

CENTURION FOOTNOTES

DECEMBER 2012 – VOL 19 NUMBER 8

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

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DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2013 will provide 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.

Jan 5-6, 2013	Narrabeen All Nighter (12 Hours)	Narrabeen, NSW
Feb 9-10, 2013	Caboolture Dusk to Dawn (12 Hours)	Caboolture, QLD
Feb 10, 2013	8 Heures de Charly	Charly, FRA
Feb 16-17, 2013	Injinji Stromlo 12 Hour Walk/Run (also 6H, 50km and 100km) See http://stromlorunningfestival.com.au/	Mt Stromlo, Canberra
Feb 23-24, 2013	24 heures de Bourges	Bourges, FRA
Mar 10, 2013	Coburg Carnival 6 Hour Walk/Run	Coburg, Victoria, AUS
Mar 23-24, 2013	24 heures de Chateau Thierry	Chateau Thierry, FRA
Apr 13-14, 2013	Coburg Carnival 24 Hour Walk/Run	Coburg, Victoria, AUS
Apr 27-28, 2013	Rond les Ducs 24 Hour Road Walk	Dijon, FRA
May 7-13, 2013	French Ultra Festival (6 Day, 3 Day, 2Day, 1 Day, 100 miles, etc) See http://french-ultra-festival.fr/	Le Luc, FRA
May 18-19, 2013	Continental Centurions 24 Hour Qualifying Walk	Weert, Netherlands
Jun 12-15, 2013	Paris Colmar Classic	FRA
Jun 15-16, 2013	Sri Chinmoy 24 Hour	Sydney, NSW
Jun 22-23, 2013	Parish Walk (80 miles)	Isle of Man, UK
Jul 19-20, 2013	100km de Binche	Binche, BEL
Jul 19-21, 2013	Caboolture 24 Hour and 48 Hour Championships	Caboolture, QLD
Sept 2013	Australian Centurions 24 Hour Qualifying Walk	Melbourne, AUS
Sept 21-22, 2013	Roubaix 28 Hour - 60th Anniversary	Roubaix, FRA
Oct 5-6, 2013	24 Heures de St Thibault des Vignes	St Thibault, FRA

NEWS ON OUR MEMBERS

Sandra Brown (C 36) reports on a recent trip to the Dutch and Belgian Centurions annual reunion:

It was super that several English Cs were able recently to join our Dutch and Belgian friends for their annual reunion. Chris Flint, Ann Sayer, Kathy Crilley, Richard and I joined a strong gathering of Dutch and Belgian Centurions 1911 for a marvellous get together in the historic and charming Dutch town of Leerdam. Piet Jansens and Frans Leijtens has organised an excellent day of visits to the Royal Leerdam Glass Factory to see glass blowing and the making of complex and beautiful glass objects by skilled craftsmen, and a visit to the excellent glass museum. These visits were followed by the reunion, where presentations to walkers in the Colchester 100 miles were in turn followed by a wonderful social occasion and enjoyable meal. It was my great pleasure as Captain to welcome the new Centurions, to congratulate all those who walked at Colchester on their achievement, and to thank everyone who came to Colchester for their support and help in so many ways.

Stuart Cooper (C 5) was recently made a Life Member of the Victorian Race Walking Club in Melbourne. Well done Stu! A reflection of your many years of support to the club.

FRENCH NATIONAL 100KM CHAMPIONSHIPS, FAMECK, SUNDAY 28 OCTOBER

Emmanuel Tardi was in Fameck on Sunday October 28th and reported on the French 100km Championship.

