

# CENTURION FOOTNOTES

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## DATES...DATES...DATES

The AURA calendar shows quite a few Australian ultra events that may suit serious ultra walkers – check it out at <http://www.aura.asn.au/events.html>. Most of the key European and Centurion dates are now also in place for 2015 so the calendar is starting to look quite comprehensive. Some key races follow.

Sat Jan 31, 2015	Caboolture Dusk to Dawn (12 Hours)	Caboolture, QLD
Sun Feb 1, 2015	Hong Kong 12 Hour and 6 Hour Walks See <a href="http://www.ultramarathon.hk/page/events/2015.php">http://www.ultramarathon.hk/page/events/2015.php</a>	Hong Kong
Feb 28 - Mar 1, 2015	Bourges 24 Hour Walk (Paris-Alsace qualifier)	Bourges, France
Sun Mar 8, 2015	Coburg 6 Hour Championships See <a href="http://www.coburg24hr.org">http://www.coburg24hr.org</a>	Coburg, VIC
Mar 28-29, 2015	Chateau Thierry 24H (Paris-Alsace qualifier)	Chateau-Thierry, France
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 and AURA Championship Incorporating <b>2015 Australian Centurions 24H qualifying walk</b> See <a href="http://www.coburg24hr.org">http://www.coburg24hr.org</a>	Coburg, VIC
Apr 25-26, 2015	Rond des Ducs 24 Hour Walk (Paris-Alsace qualifier)	Dijon, France
May 2-3, 2015	Isle of Wight Challenge (106km) See <a href="http://www.isleofwightchallenge.com/">http://www.isleofwightchallenge.com/</a>	Isle of Wight, GBR.
May 23-24, 2015	<b>Continental Centurions 100 miles qualifying walk</b>	Weert, Holland
June 3-6, 2015	Paris-Alsace Classic 430km (M), 320km (W)	Neully sur Marne to Ribeauville
June 6, 2015	Parish Walk (80 Miles)	Douglas, Isle of Man
June 6-7, 2015	<b>American Centurions 100 miles qualifying walk</b> See <a href="http://www.fans24hour.org/registration.html">http://www.fans24hour.org/registration.html</a>	St Paul, MN
June 13-14, 2015	Sri Chimnoy 12H/24H Track	Sydney, NSW
June 15, 2015	Fotrally (see <a href="http://www.fotrally.se">www.fotrally.se</a> )	Stockholm, Sweden
June 17-21, 2015	Paris to Strasbourg Stages Race	Paris to Strasbourg, FRA
Aug 2-8, 2015	6 Jours de France See <a href="http://www.6jours-de-france.fr/">http://www.6jours-de-france.fr/</a>	Privas, FRA
Aug 15-16, 2015	<b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a>	Castletown, Isle of Man
Sept 19-20, 2015	28 Heures de Roubaix (with 28 Hour Individual, 24 Hour Relay)	Roubaix, France
Sept 19-20, 2015	50 <sup>th</sup> anniversary Nijmegen to Rotterdam 100 miles walk	Holland
Oct 3-4, 2015	St Thibault 24 Hour Walk	St Thibault, FRA
Oct 25, 2015	Ned Kelly Chase (50km and 100km)	Wangaratta, VIC
Aug 6-7, 2016	105 <sup>th</sup> English Centurions 100 mile qualifier (Redcar RWC)	Redcar, Teeside
Oct 22-23, 2016	USA Centurions qualifying walk, Owega, NY (TBC)	

## OUT AND ABOUT

**Sandra Brown (C 36)** has added to her 2014 record tally, with her Southend 100 miles and Wadelincourt (Belgium) 24 Hour race-walking performances being ratified by the British Racewalking Association as W65 British bests.

**Graham Watt (C 48)** has successfully defended his Victorian seat of Burwood in the latest State election and has been returned to Parliament for a second four year period (see <http://www.parliament.vic.gov.au/members/details/1701-graham-watt>). Alas, his party (the Liberal Party) lost the election so he will sit on the opposition benches for the life of this Parliament, after the last four years as part of the Victorian Government. Well done Graham. Continue to enjoy the

many challenges of the political life.

**Barry Loveday (C 62)** has been named Male Runner of the Year by the Australian Ultra Runners Association. He also received the Brian Smith Award for single best ultra-running achievement. The two citations read as follows

- **AURA Male Runner of the Year: Barry Loveday**  
Barry completed three races in 2014: Narrabeen 12hr 149.8km, the third best distance by an Australian ever, Coburg 24hr 265.00km the second best performance by an Australian ever and the second best distance recorded last year in the world and lastly the Adelaide 48 Hour, 303.97km
- **Brian Smith Award: Barry Loveday, Coburg 24hr 265.00km**  
The Bryan Smith Award is for the greatest single best ultra-running achievement by a male or female under the age of 60 at the time of the result being achieved.

