

# CENTURION FOOTNOTES

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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>. Some key races follow.

July 25-27, 2014	Caboolture 24H, 48H	Caboolture, QLD
Aug 2-3, 2014	<b>English Centurions Qualifier</b> See <a href="http://www.centurions1911.org.uk/southend-100.html">http://www.centurions1911.org.uk/southend-100.html</a>	Southend, England
Sept 27-28, 2014	<b>NZ Centurions 24H Qualifying event</b> See <a href="http://nz.srichinmoyraces.org/races/auck/24hr">http://nz.srichinmoyraces.org/races/auck/24hr</a>	Auckland, NZ
Sept 29, 2014	Adelaide 6 Day and 48H	Adelaide, SA
Oct 26, 2014	Ned Kelly Chase 100km	Wangaratta, VIC
Oct 4-5, 2014	<b>Australian Centurions 24H Qualifying Walk</b> Enter at <a href="http://www.centurions.org.au/event2014.shtml">http://www.centurions.org.au/event2014.shtml</a>	Melbourne, VIC
Dec 6-7, 2014	Malaysian 12 Hour Walk See <a href="http://www.racewalkermalaysia.com">http://www.racewalkermalaysia.com</a> .	TBA, Malaysia
Apr 6-12, 2015	2015 ANZAC Ultra See <a href="http://www.anzacultra2015.com">http://www.anzacultra2015.com</a>	Canberra, ACT
Apr 18-19, 2015	Coburg 24 Hour Carnival (tentative date)	Coburg, VIC
June 15, 2015	Fotrally (see <a href="http://www.fotrally.se">www.fotrally.se</a> )	Stockholm, Sweden

Entries have now opened for our **2014 Australian Centurions 24 Hour walk**, to be held in **Melbourne** on **4-5 October**. See <http://www.centurions.org.au/event2014.shtml> for further details and the entry form.

A special plug for the **Ned Kelly Chase** which will be held on October 26<sup>th</sup> in Wangaratta in country Victoria. Michelle Thompson and I competed in it last year and loved it so much that we have marked it in our 2014 calendars as well. Organised by fellow centurions Justin and Sharon Scholz, it is an event for ultra athletes, put on by ultra athletes. There are many options (100km or 50km or various relay options). Check it out at <http://www.nedkellychase.com.au/>.



**NED KELLY CHASE**  
[nedkellychase.com.au](http://nedkellychase.com.au)

**ARE YOU CHASING, OR ARE YOU BEING CHASED?**  
[www.nedkellychase.com.au](http://www.nedkellychase.com.au)  
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**Justin Scholz**                      **Sharon Scholz**  
0417 229 222                              0407 081 070  
[justin@nedkellychase.com.au](mailto:justin@nedkellychase.com.au)                      [sharon@nedkellychase.com.au](mailto:sharon@nedkellychase.com.au)

**Next Event: 26 OCTOBER 2014**  
Future events: 4th Sunday in October each year

100km / 50km Solo, 4x25km Relay, 100km Run+Bike, 100km Cycle Challenge, 10km Fun Run

And now to a couple of informational items about a couple of ultra events that have crossed my desk recently.

## 2015 ANZAC ULTRA, CANBERRA, 6-12 APRIL 2015

ACT ultra walker Phil Essam has done a lot of work to create a once off Canberra based Ultra to commemorate the 100<sup>th</sup> anniversary of the ANZAC campaign at Gallipoli in 1915. The event comes in three different flavours and will run from 6<sup>th</sup> to 12<sup>th</sup> April 2015, with laps of the Canberra Centenary Trail which meanders around the Australian Capital Territory around our national capital Canberra.

One full loop of the Canberra Centenary Trail is 145km. Ultra competitors can choose between 1 lap (145km), 2 laps (290km) or the full 3 laps (435km). Here is how Phil describes it: *The race will start from Stromlo Forest Park with 50 runners in the 435km option and then as it progresses more runners will join with either a 290km or 145km option culminating on the second last day with up to 320 runners helping remember the ANZAC Centenary.*

What a fantastic concept. See [www.anzacultra2015.com](http://www.anzacultra2015.com) for more details.

