

# CENTURION FOOTNOTES

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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.

July 13, 2013	Adelaide 24 Hour Road Walk	Adelaide, SA, AUS
July 19-20, 2013	100km de Binche	Binche, BEL
July 19-21, 2013	Caboolture 24 Hour and 48 Hour Championships	Caboolture, QLD
Aug 3-4, 2013	<b>English Centurions 100 Mile Qualifying Walk</b> See <a href="http://www.isleofman100milewalk.co.uk">www.isleofman100milewalk.co.uk</a>	Douglas, Isle of Man
Sept 14-15, 2013	<b>Australian Centurions 24 Hour Qualifying Walk</b>	Melbourne, AUS
Sept 14-15, 2013	Roubaix 28 Hour - 60 <sup>th</sup> Anniversary	Roubaix, FRA
Oct 5-6, 2013	24 Heures de St Thibault des Vignes	St Thibault, FRA
Oct 5-6, 2013	<b>NZ Centurions 24 Hour Qualifying Walk</b>	Auckland, NZ
Nov 24, 2013	Victorian 6 Hour Championships (Date TBC)	Moe, Victoria, AUS
Dec 7-8, 2013	4 <sup>th</sup> Putrajaya International 12 Hour Walk	Putrajaya, Malaysia

Now to a new French racewalking website <http://www.cybermarcheur.com>. Webmaster Marc Haumesser tells me that the site features racewalking, long distance racewalking and also non competitive ultra walking and documents competitions and walks both in France and throughout the world. At present time it has 2.239 registered members with other 45.000 messages and 6.418 subjects. Definitely worth a bookmark.

## SRI CHINMOY 24 HOUR TRACK CHAMPIONSHIPS, BLACKTOWN, NSW, 15-16 JUNE 2013

I returned home from Sydney in wonderful spirits after the annual Sri Chinmoy 24 Hour Track Championships at the Blacktown International Sports Park earlier this month. There are always a few walkers in this event but this year, the walk numbers were up and the quality of walking was superb and we saw 4 centurion walks.



**Justin Scholz (C 61)**  
19:43:21



**Sharon Scholz (C 63)**  
20:06:00



**Steve Jordan (C 64)**  
23:13:33



**Anyce Melham (C 65)**  
23:46:32

The walk highlights read as follows

- Last year, Wangaratta based ultra distance runner **Justin Scholz** became a Centurion with a 100 mile walk time of 22:09:03. This time he and his wife **Sharon** both competed and both walked superb races. Sharon competed in the Australian team in the World 24 Hour Running Championships in Holland only 4-5 weeks ago and has been flat out walking since then on what must have been one of the shortest preparation periods ever. It was an extraordinary walk for each of them. Justin passed the 100 mile in **19:43:21** and went on to record **189.678km**, the second longest ever 24 Hour walk distance in Australia. Sharon went through the 100 mile in **20:06:00** and broke Michelle Thompson's Australian records for 12 Hours, 100km, 100 miles and 24 Hours. Her final distance was **187.653km**.

To give some idea of the quality of their walks, here are the Australian all-time top-10 rankings for 24 Hour walks done in Australia. Justin and Sharon have gone straight to the front of the bus!

1.	Jim Gleeson	40	196.490 km	24/10/1971	(122 miles 215 yds)
2.	Justin Scholz	39	189.678 km	16/06/2013	
3.	Sharon Scholz (F)	37	187.653 km	16/06/2013	
4.	Peter Bennett	56	185.293 km	28/07/2012	
5.	Michelle Thompson (F)	44	184.724 km	14/04/2013	
6.	Gordon Smith	37	183.090 km	16/10/1938	(113 miles 1390 yds)
7.	Carol Baird (F)	53	182.657km	14/04/2002	
8.	Gordon Smith	36	177.780 km	1937	(110 miles 871 yds)
9.	Michelle Thompson	43	174.896 km	15/04/2012	
10.	Terry O'Neill	51	169.741 km	22/04/2007	

- Melbourne walker **Steve Jordan** passed the 100 mile milestone in **23:13:33** and went on to walk **164.478 km** in the 24H. It was his 12<sup>th</sup> 24 Hour walk attempt over the last 8 years and he has finally achieved it. There was much celebration and it was definitely the highlight for all the walkers present.
- Sydney based running legend **Anyce Melham** tried to qualify as a centurion in this race last year but finished well short of the 100 miles. This time he reached the 100 mile mark in **23:46:32** and went on to walk **162.031km**. It was a measured walk and, although he never had much time up his sleeve, he never doubted that he would succeed.

So 4 finishers and 3 first time centurions (Sharon, Steve and Anyce) who become Cent number 63-65.



