

CENTURION FOOTNOTES

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President	Terry O'Neill (C 18)	03-95435753
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DATES...DATES...DATES

The 2014 AURA calendar shows quite a few ultra events that may suit serious ultra walkers– check it out at <http://www.aura.asn.au/events.html>. A quick extract shows the following events which are relatively good for walkers.

Feb 8, 2014	Caboolture Dusk to Dawn 12 Hour	Caboolture, QLD
Sun Feb 23, 2014	Coburg 24 Hour Carnival - 6 Hour Walk/Run	Coburg, VIC
Apr 5-6, 2014	Coburg 24 Hour Carnival - 24 Hour Walk/Run	Coburg, VIC
June 8, 2014	Australian 100km Road Champs	Gold Coast, QLD
June 14, 2014	Sri Chinmoy 24 Hour Championships	Blacktown, NSW
July 12, 2014	Adelaide 24 Hour	Adelaide, SA
July 25-27, 2014	Caboolture 24H, 48H	Caboolture, QLD
Sept 29, 2014	Adelaide 6 Day and 48H	Adelaide, SA
Oct 26, 2014	Ned Kelly Chase 100km	Wangaratta, VIC
Sept/Oct, 2014	Australian Centurions 24H Qualifying Walk	Melbourne, VIC

And an exciting announcement - we have decided to stage a 2014 Australian Centurions 24 Hour Qualifying event in Melbourne in the Sept-Oct 2014 timeframe. Like last year, the event will be hosted by the Victorian Race Walking Club and will be held at their headquarters at Middle Park. At this stage, I expect to use the same 1.25km road loop we used in 2013. More on this event as our planning continues.

In addition, we will try to have someone onsite to verify any centurion walk performances done at the following events

June 14, 2014	Sri Chinmoy 24 Hour Championships	Blacktown, NSW
July 12, 2014	Adelaide 24 Hour	Adelaide, SA
July 25-27, 2014	Caboolture 24H, 48H	Caboolture, QLD

I hope soon to be able to advise the other 2013 Centurion qualifying events from around the world.

2013 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**. Previous winners include

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)
2011 Michelle Thompson (C 58)	2012 Barry Loveday (C 62)

This year we had 4 very worthy performances on which we Australian centurions voted. These were quantified in our last newsletter and are summarised below

- Steve Jordan (C 64), Sri Chinmoy 24 Hour Championship, Blacktown, NSW, 15-16 June 2013
- Justin Scholz (C 61), Sri Chinmoy 24 Hour Championship, Blacktown, NSW, 15-16 June 2013
- Sharon Scholz (C 63), Sri Chinmoy 24 Hour Championship, Blacktown, NSW, 15-16 June 2013
- Tim Erickson (C 13), Sri Chinmoy 12 Hour Championship, Blacktown, NSW, 15-16 June 2013

I am pleased to announce that, although the votes were spread amongst all 4 nominations, the winner for 2013 is **Tim Erickson (C 13)**. His performance came in his first ultra walk since he qualified as a centurion in 1976. Competing in the Sri Chinmoy 24 Hour in Sydney last June, he shattered the Australian M60 records for 6 Hours, 50 Miles, 100km and 12 Hours with his 6 Hour distance the fourth best Australian performance overall.



Tim competing in the Sri Chinmoy 12 Hour walk in Sydney in June 2013

NEWS ON OUR MEMBERS

Barry Loveday (C 62) was in running mode last month, winning the annual Narrabeen All-Nighter 12 Hour run in Narrabeen, NSW. His winning distance of 149.804km was the best 100km Road performance EVER by an Australian and has been submitted as an Australian Road Record. In fact, the only two better performances were both done on the track and are as follows

- | | | | | |
|-------------------|-----|-----------|-------------------|-----------|
| 1. Kouros Yiannis | VIC | 161.400km | Kensington, SA | 04-Oct-97 |
| 2. Perdon George | VIC | 155.800km | Olympic Park, VIC | 23-May-70 |

It's not too bad to be third behind Yiannis Kouros and George Perdon, the two best ever Australian ultra runners!

