

CENTURION FOOTNOTES

APRIL 2014 – VOL 21 NUMBER 3

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

President	Terry O'Neill (C 18)	03-95435753
Vice-President	Peter Bennett (C 24)	07 38703824
Secretary	Tim Erickson (C 13)	03-90125431
Treasurer	Lois Erickson	03-90125431

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>. The ultra walking calendar, both locally and internationally, is building nicely.

Apr 26-27, 2014	La Ronde des Ducs à Dijon	Dijon, France
May 3-4, 2014	Les 24 heures d'Eppeville	Eppeville, FRA
May 3, 2014	MKH Penang International 12 Hour Walk	Penang, Malaysia
Jun 4-7, 2014	Paris-Colmar Classic	FRA
June 7-8, 2014	Continental Centurions Qualifying walk	Schiedam, NED
	See http://www.rotterdamsewandelsportvereniging.nl/index.php?page=rwv-wandelweekend	
June 7-8, 2014	USA Centurions Qualifying Walk	Lake Snelling, Minnesota, USA
	See http://www.fans24hour.org/ and http://walkonmn.org/centurion/index.html	
June 8, 2014	Australian 100km Road Champs	Gold Coast, QLD
June 14, 2014	Sri Chinmoy 24 Hour Championships	Blacktown, NSW
June 28-29, 2014	Les 24 heures de Montguyon	Montguyon, FRA
July 12, 2014	Adelaide 24 Hour	Adelaide, SA
July 25-27, 2014	Caboolture 24H, 48H	Caboolture, QLD
Aug 2-3, 2014	English Centurions Qualifier	Southend, England
	See http://www.centurions1911.org.uk/southend-100.html	
Sept 27-28, 2014	NZ Centurions 24H Qualifying event	Auckland, NZ
	See http://nz.srichinmoyraces.org/races/auck/24hr	
Sept 29, 2014	Adelaide 6 Day and 48H	Adelaide, SA
Oct 26, 2014	Ned Kelly Chase 100km	Wangaratta, VIC
Oct 4-5, 2014	Australian Centurions 24H Qualifying Walk	Melbourne, VIC
	See http://www.centurions.org.au/event2014.shtml	
Dec 6-7, 2014	Malaysian 12 Hour Walk (more details to come)	TBA, Malaysia

Our **2014 Australian Centurions 24 Hour Qualifying event** has now been confirmed for **Melbourne** on the weekend of **4-5 October**. Like last year, the event will be hosted by the Victorian Race Walking Club and will be held at their headquarters at Middle Park on the same 1.25km road loop we used in 2013. The event will feature 24 Hour, 12 Hour and 6 Hour walks - more details at <http://www.centurions.org.au/event2014.shtml>.

In addition, we will **try** to have someone onsite to verify any centurion walk performances done at the following events but no promises as this stage.

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 can also now advise the dates for the Continental Centurions, USA Centurions, NZ Centurions and British Centurions annual qualifiers (see above).

COBURG 24 HOUR CARNIVAL, COBURG, VICTORIA, 5-6 APRIL 2014

I was at the Harold Stevens Athletics Track in the Melbourne suburb of Coburg in early April as the annual Coburg 24 Hour Carnival gradually wound its way through Saturday and overnight into Sunday morning. As one of the main organisers, it's a sleepless weekend for me but a most satisfying one in providing the opportunity for some of our best Australian ultra athletes to test themselves out over the blue riband 24 Hour standard.

While I don't normally report on running performances, I do want to start this report by zooming in on a couple of superb performances by Aussie ultra runners. The carnival hosted the annual AURA 24 Hour Track Championships and the two new National Champions did themselves proud, producing huge results. In the men's run, Victorian **Barry**

Loveday (C62) started conservatively but took the lead after several hours and, from then on, was never headed, passing the half way mark in around 132km and then actually negative splitting to produce a huge PB distance of 265.000km. This is the second longest ever by an Australian behind that of the the great Yiannis Kouros and was a 22km PB for Barry. Barry is indeed an amazing runner as well as an amazing ultra walker. In the women's run, former Canadian champion and now WA based **Bernadette Benson** ran similarly, starting conservatively in the warm and sunny Saturday conditions but eventually outdistancing the opposition with a new Australian record of 238.261km, more than 9km further than Helen Stanger's previous record of 229.080km.

