eddy	178,633 km	24:00:00	7,443 km/h
5.	BONNOTTE Rémi	175,716 km	24:00:00	7,322 km/h
6.	HUART Gilles	172,072 km	24:00:00	7,170 km/h
7.	LAILLER Patrick	169,084 km	24:00:00	7,045 km/h
8.	ANXIONNAT Claudine (F)	161,960 km	24:00:00	6,748 km/h
9.	PICOT Gérard	159,967 km	24:00:00	6,665 km/h
10.	GILLES Philippe	159,870 km	24:00:00	6,661 km/h
11.	GIRAUDEAU Denis	159,743 km	24:00:00	6,656 km/h
12.	MAUNY Claude	153,440 km	24:00:00	6,393 km/h
13.	QUINQUETON Bernadette (F)	152,760 km	24:00:00	6,365 km/h
14.	MORVAN Nicole (F)	151,943 km	24:00:00	6,331 km/h
15.	PICHON Jean	148,537 km	24:00:00	6,189 km/h
16.	BOVIN Laurent	146,237 km	24:00:00	6,093 km/h
17.	MONTOIS Didier	143,627 km	24:00:00	5,984 km/h
18.	PRUCKNER Jaroslav	143,034 km	24:00:00	5,960 km/h
19.	SONNOIS Martine	142,399 km	24:00:00	5,933 km/h
20.	PEREVALO Iryna (F)	139,022 km	24:00:00	5,793 km/h
21.	RASSAIND André	138,156 km	24:00:00	5,757 km/h
22.	DREAU Jean-Michel	136,786 km	24:00:00	5,699 km/h
23.	LOUGRADA Saadi	130,537 km	24:00:00	5,439 km/h
24.	MARECHAL Jean	129,432 km	24:00:00	5,393 km/h
25.	BIZARD Claudie	123,802 km	24:00:00	5,158 km/h
26.	GLASER Jean-Bernard	121,711 km	24:00:00	5,071 km/h
27.	EMONIERE Philippe	117,138 km	24:00:00	4,881 km/h
28.	SPIESER Jean Paul	116,314 km	24:00:00	4,846 km/h
29.	CHAUVITEAU Daniel	114,921 km	24:00:00	4,788 km/h
30.	KORZHYK Aliaksei	108,327 km	24:00:00	4,514 km/h

31. VESSIGAUD Jean-Pierre	93,130 km	24:00:00	3,880 km/h
32. LAURIN Martine	86,050 km	24:00:00	3,585 km/h
PHEULPIN Adrien	81,663 km	12:17:32	6,643 km/h
ARRACHART Didier	70,665 km	14:04:17	5,022 km/h
BEAUMER Jean	66,999 km	11:58:30	5,595 km/h
DUFRIEN Pascal	56,001 km	07:18:42	7,659 km/h
GALICIA Alfredo	56,001 km	07:52:19	7,114 km/h

The carnival also included a 24 Hour team event and a 6 Hour walk in which Emmanuel finished fifth - well done mate!

Dijon 6 Hour Walk, Sunday 13 May 2012

1. ROUAULT Jean-Marie	54,706 km	06 : 00 : 00	9,118 km/h
2. VARAIN Cédric	54,306 km	06 : 00 : 00	9,051 km/h
3. METEAU Jean Paul	51,708 km	06 : 00 : 00	8,618 km/h
4. LACHIVER Pierre	49,051 km	06 : 00 : 00	8,175 km/h
5. TARDI Emmanuel	46,478 km	06 : 00 : 00	7,746 km/h
6. MEURGEY Yves	46,322 km	06 : 00 : 00	7,720 km/h
7. PETETIN Béatrice (F)	45,227 km	06 : 00 : 00	7,538 km/h
8. HAGHEBAERT Eric	41,119 km	06 : 00 : 00	6,853 km/h



The start of the 24 Hour event



Claudine Anxionatt, Eddy Roze, Serge Georgelin and Emmanuel Tardi in action at Dijon

LE 6 HEURES DE NEUILLY SUR MARNE, FRANCE, 27 MAY 2012

Thanks to Emmanuel Tardi for passing on the results of last weekend's 6 Hour walk (individuals and teams) in Neuilly sur Marne in France. A first lap of 2.475km was followed by laps of 2.075km. There is a short video at

<http://www.youtube.com/watch?v=7i2mbccxJOU&feature=colike> but Emmanuel advises it shows mostly the walkers from the shorter 2 Hour competition.