Michael Harvey (C 43) was also in action in Narrabeen, coming 22nd in the run with 87.624km. It is not often we see Mike in ultras these days but he will also be running in the Coburg 24 Hour championships in April as well.



Barry Loveday (C 62) and Michael Harvey (C 43) running in the Narrabeen All-Nighter earlier this month
 Photos Stefica Kay (<http://www.narrabeenallnighter.com/>)

Quite a few of us will be competing in the Caboolture Dusk to Dawn 12 Hour ultra in Caboolture, Queensland, on the weekend of 8-9 February. The list of walkers includes **Steve Jordan (C 64)**, **Michelle Thompson (C 58)**, **Terry O'Neill (C 18)**, **Karyn O'Neill (C 45)**, **Tim Erickson (C 13)** and **Peter Bennett (C 24)**. It is not often we see that sort of walking depth in an event like this and I am excited at the prospects.

The Coburg 6 Hour Championships are coming up 2 weeks after Caboolture and a number of our centurion members will be in action in that event also. The list includes **Steve Jordan (C 64)**, **Michelle Thompson (C 58)**, **Terry O'Neill (C 18)** and **Karyn O'Neill (C 45)**.

Fred Brooks (C 34) was able to attend the English Centurions AGM in Birmingham on Saturday 25th January and he took the opportunity to present Australian Centurion clocks to **Sue Clements (C 35)** and **Sandra Brown (C 36)**. He had them made up himself and had previously presented ones to me, Stan Miskin and Jill Green. Fred has been doing this sort of thing for ages and life back in Birmingham has not curtailed his enthusiasm. Thanks Fred!



Fred presents a centurion clock to Sue Clements

Geoff Hain (C 49) and wife Annie continue their globe trotting life as the following email attests - there is no keeping a good man down!

Hi Tim,

It's been a long time since we last exchanged emails so with the end of year fast approaching, I thought now would be a good time to catch up.

As you know, I had problems with my left hip for some time, causing an obvious limp and discomfort in both my knee and ankle. So in June of last year I had an orthopaedic specialist check it all out he really couldn't believe how I was able to stand, let alone walk, hike, climb stairs, dance tango etc. The hip joint was totally wrecked with spurs and cracks all over the head of the femur. The only solution was a total hip replacement, titanium stem and cap with a high density ceramic ball joint. He assured me that I would be able to do just about anything with this new joint except parachuting, playing a sport like rugby, or short sharp sprinting as in squash. Such restrictions were not an issue.

Well, in summary, the results have been nothing short of fantastic. Ten days after the operation I threw away the crutches and 12 weeks later Annie and I were hiking along the Rhein River in Germany on a 320km hilly trail from Weisbaden to Bonn. Subsequent to that, we visited our daughter in London and then did another of the UK National paths, the North Downs Way in the SE of England. All this time, my hip felt perfect, even with a loaded back pack and I never thought about it again.

Since then, we have been back dancing Tango in Buenos Aires for a few months and then more recently we did a beautiful long walk along the entire coastline of Wales, about 1500km, in and out of every estuary and inlet from Chepstow to Chester. We didn't realise how many beautiful beaches there are in the UK.

So life after a total hip replacement is great, hasn't slowed me down one bit, Annie can concur with that!

Stan Miskin (C 23) has now had two eye operations to help fix up the long term effects of cataracts and shingles. He reports that one eye is now 100% and the other is certainly better than it was. He is now being fitted for spectacles and is able to use his computer for the first time in ages.

Rudy Schoors (C 55) and **Caroline Mestdagh (C 56)** sent us this great photo at Christmas. It shows them on one of their recent long walking events in Belgium (or was it Holland this time?). Great stuff!



TIM GETS A GONG

For those few people in the world who don't know yet, I was lucky enough to be on the list of awardees in the recent Australia Day honours list. My award, the **Medal of the Order of Australia (OAM)**, was for services to racewalking but it actually encompasses my wider work in the racewalking and ultra walking and fitness walking worlds. It is a great honour and I thank the many people who have emailed me to congratulate me.