## FOTRALLY, STOCKHOLM, SWEDEN, STARTING JUNE 25<sup>TH</sup> 2015

I was emailed last week by Swedish event organiser Pontus Kylberg ([pontus.kylberg@fotrally.se](mailto:pontus.kylberg@fotrally.se)) to tell us about his 2015 Fotrally walk and it is an intriguing event indeed. Here is what he had to say.

The reason for me writing this message is that I have got a competition called Fotrally- We walk day and night, without rest until there is only one man left standing. Next year's Fotrally will start on June 25<sup>th</sup> 2015 in Stockholm, Sweden. Around 300-400 people will be there to try and beat our current record of 55 hours.

All the contestants walk together as a group at 5km/h (3.11mph). In the front there is a leading vehicle which the contestants may not pass and in the back there is a portable toilet which the contestants may not be passed by. On this portable toilet each contestant gets 25 minutes per 24 hours (we time all the contestants). The winner will receive EUR 2160, USD 2950.

Last year (2014) was the first year that we had the competition broadcast on a live stream. The last 50 minutes from the competition together with photos and an interview with the winner are all available for viewing (in Swedish) on [www.fotrally.se](http://www.fotrally.se).

Next year (2015) will be the first year that we will have a national team competition. Sweden and Norway have announced team captains who are in the process of creating their teams. We are looking for other nations who dare challenge these two teams. Do you by any chance know someone who would want to be a team captain? A team requires 5 contestants and 2 standby.

The 2014 event was fought out between Swedish walkers Silvio Cannavá and Lena Jensen. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing - he also won it in 2013, on his fourth attempt. In fact, Swedish walkers filled the first 25 places this year.

It is a fascinating proposition and reminiscent of Stephen King's novel *The Long Walk* which he published under the pseudonym Richard Bachman in 1979 as a paperback original. It was included in 1985 in the hardcover omnibus *The Bachman Books* which is part of my library at home. It is well worth the read. Any Aussies interested - it would be perhaps the ultimate ultra challenge?

## CONTINENTAL CENTURIONS QUALIFYING WALK, SCHIEDAM, NEDERLANDS, 7-8 JUNE 2014

A few final bits and pieces from the Continental Centurions qualifying event (7-8 June) which was reported in the last newsletter. As you would have read there, the wonderful **Sandra Brown (C 36)** clocked up yet another hundred (21:19:17). Here is what she had to say - wow, Sandra is absolutely amazing!

*The events in Schiedam were organised in a brilliant and friendly way, as always, by our friends in the Rotterdam walking club. We had a good UK party of 15 there doing various distances. The event saw nine new Continental Centurions, including six from the UK. Weather conditions were very hot and humid, leading to generally slower times, and disappointment for some walkers who had hoped to qualify.*

*I am actually now W65 since my birthday on 1 April. My greatest thrill at Schiedam was becoming the first winner of the new trophy donated by Jaap Visser [seven times winner of the English Centurions' Eddie McNeir trophy for the first over 65] for the first walker over 65 in the Continental Centurions' event.*

*En route to Schiedam, I did a 3kms track walk in a joint SWC/Blackheath & Bromley Hs championship and had*

*the satisfaction of setting a new W65 GB best time. From 3kms to 100 miles - from the ridiculous to the sublime!*

And just for the record, her 3000m W65 record time was 17:15.1 which is not too shabby at all. She also set a new Great Britain W65 20km record in April with 1.59.15. And her first 50 miles in the Schiedam hundred was a super fast 9:30, before she slowed with the heat.