Centurion finishers Anyce Melham (C 65), Sharon Scholz (C 63), Justin Scholz (C 61) and Steve Jordan (C 64)

As an aside, I was also in action in Sydney with my first ultra walk since I did my hundred in 1976. I had entered the 12 Hour event and am pleased to report that I completed it with a final distance of **102.330km** after passing the 6 Hour mark with 54.436km. It as a hard slog and doing such a fast first half did mean that the second half tended to take forever. Needless to say, I was not moving too well for a few days afterwards.

And a special thank you to Michelle Thompson who did a fantastic job looking after me and Steve. Team efforts make for big results.

For the overall results, see <http://au.srichinmoyraces.org/files/au/24%3A12%20hr%202013%20overall%20results.pdf>. There are also plenty of photos to be seen at [http://gallery.srichinmoyraces.org/australia/24-hour\\_001](http://gallery.srichinmoyraces.org/australia/24-hour_001). Results for the walkers are shown below. The walkers were more than competitive against their running counterparts.

#### 24 Hour Men

2.	Justin Scholz	VIC	189.678 km
4.	Steve Jordan	VIC	164.478 km
5.	Anyce Melham	NSW	162.431 km
12.	Saul Richardson	NSW	80.800 km
15.	Phil Essam	ACT	46.000 km

#### 24 Hour Run Women

3.	Sharon Scholz	VIC	187.653 km
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#### 12 Hour Run Men

3.	Tim Erickson	VIC	102.330 km
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There were records galore with Justin, Sharon and Tim all in on the act so it was a hugely successful venture north for the Victorians.

- Justin was in one of our hardest age groups with regard to records but he set a new M35 record with his 24 Hour distance and was only 27 seconds outside Peter Bennett's M35 100 mile record.
- Sharon set W35 records for 50 km, 50 miles, 100 km, 100miles, 6 hours, 12 hours, 24 hours, new Open Residential records for 50 miles, 100km, 100 miles, 12 hours and a new Open Residential and All-Comers record for 24 hours
- Tim set new M60 records for 50 miles, 100 km, 6 hours and 12 hours

The new records read as follows

Justin Scholz	M35	24 Hours	189.678km	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	50 Miles	9:29:06	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	Open (Residential)	50 Miles	9:29:06	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	100 Km	11:53:46	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	Open (Residential)	100 Km	11:53:46	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	100 Miles	20:06:00	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	Open (Residential)	100 Miles	20:06:00	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	12 Hours	100.832km	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	Open (Residential)	12 Hours	100.832km	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	24 Hours	187.653km	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	Open (Residential/All-Comers)	24 Hours	187.653km	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	6 Hours	51.658km	Sri Chinmoy, Sydney	15-16 June 2013
Sharon Scholz	W35	50 km	5:48:26	Sri Chinmoy, Sydney	15-16 June 2013
Tim Erickson	M60	100 Km	11:39:37	Sri Chinmoy, Sydney	15-16 June 2013
Tim Erickson	M60	12 Hours	102.330km	Sri Chinmoy, Sydney	15-16 June 2013
Tim Erickson	M60	6 Hours	56.436km	Sri Chinmoy, Sydney	15-16 June 2013
Tim Erickson	M60	50 Miles	8:57:06	Sri Chinmoy, Sydney	15-16 June 2013

Significant Splits show the quality of the 5 leading walkers

Competitor	50 km	6 Hours	12 Hours	24 Hours	50 Miles	100 Km	100 Miles
Justin Scholz (C 61)	5:41:18	52.659 km	102.841 km	189.678 km	9:16:47	11:38:56	19:43:21
Sharon Scholz (C 63)	5:48:26	51.658 km	100,832 km	187.653 km	9:29:06	11:53:46	20:06:00
Steve Jordan (C 64)	6:25:47	46.826 km	89.084 km	164.478 km	10:47:30	13:39:47	23:13:33
Anyce Melham (C 65)	7:13:39	41.676 km	82.838 km	162.431 km	11:39:06	14:35:19	23:46:32
Tim Erickson (C 13)	5:17:11	56.436 km	102.330 km	N/A	8:57:06	11:39:37	N/A

I have updated our centurions website to welcome our new centurions and have added profiles for each of them. For some inspirational additional reading, check out

Sharon Scholz Profile → <http://www.centurions.org.au/documents/63%20sharon%20scholz.pdf>

Steve Jordan Profile → <http://www.centurions.org.au/documents/64%20steve%20jordan.pdf>

Anyce Melham Profile → <http://www.centurions.org.au/documents/65%20anyce%20melham.pdf>

### THE FRENCH ULTRA FESTIVAL, LE LUC, FRA, 7-13 MAY 2013

The 8<sup>th</sup> edition of the French Ultra Festival was held last month in Le Luc, France. With events ranging from the marathon distance to the classic 6 Day, it had both run and walk categories and was held at the motor racing track, Le Circuit Du Var. With a 2.3km lap, it was a fantastic venue (see <http://french-ultra-festival.fr/>) and the number of competitors overall was large.