Sunday was our national championship 100k walk. It was held in the East of France in a little city named Fameck. 26 starters were on the start line at 5.30am. The lap was exactly 2km and the Fédération had decided to increase the time limit to 12h30m. The temperature fell overnight and was around -5°C when we have started. During the first two hours, three walkers led the race: David Regy, Dominique Bunel and Eddy Roze the winner

in 2010 & 2011) . Dominique received 2 red cards and had to slow. Eddy Roze was first to reach 20km (1h52 if I remember, one minute in front of David Regy) . From there he sped up, reaching the half way mark in a time of 4h44m with Regy 7 minutes behind with 4h51m. I decided to retire from the race at that point. A cold wind had arrived and the race was becoming harder for everybody. Eddy kept his lead, winning the title for the third time in a row with a time of 10:06:09 but David Regy was closing and eventually finished just over 2 minutes in arrears with 10:08:43.

As usual, our Federation also put on a 50km walk for women. There were 10 starters for this race which started at 9:30AM. Three of them were in Tilburg 3 weeks ago for the Dutch 50km Championship. Six women (Barthelemy, Jakob, Nicolas, Cougoureu , Geimer and Sevellec) walked together early on, passing the 10km point in around 64 minutes. Around the 15km mark, Barthelemy sped up, going to a lead from Jakob and Nicolas. Unfortunately, she was disqualified mid way, leaving Jakob in front. But, as in Tilburg 3 weeks ago, Myriam Nicolas increased her speed from the 30km point to pass her and win the race in a time of 5:21:18.

French National 100km Championship

1.	ROZE Eddy	Amiens UC	100.00 km	10:06:09
2.	REGY David	SPN Vernon	100.00 km	10:08:43
3.	BUNEL Dominique	Neuilly sur Marne Athletisme	100.00 km	10:44:30
4.	GILLES Philippe	EC Orleans Cercle Jules Ferry	100.00 km	10:50:11
5.	TOURNOIS Pascal	ASM Bar le Duc	100.00 km	11:02:20
6.	ERARD Christophe	ASM Bar le Duc	100.00 km	11:11:27
7.	KIEFFER Pascal	AJ Montmoreau	100.00 km	11:15:41
8.	RAULET Christophe	GA Meusien	100.00 km	11:25:39
9.	MARIE Frederic	PLM Conflans	100.00 km	11:27:47
10.	BAUDRILLART Antonio	Pays de Colmar Athletisme	100.00 km	11:40:29
11.	BUNEL Pascal	Neuilly sur Marne Athletisme	100.00 km	11:54:08
12.	DIEN Daniel	Neuilly sur Marne Athletisme	100.00 km	11:54:18
13.	THIRIOT Louis	ASM Bar le Duc	100.00 km	11:58:16
14.	FAUQUEUR Raymond	Entente Littoral Athletisme	100.00 km	12:07:23
15.	KERLAU Yves Michel	CM Roubaix	100.00 km	12:16:08
16.	PELLERIN Alain	RC Epernay	100.00 km	12:20:30
17.	MICHELOT Remi	ES Thaon	100.00 km	12:36:56
18.	BOVIN Laurent	AM St Thibaux des Vignes	94.00 km	12:26:27
19.	GALICIA Alfredo	Intrepide Angers	90.00 km	12:26:39
20.	CHABIN Frederic	Essonne Athletic	90.00 km	12:26:43
21.	SPIESER Jean Paul	Athletic Vosges Entente Clubs	88.00 km	12:29:45
22.	MERCIER Jean Pierre	Pays de Colmar Athletisme	76.00 km	12:23:39
	MAUREL Eric	Athle 55	DNF	38.00 km in 04:17:34
	PETER Vincent	Sport Athletic Verdunois	DNF	38.00 km in 04:27:20
	TARDI Emmanuel	Essonne Athletic	DNF	36.00 km in 05:02:06
	MAUNY Claude	Neuilly sur Marne Athletisme	DNF	12.00 km in 02:19:45