And Sandra was not the only Australian centurion at Schiedam - Belgian walkers **Rudy Schoors (C 55)** and **Caroline Mestdagh (C 56)** were also in attendance and Caroline finished her ninth centurion hundred, in a time of 22:27:17. Rudy explains:

*Hello Tim,*

*Last weekend RWV-Rotterdam organized the annual walking weekend at Schiedam (NL).*

*You could choose for the 24 hour, 100 EM, 100 km or 50 EM race.*

*Caroline started at the 100 EM trying to become her ninth Centurion title.*

*I looked after the Belgian team. I pitched my tent at the feeding place, to make sure that they had enough extra liquid and nutrition in these bare conditions.*

*At 12 noon the start was given for 54 walkers from Holland (35), UK (15) and 4 Belgians, at the beautiful Beatrix-park.*

*The weather conditions were hard for European standards: the temperatures were tropical (around 30 °C) and humidity much higher than we are used. During the night it didn't cool down: still warm and because of the few showers too much humidity.*

*A lot of experienced walkers quit the race. Most of them because of the warmth, problems with the stomach, dehydration or too much blisters on their feet! Also Caroline had a few, more then she had the last few years. She was telling me that this was to most exhausting race of all the Centurion races before. Caroline walked the first half at a good pace and the timetable stays intact. She walked in a smart way and ended at the third place in the woman category and at the seventh place overall. Her time was 22.27.17. Considering the conditions, the blisters and bowel problems: an excellent time.*

*Only fifteen walkers achieved their goal: 100 EM in 24 hours!*

*Caroline was very satisfied and is looking forward to her tenth Centurion, maybe this time again with her husband.*

*A special praise for the RWV-Team: they organized the event excellent and their feeding place with the volunteers was superb.*

*Take care,*

*Rudy.*

Rudy also emailed me a great selection of photos, including these ones of Sandra and Caroline



**Caroline Mestdagh and Sandra Brown in action in Schiedam (photos Rudy Schoors)**

**LES 24 HEURES DE MARCHE DE LA HAUTE SAINTONGE - MONTGUYON, FRANCE, 27-28 JUNE**

Les 24 Heures de Marche de Haute-Saintonge, held in Montguyon in the SW of France in late June, saw 223 walkers in action (108 women and 115 men). Overall, Pascal Kieffer (fittingly a postman in this city) and Gerard Durand were equal first with a distance of 173.489km (79 laps) while the first woman to finish was Annette Vignaud with 141.524km. Keiffer is no newcomer to ultra walking, having walked 100km in 1992 in the fantastic time of 8:55. See more at <http://asso.lempreinte.free.fr/index.php?page=annee-2014>.