In the 6 Day Walk race, Spanish walker Bernardo Jose-Mora won with a distance of 607.059 km from French walkers Dominique Bert 575.354km and Stephane Paille 575.354 km (both on same lap). The first of the women to finish was Sylviane Varin with 544.692 km.

<b>6 Day Walk</b>		<b>Number</b>	<b>M/F</b>	<b>Laps</b>	<b>Distance</b>
1.	JOSE-MORA - Bernardo	29	M	292	607.059 km
2.	BERT - Dominique	91	M	277	575.354 km
3.	PAILLE - Stephane	18	M	277	575.354 km
4.	EMONIERE - Philippe	99	M	168	557.601 km
5.	VARIN - Sylviane	76	F	262	544.692 km
6.	PRUCKNER - Jaroslav	28	M	253	526.398 km
7.	RABREAU - Yves	34	M	249	517.196 km
8.	MASSON - Pascal	33	M	242	502.656 km
9.	BANO - Jean-michel	90	M	226	470.737 km
10.	WALLAEYS - Jean	104	M	209	434.128 km
11.	CORMIER - Mireille	71	F	180	373.878 km
12.	HAKIMNIKTU - Gwynplaine	106	M	172	357.348 km
13.	SEGUI - Santiago	37	M	164	340.645 km
14.	PIERRE - Patrick	32	M	157	327.847 km
15.	CORNICHON - Laurent	38	M	156	324.042 km
16.	HAUSMANN - Martina	36	F	149	309.483 km
17.	NICLASS - Simone	84	F	114	237.885 km
18.	DALPHIN - Daniel	11	M	103	213.938 km
19.	BURGER - Alain	111	M	52	109.387 km

<b>48 Hour Walk</b>		<b>Number</b>	<b>M/F</b>	<b>Laps</b>	<b>Distance</b>
1.	PANNIER - Josiane	207	F	105	218.113 km
2.	VARETTE - Graziella	202	F	77	159.940 km

### 26<sup>TH</sup> INTERNATIONAL WALKING FESTIVAL, WEERT, HOLLAND, 18-19 MAY

Late May saw one of the big events for the year for our European based ultra walkers with the Continental Centurions 24 Hour Qualifying event which was held in Weert in Holland (see <http://www.olat.nl/InternWeekend.html>). Competitors tested themselves out over a road circuit of 6.295km before shifting to a short loop of 1.946km for the final hours. There were lots of different divisions - 24 Hours, 100 Miles, 100 km, 50 Miles and 50km - but the main aim was

to provide an opportunity for walkers to complete 100 miles in 24 hours, thus becoming a member of the exclusive Continental Centurion organisation. And of course, anyone who could walk 50 Miles (80.467 km) within 12 hours was able to qualify as a 'Kennedy Friend'.

It was a very good weekend for most of the participants: 13 walkers did achieve the Centurion distance with nine of them becoming new Continental Centurion with some excellent times.

#### 100 miles

1.	Daniel Lhoest	20.10.23	CC 391 (new)
2.	Frank van der Gulik	20.22.07	CC 343
3.	Ed Voogt	20.36.58	CC 376
4.	Jimmy Miljard	21.33.26	CC 392 (new)
5.	Luc Verreu	22.10.30	CC 393 (new)
6.	Hilde Krols	22.27.30	CC 394 (new)
7.	Jack Bertrums	22.29.19	CC 395 (new)
8.	Wilma Driessen	22.30.44	CC 364
9.	Gerrit van Harten	22.50.45	CC 396 (new)
10.	Antoine Hunting	23.02.31	CC 397 (new)
11.	Willy Vermeulen	23.34.09	CC 337
12.	Appie Bos	23.47.12	CC 398 (new)
13.	Bertus van Ginkel	23.47.13	CC 399 (new)

17 Kennedy Walkers achieved the 50 Mile standard within the required 12 Hours, including 10 first timers.

#### 50 miles (those under 12 Hours)

1.	Rein Pistorius	9.57.32	KV 399 (new)
2.	Martien van Achterberg	10.30.40	KV 327
3.	Arie Klootwijk	10.52.55	KV 400 (new)
4.	Wilko v Nieuwenhuijzen	11.07.27	KV 349
5.	Harrie Wijtsema	11.14.45	KV 393
6.	Connie Raymakers	11.15.44	KV 401 (new)
7.	Hans van der Helm	11.20.19	KV 373
8.	Thijs Timmermans	11.21.11	KV 402 (new)
9.	Hans van Heeswijk	11.22.53	KV 403 (new)
10.	Will van de Langenberg	11.22.55	KV 404 (new)
11.	Aaf Peters	11.36.02	KV 355
12.	Piet van der Kroft	11.38.55	KV 262
13.	Mark Cringle	11.42.12	KV 405 (new)
14.	Jan Hendrik Donkervoort	11.43.43	KV 406 (new)
15.	Koos van der Maden	11.44.41	KV 388
16.	Frank Marchand	11.45.54	KV 407 (new)
17.	Henny Michels	11.50.29	KV 408 (new)