Since most places were reserved for the runners, only small walk fields contested this year's carnival but the third major highlight of the meet went to one of the walkers with Australian Centurion **Michelle Thompson (C58)** in commanding style with a record breaking total of **190.984km**. Like Barry and Bernadette in the run, she started more slowly than normal but managed to keep a relatively even pace for most of the event, only slowing towards the end. She set a new swathe of intermediate Australian records, breaking most of them by significant margins (see details later in the newsletter).

Steve Jordan (C64) was also in action in the walk division and was on schedule for his second hundred mile finish until the wheels fell off just before the 20 hour mark. Bad luck for Steve but a valiant effort, finishing with a distance of 135.631km. **Sharon Scholz (C43)** was also on the track, as a runner this time, finishing fourth with an excellent 205.170km. And it was great to see Australian Centurion and former Australian international walker **Michael Harvey (C43)** competing in the run. He was after a distance of 100 miles and he did it, eventually passing that iconic mark in 23:17:57. In doing so, he became one of the small number of Australians who have both walked and run 100 miles within 24 hours.

And for completeness, here are the results from the walk section.

24 Hour Walk Women

- | | | | |
|----|-------------------------|-----|------------|
| 1. | Michelle Thompson (C58) | VIC | 190.984 km |
| 2. | Dawn Parris | VIC | 136.589 km |
| 3. | Sandra Howorth | VIC | 72.573 km |

24 Hour Walk Men

- | | | | |
|----|--------------------|-----|------------|
| 1. | Steve Jordan (C64) | VIC | 135.631 km |
| 2. | Saul Richardson | NSW | 103.810 km |
| 3. | Ken Carter | VIC | 42.714 km |

Overall, the meet produced some 32 new records, run and walk, Australian and Canadian, Open and Age. The race also set a new high for Australia. Of the 48 starters, 6 achieved distances greater than 230km, 15 were in excess of 200km and 27 were in excess of 100 miles. Such depth and quality have never been seen so abundantly before. You can see the full results set at <http://www.trailsplus.com.au/results/Coburg24hr.pdf>. All in all, a superb weekend for all present.



Michelle Thompson (walk) and Barry Loveday (run) in action at Coburg



Steve Jordan (walk), Sharon Scholz (run) and Michael Harvey (run) in action



**Centurions at Coburg - Back: Justin Scholz, Terry O'Neill and Karyn O'Neill
Front: Barry Loveday, Steve Jordan, Sharon Scholz, Tim Erickson and Michelle Thompson**

22ND 6 HEURES DE LA GORGUE, LA GORGUE, FRANCE, SUNDAY 6 MARCH

And now overseas to report on a couple of the early season European walks.

The annual 6 Heures de la Gorgue event, held in the city of la Gorgue in the north of France, saw 62 runners and walkers and 21 teams set off from the Pierre de Coubertin Sports Complex at 10AM on Sunday 6th March to cover as many laps as possible of the course of just over 1.5km. The website comments that due to the almost summer temperatures, it was tough going but that did not stop walker Eddy Roze from breaking the walk record with 61.668km. The first of the women to finish was Corinne Fauqueur with 46.909km. The results for the 20 walkers read as follows

1.	ROZE EDDY	V1M	61.668 km
2.	MOREL PHILIPPE	V1M	55.261 km
3.	FAUQUEUR RAYMOND	V2M	48.905 km
4.	SAKESYN OLIVIER	V3M	48.108 km
5.	GAMAY JACQUES	V2M	47.977 km
6.	FAUQUEUR CORINNE	V2F	46.909 km
7.	LEGRAND GILDAN	V3M	45.024 km
8.	LANCKBEEN PATRICK	V1M	43.713 km
9.	DELESSART ALAIN	V2M	40.366 km
10.	PEROT NICOLE	V3F	40.366 km
11.	GRUNENBERGER GEORGES		37.745 km
12.	GRESSIER JUANELLA	V3F	36.513 km
13.	GRESSIER PHILIPPE	V3M	36.513 km
14.	PEROT ROBERT	V4F	36.027 km
15.	BLONDELLE BRUNO	V2M	35.843 km
16.	CADET DANIEL	V3M	33.713 km
17.	BOURRÉ PHILIPPE	V2M	33.270 km
18.	MEUNINCK KATRIEN	V2F	31.778 km
19.	MANCHUELLE PATRICE	V2M	27.302 km
20.	PINTIAUX ERIC	SM	13.876 km