For a bit of additional reading, see

<http://www.heraldsun.com.au/leader/north/champion-walker-tim-erickson-of-pascoe-vale-goes-the-distance/story-fnglenug-1226809740816> and [http://www.gg.gov.au/sites/default/files/files/honours/ad/Media%20Notes%20-%20OAM%20\(A-E\)%20\(final\).pdf](http://www.gg.gov.au/sites/default/files/files/honours/ad/Media%20Notes%20-%20OAM%20(A-E)%20(final).pdf).

JACK LEWIS – VICTORIAN WALKING LEGEND

This is a reprint of an article I wrote and published in 2006. As we have had so many new centurion members and newsletter readers since then, I thought it was a good time to reproduce it. The interesting thing about Jack Lewis, the great Victorian ultra walker of the 1920's, is that he never really formally trained as a walker. He was a forest ranger and simply used his vast reserves of fitness, built up from his many years of tramping through the bush year after year, sometimes up to 50 miles at a go. I see a certain parallel with many of the British centurions who have come from the ranks of the LDWA and from a background of significant tramping or, as we call it in Australia, bushwalking. Incorporating some significant bushwalking in your training is such a superb way to get fit for ultra events.

Anyway, read on....

There had been very few formal opportunities for walkers to attempt truly long distances in the early years of the twentieth century. Jim McDonald's 50 mile walks in 1896 and 1904 stood alone as the only two on record and McDonald's 1904 time of 9:43:02 stood as the Australasian record.

When the N.S.W. Amateur Athletic Association and the N.S.W. Walking and Field Games Club pooled their resources to host a Fifty Miles Amateur Road Walking Championship in September 1926 in Sydney, it was the first race longer than 25 miles since 1904. Both Victoria and NSW had for some years held their own respective 25 Mile Walk championships but this was twice that distance and a daunting prospect for the walkers of the period.

The entry list of 26 walkers included the cream of Australia and amongst them was Victorian Jack Lewis. Lewis was a Warburton based forest ranger, a former Victorian 25 Mile champion (1922) and a former Victorian marathon champion. He was known as 'the Grecian marathon runner' and, in fact, showed Greece as this country of representation in his various races.

A newspaper of the time described him as follows

“He is a fine type of athlete, bronzed like a statue. He lives a healthy life in the Warburton district where he is one of the local rangers. Walking to him is a pleasure and 50 miles in the mountains is regarded as nothing more than part of his daily exercise. In the pre-war days, as a mere lad, he made a name for himself as a Marathon runner. Since then he has developed into an endurance athlete.”



Jack Lewis, the famous Victorian walker, as represented in caricature

Lewis did not disappoint his Victorian backers, finishing first, ahead of NSW walker Gordon Smith and easily beating McDonald's 50 mile time with **9:20:24**.

His record time did not last very long – in the very next edition of the NSW event the following year, Gordon Smith improved to win in a new best time of **9:17:32**. This was the first of a string of 50 mile wins for Smith, culminating in his successful 100 mile walks in 1937 and 1938. There were 11 starters of whom 10 were from NSW.

The Victorians now felt the need to schedule their own long distance walks and, when the Victorian Amateur Walkers' Club drew up its winter racing fixture for 1928, two new events were included on the program – a 50 Mile roadwalk from Melbourne to Frankston and Return on 25 August and a 24 Hour Test event at the Amateur Sports Ground in Melbourne on 8 September.

As it turned out, the scheduling of 2 such events proved overly optimistic and the calendar was eventually amended to show one ultra distance walking event for the year, a 10 Hour Race at the Motor Drome. This led to the following press release in Queensland where there was at least one disappointed walker!

Tom Byrnes, the Queensland endurance athlete, is down in the dumps. He intended to compete in the Victorian 12 hours' endurance event for walkers. Now 'tis said that the event may not be held. Byrnes is a regular competitor in such events and thinks nothing of journeying 1000 miles or so to take part. There was some talk originally of a 24-hours' test and this event interested Byrnes most. "Twenty five miles would be no test at all," he writes. "It is a mere sprint, and one hardly gets warmed up. But in regard to a 24 hours' test I would willingly walk to Melbourne for the privilege to taking part."

Byrne is well over 40 years of age, is more than 6 feet tall and weights 12.0 in hard condition. Tom and his friend Harold Parcell, a former marathon champion, train all the year round, and go on long jaunts together. On returning from a 20-mile walk, they don the gloves and set to for a few rounds. Parcell, Byrnes informs me, boxes very well.