And of course, lots of the walkers continued on to the 24 Hour mark

#### 24 Hours Walk

1.	Antoine Hunting	KNBLO	162.880	23:21:40
2.	Daniel Lhoest	Andenne	160.934	20:10:27
3.	Frank van der Gulik	LAT	160.934	20:22:07
4.	Ed Voogt	RWV	160.934	20:36:58
5.	Jimmy Millard		160.934	21:33:26
6.	Luc Verreu		160.934	22:12:30
7.	Hilde Krols		160.934	22:27:30
8.	Jack Bertrums	OLAT	160.934	22:29:19
9.	Wilma Driessen	Natuurvrienden	160.934	22:30:44
10.	Gerrit van Harten		160.934	22:50:45
11.	Willy Vermeulen	RWV	160.934	23:34:09
12.	Bertus van Ginkel	RWV	160.934	23:47:12
13.	Appie Bos	FLAL	160.934	23:47:12
14.	Marry Heuvelman-Goudriaan	RWV	139.656	23:51:26



15. Hanny Klumpkens	OLAT	139.656	23:51:26
16. Sailash Shah	Lancashire	137.700	23:16:00
17. Hans Pranger	OLAT	135.754	23:48:20
18. Ger Reneerkens	RWV	133.351	24:05:05
19. Gerrit Arfman	OLAT	133.351	23:53:58
20. Sandra de Graaff	OLAT	123.164	23:47:13
21. Mike Bertrand	OLAT	116.869	17:16:00
22. Jantinus Meints		110.574	14:10:00
23. Jajo Wit	LAT	110.574	15:13:00
24. Wim van Cappelle	OLAT	110.574	15:58:00
25. Con Bollmann	RWV	110.574	16:46:00
26. Jannie Bos	FLAL	110.574	17:08:00
27. Ernst Westerhoff	OLAT	110.574	17:20:00
28. Dirk Donders	OLAT	110.574	17:55:17
29. Rick Liesting	OLAT	110.574	18:04:00
30. Gertjan Vivié		110.574	18:39:00
31. Peter van den Brink	OLAT	110.574	18:59:00
32. Jurgen Mol	wsv Mol	110.574	23:34:57

**Caroline Mestdagh (C 56)** was amongst the starters in the 100km race. Normally she would start at the 100 EM but because of a small injury at her foot she decided to start at the 100km. She was pleased with her time, because she couldn't train properly for the last few weeks. The weather conditions were excellent - cloudy and 14°C during the day, an overnight temperature of 8°C and then warming to 17°C on the final morning. Rudy didn't walk this time; he looked after the Belgian walkers and provide them with food and drinks.



**Caroline Mestdagh in action in Weert**

**100km Walk**

1. Kris Hazenbosch	12:23:11
2. Wil Boudewijns	12:29:57
3. Caroline Mestdagh	13:27:29
4. Bert Adams	14:02:02
5. Bernard Jacob Mortier	14:10:27
6. Nicole Lamquin Mortier	16:53:19
7. Martine Vanbreuse ami Gastuc	16:53:19

### 50 km Walk

1.	Ronald Cuijlits	6:00:14
2.	Patrick Demaerschalk	6:09:02
3.	Ilonka van Bommel	7:03:16
4.	Viktor Mennen	7:03:17
5.	Ad Leermakers	7:27:30
6.	Fred Fisser	7:58:39
7.	Henny Beelen	9:38:12
8.	Jose van Helmond	9:38:12

## THE LDWA CAMEL-TEIGN HUNDRED, ENGLAND, 25025 MAY 2013

The **Long Distance Walkers Association** (see <http://www.ldwa.org.uk>) is the British association whose aim is "to further the common interests of those who enjoy Long Distance Walking". It was established in 1972 and has over 6,000 members. It defines a "long distance walk" as "any walk over 20 miles". The Association, along with the Ramblers Association, is recognised by Sport England as the governing body for "Rambling" in England.

The association has 42 local groups which organise walks for their members, and publishes the journal *Strider* three times a year. Walks fall into two categories. Group walks (also referred to as social walks) are normally led walks of up to 20 miles in length. Challenge events are normally between 20 and 100 miles, are self led (i.e. participants navigate the route based on written instructions) and must generally be completed within a defined time limit. Challenge walks are marshalled i.e. participants must call in at clipper points or checkpoints to get a tally card punched to show they are following the route. Information about group walks, challenge events (including ones arranged by other organisations who agree to the association's conditions for challenge walks) and other information of interest to walkers such as a database of long distance paths in the UK can be found via the association's web site.