Tasmanian ultra competitor **Deborah De Williams** was named amongst the honours list in this year's Australia Day awards, being announced as a Member in the General Division of the Order of Australia (AM) for significant service to the community through contributions to a range of cancer support organisations, and to ultra marathon running. She is well known to us in the Australian ultra walk community, having competed in the walk at Coburg in 2003 and for becoming the first Australian woman to circumnavigate Australia in 2004. Along the way, she broke the following 5 World Records with her solo endeavour

- World Walk Record for the longest walk in the shortest time – 15,669 kms in 343 days
- World Walk Record for the quickest walk over the longest distance – 343 days to walk 15,699 kms
- World Walk Record for the longest continuous walk by a woman
- The outright World Walk Record for the longest continuous walk by anyone on the planet



**Deborah on display for the media – looking good after walking 15,669 kms in 343 days.**

#### **NARABEEN ALL NIGHTER, NARABEEN, NSW, 3 JANUARY 2015**

Victorian walker **John Kilmartin** was in fine form in the Narabeen All Nighter, covering **86.030km** in the allotted 12 Hours. It was his first official 12 Hour event after competing in a number of 6 Hour events in 2014, including the one at our Centurion qualifying event in October. He has entered both the Coburg 6 Hour Walk in March and the Coburg 24 Hour Walk in April where he will be trying for Centurion status. He has also entered the Isle of Man 24 Hour Walk in August. I asked him for some comments and he kindly emailed me back to say

I had a 2 hourly pace plan which I roughly adhered to and a total of about 50 min off the track. Heat was

bearable but the humidity was excessive making hydration tricky to work out...I worked out I needed to drink more, and put in a pretty solid last 3 hours and still had a bit in the tank at 12 hrs...Finished best over 60 y/o in the 1km path race...the over 60 winner on the 5km trail race managed 75 km running. The path was pretty good, an out and back around a witches hat and a larger radius turn at the start/finish line end, mostly sealed and concrete, fairly well lit, but I wore my headlight...more important for walkers than runners I find. Fairly flat with a slight rise coming into the car park which I liked.

**Narrabeen All Nighter 12 Hour Run/Walk**

5	John Kilmartin	VIC	86.030km
12	Charbel Sandroussi	NSW	49.069km
19	Keryn Regan		30.000km



**John in the final stages of his 12 Hour walk at Narrabeen (photo Narrabeen event facebook page)**

**COBURG ENTRIES ARE FILLING**

Entries are filling for both the Coburg 6 Hour in March (37 places filled out of 45) and the Coburg 24 Hour In April (53 places filled out of 60). While most are runners, we have a good number of walkers in each event. Here are the walkers who have entered so far for the 6 Hour event on Sunday 8 March.

Ken Carter	VIC	Val Chesterton	ACT
Clarrie Jack (C 4)	VIC	Sandra Howorth	VIC
John Kilmartin	VIC	Karyn O'Neill (C 45)	VIC
Terry O'Neill (C 18)	VIC	Michelle Thompson (C 58)	VIC
Saul Richardson	NSW		
John Timms	VIC		
Gary Turner	VIC		
Robin Whyte (C 29)	ACT		

**CENTURION AGM COMING UP**

Our 2014 Centurion Annual General Meeting will be held in conjunction with our annual luncheon next month.

Date	Sunday 15 February 2015
Venue	Leighoak Hotel, 1555 Dandenong Rd, Oakleigh (Melbourne) (Corner Atkinson Street & Dandenong Road, Melway's Ref: 69 G6)
Time	12:30 PM onwards

Let me know by Friday 6 February 2015 if you would like to join us. We only have a few occasions when we meet as a

group and we have much to celebrate.

I enclose our 2014 Annual Report and Financial Statement as separate documents.

**VALE STEVE JORDAN (C64): 1957 - 2014**



It is my sad task to pass onto our centurion walking fraternity the news that Australian Centurion Steve Jordan (C 64) died on the evening of Monday 15 December 2014 after a battle with cancer. Steve was also well known to the wider racewalking and fun run communities in Melbourne as he had been a semi-regular walker in Victorian Race Walking Club road races since around 2008 and a regular fun run attendee throughout Victoria for many years. His last race was in the 6 Hour walk event at our 2014 Australian Centurions 24 Hour Carnival in October. He was already very ill by that stage but wished to participate in the sport that he loved as long as he could.

It is hard to believe that Steve has now left us – it was only in June 2014 that he joined the ranks of the Australian Centurions as C-64, walking 100 miles in less than 24 hours in the Sri Chinmoy 24 Hour event in Sydney. At that stage, he was as fit as the proverbial Mallee bull. Who could have guessed what was lurking around the corner. At that stage I published a short biography on Steve. I have now updated it to more fully act as a suitable remembrance. It makes for inspirational reading: <http://www.centurions.org.au/centprofiles/64%20steve%20jordan.pdf>.

Steve's passing makes us reflect on the fragility of life and the precious nature of our relationships with our friends. I had visited him on a few occasions in hospital over the last couple of weeks of his life and was able to make my goodbyes as best I could.

The funeral was held at the Cordell Chapel, Fawkner Crematorium, Fawkner, at noon on Friday 19 December. Our thoughts are with his sister Carol and her husband Steve and son Kye. Steve was an integral part of their family as well as ours.