Eddy Roze wins in la Gorgue with a record distance of 61.688km

24 HEURES DE CHÂTEAU-THIERRY, CHÂTEAU-THIERRY, FRANCE, 29-30 MARCH 2014

The European ultra distance walkers were out in force on the last weekend of March with good fields contesting the annual 24 Heures de Chateau-Thierry in France. Hungarian Olympic walker Zoltan Czukur went to an early lead but had received 3 red cards by the 6 Hour mark and was forced to stop for a 10 minute penalty. The lead was then passed to Remi Bonotte and Eddy Roze but they eventually pulled the plug overnight. That opened the door for Philippe Morel who won with 198.690km ahead of Urbain Girod with 196.031km. Magguy Labyllle won the women's division with 169.313km ahead of Claudine Anxionnat 162.705km and Benedicte Salomez 153.269 km. Full results set available at http://www.marchons.com/components/com_agora/img/members/2/Scratch-24h.pdf.

1.	MOREL Philippe	Ac Chateau Thierry	198.690 km	24:00:00
2.	GIROD Urbain	Cm Monthey	196.031 km	24:00:00
3.	CZUKOR Zoltan	Komboi Banyasz Sk	195.689 km	24:00:00
4.	DUTERTE Andre	Cm Roubaix	193.699 km	24:00:00
5.	THIBAUX Philippe	Club Athletique Ageen	190.257 km	24:00:00
6.	VARAIN Cedric	Ac Chateau Thierry	188.248 km	24:00:00
7.	LETESIER Gilles	Plm Conflans	188.176 km	24:00:00
8.	RAULET Christophe	Ga Meusien	184.714 km	24:00:00

9.	LOUGRADA Saadi	Cm Roubaix	181.726 km	24:00:00
10.	THIRIOT Louis	ASM Bar le Duc	178.568 km	24:00:00
11.	BOCUZE Daniel	Fac Andrezieux	175.517 km	24:00:00
12.	LABYLLE Magguy (W)	Ac Bouillante	169.313 km	24:00:00
13.	LAILLER Patrick	Asptt Tours	168.577 km	24:00:00
14.	MARECHAL Jean	AC Chateau Thierry	168.177 km	24:00:00
15.	OBYDOL Yvan	Guadeloupe	167.933 km	24:00:00
16.	ANXIONNAT Claudine (W)	Athletic Vosges Entente Clubs	162.705 km	24:00:00
17.	BUNEL Pascal	Neully Sur Marne Athletisme	161.002 km	24:00:00
18.	BAUDRILLART Antonio	Pays De Colmar Athletisme*	157.298 km	24:00:00
19.	SALOMEZ Benedicte (W)	Neully Sur Marne Athletisme	153.269 km	24:00:00
20.	BIZARD Emilie (W)	Thiais AC	153.199 km	24:00:00
21.	GILLES Philippe	Lma Meung-sur-loire	149.880 km	24:00:00
22.	LEIJTENS Frans	Rwb Rotterdam	145.019 km	24:00:00
23.	TABOURET Guy	US Toul	140.570 km	24:00:00
24.	MAGNIER Joel	Cm Roubaix	139.794 km	24:00:00
25.	CHABIN Frederic	Essonne Athletic	135.644 km	24:00:00
26.	ELIESER Jocelyn	Ac Bouillante	134.825 km	24:00:00
27.	EMONIERE Philippe	COSM Arcueil	132.938 km	24:00:00
28.	GLASER Jean-bernard	Neully Sur Marne Athletisme	127.101 km	24:00:00
29.	BOUFFLERT Eric	Ga Basse-seine Bolbec	125.345 km	24:00:00
30.	RASSAIND Andre	Ea Centre Isere	118.459 km	24:00:00
31.	BIZARD Claudie (W)	Thiais Ac	114.500 km	24:00:00
32.	MERCIER Jean-pierre	Pays De Colmar Athletisme	113.631 km	24:00:00
33.	LUKIANOV Sergey	Russie	109.634 km	24:00:00
34.	SPIESER Jean-paul	Athletic Vosges Entente Club	107.506 km	24:00:00
35.	DERRIEN Franck	NL	73.599 km	24:00:00
	LETOURNEAU Florian	Ac Chateau Thierry	124.375 km	16:05:58
	DANDOY Jeremy	Cm Roubaix	121.958 km	19:22:15
	GEORGELIN Serge	Bruz Athletisme	114.707 km	15:46:28
	ROZE Eddy	Amiens Uc	112.290 km	13:20:27
	LOMBARD Fabien	ASM Bar le Duc	100.205 km	13:28:34
	BIEBUYCK Pascal	Ath Ac	85.703 km	10:58:40
	BONNOTTE Remi	Dijon Uc	76.035 km	08:04:14
	PETER Vincent	SA Verdunois	71.201 km	08:58:34
	FAUQUEUR Raymond	Elan 59	39.780 m	04:56:01
	FRAPIN Michel	Ac Chateau Thierry	20.444 km	03:06:18