50km Walk Women

1.	NICOLAS Myriam	BEL Bertrix	50.00 km	5:21:18
2.	JAKOB Dora	SUI Yverdon les Bains	50.00 km	5:25:12
3.	COUGOUREUX-AUGE Emilie	Stade Rodez Athletisme	50.00 km	5:41:24
4.	SEVELLEC Sylvie	EA Cessonnaise	50.00 km	5:45:26
5.	GEIMER Deborah	A. Sarreguemines Sarrebourg	50.00 km	5:50:03
6.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	50.00 km	5:59:43
7.	MALOCHET Dominique	ASC le Havre	50.00 km	6:03:42
8.	MOURGUES Martine	Le Lavandou Bormes Athletisme	50.00 km	6:08:42
9.	PANNIER Josiane	Havre AC	50.00 km	6:16:41
	BARTHELEMY Virginie	Dijon UC	DQ	

Thanks also to Emmanuel for the following photos



Eddy Roze, Dora Jakob, David Regy, Frederic Chabin and Emmanuel Tardi



Left: Myriam Nicolas

Right: group shot of early leading group Jakob, Geimer, Cougoureux, Nicolas, Sevellec and Barthelemy

and for these three brief YouTube videos

Myriam Nicolas
Eddy Rozé
Frédéric Chabin

<http://www.youtube.com/watch?v=pg-ZPo9FA0M>
http://www.youtube.com/watch?v=BLT3Y5e_GU
<http://www.youtube.com/watch?v=3JmWEdWR7AQ>

100 KM AND 50KM TRACK WALKS, VAXJO, SWEDEN, 27-28 OCTOBER

Vaxjo in Sweden was the venue for a new 100km track race on the European ultra calendar in late October. The meet also included a 50km track walk. It was predominantly a running carnival but they did have walk categories with a small number of walkers overall. The walk results saw Fredrick Svensson win the 100km track walk in an excellent 10:35:14 while Nigerian **Charles Arosanyin (C 46)** was the only other finisher, walking for the full 12 hours for a final distance of 88.200km. Unfortunately there were no finishers in the 50km track walk with both competitors failing to complete the set distance.

100km Track Walk

1.	Fredrik Svensson	Växjö AIS	M	1973	100,000km	10:35:14
2.	Charles Arosanyin	Nigeria	M	1967	88,200km	11:58:19

50,000m Track Walk

	Ulf-Peter Sjöholm	Växjö AIS	M	1965	DNF (20,400km in 2:14:25)
	Monica Svensson	Växjö AIS	K	1978	DNF 16,000km in 1:46:38)



100km walk place getters Charles Arosanyin and Fredrick Svensson with race organiser Christer Svensson

VICTORIAN 6 HOUR TRACK CHAMPIONSHIPS, MOE, SUNDAY 25 NOVEMBER

I was at the Joe Carmody Athletics Track in Moe on Sunday 25th November crewing at the Victorian 6 Hour Track Championships. The annual event, which has been going since 1996, includes both run and walk divisions and, as usual, included a small entry field of walkers. The 8AM start did not help much as it was a very hot day with the sun out early and all competitors had a hard time of it. I am pleased to report that the four walkers all walked well and kept at it for the full 6 hours. First to the basic results:

6 Hour Track Walk

1.	Barry Loveday	VIC	57.090 km
2.	Brian Glover	VIC	46.308 km
3.	Steve Jordan	VIC	44.226 km
4.	John Timms	VIC	34.697 km

The star of the show was definitely **Barry Loveday (C 62)** whose distance of 57.090 km was fantastic considering it is only his third walking race. He fronted in Caboolture in August for the Australian 48 Hour Track Championship, walking the whole way and coming third overall against the field of runners, his distance of 283km a new Australian best. Then he fronted at Middle Park for a 20km walk in September, recording 2:03:55. Now in his third race, he has walked a fantastic 57.1km - and his technique was flawless the whole way. His hourly splits tell the story of his walk:

9.95km, 19.75km, 29.2km, 38.6km, 47.9km, 57.1km (9.95km, 9.8km, 9.45km, 9.4km, 9.3km, 9.2km)

In fact, Barry's 6 Hour distance was the third best ever done in Australia and is a new **M35 Australian All-Comers record**. Now I know that if any of our top 50km walkers like Jared, Nathan, Chris, Luke, Ian, etc, ever decided to try themselves out over this standard, they would potentially rewrite the books but they haven't tried it in recent years and it remains relatively unexplored! We used to do these sorts of events in our racing heyday but the modern elite walkers have much busier schedules with annual international races that demand their attention.