6 Hour Championship - Men

1.	LASSALLE Emmanuel	(Amiens UC)	56 km 425 m	6:07:20
2.	THIBAUD Philippe	(Club Athlétique Agéen)	56 km 425 m	6:13:12
3.	BUNEL Dominique	(Neuilly sur Marne Athletisme)	54 km 350 m	6:02:42
4.	ROUAULT Jean Marie	(Omnisports Pithiviers)	52 km 275 m	6:00:58
5.	GUERARD Thierry	(ASPAR)	52 km 275 m	6:04:19
6.	BUNEL Pascal	(Neuilly sur Marne Athletisme)	52 km 275 m	6:11:56
7.	KORZHYK Aleksei	(ASCF Gagny)	50 km 200 m	6:00:44
8.	BOVIN Laurent	(AM St Thibault des Vignes)	50 km 200 m	6:03:36
9.	GICQUEL Bernard	(PLM Conflans)	50 km 200 m	6:04:00
10.	DIEN Daniel	(Neuilly sur Marne Athletisme)	50 km 200 m	6:12:40
11.	MARECHAL Pascal	(AC Chateau-Thierry)	50 km 200 m	6:13:15
12.	LETESSIER Gilles	(PLM Conflans)	48 km 125 m	6:01:12
13.	CASELLI Pierre	(NL)	46 km 050 m	6:01:47
14.	PICOT Gérard	(Pass Running)	43 km 975 m	6:01:39
15.	BRASTEL Yves	(EFSRA)	43 km 975 m	6:09:35
16.	GAYS Stephane	()	39 km 825 m	6:00:14
17.	PICHON Jean	(AM St Thibault des Vignes)	39 km 825 m	6:04:38
18.	GLASER Jean-Bernard	(Neuilly-sur-Marne Athlétisme)	39 km 825 m	6:10:03
19.	MONTIGNY Patrick	(Elan Chevilly Larue)	37 km 750 m	6:08:39
20.	COURCY Jean Claude	(NL)	35 km 675 m	6:00:59

6 Hour Championship - Women

1.	MOURGUES Martine	(NL)	48 km 125 m	6:08:03
2.	PEREVALO Iryna	(Neuilly-sur-Marne Athlé)	46 km 050 m	6:00:33
3.	ANXIONNAT Claudine	(Athlétic Vosges Entente Clubs)	46 km 050 m	6:12:39
4.	QUINQUETON Bernadette	(AM Saint-Thibault)	39 km 825 m	6:15:18

RWV WANDELWEEKEND, SCHIEDAM, HOLLAND, 26-27 MAY 2012

The Continental Centurions were formed in 1973 and, in that same year, the first Continental Centurion number was allocated. Continental Centurion 1 is Jan Vos, who is still an active walker today. The rules are the same as for the other Centurion groups – walk 100 miles within 24 hours in sanctioned competition to become a Centurion. In the Netherlands, an annual race walking event is held, either in Weert (around the Iron Man lake, organised by the O.L.A.T.) in odd years (2007, 2009, 2011 etc.) or in Schiedam (in the Beatrix park, organised by the R.W.V.) in even years (2008, 2010, 2012 etc.). This carnival includes a 24 hours/100 Miles race, a 100 km race, a 50 Miles race and a 50 km race. This is the only opportunity to obtain the Continental Centurion title, the Honderdman title or the Kennedyvriend title.

This year it was R.W.V.'s turn to run the annual event and it was held in Scheidam last weekend. Alas, unseasonably hot weather took its toll in the 24 Hour, 100km and 50km events - of the 40 starters in the 24 Hour event, only seven walkers completed the 100 miles distance and only two new Continental centurions were added to the overall list, taking the count to 390 members. By the time the 50 Miles event started later in the day, the weather had cooled and hence 48 of the 56 participants completed the full 50 Miles (80.46km) within the stipulated 16 hours. English walking legend **Sandra Brown** won the 100 Mile (160.934 km) with 20:30:23, some 5 minutes ahead of Dutch walker **Frank van der Gulik**. Frank then continued on for the full 24 Hours to complete a distance of 172.744 km. I was lucky enough to catch Sandra on email soon after the event and she commented as follows:

Hi Tim

It was super to join our Dutch friends for their long distance walks weekend. Nine UK walkers were there to do various races. After weeks of rain, the weather suddenly turned fantastically bright and sunny just in time for the weekend. Very wonderful in its way, but the heat caused a some problems. Only seven of the 41 walkers in the 24h completed 100 miles, a lower success rate than usual. So we had no new Continental Centurions among the English walkers this year, but we'll be back another year for this great weekend of walking. I also hope that we can make a party at the Nijmegen to Rotterdam in 2013. At Schiedam all the walkers performed very creditably especially given the hot conditions.