**24 Heures de Montguyon (first 50 places)**

E1.	KIEFFER Pascal	1961	MONTGUYON	M	79	173.489	23:53:06
E1.	DURAND Gérard	1967	L'ILE D'ELLE	M	79	173.489	23:53:06
3.	DESPRAT Jean	1955	ANGOULÊME	M	72	159.152	23:46:55
4.	BOUGNAUD Alain	1947	LA COTINIÈRE	M	72	158.352	23:54:47
5.	NADAUD Honoré	1958	LIBOURNE	M	71	156.761	23:50:10
6.	SUAU Michel	1957	CESTAS	M	68	149.988	23:51:17
7.	PINEAU Laurent	1968	ORIGNOLLES	M	67	148.897	23:17:07
8.	BERT Dominique	1960	AMBARES ET LAGRAVE	M	67	146.897	23:58:07
9.	BUNEL Dominique	1968	PLOMB	M	66	146.006	23:49:01
10.	VIGNAUD Annette	1958	PÉRIGUEUX	F	64	141.524	23:30:41
11.	DALOZ Robert	1941	DOMPIERRE SUR MONT	M	64	140.824	23:55:00
12.	GUERIN Séverine	1977	MÉRIGNAC	F	61	135.151	23:41:14
13.	DEBORD Michel	1949	LALANDE DE FRONSAC	M	59	130.069	23:52:37
14.	DELTEIL Laurent	1966	MONTARDON	M	58	127.878	23:54:11
15.	PIERRE Patrick	1948	LABASTIDE DU TEMPLE	M	56	123.196	23:54:58
16.	BENSACQ Liliane	1962	SAUCATS	F	55	121.005	23:55:03
17.	RASSAIND André	1937	ST SIMÉON BRESSIEU	M	55	120.505	23:59:59
18.	MICHAU Philippe	1955	SAINT-ASTIER	M	54	119.814	23:47:25
19.	SOULARD Eliane	1957	VILLENAVE D'ORNON	F	54	118.914	23:53:25
20.	JAMET Jean-Pierre	1937	BREUILLET	M	53	116.123	23:59:10
21.	PAUL Bernard	1957	GRADIGNAN	M	52	113.932	23:35:24
22.	LEMOINE Annie	1964	PLOMB	F	51	113.641	23:40:44
23.	LHOEST Daniel	1959	WARENNE (BELGIQUE)	M	51	111.741	22:32:10
24.	KEMPF Cécile	1981	ANDILLAC	F	51	111.741	23:50:43
25.	KEMPF Annie	1957	BEYNAC/CAZENAC	F	51	111.741	23:50:45
26.	COUTURON Sylvie	1961	SAINTE	F	50	110.750	23:44:32
27.	SOUILLÉ Jean-Pierre	1952	MARMANDE	M	50	109.650	23:51:14
28.	DELGADO Olivier	1980	ST DENIS DE PILE	M	50	109.550	23:08:34
29.	CONTAMINE Yves	1951	CHASSENEUIL	M	50	109.550	23:38:22
30.	CHAIGNE Christophe	1967	ST SAUVEUR LALANDE	M	49	107.359	23:53:28
31.	BOULITEAU Bernard	1966	MARMANDE	M	48	106.468	23:48:46
32.	JAMET Denis	1966	SAINTE	M	48	105.168	23:58:57
33.	FERRI Guillaume	1980	MONTENDRE	M	46	100.786	20:01:29
34.	BELUTAUD Jeanne-Marie	1962	CERGY	F	46	100.786	22:15:37
35.	MINEAU Daniel	1959	TONNAY-CHARENTE	M	46	100.786	23:20:46
36.	CHABREYRIE Joelle	1960	MÉRIGNAC	F	46	100.786	23:48:41
37.	GONTHIER Claude	1950	STE ALVERE	M	44	97.404	23:49:12
38.	MARCHAIS Christophe	1968	BUSSAC-FORÊT	M	43	94.213	23:50:49
39.	MARCHESIN Karine	1974	NEUVICQ	F	43	94.213	23:51:21
40.	LIAIGRE Franck	1956	SAUMUR	M	42	92.622	23:54:45
41.	BRIAND Gérard	1954	BUSSAC-FORÊT	M	42	92.022	23:58:53
42.	PELLETIER Thierry	1963	VILLENAVE D'ORNON	M	41	91.731	13:59:55
43.	ALQUIER Christian	1947	VESQ	M	41	91.031	23:42:35
44.	LEPITRE Sandrine	1971	BLANQUEFORT	F	41	89.831	23:48:40
45.	GONTHIER Eliane	1951	STE ALVERE	F	40	87.640	23:35:26
46.	CHARVY Eliane	1949	MONTGUYON	F	40	87.640	23:54:49
47.	LASSERRE Nicole	1954	SAUCATS	F	39	87.149	23:39:07
48.	BAUDY Pierre	1946	SAINTE	M	39	85.449	20:49:55
49.	PARIS Jeremy	1987	PEUJARD	M	38	84.758	23:49:09
50.	REMAUD René	1946	CERCOUX	M	38	83.258	23:58:13





Competitors in action in the 2014 Montguyon 24 Hour Walk  
 (photo <http://asso.lempreinte.free.fr/index.php?page=de-11-h-a-19-h>)

**SANDRA BROWN - SETTING A RECORD THAT MAY WELL BE UNBEATABLE**

With Sandra Brown's centurion walk at Schiedam last month, her amazing tally of hundred milers now stands at 158 and is broken up as follows: 57 100 mile events, 86 24/28hour events and 15 multi day events. Not long to go now before she reaches 161 hundreds (and we all know that 161km = 100 miles). It is an astonishing feat of longevity and quality that will, I suspect, remain unchallenged. Here's how it reads:

**Group A:100 miles**

1. 1982 Pilgrims Way LDWA
2. Leicester RWA
3. 1983 Snowdonia LDWA
4. 1984 St Oedenrode  
Dartmoor LDWA  
Leicester RWA
7. 1985 St Oedenrode
8. Yorkshire Dales LDWA
9. Blackheath Rainer
10. 1987 Ewhurst SWC
11. 1988 Leicester
12. 1989 Hendon Met PRWC
13. 1990 Leicester
14. 1992 Leicester
15. 1993 St Oedenrode
16. 1994 Leicester
17. 1995 Battersea Park, London
18. 1996 Rotterdam/Schiedam
19. Colchester RWA
20. 1998 Manx
21. 1999 Weert
22. Auckland, NZ
23. Battersea Park, London
24. Melbourne, Aus
25. 2000 Schiedam
26. Golden, Colorado, USA
27. 2001 Colchester
28. 2002 Schiedam
29. 2003 Newmarket SWC
30. 2004 Exmoor LDWA
31. Schiedam

32. Colchester RWA
33. 2005 Chilterns Landmarks LDWA 28h 52m
34. Weert
35. King's Lynn RWA
36. 2006 Northumbria LDWA
37. IOMVAC RWA
38. 2008 Yoredale LDWA 30h 29m
39. Schiedam
40. Milton Keynes RWA
41. 2009 LDWA Wessex 100 28h 04m
42. Newmarket Barclay Bicentenary RWA 100
43. 2010 LDWA Heart of Scotland 100 30h 32m
44. Colchester RWA 100 miles
45. 2011 LDWA Housman 100 [Marches] 31h 41m
46. SWC, RWA, Centurions' centenary 100, Lingfield Park
47. RWV 46th Nijmegen to Rotterdam 29h inc café stops
48. 2012 Centurion Runners Thames Path 100 24.50.40
49. LDWA Games and 40th anniversary 100, 29h 09m
50. Schiedam Continental Centurions 100, 20.30.23 [40th Centurion 100]
51. Marches LDWA Much Wenlock Olympian 100 [in 2012 MW Olympian Games programme]
52. Colchester RWA & Centurions 100
53. 2013 LDWA Camel-Teign 100, 28h 50m
54. IOMVAC RWA Centurions 100
55. RWV Nijmegen to Rotterdam, 29h inc café stops
56. 2014 LDWA S Wales Valleys 100, 33h 47m
57. RWV Continental Centurions 100, Schiedam, 21.19.17

#### Group B: 24 /28 Hours

1. 1984 Chorley AC 24 hours 131 miles 583 y
2. Brussels 24 hr walk 174km
3. Coatbridge 24 hrs 120 miles 335 y
4. 1987 Chorley 24 hrs 119 miles
5. 1988 Preston 24 hrs 114 miles 238y
6. 1989 Milton Keynes 24 hrs 106miles 491 y
7. Rouen 24 hr walk 185.26 km
8. Hull AC 24 hrs 105 miles 439y
9. Roubaix 28 hrs walk 211.42 km
10. Sri Chinmoy 24 hrs 108 miles 403 y
11. 1990 Chateau Thierry 24 hrs walk 179.984 km
12. Bazancourt 24 hrs walk 180.256 km
13. Bar le Duc 24 hrs walk 168.185 km
14. Rouen 24 hrs walk 179.395 km
15. Dijon 24 hrs walk 196.476 km
16. Roubaix 28 hrs walk 218.65 km
17. Etrechy 24 hrs walk 193.306 km
18. 1991 Lagny 24 hrs walk 183.5km
19. Bazancourt 24 hrs walk 188 km
20. Dijon 24 hrs walk 193.29 km
21. Vallorbe 24 hrs walk 200 km, 24.04.20 (world best)
22. 1992 Bazancourt 24 hrs walk 196 km
23. Sri Chinmoy 24 hrs 209.127 km
24. 1993 Basle 24 hrs IAU European Championship 186.112 km
25. Battersea Park 24 hrs 184 km
26. Sri Chinmoy 24 hrs 133 miles 1110 y, 215.068kms
27. 1994 Bazancourt 24 hrs walk 176 km
28. Szeged (Hung) 24 hrs IAU 188.1 km
29. 1995 Lagny 24 hrs walk 189.962 km
30. Roubaix 28 hrs walk 212.240 km
31. Sri Chinmoy 24 hrs 123 miles 1453 y
32. 1996 Courcon 24 hrs IAU 212.701 km
33. 1997 Basle 24 hrs IAU 188.182 kms
34. Solihull 24 hrs 197.710 kms
35. Ware RWA 24 hrs walk 194.758 kms (world best)
36. 1998 Dijon 24 hrs walk 188.987 kms 24.22.20