The 6 Hour ranking list now looks like this. My ranking performance was done during a 50 Mile walk, as was Clarrie's.

Tim Erickson	24	VIC	60.009 km	Clifton Hill, Victoria	18/10/1975
Clarrie Jack	34	VIC	approx 60km	Clifton Hill, Victoria	03/11/1979
Barry Loveday	35	VIC	57.100 km	Moe, Victoria	26/11/2012

Peter Bennett	38	QLD	56.640 km	Clifton Hill, Victoria	08/10/1994
Andrew Ludwig	40	QLD	56.855 km	Gosford, NSW	07/01/2007
Michelle Thompson (W)	42	VIC	54.636 km	Coburg, Victoria	11/03/2012



Barry Loveday on his way to victory at Moe. Note the different directions - competitors reverse direction after 3 hours

Unfortunately, Clarrie was never given the lapsheets from his walk and they are not found in the VRWC archives so we can't be sure of his actual 6 Hour distance. The race report for that 1979 event reads as follows

The annual 24 Hour walk was put on by VAWC and saw 5 serious starters and 2 eventual finishers in Ian Jack and Terry O'Neill but this race was wonderful for a number of reasons. Clarrie and Ian Jack, identical twins from local Melbourne club Glenhuntly Harriers, provided a memorable occasion for all those present. Clarrie was keen to take the 50 mile record off his training partner Tim Erickson and powered through the first 50 km in 5:01:48 to be well on target. He continued on unabated to finish the 50 mile distance in 07:57:57 for a new Australian Record.....

So while I was slightly ahead of Clarrie at the 5 Hour mark on paper, he sped up from there and may well have passed the 6 Hour mark with a greater distance than my 60.009km. It just shows the importance of keeping all this historical information - you never know when, in future years, it may be needed.



Clarrie and Ian in their heyday in the seventies. Clarrie (left) still holds the Australian 50 Mile track record with 7:57:57 while Ian (right) holds the Australian 100 Mile track record with 17:59:30. Both records were set in the same event in 1979.

3RD PUTRAJAYA INTERNATIONAL 12 HOUR WALK, PUTRAJAYA, MALAYSIA, 8-9 DECEMBER

Last weekend, our intrepid international reporter Emmanuel Tardi was in Putrajaya, just outside Kuala Lumpur, for the annual Malaysian 12 Hour Walk. Now it is pretty hot in that part of the world so the event had a start time of 8PM on the Saturday evening. But that does not mean that it was not hot - with the overnight temperature hovering around 30°C, it is always a tough event. Like previous years, the field was huge - 600 men and 600 women for a total field size of 1200 (entries closed way back in September once the field limit of 1200 was reached). The circuit was a 1km loop right in the middle of Putrajaya, the Federal Administrative Centre for Malaysia, some 25km south of Kuala Lumpur. Emmanuel reported as follows:

Peter Black from Singapore led the race for the first two hours, passing the 10km mark in 56:00. Behind him, a group of around 10 formed, including eventual winner Christer Svensson of Sweden and last year's winner Thomas Eng. Svensson took the lead after 2 hours, passed the 50km mark in around 5:24, and went on to win easily with 104km. A local Malaysian walker took second with 95km while Dutch walker Frans Leijtens, who started slower but who stayed at the same speed along the 12 hours, finished third with 92km. Thomas Eng finished fourth, also with 92km.

In the women's event, local Malaysian girls took the first 4 places. The winner Norliana Rusni won the race in perfect style, leading from the start. The ages of the 3 first girls were 20, 20 and 29.