Gerrit de Jong who, as you know, maintains excellent databases of Centurion performances in all jurisdictions, told me when we arrived that this was my 40th Centurion 100. He's absolutely right. I had missed this, though I was aware of this being my 149th event with 100 miles or more! Gerrit says that he has the most completions by a man, at

28. Frank van der Gulik and I enjoyed each others company and he was just 5 minutes behind me at the finish. The organisation and support provided by our RWV friends, and the atmosphere of the whole weekend, were excellent as always.

100 Miles

1.	Sandra Brown (F)	Surrey WC	49	160.934	20.30.23
2.	Frank van der Gulik	sv de LAT	77	160.934	20.35.37
3.	Fabiaan De Roeck (C389)	RWV	64	160.934	21.05.28
4.	Harm Voortman	LAT	63	160.934	21.32.24
5.	Jantinus Meints		58	160.934	21.50.33
6.	Adrie Zoon	RWV	55	160.934	22.23.29
7.	Hein Sanders (C390)	RWV	64	160.934	23.15.01

24 Hours

1.	Adrie Zoon	RWV	55	24.05.54	172.744
2.	Sandra Brown (F)	Surrey WC	49	20.30.23	160.934
3.	Frank van der Gulik	sv de LAT	77	20.35.37	160.934
4.	Fabiaan De Roeck	RWV	64	21.05.28	160.934
5.	Harm Voortman	LAT	63	21.32.24	160.934
6.	Jantinus Meints		58	21.50.33	160.934
7.	Hein Sanders	RWV	64	23.15.01	160.934
8.	Christopher Flint	London Vid	44	24.04.38	150.149
9.	Bertus van Ginkel	RWV	61	23.59.45	147.214
10.	Wim van Cappelle	Ciko'66	55	20.50.27	141.309
11.	Ger Reneerkens	Unitas	58	24.00.07	132.504
12.	Marry Heuvelman-Goudriaan (F)	RWV	43	21.43.01	125.609
13.	Sailash Shah	Lancashire	64	20.16.27	117.759
14.	Cor Brasser	Laatste L.	52	19.14.16	113.834
15.	Jurgen Mol	wsv Mol	74	23.58.21	112.879
16.	Ilona Klinkendon (F)	RWV	63	15.41.41	109.909
17.	Arie Klootwijk	Pr.Marijke	55	15.41.41	109.909
18.	Dwight de Kluijver	KNBLO	76	16.08.15	109.909
19.	Con Bollmann	RWV	44	16.16.11	109.909
20.	Jan Dinissen		55	17.34.12	109.909
21.	Hanny Klumpkens (F)	OLAT	49	18.22.00	109.909
22.	Ernst Westerhoff	OLAT	39	15.29.05	105.984
23.	Remi Cnudde	Parkvr.	55	15.43.39	105.984
24.	Jannie Bos (F)	FLAL/LAT	55	15.47.55	105.984
25.	Hans Pranger	OLAT	43	16.56.49	105.984
26.	Peter van den Brink	OLAT	64	18.34.11	105.984
27.	Willie Janssen		53	20.31.27	105.984
28.	Iain Thomson	Surrey WC	47	21.35.39	105.984

50 Miles (48 finishers within the required 16 Hours)

1.	Rob Tersteeg	RWV	52	80.463	09.22.03
2.	Ed Voogt	RWV	59	80.463	09.43.40
3.	Martien van Achterberg	RWV	43	80.463	10.27.37
4.	Ties van den Berg de Arend		63	80.463	10.27.37
5.	Gareth Davies	AVAAC	61	80.463	10.34.19
6.	Luc Soetewij	RWV	61	80.463	10.36.01
7.	Eric-Jan van Oorschot	OLAT	65	80.463	10.44.33
8.	Wilko van Nieuwenhuyzen	OLAT	66	80.463	10.49.37
9.	Herwin Weststrate	WK DIO	84	80.463	10.54.35
10.	Jajo Wit	LAT	51	80.463	10.57.16

See <https://plus.google.com/photos/111266892624563277883/albums/5474505031222226689?banner=pwa> for some great photos. And see http://www.rotterdamsewandelsportvereniging.nl/pdf/Uitslag_WW2012.pdf for the full result set.