So, after a break of 24 years, Victoria finally scheduled a long distance walk, over a compromise 10 hours. The venue was the Melbourne 'Motor Drome'. This was a sloping concrete track used for cycling and other sports that had been erected around the outside of the Olympic Park grass track in the 1920's. Lewis, the favourite, started slowly but came home strongly through the field to easily win with a distance of 53 miles 350 yards. His 50 mile time of **9:24:04** was a new Victorian best, some 18 minutes better than Jimmy McDonald's 1904 time. However, the motor drome was not regarded as a proper track so McDonald's Victorian Track Record stood.

The press reported as follows on the second half of the race

Pretty, in third place, was only 50 yards behind Cavell and had created the greatest surprise of the day, for previous to this event, he had restricted his activities to short distance events. In the next 2 hours, Lewis covered a little less than 10 miles. Pretty began to accelerate and passed Cavell. At 40 miles, Lewis had been walking for 7h 25mins and had 112mins in which to break G Smith's Australian record for 50 miles. It meant cutting off a full minute from his average time per mile at this stage and, although he quickened and beat Smith's time for the event of this year by 13 secs, he failed to beat the record by 6 mins. However, the effort seemed to freshen him for in his last 5 miles, the times became faster as he went on. His times for the last 5 miles were 11.50, 11.49, 11.44, 11.08 and 10.55.



Jack Pretty leads Jack Lewis in the 1928 Victorian 50 Mile Championship

The next year, the Victorian Amateur Walkers' Club committee, although acknowledging the success of the 10 Hour walk, decided to revert to their original plan and scheduled a 50 mile event from St Kilda to Frankston and Return. This was the first of a number of 50 Mile walk events held in Victoria, alongside the NSW ones and Jack Lewis continued his dominance with convincing wins in both 1929 and 1930. His 1929 winning time was **9:24:31** and he won by 28 minutes.

The 1930 event was even faster. Although Lewis was the obvious favourite, Ted Winstanley was considered by many as a serious threat. He was a proven distance walker who had taken a surprise 2nd place in the 1923 Victorian 25 Mile Championship as a 19 year old novice walker (with a time of 4:25:27). Since then, he had gone on to win the 1925 and 1926 Victorian 25 Mile titles. Marrying in 1926, he had retired from walking and had only returned to racing early in 1930 and had done well enough to win the Victorian 50 km title that year. At 6.45 am, the signal was given and the 7 contestants set out from the south gate of St Kilda Town Hall. Lewis stood out, dressed in black knickers and a white woolen sweater which showed his admirable physique to good effect. As the title holder, he was the centre of attention. Winstanley surged through the 25 mile turn-around in a very fast time of 4:22:10 and was leading by about 150 yards from Robinson who was about 400 yards ahead of Lewis. Alas, he soon tired, Robinson retired and Lewis came over the top and won by nearly 10 minutes. But there was no doubting that it was Winstanley's game efforts that had led to the new record.

With his time of **8:58:07**, Lewis become the first Australasian walker to beat the 9 hour mark and his performance set new road standards for all distances and marks from 32 miles onwards.

"I thought that I would win today," Lewis said after his finished his long walk. The record breaker said that he regarded Winstanley and Robinson as his most dangerous opponents, but that all the same he was content to play a waiting game, as he had set himself a schedule to break the record for the course which he established last year.

Lewis said that he was very surprised, however, to find that he had also broken the Australasian record for the distance. He paid a tribute to his opponents for their sportsmanship along the road. He was sorry that Wilson, the South Australian, had been forced to retire but said that, in his opinion, Wilson made too much use of his arms for long-distance walking, thus unnecessarily tiring himself.

The winner had only a short preparation for today's big test, but during the last few days has regularly walked 50 or more miles each day around the hills at Warburton, where he is employed as a forest ranger. "If people walked more, even if only for pleasure, they would be far healthier and have less doctors' bills to pay," Lewis said with a smile.