For me, the first 7.5 hours went well until suddenly I was tired and I needed to sleep. After 2 laps wandering over the road, I stopped for an hour to sleep. So for me the overall result was very bad.

First to some photos



Left: Emmanuel ponders the task ahead



Right: Men's Podium



Women's Podium



Christer Svensson crosses the finish line on his final lap to claim victory

And now onto the top 10 placings in each division. Rather than disqualify walkers, the judges deduct a lap for incorrect walking technique - a sensible approach for such a demanding and long event.

12 Hour for Men

1.	Christer Svensson	Sweden	105 laps	104 km	11:58:14
2.	Mohd Rahman Bin Abu Baker	Malaysia	85 laps	95 km	12:01:21
3.	Frans Leijtens	Netherlands	92 laps	92 km	11:57:20
4.	Eng Hup Boh	Malaysia	94 laps	92 km	12:00:24
5.	Kali Devan A/L Kerisnan	Malaysia	91 laps	91 km	12:01:17
6.	Azuwan Bin Mohd Hanafiah	Malaysia	91 laps	89 km	12:00:48
7.	Foon Fatt Heng	Malaysia	81 laps	81 km	11:57:40
8.	Chan Wai On	Hong Kong	80 laps	80 km	11:59:25
9.	Wong Yew Tho	Malaysia	79 laps	79 km	11:46:30
10.	Irishnan A/L Renyasamy	Malaysia	78 laps	78 km	11:57:40

12 Hour for Women

1.	Norliana Bt Mohd Rusni	Malaysia	92 laps	92 km	11:51:52
2.	Loh Chooi Fern	Malaysia	86 laps	85 km	11:54:18
3.	Norazilah Binti Osman	Malaysia	82 laps	82 km	12:00:43
4.	Wong Siew Leng	Malaysia	80 laps	80 km	12:02:42
5.	Komathi Ramalingam Jayaraman	Singapore	79 laps	89 km	12:00:36
6.	Suen Wai-Ha	Hong Kong	78 laps	78 km	11:49:51
7.	Kowsula Kaur	Singapore	78 laps	78 km	11:54:35
8.	Jodi Lister	New Zealand	78 laps	78 laps	12:00:41
9.	He Mun Foong	Malaysia	76 laps	76 km	12:00:41
10.	Lee Yau Hong	Malaysia	71 laps	71 km	11:46:43

PETER BENNETT CONQUERS COAST TO KOSCI AGAIN!

Fancy a nice walk through some of Australia's finest scenery? Then look no further than the Coast to Kosci. This iconic event has been going since 2004 when it was first held informally with 3 runners, two of whom completed the full 240km route. It has now built up into one of the major events on the Australian ultra calendar and this year saw a record 34 entrants testing themselves out in this most daunting of events. The race started at 5:30am on Friday December 7th at Boydtown Beach on the NSW coast and proceeded inland, climbing over 2000m overall to Australia's highest point atop Mt Kosciusko. It is a mixture of road, off road and just outright ridiculous with competitors this year having to cross snow drifts in the final section. As the contour map shows, the rise increases with distance with the last sections the worst.

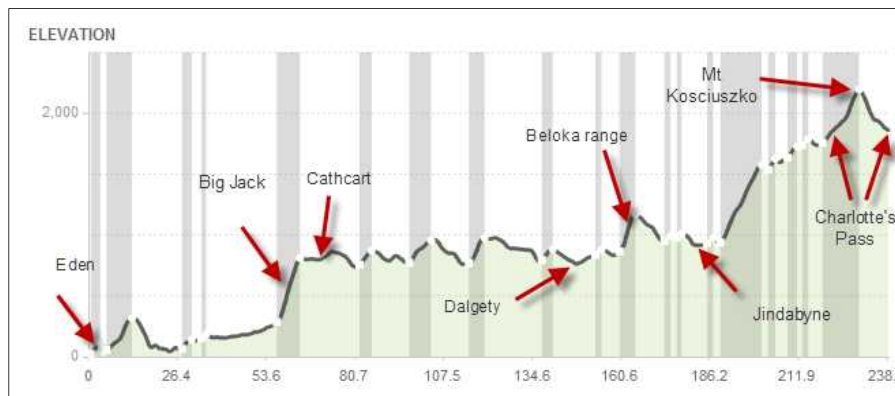
Once again, we had one intrepid walker in action in **Peter Bennett (C 24)**. Peter competed last year, coming 19th in 38:06:38. This year, he was even better, improving to 17th in **37:17:57**. Helped by **Terry O'Neill (C 18)** and QRWC