AUSTRALIAN CENTURION RULE CHANGES

I have raised some possible Australian Centurion rule changes in the last two newsletters. We have decided as follows:

AUSTRALIAN CENTURION RULE CHANGES

Current Australian Centurions 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. This practice dates from our original Club Constitution which was drawn up when the club was formed in 1971.

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 must be changed. Our Incorporated Association Rules can be viewed on our website at <http://www.centurions.org.au/documents/Centurions%20Rules.pdf>.

I recently initiated discussions on this matter and wish to thank the various people who responded with their own ideas and thoughts. In particular, I wish to formally reproduce Fred Brook's response which included the following point:

While we are dealing with this topic, we should also give some thought to dealing with your position. I believe we should have an appointed Assistant Secretary to be able to take up the reins if the unforgivable happens. The success of any club is in the way they deal with the future. We as a club cannot afford to lose you simply because you have always been there over the last twenty years. We need somebody now to be able take over and they can only do that by learning and watching what is required in the position. I hope that you get my gist. Fred

The Executive has now decided to instigate the following operational changes to bring operational procedures in line with our Rules of Incorporation.

Election of Office Bearers and General Committee shall take place every two years. These elections shall take place in the context of an Annual General Meeting which will be held each January. Since our membership is so widespread, proxy votes will be used to aid in the voting process. All members will be eligible to vote, regardless of where they live.

The Executive will be designated as

- The President
- The Vice President
- The Secretary
- The Treasurer

The General Committee will be made up of

- Records and Rankings Officer
- Assistant Secretary
- Up to two general members of Committee

The General Committee is a new concept and is partly in response to Fred Brook's comments above. I am pleased to announce that **Rudolf Skrucany** has agreed to take on the role of **Records and Rankings Officer**. Rudolf is a Melbourne based walker and a regular competitor in our Centurion events. While not a centurion, he is keen to progress this role and has already hit the ground running. The other General Committee positions may be filled by the Executive during the year via personal invitation with a view to formal ratification via vote in December 2012.

How will this process work?

- In early October the current Committee will decide a date and venue for the AGM.
- As soon as possible after this, nomination forms will be distributed, along with formal notice of the AGM.
- The nomination period will close on 30th November.
- Details of all nominations along with absentee voting forms will be posted/emailed to all Australian Centurion members in early December.
- The Annual General Meeting will be held in January.

Nominations will be restricted to persons with Australian Residency. This reflects the fact that we are an Australian based organisation and need to work locally in the Australian context.

On behalf of the Executive: Terry O'Neill, Geoff Peters, Tim Erickson, Lois Erickson

WELCOME TO RUDOLF SKRUCANY

And before you start asking about our new Records and Rankings Officer, here is a brief rundown on Rudolf.

Rudolf Skrucany was born in 1955 in Bratislava, the capital of Slovakia. He completed a degree in electronics-physics and worked in biophysics research in his early days but, even then, was developing his interest in athletics, dabbling as hobbies with T&F coaching and yoga instructing.

He emigrated to Australia in 1991 and now lives in Boronia in Melbourne with his wife Viki and son Marco. Upon arrival, he completed a postgraduate degree in Computer Programming and worked for some time in that field. Nowadays his interests and activities are many and varied - trading financial instruments, distance coaching and consulting to overseas runners, nutritional and health consulting and finally working as a hobby in Reiki, NLP, TLT and other forms of energy healing techniques.

After many years away from the sport, his interest was turned back to athletics and to ultra distance when he was part of Yiannis Kouros's team in the 2005 Colac 6 Day race. That is when I met Rudolf and that is when he realised that there was such a sport as Centurion walking. Suffering from chronic achilles problems which had ruined his own running aspirations, he turned to walking and has been a regular competitor since then in both the shorter distance racewalking and the long distance ultra walking fields. Indeed, he has experimented widely on himself from a technique and nutritional point of view to try to find out what works best for him and how he can nurse his own body through the rigours of such a demanding discipline. He is the epitome of the thinking athlete.

And of course, for many years now, he has been a regular correspondent with me in all matters walking. Thus it was logical that I should offer him the new position as Centurions Records and Rankings Officer and I was indeed pleased when he accepted the job. It will now get the attention it deserves. Welcome aboard Rudolf!