Lewis's last big walk took place a year later in October 1931. The annual Victorian 50 Mile Walk championship had been scheduled on the Melbourne Showgrounds track to allow him to attack his various State records. Winstanley was also in the field and expected to provide stiff opposition. No one gave much credence to young Jim Gaylor who had been talked into participating simply to help Lewis in the early stages of the event. But it was Gaylor who took the lead at the 9 mile mark, held off several strong challenges by Winstanley and eventually won, setting new Victorian records for all distances from 15 miles to 50 miles. As usual, Lewis came through the field in the second half but the gap to Gaylor was just too big to bridge. Gaylor's time was 8:49:33 and Lewis's time in second place was **9:01:55**.

This ended Lewis's racing career. He had never specifically trained as a walker and simply relied on his endurance base, built up from his years as a ranger. It was now time for a new generation of walkers to take over the mantle. He retired while still a champion and returned to his beloved Warburton forest. His job was open ended – spotting and fighting bush fires, finding lost hikers, helping those in difficulties, maintaining the various hiking huts or simply walking the length and breadth of the mountains. This area is now known as the Yarra Ranges National Park and amongst the sites along the Cumberland Walk is a particularly large Sitka Spruce (*Picea sitchensis*) planted by him in the 1940s.

He was responsible in later years for many articles and I am lucky enough to have one which he wrote in the Melbourne Herald in 1933. Some quotes from this article go a long way towards profiling this unique figure and his rough outdoors life.

In the summer months, I carry a ground sheet with me when I set out on the track. This is usually ample. But in winter, I like a blanket as well for we get it cold up in the ranges – and wet too, at times! But my pack never weighs more than 45lb., which is a big enough load for a long day's tramp over rough country. And in my pack you will always find such valuable things as iodine, ointment, bandages and needle and some surgical thread.

One never knows what may happen in the way of mishaps, and out there amid the thick bush, one seems very far from medical aid. A slip on a slippery log or in a bog may mean trouble. At the present moment I have one stitch in my wrist from a cut and on several occasions, I have had to stitch wounds when I have been many miles from the nearest doctor. Lonely? Yes, it is, but that is part of the charm of a ranger's life, which he would never adopt if he did not know and love the forests and the solitude of the wild country.

Food, of course, is an important problem on these forest patrols, and one has to make sure of it. Actually I have food supplies stored in many hollow logs throughout the bush – logs which I can find again easily enough, though they might evade the man who is a stranger to the bush. And when I am setting out on a long trip that may necessitate recourse to “iron rations,” I carry such food as boiled wheat and dried fruit which are sustaining and filling.

The ranger needs nothing elaborate in the way of shelter or comfort – bivouacking, so to speak, becomes second nature. Dry grass makes a good bed for a tired man after a day in the forests, and when the bad weather blows up, as it will sometimes, the hollow inside of some dead tree that is still standing gives you adequate protection. In cold weather I light a fire several feet away from a rock, and sleep in the space between – and that is a good tip for the novice, for the heat of the fire warms up the rock – and so I am kept warm on both sides, however chilly the wind that roars through the trees overhead.

The bark from a fallen forest plant makes a good roof too, when half peeled off, and in this simple shelter, I can sleep as snugly as people in their comfortable beds far off in the big noisy cities. By the way, I wear the same quantity of clothing in winter and summer and never catch cold.

There is no need for an alarm clock either; indeed, I carry no watch, but just sleep from twilight to daylight, and then up again ready to resume the patrol, when the birds and bush life are waking. And that very early morning in the bush is a wonderful time of the day.

Sometimes people will ask whether I ever get lost in the bush. Well, a city man in the big timber can easily lose his bearings; whereas I can easily lose mine in the city! I say to myself, “If you don't come out today, you will come out tomorrow – and if you never come out, you will die amongst your friends, the trees. Fear only helps danger and the fatalities caused by both snake-bite and being lost in the bush can be reduced by courage.



Jack Lewis in 1933

An unlikely walking champion, Jack Lewis nevertheless stands as one of the great figures in Australian ultra distance walking in the 1920's. He has left an indelible footprint that we can still trace after all these years.