member Sarah Vardanega and their crew, he was on the road continuously. It is pretty tough on the crew in such a long event as they take turns driving the support vehicle, walking with Peter (if they can keep up!), preparing food and snatching whatever rest they can through the 2 day ordeal.

This map shows the course route.



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



Here are Peter's checkpoint times: pretty consistent walking!

Checkpoint 1 Rocky Hall	50km	06:22:00
Checkpoint 2 Cathcart	70km	08:53:00
Checkpoint 3 Gunningrah Rd	106km	14:06:00
Checkpoint 4 Dalgety	148km	20:15:00
Checkpoint 5 Jindabyne	184km	26:04:00
Checkpoint 6 Perisher	219km	30:58:00
Finish	240km	37:17:57

For the record, the race was won by runner Ewan Horsburgh in 27:31:51 (he won last year also) while the first woman to complete the course was Bernadette Benson in 31:49:21. Full results at <http://www.coast2kosci.com/live.php>.

Thanks to Terry O'Neill for this fantastic report from his perspective as crew member.

Coast to Kosi Report .. by Terry O'Neill

Sarah and Caroline and I were support crew for Peter Bennett on the Coast to Kosi ultra marathon, 240 gruelling kilometres over rough terrain, dirt and bitumen roads. Starting on the beach foreshore at Eden at 5:30AM on the Friday morning, Peter had to walk 24km up steep terrain before we could join him on the roads and start attending to his needs. I was fortunate that the girls were well organised and had things ready for him at 3km intervals.

Peter was content to set his own steady pace early and was not concerned about the runners ahead of him. As the

kms clicked over and a few more hills come into play, he was able to start picking up the first runners who had already stopped to a walk. At around the 40km mark we met our first challenge - the long 7km climb called Big Jack. Caroline was determined she wanted to run up this hill with Peter and was able to keep pace with him for all but the last km which saw her completely spent. Peter was unfazed, maintaining his usual steady pace and passing yet more runners who were really struggling on the hill.

Peter passed the 100 mile mark in approximately 22 hours. By this time he was keeping pace with a number of the better runners and others had dropped well behind. As night fell we were able to go out and walk with Peter and I was happy to say I was able to keep pace with him, but of course I had not walked 100 miles already! By this time the girls and I took turn in driving, walking with Peter or getting a bit of shut eye, as well as tending to his needs.

Peter had now passed Dalgety, well on his way to Jindabyne and still maintaining a steady pace. His back was starting to tighten up but it did not slow him down. He passed through Jindabyne around 6:30AM on the Saturday morning, then attacked the 38km unrelenting climb up to Charlotte Pass. By this stage Peter had a noticeable lean to the side because of his back, he was in pain, his pace had slowed but he still kept the kms clicking over. The girls were doing everything they could to keep him motivated. We all took turns walking with him, swapping amongst ourselves every 2km.

When we reached the top of Charlotte Pass, the girls had already arranged Peter's back pack for the 9km climb to the peak of Kosciuszko, 2229m above sea level. We were all able to walk this section with him. Around 500 metres before the peak the track was covered with snow and we had to form a human chain. Slowly, inch by inch, we formed foot holes for Peter to step into. It took about 20 minutes for us to cover about 100m of this snow section. Elation was high as we reached the top, Peter still in a lot of pain and panadol having no effect at all. It was a steady walk back to Charlotte Pass, where Peter finished in 17th place overall in 37hrs 17min, some 50 minutes faster than last year.