There is an excellent facebook photo gallery at https://www.facebook.com/alexandra.pellerin.7/media_set?set=a.826735537341102.1073741842.100000139893296&type=1 so I have pinched these three photos.



Philippe Morel, Urbain Girod and Magguy Labylle in action at Chateau-Thierry last month

MICHELLE THOMPSON UPS THE ANTE WITH NEW RECORDS

As mentioned earlier in the newsletter, **Michelle Thompson (C58)** was in superb form at Coburg earlier this month, setting 10 new Australian ultra walking records (5 Open and 5 W45)

Michelle Thompson	Residential Record	50 Miles Walk	9:23:58
Michelle Thompson	Residential Record	100 km Walk	11:43:11
Michelle Thompson	Residential Record	12 Hour Walk	102.164km
Michelle Thompson	Residential Record	100 Miles Walk	19:53:19
Michelle Thompson	Open and Residential Records	24 Hour Walk	190.984km
Michelle Thompson	Open and Residential W45 Record	50 Miles Walk	9:23:58
Michelle Thompson	Open and Residential W45 Record	100 km Walk	11:43:11
Michelle Thompson	Open and Residential W45 Record	12 Hour Walk	102.164km
Michelle Thompson	Open and Residential W45 Record	100 Miles Walk	19:53:19
Michelle Thompson	Open and Residential W45 Record	24 Hour Walk	190.984km

But there is more to this story than meets the eye. 12 months ago in this same, race, she broke all her records just like this, walking to what was then a record distance of 184.724km. Her celebrations were short lived as **Sharon Scholz (C63)** bettered all her new records in the Sri Chinmoy 24 Hour event in Sydney two months later, achieving a total distance of 189.678km. Now with her latest walk of 190.984km, Michelle has raised the ante again and taken the records back. In fact, her distance is the second longest ever done in Australia, behind that of Jim Gleeson in 1971. The list of those who have walked further than 180km in 24 Hours in Australia now reads as follows

Jim Gleeson (C3)	40	196.490 km	24/10/1971
Michelle Thompson (C58)	45	190.984 km	05/04/2014
Justin Scholz (C61)	37	189.678 km	16/06/2013
Sharon Scholz (C63)	36	187.653 km	16/06/2013
Peter Bennett (C24)	56	185.293 km	28/07/2012
Gordon Smith (C1)	37	183.090 km	16/10/1938
Carol Baird (C39)	53	182.657 km	14/04/2002

Of course, Michelle still has a way to go before she can challenge the Australian Open women's records of the wonderful **Sandra Brown (C36)**. Walking at the Coburg track in 1999, she powered through to a 100 mile split of 19:14:56 before calling it quits. Her Open records still make for daunting reading 15 years later.

50 Miles	Sandra Brown	1999	Melbourne, VIC	09:08:52
100 Km	Sandra Brown	1999	Melbourne, VIC	11:33:24
12 Hours	Sandra Brown	1999	Melbourne, VIC	103.600 km
100 Miles	Sandra Brown	1999	Melbourne, VIC	19:14:56

For the record, Michelle's hourly lapsplits (walking in lane 3 for a distance of 414.7m per lap) were as follows

21, 22, 21, 21, 20, 21, 21, 20, 21, 21, 21, 20, 20, 20, 19, 18, 19, 19, 18, 17, 17, 17, 16, 18, 18 and 18

Very even walking indeed!