ENGLISH CENTURIONS PRESIDENT'S CHRISTMAS LETTER - DECEMBER 2013

Dear fellow Centurions

It gives me very great pleasure to send Christmas greetings to all Centurions wherever you may be. At the last AGM in January 2013 I was greatly honoured to be elected your new President, the first woman to be so elected, and making a Ladies Pair with your Captain Sandra Brown C.735. The decision by Carl Lawton C.750 to stand down necessitated an election and I am very pleased to say that day by day he is getting stronger after his bone marrow transplant. We wish him continued improvement. He is a hard act to follow with his quiet interest in and knowledge of all things Centurion and Race Walking.

I am very sorry that we have had news of a number of deaths of Centurions during the past year and their names are recorded in the Captain's letter. We send condolences to friends and family and also extend our sympathy to Ken Munroe C.370, Secretary of the Centurions from 1999 to 2003, on the death of his wife, Val.

I would like to express my particular thanks to Chris Flint C.849 and Sandra Brown C.735. Chris has worked as our indefatigable Secretary for the last 10 years. The Centurions is only a small organisation because of our unique membership requirements, but keeping an eye on our affairs takes a considerable amount of time. Not content with being Secretary of the Centurions he is also Secretary of the Race Walking Association (Southern Area) and took on the role (temporarily, he hopes) as Merchandising Officer. Sandra has enthusiastically promoted the Centurions to the wider world and encouraged increased contact between existing Centurions. Her Captain's Newsletters have gone a long way to keep us all regularly in touch. And the social walks are an excellent idea. Thank you, Sandra. Sincere thanks are also due to our Treasurer, Richard Brown C.760, Archivist Sue Clements C.950 and Assistant Secretary Kathy Crilley C.933 and to two Committee members who retired at last year's AGM, Hans Rennie C.915 as Treasurer and Ian Statter C.968 as Merchandising Officer.

The big event of the year was, of course, the hundred miles race in the Isle of Man. The Centurions as such do not organise races but rely on having our qualifying event hosted by a willing athletic club. This year we thank the Isle of Man, especially Manx Harriers and their major sponsor, Tower Insurance. As you will read in the Captain's letter this was a successful event with 24 new centurions. However, the event was not without its problems, particularly an over-burdened software system of lap recording which collected all the data but was unable to present it for public viewing for a considerable number of hours. However, thankfully, it all came right in the end. The Isle of Man has built up a great tradition of long distance race walking over the years. Back in 1978 I completed the 85 mile Parish Walk and was third out of 8 finishers. Since then the popularity of the walk has grown enormously, particularly since the Millennium and in 2013 there were 215 walkers who completed the full 85 mile route.

Our archive of Centurion records which for so many years was collected and held by Bob Watts C. 838 is now housed in the very fine modern building of the Surrey History Centre in Woking. We are keen to add contributions from

individual Centurions and urge you to look through your papers to see what you can give us. Please contact the Secretary, Chris Flint, to discuss the best way of getting your material to the Archivist. Unfortunately at present we are able to collect only paper records such as press cuttings, programmes, result sheets, etc. We should perhaps consider a way to collect artefacts as well.

Many of you are now receiving this letter by e-mail. Thank you very much for giving us your e-mail address. This greatly reduces the communications work-load and saves us money. If you are online but have received this via the post, we would be grateful if you would consider letting us contact you by email. Please send your email address to the Secretary, Chris Flint at flintc@scr-ltd.co.uk and also let us know your news. For instance, in August George Foot C.885 featured largely in a BBC Radio 4 programme "Lives in a Landscape" when at the age of 76 he successfully tackled his 25th Long Distance Walkers Association Hundred which took place across Cornwall and Devon over Bodmin Moor and Dartmoor. Congratulations to George. (The programme is still available on BBC iPlayer).

We were very grateful to receive a legacy from the estate of Brian Scrivens C.337 who died in 2012. He qualified in the Leicester to Skegness race in 1962 and was always a great supporter of the Centurions. Our Treasurer, Richard Brown, has asked me to remind all Centurions that as we do not seek an annual subscription we rely upon your generosity to help us meet some of our outgoings which include getting our trophies engraved and insured, administrative and other costs. We have rebuilt our reserves over the past year thanks to the generosity of Centurions, but these funds will not last forever and it is always good to have some reserves. So it would be wonderful if you could support us through a donation. Please send a cheque made payable to the Centurions to Richard at Rose Cottage, Worth Matravers, Dorset BH19 3LQ or if you would like to make an electronic transfer to our account please phone him on 01929 439014 and he will give you details.