37		Doncaster 24 hrs 120 miles 246 yards
38		Fleurbaix 24 hrs IAU 194 .032 kms
39		Roubaix 28 hrs walk, 211.650 kms, 28.08.21
40		Sri Chinmoy Tooting Bec track 24 hrs 183.781 kms (114 m 345 y)
41	1999	Bar le Duc 24 hrs walk 180 kms, 23.54.49
42		Dijon 24 hrs walk 177.974 kms, 23.55.34
43		Doncaster 24 hours, walked 107 miles 1269 yds; 173.360 kms (100 miles, 20.30.50)
44		Auckland, NZ, Sri Chinmoy 24 hrs/ NZ Centurions: walked 164.6 kms (100 miles 19.00.47)
45		Sri Chinmoy Tooting Bec track 24 hrs 168.105 kms (100 miles 21.57.44)
46		Bombaye – Dalhem, Belgium 200 kms (26.13; 161.12 kms: 20.29)
47	2000	Torcy 24 hrs walk (ladies, 170.595 kms: 21.19.30)
48		Perpignan 24 hrs walk, 183.242 kms, 23.46.27
49		Bar le Duc 24 hrs walk, 168 kms, 23.43.01
50		Dijon 24 hrs walk, 192.658 kms, 24.02.46
51		Doncaster 24 hrs, 109 miles 948 yds, 24 hrs
52		Newmarket 24 hrs RWA, 114 miles, 23.38.24
53		Sri Chinmoy Tooting Bec track 24 hrs, 162.8 kms (101 miles 280 yds; 100 miles 21.35.31)
54		Uden 24 hours IAU 176.036 kms
55	2001	Chateau Thierry 24 hrs walk, 166.214 kms, 24.08.42
56		Bar le Duc 24 hrs walk, 180 kms, 23.59.38
57		Doncaster 24 hrs, 112 miles 499 yds, 24 hrs
58		Feschaux, Belg 24 hrs walk, 170.017 kms, 24.02.19
59		Genting, Malaysia 24 hrs walk, 182.032 kms, 24 hrs
60		Roubaix 28 hrs walk, 216.570 kms, 28.03.57
61	2002	Hull 24 hrs, 112 miles 1121 yds (181.272 kms,) 24 hrs
62		Blackpool 24 hrs RWA, 186.324 kms (100 miles 20.27.27)
63		Roubaix 28hrs walk, 219.1kms, 28.04.49
64	2003	Bernouville 24 hrs walk, 170kms (ladies' distance) 21.33.23
65		Roubaix 28hrs walk, 222.310 kms, 28.06.19 (100 miles est. 19.28.39)
66		Sri Chinmoy Tooting Bec track 24 hrs, 179.842 kms (111 miles 1318 yds; 100 miles 21.05.55)
67	2004	Rouen 24h walk, 198kms, 24.14.13 (100 miles est 19.10.40)
68		Brno IAU World/European 24h, 176.146kms
69	2005	Worscach, Austria World/European 24h, 180.22023 kms
70		Self-Transcendence Tooting Bec track 24h, 199.248kms (123m 1420y). GB champ; W55 record
71	2006	Bar le Duc European trophy, 170kms 20.49.11 (1st lady and England 1st ladies team)
72		Self-Transcendence Tooting Bec 24h, 200.138km (124m 634y). W55 GB record
73	2007	Bourges walk, 170 kms (3rd lady, French champs) 21.28.31
74		Drummondville (Canada) IAU 24h world champs, 192.71 kms, 16th lady (perhaps 194.47 kms)
75	2008	Chateau Thierry, 170.2kms walk (2nd lady) 21.59.35
76		Dijon, 170.617kms walk (1st lady, 170km course record) 21.24.50
77		St Thibault des Vignes 24h walk, 190.702 kms, 23.59.51, 1st lady, 2nd overall
78		Self-Transcendence Tooting Bec track 24h, 117m 226y
79	2009	Bourges 24h, 175.956kms, 1st lady
80		Keswick, Commonwealth 24h championship, 187.119kms [GB W60 best]
81	2010	Bourges 24h, 187.549kms, 1st lady in French Champs [World W60 race-walking best]
82		Perth, North Inch Park, Sri Chinmoy 24h, 175.055kms
83		Roubaix 28h walk, 211.685 kms, 28.03.14
84	2011	Chateau Thierry 24h, 169.265kms
85		Monaco No Finish Line 24h, 180.578kms
86	2013	Roubaix 28h, 60th edition. 200.429 kms [2nd lady.]