My thoughts - it was a great experience and it was great working with Sarah and Caroline, we all worked well as a team. Peter you are a champion on and off the track.



The support team - Caroline, Terry and Sarah

Sarah posted plenty of great photos on facebook (<http://www.facebook.com/sarah.vardanega>) and I have pinched a few for the newsletter. Well done to Peter on another amazing walk! I am tired just thinking about it.



Left: All set to go



Right: On the road



Left: Keep those fluids up



Right: Atop Mt Kosciusko - 240km in 37 hours!

2012 GORDON SMITH MEMORIAL AWARD

Our Australian Centurions will be voting over the next month to decide who wins the 2012 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)
- 2012 Michelle Thompson (C 58)

This year it will be a tough ask for our centurions to vote, given the quality of the 3 nominees. In fact, we had a short list of 6 worthy performances and it was a fair task to shorten it down to three. Here they are, in date order.

- **Michelle Thompson (C 58), Injinji 12 Hour Road Walk, 18-19 Feb**

It was fantastic to see Michelle Thompson amongst the elite grouping at the front of the Injinji 12 Hour event in Canberra in February, coming 11th overall with a huge PB of **101.158km** and taking third place overall in the women's section – all done as a walker! Along the way, she powered through the 100km mark in **11:51:22**, a time that very few Australian men have ever managed to match.

To put Michelle's walk in context, the previous 12 Hour best by an Australian was by Carol Baird who completed 97.550km in Melbourne in 2002. The only woman to have walked further on Australian soil in 12 hours is the great English walker Sandra Brown who completed 103.600km in Melbourne in 1999 (on her way to her 100 mile qualifier). Unfortunately for Michelle, our records are track based and, since this was a road event (it was an accurate 1km loop on the Mt Stromlo cycling criterium course), she could not claim any records but has to be content with 'best' status.

- **Barry Loveday (C 62), Australian 48 Hour Championship, 27-29 July**

Victorian ultra runner Barry Loveday tried himself out in the 48 Hour walk (his first ever walking race), finishing second overall against the runners with 283.500km, the longest distance ever walked in Australia and some 3 km further than Peter Bennett's current Australian record. Along the way, he covered 163 km in the first 24 Hours to become Australian Centurion number 62. It was an amazing debut performance. Barry's splits read just so impressively for someone doing his first ever ultra walk event

12 Hours	86.887 km	
100 km	13:50:38	
100 Miles	22:37:56	
24 Hours	167.500 km	
200km	31:35:49	
48 Hours	283.500 km	New Australian All-Comers Record

- **Peter Bennett, Coast to Kosci Race, 7-9 December**

The iconic Coast to Kosci event has been going since 2004 when it was first held informally with 3 runners, two of whom completed the full 240km route. It has now built up into one of the major events on the Australian ultra calendar and 2012 saw 34 entrants testing themselves out in this most daunting of events. The race started at 5:30am on Friday December 7th at Boydtown Beach on the NSW coast and proceeded inland, climbing over 2000m overall to Australia's highest point atop Mt Kosciusko. It is a mixture of road, off road and just outright ridiculous with competitors having to cross snow drifts in the final section on this occasion. Once again, we had one intrepid walker in action in **Peter Bennett (C 24)**. Peter competed last year, coming 19th in 38:06:38. This year, he was even better, improving to 17th in **37:17:57**. A truly awe inspiring performance.

The winner will be announced in the next newsletter.

You can read about these and more on our website 2012 results page - <http://www.centurions.org.au/2012report.shtml>

RECORD UPDATE

As we come rapidly to the end of our year, it is worthwhile reflecting on the new Australian ultra walking records that we have ratified this year.