The LDWA's annual "Hundred" event, entailing walking 100 miles in 48 hours, takes place each Spring Bank Holiday weekend (which fell on Monday 27 May this year). But the actual Hundred is the culmination of a lot of planning and footslogging - typically it takes about 3 years to organise the Hundred. First the course has to be decided (in general terms), then it has to be carefully scoped and documented and finally it has to be walked by a select group of marshals (experienced LDWA walkers) using the maps and instructions provided. Only then is it ready to go.

This year the Marshals' walk took place in early May, some 3 weeks before the actual event, and **Sandra Brown (C 36)** reports on what it entailed.

Centurions were in action last weekend in the marshals' walk of the annual LDWA 100 miles cross-country, this year on a linear west-east route across the South West peninsula, from the estuary of the River Camel at Wadebridge on the north Cornwall coast, across Bodmin Moor and Dartmoor, and up and down what felt like innumerable deep, wooded valleys for which the region is famous, to the River Teign estuary at Teignmouth on the south Devon coast. The route was fantastic, full of interest, very scenic, with the wilderness of the moors and their strange, stone-topped tors, lush woods and meadows, and the industrial heritage of the abandoned tin mines and their granite-bouldered tracks across the moors. Very tough terrain, and all fabulous!

We were so lucky with the weather. After a terrible winter when it has rained nearly non-stop, a couple of weeks of fine weather had done quite a bit to dry out the ground [though we managed to find some areas of wonderful mud all the same!] The weekend was sunny and very warm, and there was a lot of reported foot soreness on the miles of stony tracks. By the end of the walk, after two days of exposure to the sun and wind, we looked a bit like the legendary wild men of the moors! Three of the same four Centurions who last year led the way together did so again this year. Ken Falconer, Dave Findel-Hawkins and I had the fun - and reassurance, given the challenge of route-finding which this event always involves - of walking together. En route, we had the pleasure of seeing Jill Green and Jim Catchpole who were managing a checkpoint in a marvellous [and it has to be said rather smelly, even before we arrived] medieval, stone barn as we dropped down, hungry and thirsty, from the moor. In the eeriness of night we passed the huge prison at Princetown, in the centre of Dartmoor, but we sneaked past without being apprehended!

This was another fantastic 100 miles event from the LDWA. At the end of May, those who walked the marshals' event will be back to man the checkpoints and look after the 500 entrants in the main event, including those, like Jill Green, who looked after us on the marshals' walk.

As planned, the Hundred did take place at the end of May. Event website at <http://www.ldwa.org.uk/2013Hundred>

Photos at <http://www.ldwa.org.uk/galleries/gallery.php?gallery=2013%20Camel-Teign%20100&first=0&last=49&credit=Steve%20Clark>.



Some of the action from the Camel-Teign LDWA Hundred (photo Steve Clark - <http://www.ldwa.org.uk>)

#### USA CENTURIONS 24 HOUR QUALIFYING WALK, SNELLING LAKE, MINNEAPOLIS , JUN 1-2, 2013

The 2013 USA Centurions qualifying event was held earlier this month, in conjunction with the FANS 24 Hour walk in Minneapolis. The good news is that **Brian Huhn** qualified as **USA Centurion number 75** with his 100 mile time of **23:48:35**. He produced a race report (see <http://ultrawalk.com/Centurion%20USA.html> ) which I reproduce below:

FANS is a race which has been around for 24 years now. It is a fundraiser for a local charity United Communities and their FANS scholarship program. This year they had to move the location to a new one around Lake Snelling, which is right near the airport in Minneapolis. Everything was conveniently located for the race which made the logistics very simple to plan for. They had a pre-race dinner and registration on Friday, and the race was from 8am Sat to 8am Sunday, with a 12-hour option. The course was approximately 2.2 miles around the lake on an asphalt walking path and a dirt/gravel path, about half/half. The weather was uncertain with some rain in the forecast. We got lucky and were only rained on for about 2 hours during the mid afternoon. It got down to the upper 40s at night, but everyone dealt with that w/o a problem (most participants were from Minnesota). It got up to about 70 during the day, but was cloudy most of the time.

My race went pretty much as expected. I started well and finished the first 50 miles in 10:15, and had completed 56.5 miles by the 12-hour mark. I knew I was on target to finish above 100 miles which was the only real goal. I was thinking at this point, that if things went really well, I could get 105 miles or so. However, once it got dark, it was hard to keep as aggressive a pace and I slowed a bit. Also, it was hard to keep fully alert at times. I think this is an issue that makes walking harder than running in a 24hr event. When running, I'm exerting more and have little trouble staying alert. Going thru the night, I knew that I just had to keep a steady pace to finish the 100 miles. I lost most of my desire to push harder and try to get more than 100 in the wee hours. The nice thing about Minnesota this time of year, is that the sky starts to lighten around 4:30am. This got the mood back a bit. I finished the race relatively uneventfully, steadily making my way towards 100 miles. I finished my 46th lap, at 100 miles, with about 12 minutes to go. I did two out and backs to give me the 100.5 miles (wanted to make sure, since it was a new course). Cool thing right near the end of the race was seeing a bald eagle up in a tree near the lake. I heard him squawk which is what got my attention. Quite a cool looking bird and a good omen I thought.