Chris has ordered a new batch of kit ready for purchase at our AGM. All the details and prices are on the Centurions 1911 website. If you are not able to access the website please write a note to Chris at Glenthorne, 65 Liverpool Road, Walmer, Kent, CT14 7NN, telephone 01304 368324, and he will provide details. The merchandise is great value and if you wish to have a personalised number this makes it very special!

Our AGM is to be held on Saturday, 25th January 2014 at 12.30 for a 1 pm start at the West Midlands Police Sports and Social club, 'Tally Ho!', Pershore Road, Edgaston. It is easily reached by bus or taxi from Birmingham railway station, and there is adequate parking. We hope that this central England location will encourage more Centurions from across the country to attend. All Officers and Committee members come up for election each year, and all existing Committee members are willing to continue for a further year. If you wish to nominate a Centurion to come on the Committee please forward your nomination to the Secretary. Nominations will be accepted on the day and need to be seconded. At the last AGM a motion was passed that the President and Captain should serve no more than 3 years consecutively in office.

It has long been the tradition of the Centurions to remember the organisation on Christmas Day, so please carry on the tradition by raising a toast to The Centurions at 2 pm on December 25th.

Very best wishes for Christmas and the New Year.

Ann Sayer C. 599
President
a.sayer1@which.net

ENGLISH CENTURIONS CAPTAIN'S CHRISTMAS LETTER - DECEMBER 2013

Season's Greetings to you all.

It has been an honour and a pleasure to serve as your Captain for a second year, and to work alongside our President Ann Sayer C.599 and your committee. I thank them all for everything they do to promote and support the Centurions and the sport of race-walking.

In memoriam

Sadly, we record the death of the following Centurions during the past year. We shall remember them with honour and affection.

C No.	Name	Qualifying event	Time
379	Willem Timmer	1965, Chigwell	23.23.58
450	George Mitchell	1970, Leicester - Skegness	21.10.57

454	Larry Miles	1970, Leicester - Skegness	21.51.30
496	Gerrit Kunst	1972, Leicester - Skegness	22.15.52
497	Piet van Elswijk	1972, Leicester - Skegness	22.29.25
607	Pierre van der Kop	1977, Bristol	22.02.28
655	Ron Eaton	1979, Ewhurst	21.25.00

Our Activities for 2013

The Tower Insurance 100 miles Race, IOM

On behalf of us all I sent warm thanks to Steve Taylor, his team and the Tower Insurance sponsors for organising the successful 100 miles event at the National Sports Centre, Douglas, IOM on 3-4 August.

The race saw a terrific field of almost 100 entries, no less than 35 walkers completing 100 miles within 24 hours, and among these a splendid 24 new Centurions. We hope the new Centurions will enjoy being members of this unique group of athletes, and that you will all stay engaged and get involved.

The first three men home were IOM Vets: Richard Gerrard in a winning time of 18.29.39, Vinny Lynch, 19.00.51, and Robbie Callister, 19.19.45, new Centurions C1106, 1107, and 1108 respectively. In the team event, the IOM Vets had a resounding victory. In the ladies' race, your Captain was 5th overall, dipping under 20h with 19.57.50; second and third ladies were Maureen Moffat, 21.36.12, and Janette Morgan, 21.46.12, new Centurions C1116 and C1117, both of the IOM. The Bill King trophy for the youngest Centurion finisher was awarded to Herwin Weststrate, C 1120, aged 29, who finished in 22.31.23. The Eddie McNeir trophy for the first M65 finisher went to Chris Flint (C 849) for his determined completion in 23.48.53.

Hearty congratulations to everyone who took part in the event. I thank again all who came to the IOM to walk or to help (and some did both!). We owe huge thanks to all those, organisers, officials, Centurions, families, friends, supporters, sponsors, who make our events possible. Not all went according to plan on the lap recording, but thanks to your President and others helping out, "all's well that ends well."