### Group C: Multi Day

1	1985	Montauban 48 hrs 273.38 km
2	1988	Blackpool 48 hrs 163 miles 897 y
3	1989	Epernay – Colmar, completed 220 km
4		Blackpool 48 hrs 181 miles 1099 y
5	1990	Chalons – Colmar 340 km
6	1991	Surgeres 48 hrs 307.038 km
7		Chalons – Colmar 340.5 km
8	1992	Chalons – Colmar 342 km
9	1994	Cologne 48 hrs 306.222 km
10		Gibson Ranch Sacramento 6 day 426 miles
11	1995	Lands End – John O' Groats 840 miles
12	1996	Nanango AUS 1000 miles

13		Odessa 48 hrs 312.4 kms
14	2000	RWV Millenniumtocht rond-Rotterdam 200 kms (continuous group walk)
15	2007	Surgeres 48h 327.52674km (GB W55 record)

Sandra's hundreds walked at official Centurion events worldwide now stands at an astonishing 43 - 27 English, 12 Continental and 4 elsewhere).

#### 100 miles Racewalk - UK Centurion

1	1982	Leicester	22.18.24 (C 735)
2	1984	Leicester	18.36.24 (GB best)
3	1987	Ewhurst	22.32.40
4	1988	Leicester	21.11.14
5	1989	Hendon	19.56.17
6	1990	Leicester	18.56.46
7	1992	Leicester	18.50.29
8	1993	London	20.09.05 (24 hr race)
9	1994	Leicester	19.09.17
10	1995	London	21.37.21
11	1996	Colchester	19.42.53
12	1997	Ware	19.27.15 (24 hr track race)
13	1998	Manx	19.32.26
14	1999	Battersea Park, London	20.01.49
15	2000	Newmarket	20.16.43 (24 hr race)
16	2001	Colchester	20.36.45
17	2002	Blackpool	20.27.27 (24 hr track race)
18	2003	Newmarket	20.23.25
19	2004	Colchester	19.17.28 (W55 best)
20	2005	King's Lynn	19.25.07
21	2006	IOMVAC	19.28.38
22	2008	Milton Keynes	19.59.29 (track race)
23	2009	Newmarket	19.57.24 (W60 best)
24	2010	Colchester	20.23.30
25	2011	Lingfield Park	20.18.23
26	2012	Colchester	20.45.03
27	2013	IOMVAC	19.57.50

#### 100 miles NL – Continental Centurion

1	1984	St Oedenrode	21.05.07 (Continental C 131)
2	1985	St Oedenrode	21.44.45
3	1993	St Oedenrode	19.22.22
4	1996	Rotterdam/Schiedam	19.33.21
5	1999	Weert	19.46.37
6	2000	Schiedam	20.41.01
7	2002	Schiedam	20.18.54
8	2004	Schiedam	19.18.08
9	2005	Weert	20.19.30
10	2008	Schiedam	20.14.23
11	2012	Schiedam	20.30.23 [40th Centurion 100 worldwide; 1 st overall in race]
12	2014	Schiedam	21.19.17 [1st lady, 3 rd overall and 1 st 65+]