So, I achieved my goal of officially walking 100 miles in 24 hours. This is officially my 2nd time doing this, but my first official Centurion event. The Run Like the Wind event last December was not a certified event with judges. At this event, Bruce Leisure checked on me periodically to make sure I was not running. Upon certification, my name should appear on the official list of centurions for the USA. I'll be #75



## 24 HEURES DE ROUEN, ROUEN, FRANCE, 8-9 JUNE 2013

Australian walker **Peter Bennett (C 24)** was in Rouen, France, on the weekend of 8-9 June for the annual 24 Heures de Rouen ultra distance walking classic. This was Peter's 7<sup>th</sup> appearance in this event and he notched up a 5<sup>th</sup> win with a superb 213.0km. He emailed me the week after the event to briefly discuss proceedings.

The two days before the race were very hot (28 degrees at 7pm) but it was cloudy and cool for the race with a very cold wind during the night and early hours of Sunday morning. I kept waiting for the sun to come up but the race was over (5pm) before that happened. This was the 45th edition of this race and as a gesture I was given race number 45. The race started at 5pm on Saturday so we had over five hours of daylight before night fell. It makes for a short night but Sunday was a long day.

The morning after the race I had to get up at 6am to get ready to go to an international seminar where I gave a brief speech on the environmental challenges facing the Great Barrier Reef. This did not finish until 5pm so I was pretty weary by the time we got home. Since then I have spent many hours walking around the Armada Tall Ships Festival which has attracted millions of visitors to Rouen. I think it is a 7.5km walk from one end of the festival to the other (and then you have to walk back). That is why many people just take a boat cruise of the festival site. My tourist activities have been curtailed by the train strike and the air traffic controllers strike. Hope all is resolved by tomorrow as my flight home is scheduled for Saturday.

### 24 Heures de Rouen (top 16 places)

1.	Team Hollande (Adri Leermakers)	RELAY TEAM	216.00
2.	<b>Peter Bennett</b>	<b>Australia</b>	<b>213.00</b>
3.	J Pierre Begin	AOI	190.50
4.	Sylvain Riviere	Vernon	175.50
5.	Sébastien Bracq		154.50
6.	Christian Renoncourt	Louviers	151.50
7.	Alain Auvre	Torcy	150.75
8.	Christine Wattebled	EU	150.00
9.	Jacques Delarue	Rouen	129.75
10.	Michèle Delarue	Rouen	118.50
11.	Karim Loukkad	AOI	117;75
12.	Maxense Begin	AOI	116.25
13.	Jordan Bracq	AOI	108.00
14.	Christiophe Delarue	Rouen	103.50
15.	Quentin Pereira	AOI	102.00
16.	Hélène Pimont	Havres	100.50



**Peter Bennett in action in Rouen earlier this month**

As mentioned above, this was Peter's 7<sup>th</sup> appearance at this event and he has now won it on five of the last 6 years with distances always well in excess of 210km. The list reads

15-16 April 2006	176.175 km	3 <sup>rd</sup>
5-6 July 2008	214.65 km	1 <sup>st</sup>
30-31 May 2009	213.885 km	1 <sup>st</sup>
12-13 June 2010	216.240 km	2 <sup>nd</sup>
25-26 June 2011	213.0km	1 <sup>st</sup>
16-17 June 2012	213.0km	1 <sup>st</sup>
8-9 June 2013	213.0km	1 <sup>st</sup>

### THE 47<sup>TH</sup> PARIS-COLMAR CLASSIC, 12-15 JUNE 1993

Our intrepid European reporter Emmanuel Tardi was out and about again earlier this month, helping support French walker Eddy Roze in the annual Paris-Colmar classic. For those who don't know, this is the longest of the classic walks with the men testing themselves over a total distance of 436.4km in 4 stages and the women contesting a total distance of 308.1km in 4 stages as follows:

Men: 4 Stages (436.4km)	Prologue : Paris	5,3km
Stage 2 :	Neuilly sur Marne -> St Thibault des vignes	15,3 km
Stage 3 :	Château Thierry -> Vittel	349,6 km
Stage 4 :	Plainfaing -> Colmar	66,2 km
Women: 4 Stages (308.1km)	Prologue : Paris	5,3 km
Stage 2 :	Neuilly sur Marne -> St Thibault des vignes	21,0 km
Stage 3 :	Vitry le François -> Vittel	215,6 km
Stage 4 :	Plainfaing -> Colmar	66,2 km

The pre-race favourites were Russian walker Dmitryi Ossipov (triple winner in 2009, 2011 and 2012) and French walker Dominique Alvernhe (also a triple winner in 2009, 2011 and 2012) but they each missed out on the top spot on their respective podiums. In the men's race, Jean Marie Roualt became the first French male winner since 1993 with his final time of 54:10:59, beating Ossipov by a whopping 48 minutes. In the women's race, Irina Poutinseva of Russia (former winner in 2000 and 2003) won in 40:28:42 ahead of Italian Nicoletta Mizera while Alvernhe failed to finish. It is indeed a brutal race.