Rudolf in track and ultra modes

RUDOLF'S ROOM

Rudolf has already been busy. You will now see a new major index item called *Rudolf's Room* on our Australian Centurions website (<http://www.centurions.org.au>). It links to the following pages

- <http://www.centurions.org.au/centrec.shtml> Australian Open Ultra Distance records
- <http://www.centurions.org.au/centrec1.shtml> Australian Masters Ultra Distance records
- <http://www.centurions.org.au/centranks.shtml> Australian Ultra Walking Rankings and associated docs
- <http://www.centurions.org.au/100km.shtml> RWA 100km Results and rankings

I encourage all our members to have a good read as these pages contains lots of superb reading.

100KM RANKINGS REVISITED

One of the first statistical areas that Rudolf has attacked is the 100km. I had been maintaining this document but in recent years, it had not been updated. Rudolf has trolled through all recent performances to bring it up to date. Alas, lapsheets from many of the early events (Jim Gleeson, Clarrie Jack, etc) are not available so there are still key omissions, but we do have most performances covered. Please contact Rudolf (rudolf_skrucany@hotmail.com) if you think your time/performance should be included on this list and it's not there. Note that only performances in sanctioned competition are accepted for ranking purposes.

100 KM RANKING LIST – MEN (TRACK)

This list shows all walkers who have completed 100 km within 20 hours in Australia

Peter Bennett	40	10:51:25	28/09/1996
Ian Jack	33	11:19:10	09/11/1979
Peter Bennett	38	11:23:25	08/10/1994
Gordon Smith	38	11:31:30	19/09/1938
Andrew Ludwig	40	11:35:44	07/01/2007
Peter Bennett	56	11:43:46	12/02/2011
Peter Bennett	51	11:55:14	10/02/2008
Peter Bennett	51	12:03:41	15/04/2012
Michael Harvey	37	12:08:52	03/09/2000
Robin Whyte	54	12:08:59	06/10/1996
Peter Bennett	53	12:24:43	18/04/2010
Andrew Ludwig	51	12:28:09	20/04/2008
Gerald Manderson	55	12:37:23	19/09/1999
Terry O'Neill	53	12:44:09	20/04/2009
Robin Whyte	57	12:46:01	19/09/1999
Herbert Neubacher	46	12:52:27	19/09/1999
Gerald Manderson	54	12:57:21	20/10/1998
Terry O'Neill	51	13:03:08	22/04/2007
Deryck Skinner	72	13:10:44	16/10/2005
Ian Valentine	48	13:10:52	20/04/2009
Charles Arosanyin	35	13:13:27	14/04/2003
Bob Lee	49	13:17:44	17/04/2004
Terry O'Neill	50	13:19:08	23/04/2006
Ross Jackson	41	13:21:34	03/09/2000
Boyd Millen	64	13:24:48	03/09/2000
Robin Whyte	58	13:28:57	03/09/2000
Gerrit de Jong	57	13:30:44	19/09/1999
Norm Morris	57	13:33:37	20/10/1996
Roger LeMoine	58	13:38:16	20/10/1996
Geoff Hain	58	13:46:10	15/10/2004
David Billett	36	13:48:07	01/10/2006
Pat Fisher	58	13:50:49	23/04/2006
Geoff Hain	59	13:51:31	17/04/2005
Mark Wall	54	13:55:56	17/04/2011
Yiannis Kouros	42	13:56:17	20/10/1998
Geoff Hain	60	13:56:56	23/04/2006
Robin Whyte	63	13:57:09	17/04/2005
Kim Cook	56	13:58:56	15/04/2012
Ian Valentine	49	14:01:30	18/04/2010
Geoff Hain	60	14:04:47	22/04/2007
David Billett	36	14:06:20	23/04/2006
David Billett	35	14:07:13	23/04/2006
Gerald Manderson	56	14:09:25	03/09/2000
John Harris	51	14:11:08	14/04/2002
David Billett	35	14:11:37	17/04/2005
Geoff Hain	62	14:14:07	20/04/2009
John Harris	47	14:19:13	20/10/1996
Louis Commins	58	14:21:09	22/04/2007
Steve Jordan	53	14:21:25	17/04/2011
Steve Jordan	51	14:26:10	20/04/2009