Centurion Vereniging Nederland (CVN)

We were delighted, as always, to welcome our Dutch and Belgian friends to the 100 miles event, as walkers, officials, and supporters. Once again, their help to everyone proved invaluable. I take this opportunity to thank them again for all their continued involvement with the Centurions, and especially the CVN Secretary Piet Jansen C.389. Your Captain, Treasurer, Secretary and Assistant Secretary had the pleasure of joining our Dutch and Belgian members and their families at their very enjoyable Reunion and AGM, where well-deserved awards were presented to the new Centurions and to all those who had completed the IOM 100.

Social Walks

A warm, sunny June day saw a happy band of Centurions, families and friends come together for a 20 miles social walk from Bristol to Bath. It was fitting and joyful that our President, Ann Sayer, took part in this walk. She qualified in the 1977 Bristol 100 to become our first lady Centurion. Earlier in the year, a small group of Centurions were on a mission in North London to locate and visit the Highgate Cemetery grave of founding Centurion James Edwin Fowler-Dixon, C1. Not far away is the house in which he lived for some years. We aim to devise a Centurion social walk linking several of the attractive parks and green spaces of North London, and visiting the interesting village of Highgate.

Steve Kemp (C1075) has very kindly offered to lead a social walk, with Roman connections and much more, around Canvey Island and Hadleigh Castle, Essex on 22 March 2014. Details are on our website. The walk sounds very interesting and a day to look forward to. Please put 22 March in your diary now!

Other Activities and Achievements

Centurions were in action this year in a wide range of events not just in Britain, where the popular Enfield League promoted by Ron Wallwork (C893) deserves special mention, but also abroad, including the World Masters Athletics Championships in Brazil. On the Continent, events in which Centurions participated included: the Nijmegen 4 day Marches, the Nijmegen to Rotterdam 100 miles walk, and the 60th edition of the historic Roubaix 28h walk, with its supporting 24h relay event – a modern innovation.

Among notable achievements by Centurions were the Dutch 50kms championship win by Dom King (C1098), British M65 records from 3kms to 20kms by Ian Richards (C 1064,) a British M65 6 days running record by Richard Brown (C760,) the 30th completion of the Nijmegen to Rotterdam 100 miles social walk by Annie van der Meer (C 1055,) and your Captain's W60 World Best for the 50kms walk.

Our Future Programme

We are keen to see a continuing programme of Centurions' activities. We rely on the willingness of members and clubs to organise events, including the 100 mile qualifying event and social walks.

As I write, the position remains uncertain on a 100 miles event in the UK for 2014, despite best efforts. Please see if you or your club could take the lead in offering an event for a future year. The Centurions is your "club" – please help it to reach out to new and existing members, by offering to host a 100 mile event or lead one of our new and popular social walks. We have a lot of experience organising events and can advise. On the Continent in 2014, Centurions will be at the Nijmegen to Rotterdam 100 miles, the Roubaix 28h, and the 100 mile qualifying event of the Continental Centurions at Schiedam, Rotterdam on 7-8 June. Please come and join in! Keep in touch through our website, or drop an email for latest news.

I look forward to seeing as many members as possible at our 2014 AGM, and at events during the year.

I wish a very happy Christmas and New Year to all fellow Centurions worldwide. Remember to raise a glass at 2.00pm on Christmas Day to "The Centurions."

Sandra Brown C735, Captain, Centurions 1911

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FINANCIAL NEWS

Our 2013 Financial Report indicates the inflows and outflows for the Australian Centurions and highlights the need for us all to support the club financially through our annual donation (as we have no formal membership subs). Each is invited to give a small donation towards both the day to day running of the club and towards the costs that we will incur once again in 2014 in running our own Centurion qualifying event.

Income	Jill Green - donation	20.00
	Jim Gleeson - 2013/2014 newsletter subs	24.00
	Jim Gleeson - donation	26.00
	Tim Erickson - donation	100.00
Expenses	Postage and Photocopying	32.40
Balance		\$878.14

UNTIL OUR NEXT NEWSLETTER

No results to report yet but still a bumper issue that I hope has some interesting reading. I also enclose our 2013 Australian Centurions Annual Report and Financial Report for further entertaining reading. May you find many opportunities to get out there and walk, whether in the bush or around the block.

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

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