In 2012, Masters records were set in the following categories

Michelle Thompson	W40	50 km	5:29:10	Coburg, VIC	11 March 2012
Michelle Thompson	W40	6 Hours	54.636 km	Coburg, VIC	11 March 2012
Michelle Thompson	W40	50 Miles	9:35:43	Coburg, VIC	14-15 April 2012
Michelle Thompson	W40	12 Hours	98.655 km	Coburg, VIC	14-15 April 2012
Michelle Thompson	W40	100 km	12:09:52	Coburg, VIC	14-15 April 2012
Rudy Schoors	M45	100 Miles	22:10:05	Coburg, VIC	14-15 April 2012
Rudy Schoors	M45	24 Hours	173.387 km	Coburg, VIC	14-15 April 2012
Michelle Thompson	W40	100 Miles	21:36:14	Blacktown, NSW	23-24 June 2012
Michelle Thompson	W40	24 Hours	174.896 km	Blacktown, NSW	23-24 June 2012
Peter Bennett	M55	100 Miles	20:40:22	Caboolture, QLD	27-29 July 2012

Peter Bennett	M55	24 Hours	185.293 km	Caboolture, QLD	27-29 July 2012
Barry Loveday	M35	6 Hours	57.090 km	Moe, Vic	25 November 2012

In 2012, the following Open records were set

Michelle Thompson	W	50 km	5:29:10	Coburg, VIC	11 March 2012
Michelle Thompson	W	6 Hours	54.636 km	Coburg, VIC	11 March 2012
Michelle Thompson	W	50 Miles	9:35:43	Coburg, VIC	14-15 April 2012
Michelle Thompson	W	12 Hours	98.655 km	Coburg, VIC	14-15 April 2012
Michelle Thompson	W	100 km	12:09:52	Coburg, VIC	14-15 April 2012
Barry Loveday	M	48 Hours	283.500 km	Caboolture, QLD	27-29 July 2012

You can of course check out all our records on our website at <http://www.centurions.org.au>.

AUSTRALIAN CENTURIONS ANNUAL GENERAL MEETING

The 2012 Annual General Meeting of the Australian Centurions will be held at the **Leighoak Club, 1555 Dandenong Road, Oakleigh** (Melbourne) commencing at **6PM on Sunday 20 January 2013**, followed by dinner.

The AGM has a number of aspects. Business includes

- Confirmation of the minutes of the last AGM and of any general meetings held since that date
- Receipt of reports including Treasurer's Report, Club President's Report, etc.
- Election of a new Executive and Committee to lead the club for the next 2 years

We will also be formally welcoming our two newest members in Justin Scholz (C 61) and Barry Loveday (C 62) and officially presenting them with their centurion badges and certificates.

At the close of the nomination period, the following have been received and duly receipted

Club Executive	President	Terry O'Neill
	Vice President	Peter Bennett
	Treasurer	Lois Erickson
General Committee	Secretary	Tim Erickson
	Records and Rankings Officer	Rudolf Skrucany
	Assistant Secretary	-
	Up to two general members of Committee	Karyn O'Neill, -

We will accept nominations for the two unfilled positions up till the AGM. Our AGM is open so everyone is invited to come along and have dinner with us - just let me know if you plan to come.

FINANCIAL NEWS

It's been a quiet month with only one payment to note. As we come towards the end of another year, our finances are strong.

Incoming	Tim Erickson - annual donation	200.00
	Carol Baird - newsletter subs 2012-2013	24.00
	Carol Baird - donation	36.00
Outgoing	Hansen Signwriting - Honour Board update	80.00
Balance		\$1039.00

UNTIL OUR NEXT NEWSLETTER

Another year completed and what a successful one for us with two new members and a huge number of ultra walking performances, both on the local front and overseas. It's hot and sunny here today as I look out the window in Melbourne – while Europe may be quickly marching towards the cold winter weather, we look set for our usual hot summer here in Australia. To everyone, may the peace and joy of Christmas light up your day.

Yours in Centurion walking ... Tim (C 13)