Merv Lockyer	65	14:30:19	06/10/1996
Steve Jordan	54	14:33:43	15/04/2012
Ron McGregor	62	14:34:30	17/04/2004
Martin Fryer	50	14:47:46	15/04/2012
Bruce Webber	45	14:54:07	22/04/2007
Colin Brooks	54	15:12:32	20/04/2008
David Attrill	60	15:16:38	22/04/2007
Pat Fisher	60	15:29:34	20/04/2008
John Timms	67	15:45:10	18/04/2010
Dough McKay	58	16:04:30	20/04/2009
Louis Commins	57	16:13:23	23/04/2006
Louis Commins	62	16:39:52	17/04/2011
Dough McKay	60	16:43:43	18/04/2011
Stan Miskin	80	16:45:07	23/04/2006
Dough McKay	59	16:51:17	18/04/2010
John Timms	69	17:23:12	15/04/2012
Louis Commins	60	17:24:53	20/04/2009
Louis Commins	61	19:58:04	18/04/2010

100 KM RANKING LIST – WOMEN (TRACK)

This list shows all walkers who have completed 100 km within 20 hours.

Sandra Brown	50	11:33:24	19/09/1999
Michelle Thompson	43	12:09:52	15/04/2012
Carol Baird	53	12:18:57	14/04/2002
Carol Baird	53	12:33:49	07/07/2002
Carol Baird	52	12:37:50	08/07/2001
Michelle Thompson	42	12:43:24	17/04/2011
Jill Green	57	12:45:38	19/09/1999
Carol Baird	51	12:57:43	03/09/2000
Carol Baird	54	12:58:56	13/04/2003
Carol Baird	51	13:08:05	09/04/2000
Carol Baird	50	13:39:33	19/09/1999
Lyn Lewis	46	13:40:22	14/04/2002
Karyn Bollen	51	14:02:39	23/04/2006
Karyn Bollen	47	14:11:07	14/04/2002
Karyn O'Neill	56	14:13:51	17/04/2011
Sue Clements	44	14:21:26	20/10/1998
Catherine Cox	54	14:32:52	20/04/2008
Karyn Bollen	52	14:51:40	22/04/2007
Ann Staunton	35	14:52:00	19/09/1999
Catherine Cox	53	15:00:11	22/04/2007
Dawn Parris	58	15:15:31	17/04/2011
Sharon Chomyn	47	15:21:37	01/10/2006
Karyn O'Neill	53	15:26:54	20/04/2008
Dawn Parris	56	15:49:58	20/04/2009
Linda Law	53	15:50:18	14/04/2002
Dian Goodger	40	15:52:56	17/04/2004
Susan. Harvey-Jamieson	38	16:01:44	17/04/2011
Dawn Parris	59	16:02:25	15/04/2012
Karyn Boleen	50	16:33:30	17/04/2005
Val Chesterton	68	17:52:05	20/04/2009
Karyn O'Neill	55	17:56:18	18/04/2010
Dawn Parris	57	18:18:35	18/04/2010
Diana Kelly	40	18:20:05	15/04/2012
Val Chesterton	64	19:33:44	17/04/2005
Diana Kelly	39	19:41:31	17/04/2011

Rudolf has included one additional performance – Michelle Thompson's 100km road time of 11:51:22 done earlier this year in Canberra. We are keen to eventually extend our rankings lists and records to include road events and are working out how we can do that at the moment.

100 KM ROAD RANKING LIST – WOMEN (ROAD)

Michelle Thompson

43

11:51:22

19/02/2012

Now that we have an official Racewalking Australia 100km championship, the 100km has assumed greater importance in the Australian context so Rudolf has also documented all RWA 100km performances (2005-2012) as well as RWA 100km ranking lists. These can both be accessed from <http://www.centurions.org.au/100km.shtml>

FINANCIAL NEWS

The final payments have now been completed from our 2012 Centurions Qualifying event and we remain in the black! Thanks to Stuart and Serena for donations – it all helps as there are always ongoing costs in running our club.

Incoming	Donation – Stuart Cooper	40.00
	Donation – Serena Queeney	70.00
Outgoing	Postage and Photocopying	38.05
	Stationary	13.00
	RWA Annual Affiliation Fee	65.00
	Farmer Trophy Engraving Update and repair	69.50
	Jack Webber Trophy engraving update	15.00
	Honour Board gold leaf update for C60	<u>88.00</u>
Balance		\$615.26

And talking of our Centurion qualifying event costs, the Honour Board has now been updated to include Eddy's performance in qualifying as Australian Centurion C60. It certainly looks good to see the names steadily building.



UNTIL OUR NEXT NEWSLETTER

Another big month in the world of ultra walking and a successful 2012 Continental Centurions qualifying walk last weekend. I hope that you, like me, are managing to get out for your daily or weekly walks and that you continue to get enjoyment and satisfaction from your athletic endeavours.

Yours in Centurion walking

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