<b>Men's Race</b>			<b>Prologue</b>	<b>Stage 2</b>	<b>Stage 3</b>	<b>Stage 4</b>	<b>Total</b>
1.	Jean Marie ROUALT	FRA	0:28:19	1:41:42	44:14:33	7:46:25	54:10:59
2.	Dmitriy OSSIPOV	RUS	0:21:43	1:30:27	45:22:40	7:44:10	54:59:00
3.	Dominique BUNEL	FRA	0:25:27	1:30:42	45:26:35	7:53:25	55:16:09
4.	Emmanuel LASSALLE	FRA	0:29:15	1:46:01	47:46:40	7:52:10	57:54:06
5.	Gilles LETESSIER	FRA	0:31:19	1:47:43	47:36:00	8:17:30	58:12:32
6.	Pascal BUNEL	FRA	0:23:50	1:36:06	52:55:00	9:28:30	64:23:26
7.	Eddy ROZE	FRA	0:21:13	1:41:15	52:42:00	11:00:50	65:45:18
8.	Fabrice HENRY	FRA	0:21:14	1:28:06			
9.	Arthur OGANESIAN	RUS	0:23:08	1:28:23			
10.	Alekseï KONDRATENKO	RUS	0:23:31	1:34:21			
11.	David REGY	FRA	0:24:34	1:34:40			
12.	Philippe MOREL	FRA	0:23:03	1:36:40			
13.	Rémi BONNOTTE	FRA	0:25:46	1:40:05			
14.	Pascal BIEBUYCK	BEL	0:26:52	1:40:05			
15.	Florian LETOURNEAU	FRA	0:27:12	1:41:49			
16.	Cédric VARAIN	FRA	0:28:17	1:41:48			
17.	Christophe RAULET	FRA	0:28:32	1:41:48			
18.	Sâadi LOUGRADA	FRA	0:31:20	1:47:43			
19.	Pascal THEVENIN	FRA	0:31:20	1:48:46			
<b>Women's Race</b>			<b>Prologue</b>	<b>Stage 2</b>	<b>Stage 3</b>	<b>Stage 4</b>	<b>Total</b>
1.	Irina POUTINSEVA	RUS	0:25:01	1:56:21	29:38:00	8:29:20	40:28:42
2.	Nicoletta MIZERA	ITA	0:26:12	2:03:49	30:17:00	8:30:15	41:17:16
3.	Corinne FAUQUEUR	FRA	0:27:30	2:04:29	30:45:00	8:38:00	41:54:59

4.	Olga BORISOVA	RUS	0:25:06	1:59:01	31:40:33	7:56:35	42:01:15
5.	Maggy LABYLLE	FRA	0:27:06	2:04:26	31:32:00	8:06:15	42:09:47
6.	Sylvie MAISON	FRA	0:29:15	2:11:41	31:40:55	9:29:10	43:51:01
7.	Claudie BIZARD	FRA	0:31:43	2:30:47	36:45:00	10:04:10	49:51:40
8.	Françoise FABRE	FRA	0:31:43	2:29:09	35:43:00	11:22:50	50:06:42
9.	Karen DAVIES	GBR	0:31:28	2:27:28	36:50:00	10:50:10	50:39:06
10.	Dominique ALVERNHE	FRA	0:23:59	1:55:49			
11.	Emilie COUGOUREUX AUGE	FRA	0:26:58	2:06:11			
12.	Bernadette QUINQUETON	FRA	0:31:22	2:31:05			

Sandra and Richard Brown were also in attendance - Sandra reported as follows

We are just back from a one week Ramblers Holiday, walking in Alsace, eastern France. We stayed in Kaysersberg, a very attractive large village down whose cobbled streets we have walked on the way to Colmar [which is about 15kms further] in years past. We timed the holiday to coincide with this year's Paris-Colmar race, and had the great pleasure of seeing and cheering on the walkers as they passed through Kaysersberg in the late afternoon of last Saturday - on the final stage of the event and nearing their destination. It was a particular pleasure to see English walker, Karen Davies, coming through Kaysersberg in very good spirits, and on her way to completing the event. Not only had we the pleasure of seeing the present generation of P-C walkers coming through Kaysersberg, we were also delighted to meet up with several walkers who were doing P-C at the same time as us - Jean Cecillon, Jean-Claude Gouvenaux, Ad Leermakers and others, as well as officials from the P-C and the qualifying events - who follow the event, or come back to Kaysersberg to watch the event, year after year. French walker Gilles Letessier, who was doing P-C when we walked the event in 1990-92, was again part of the field this year. He has done the race 25 times or more, we were told, finishing nearly every one. He finished again this year, in 5<sup>th</sup> position. For us, it was a great experience to be back there and once again part of the P-C race community.