REVISITING THAT FAMOUS 1999 CENTURION QUALIFIER

Since I have been talking about Sandra's 100 mile walk in 1999, it is worthwhile revisiting that famous race which was held at Coburg on 18-19 September of that year.

It was our biggest ever field, with a record 25 entrants, 9 of them from overseas. The pace was evident early with Sandra Brown setting a cracking pace of 2:30 per lap. Gerald Manderson of NZ (the 1998 winner) was keen to take up the challenge and shadowed her for the first 2 hours. However, he was soon forced to slow and Sandra was left on her own to dominate the race.

The 50 mile splits tell the story for the first half of the race with overseas competitors filling 5 of the first 6 places at that stage. Sandra's 50 mile time was a new Australian Open Record and was ahead of her own 100 mile world record split while Ann Staunton from Canberra, having her first ever ultra distance walk, broke the Australian Residential Record for 50 miles.

Sandra's final 100 mile time of 19:14:56 was all the more amazing given that this was her 6th 100 mile walk for the year. She was only 14 minutes outside the recent world record she had set in winning the New Zealand Centurions 24 hour event 2 months before and she finished relatively fresh.

Behind Sandra, attention was focused on Gerald Manderson (NZ), Jill Green (England) and Herbert Neubacher (Germany). Gerald was eventually caught by the more evenly paced Jill and a great battle developed between these two with Herbert only 3 laps adrift. For many hours, all three lapped consistently until Herbert finally caught and passed the other two at about the 15 hour mark. Then he powered away and Jill and Gerald were left to fight it out for third place. At the 19 hour mark, Gerald paid the penalty for his aggressive early walking and faded. Jill came home strongly for a clear third place while Gerald limped home in fourth spot. Both Herbert and Jill produced personal best times for 100 miles while Gerald's time was only 5 minutes adrift of his winning time last year.

Robin Whyte of Canberra was next to finish, completing his second 100 mile finish in Australia (1996 was his first one). As Ann Staunton faded from the efforts of her 50 mile record performance, her training partner Carol Baird came through strongly to be the 5th finisher, setting new Australian Residential standards for the 100 km, 100 mile and 24 hour distance along the way.

The other walker to finish the 100 mile distance was Dutchman Gerrit de Jong. Like the other European walkers, he was both experienced and fit and had no trouble in beating the 24 hour mark. He has completed the British Centurion 100 mile event an amazing 18 times in the last 20 years. This gives readers an idea of his credentials.

100 Mile Finishers

Sandra Brown	England	19:14:56	C36
Herbert Neubacher	Germany	21:03:07	C37
Jill Green	England	21:15:35	C38
Gerald Manderson	NZ	21:39:33	C31
Robin Whyte	ACT	21:41:20	C29
Carol Baird	ACT	22:16:43	C39
Gerrit de Jong	Holland	22:51:24	C40



**1999 Centurion finishers - Back: Herbert Neubacher, Gerrit de Jong, Gerald Manderson
Front: Jill Green, Robin Whyte, Carol Baird and Sandra Brown**

RUDY AND CAROLINE GO FOR A WALK

Our Belgian Centurion members **Rudy Schoors (C55)** and **Caroline Mestdagh (C56)** have been out and about once again. Rudy writes

Last weekend a bunch of experienced walkers from the Mortier walking club organized an inaugural 100km walk. It started at Mortier and the turning point was the Formula 1 circuit of Francorchamps. It was a great feeling to begin the second part of the walk at the Formula 1 start lane. It was a shame that it was still dark at that point but you could well imagine the spectacle and speed when the best drivers in the world enjoy their passion.

The first part was in the group at a pace of 6.7 km/h. We reached the circuit after 45 km, after this the trail was very well marked back to the finish at Mortier. The walk is situated in the South-Eastern part of Belgium not far from Liège. The weather was very nice: not too chilly during the night and the moon was shining over the hills, during the day mild temperatures and sunny. The trail led us through small pads, across rivers and over a hilly landscape. The colors of nature are at their best at this time of the year. One conclusion: a perfect long distance walk in a beautiful environment.