#### 100 miles Centurion racewalk - Other Nationalities

1	1999	Auckland, NZ	19.00.47 (world track best) (24 hr race) (NZ C 4)
2		Melbourne, AUST	19.14.56 (AUS C 36)
3	2000	Golden, Colorado, USA	21.50.57 (USA C 50)
4	2001	Genting, Malaysia	182.032 kms (MALAYSIA C 7)

And of course Sandra is amongst the very small group of walkers who have all 6 Centurion badges:

1-2 July 1983	Leicester, England	22:18:24	British Centurion <b>735</b>
May 1984	St Oedenrode, Holland	21.05.07	Continental Centurion <b>131</b>
10-11 July 1999	Auckland, NZ	19:00:47	New Zealand Centurion <b>4</b>
18-19 Sept 1999	Melbourne, Australia	19:14:56	Australian Centurion <b>36</b>
19-20 Sept 2000	Golden, Colorado	22:35:45	American Centurion <b>50</b>
25-26 Aug 2001	Genting Highlands, Malaysia	182.032 km	Malaysian Centurion <b>7</b>



## WALK/RUN DOUBLES - THE INSIDER VIEW

In the last newsletter, I talked about those Australian Centurions who have completed 100 miles or more within 24 hours in both run and walk modes. There are 18 of them. As an exercise which really says nothing but is interesting to review, I have documented their best 24 hour totals in both the run and the walk and ranked them in order of total distance travelled. It is no surprise the the extraordinary Yiannis Kouros leads the list ahead of Barry Loveday, Sandra Brown and Sharon Scholz.

<b>Name</b>	<b>24 Hour Run (km)</b>	<b>Year</b>	<b>24 Hour Walk (km)</b>	<b>Year</b>	<b>Total Kms</b>
Yiannis Kouros (C 33)	303.506	2003	168.410	1998	471.916
Barry Loveday (C 62)	265.000	1997	170.000	2012	435.000
Sandra Brown (C 36)	215.058	1993	200.000	1991	415.058
Sharon Scholz (C 63)	224.885	2010	187.653	2013	412.538
Justin Scholz (C 61)	214.185	2013	189.678	2013	403.863
Carol Baird (C 39)	194.945	2005	182.657	2002	377.602
Anyce Melham (C 65)	213.287	1999	162.431	2013	375.718
Michelle Thompson (C 58)	182.705	2010	190.984	2014	373.689
George Audley (C 22)	193.370	1990	160.934	1988	354.304
Stan Miskin (C 23)	187.104	1984	167.117	1988	354.221
Ian Valentine (C 57)	189.000	2004	161.810	2009	350.810
David Billett (C 50)	182.658	2007	166.272	2013	348.930
Lyn Lewis (C 44)	178.400	?	164.010	2002	342.410
Geoff Hain (C 49)	165.513	1997	163.041	2005	328.554
Michael Harvey (C 43)	162.648	2014	162.400	2001	325.048
Claude Martin (C 14)	160.934	1987	160.934	1977	321.868
Jim Turnbull (C 21)	160.934	1988	160.934	1986	321.868



**Yiannis Kouros (2011) and Barry Loveday (2010) in running mode**



**Sandra Brown (2009) and Sharon Scholz (2013)**

### FINANCIAL NEWS

It has been a quite month with no significant payments to acknowledge

<b>Expenses</b>	Photocopying	- 13.00
<b>Balance</b>		<b>\$854.56</b>

### UNTIL OUR NEXT NEWSLETTER

Not much has happened on the local front this month but there is always plenty of ultra walking news to report world wide. I hope you enjoy this month's read.

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

1 Avoca Cres  
Pascoe Vale  
Victoria, Australia, 3044