Nicoletta Mizera, Eddy Roze, Dmitriy Ossipov and winner Jean Marie Roualt (photos Emmanuel Tardi)



**Winning woman Irina Poutinseva**



**Emmanuel keeps Eddy Roze company on the road**

The P-C website is a treasure trove of information and splits (<http://www.pariscolmaralamarche.fr/>) and there are plenty of photos on facebook page: <https://www.facebook.com/pages/Paris-Colmar-%C3%A0-La-Marche/172886729393848>.

Emmanuel has also posted a YouTube vide of Eddy Roze who finished 6<sup>th</sup> in 65:45:18. Now he may not look like he is going all that fast but consider the fact that he is walking for 65 hours - <http://www.youtube.com/watch?v=-7JJaZO6EE&feature=em-uploademail>. You can also see a very professional French video about the 2013 P-C event at <http://youtu.be/NFOom91bOmI>.

**PARISH WALK, ISLE OF MAN, UK, 22-23 JUNE 2013**

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The Parish Walk is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches, but nowadays electronic timing chips are worn. A time limit of 24 hours is given, and there are cut-off times for reaching each stage.

It is the biggest walking event in the Isle of Man with a huge participation rate but only a small proportion of walkers are expected to complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish, with an official time and distance.

This year, a record 215 people walked the whole 85 miles around the 17 parishes of the Isle of Man between 8AM on Saturday 22 June and 8AM the following morning. Male winner Michael George 14:44:49 was less than 2 minutes outside the race record of Richard Gerrard (14:42:32, 2012) while Female winner Janice Quirk 16:16:39 was some 18 minutes outside her own course record of 15:58:35, set in 2009.

Although the course is hilly and demanding, the overall standard was superb with 22 walkers under 18 hours and 64 walkers under 20 hours. Check it all out at <http://www.parishwalk.com>. The first 22 are reproduced here.

**Manx Telecom Parish Walk (85 Miles)**

1	Michael George	Veteran Men (40 and over)	14:44:49
2	Richard Gerrard	Veteran Men (40 and over)	14:50:59
3	Jock Waddington	Veteran Men (40 and over)	15:12:39
4	Vinny Lynch	Veteran Men (40 and over)	15:13:09
5	David Mapp	Men	16:09:34
6	Janice Quirk	Veteran Ladies (35 and over)	16:16:39
7	Terry Moffat	Veteran Men (40 and over)	16:24:42



8	Michael Bonney	Veteran Men (40 and over)	16:25:30
9	Simon Briggs	Veteran Men (40 and over)	16:29:26
10	Chris Cale	Veteran Men (40 and over)	16:43:22
11	Robbie Callister	Veteran Men (40 and over)	16:44:06
12	Andrew Titley	Veteran Men (40 and over)	16:50:51
E13	Tufty Nash	Veteran Men (40 and over)	16:52:25
E13	Brian Wade	Veteran Men (40 and over)	16:52:25
E13	Sue Biggart	Veteran Ladies (35 and over)	16:52:25
16	David Walker	Veteran Men (40 and over)	16:54:57
17	Brian Kelly	Veteran Men (40 and over)	16:56:27
18	Dale Farquhar	Men	17:35:22
19	Maureen Moffatt	Veteran Ladies (35 and over)	17:39:44
E20	Tony Mackintosh	Veteran Men (40 and over)	17:53:10
E20	Karen Lawrie	Veteran Ladies (35 and over)	17:53:10
22	Liam Parker	Men	17:58:35

I think this event must be on the bucket list of any serious walker!



The start of the 2013 Manx Telecom Parish Walk (photo Mike Lambden)

#### FINANCIAL NEWS

A quiet month for us but the finances are good ahead of our own Australian Centurion qualifying event in September.

<b>Incoming</b>	Stan Jones - newsletter postal subscription 2012-2014	36.00
	Stan Jones - donation	14.00
<b>Outgoing</b>	Photocopying	10.00
<b>Balance</b>		<b>\$1694.07</b>

#### UNTIL OUR NEXT NEWSLETTER

A bumper issue once again and three new Australian Centurions to welcome to our small yet elite club. And our own centurion qualifying event is still to come so perhaps there might be more good news to follow. To all our members and supporters, my warmest wishes for the next few months - may your walks be many and enjoyable.

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