And you can check it out for yourself with this photo album:

<https://plus.google.com/photos/106033969530400447719/albums/6001786152063566961?banner=pwa&gpsrc=pwr1#photos/106033969530400447719/albums/6001786152063566961?banner=pwa&gpsrc=pwr1>



Rudy and Caroline enjoy their 100km walk

AURA RECORDS MERGE ROAD AND TRACK PERFORMANCES

An interesting record keeping change was announced recently on the AURA (Australian Ultra Runners Association) website. The announcement reads

Revision of Records process

Below is an overview of changes the International Association of Ultrarunners (IAU) have made to the records process at the international level. AURA has determined to change its process in line with this.

"The IAU reviewed the World Best Performances and the World Age Best Performances at the Monaco 2014 IAU Executive Council meeting, The IAU have decided to remove the separation based on surface i.e. Track, Road and Indoor. All such records will be frozen as of December 2013 and recorded and only the superior performance for each recognized distance/time will be taken forward for future IAU world best performances. Current requirements for performances to be recognized as world best performances remain in place." More details available from the IAU website at <http://www.iau-ultramarathon.org/>.

AURA, as an affiliated member of the IAU has determined to adopt the new policy as of 24 March 2014. All old records for each surface (Road and Track in AURA's case) will remain, and any valid claim for a record achieved on either surface prior to 23 March 2014 will be accepted. All future records will be claimed regardless of a surface type and will be recorded in a separate, amalgamated document.

As resources allow, record claim forms and documentation will be made available to ensure the new approach can be managed. All current records and rankings can be viewed on the Records page of the website.

Now this does not effect the Australian Centurions as we only have track records anyway - as the road side of things has always been to hard to implement, manage, verify, etc. I am not recommending we make any change but am just passing it on for general information.

A GEM OF A WEBSITE

The Spanish Ultrawalking facebook page (see <https://www.facebook.com/ultrawalking> is a website that's worth a look. Apart from their excellent race reporting, they have been busy amassing a vast collection of historical photos about ultra walking so I thought it appropriate to reproduce one of them for the newsletter.

It shows Donato Pavesi walking to victory in the 1920 Milan 100km event in a time of 9:59:48. Pavesi triumphed six times in this mythical test (1910, 1914, 1919, 1920, 1921 and 1922), setting a world record of 9:51:39 in his final win. Fourth in the 1924 Olympic Games 10km in Paris, he vented his frustrations when walks were removed from the Amsterdam Olympic Games 4 years later by walking the 600 km from Milan to Rome in seven days. Upon arrival, he was received by no less than Benito Mussolini.



Donato Pavesi wins the 1920 Milan 100km

AUSTRALIAN CENTURIONS ANNUAL LUNCHEON

Club President Terry O'Neill and I would like to invite all our Victorian based members and friends (and anyone else who can be in Melbourne that weekend) to join us for our annual luncheon. Details are as follows:

Date **Sunday 25 May 2014**
Venue **Leighoak Hotel, 1555 Dandenong Rd, Oakleigh**
 (Corner Atkinson Street & Dandenong Road, Melway's Ref: 69 G6)
Time **12:30 PM onwards**

The Leighoak Hotel is two blocks east of the Warrigal Road intersection with Dandenong Rd and is centrally based for most of us.

This will be an occasion for presenting new record certificates, recognising people on their ongoing performances, awarding the 2013 Gordon Smith Award and generally having a good time.

We need to finalise numbers and confirm our booking in the leadup to the big day so let me know by **Friday 16 May 2014** if you are able to come.

FINANCIAL NEWS

A very quiet month this time around - thanks to Sharon and Justin for their donation.

Income	Justin and Sharon Scholz - donation	75.00
Balance		\$1000.56

UNTIL OUR NEXT NEWSLETTER

The year is ramping up and the walks will soon be coming quick and fast. As we head towards our winter months here in Melbourne, it is a great time to be out and about and I am intending to get some serious walking in over the Easter break. I hope that you too can make the most of your opportunities and that you are also able to enjoy the great outdoors and raise a sweat in a good cause!

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

1 Avoca Cres
Pascoe Vale
Victoria, Australia, 3044