By way of summary, Steve began running in the late 1980s, completing his first marathon in 1993. But it was only by chance that he discovered ultra walking. In 2002, he was diagnosed with a stress fracture in the ankle and a further stress fracture in the foot which meant he was unable to run for 9 months. The late Christine Griffiths aroused his interest in walking events and he found that he was able to walk without pain and without aggravating the stress fractures. He did many walks with Christine whilst he was unable to run and gradually improved his times and the distance he was covering.

In 2004, he went to the Coburg Track and watched the runners and walkers participating in their annual 6/12/24 hour events and he then set himself a goal to participate in the 6 hour walk event in 2005, with the aim of going further later on. It was a good start as he won the 6 Hour event with a promising 43.600km. In 2007, he upped the ante and



attempted the Coburg 12 Hour walk, finishing 2<sup>nd</sup> in 85.980km. The next year, he set his sights even higher, targeting the Coburg 24 Hour walk but he found it was a very different kettle of fish as he struggled to 109.932km.

With that inauspicious first 24 Hour walk in 2008, Steve set his mind on a centurion qualification and he was back every year, hoping for the elusive 100 mile finish. It turned out to be a milestone a long time in the making - it was not until June 2013 that, in his 13<sup>th</sup> 24 Hour attempt, he finally put it all together in the Sydney Sri Chinmoy event, passing the 100 mile mark in 23:13:33 and eventually reaching a total distance of 164.478km.

It is rare to find someone like Steve who can commit himself so single mindedly to a goal - becoming a centurion. Few would have been prepared to come back year after year, only to suffer failure each time. But from those failures came the most wonderful of victories. It goes without saying that Steve savoured his centurion badge even more than the rest of us - it was a success story that had been a long time in the making.

But there was much more to Steve than just walking and running. In the 6 years we walked and trained together, I never heard him swear, lose his cool or speak ill of anyone. He was interested in everyone and was the first to ring or offer to help if any of his friends suffered any sort of setback or health scare. He was indeed a gentle man in the true sense of the word.

We have indeed all lost a true friend.

#### VALE STAN MISKIN (C23): 1925 - 2014



Coming so quickly after Steve's death it is a doubly sad time for us with the death of Stan Miskin (C 23) who passed away in hospital on Sunday 21 December 2014, aged 89. Stan suffered a serious stroke the previous Wednesday and it was so severe that there was little hope of recovery. He hung on long enough for various family members to fly home to see him, but four days later his body gave out.

Stan was a legend of both the ultra running and of the ultra walking community. I have updated his centurion biography to now reflect his passing. See <http://www.centurions.org.au/centprofiles/23%20stan%20miskin.pdf>.

In typical fashion, Stan donated his body for medical purposes so there was no funeral but we were able to attend his memorial service on Wednesday 24 December in the outer eastern Melbourne suburb of Berwick.

Condolences may be sent to

Mrs Ellwyn Miskin  
1 Brookfield Crt, Berwick, Victoria, 3806

Stan had a wonderfully varied life. He joined the RAAF, in 1942, aged 17, after artificially inflating his age to 18, and served as a rear gunner in Lancaster bombers during the Second World War. Leaving the service in 1946, he joined the SEC, working first as a linesman and later as a teacher at the SEC School.

He and Ellwyn married in 1951, beginning a 63 year partnership that was only broken with Stan's passing. Together, they brought up their family of 4 children, moving house a number of times into the bargain.

His running career did not start until around his fiftieth birthday. Responding to a challenge from one of his mates to run 50 laps of the local oval, he quickly caught the fun run bug. He ran his first marathon in 1978, aged 53 years, and by 1988 he had run 81 marathons (with a best time of 3:16), many 50 milers (best time of 7:39), had a best 24 hour running distance of 187 km and a best 48 hour distance of 241 km.

In 1988 he decided to walk rather than run in the annual Sri Chimnoy 24 Hour event being held at the old cinders Adelaide Harriers track in Adelaide. He successfully completed the distance in a time of 22:59:48 to become our oldest Centurion, being 63 years of age at the time. He also became only the fourth Australian to both walk and run the 100 mile distance within 24 hours. Within a period of less than 2 years, we had seen Claude Martin, Jim Turnbull, George Audley and Stan achieve the run/walk double. No further athletes achieved this feat until Yiannos Kouros in 1998.

In the early 1990s, Stan and Ellwyn won a lottery that give them a new home on the Gold Coast in Queensland (yes, people do actually win such things) so they sold up and journeyed north. It was not until 2000 that they sold up again and came back south, settling in the outer eastern suburbs of Melbourne. Once there, Stan found he lived around the corner from Fred Brooks who was in training to attempt to qualify as a centurion. That was all the invitation he needed and he was soon pounding the beat with Fred, helping him prepare for his date with destiny. He had already been toying with the idea of a final big walk and the timing was perfect. In October 2000, he travelled to Adelaide and completed 120 km in the Sri Chimnoy 24 hour event.

For the next 6 years, Stan rewrote the M75 and M80 record books, setting a whole suite of astonishingly good records that will last for many years. He regarded his M80 24 Hour record as perhaps the pick of his achievements and who can argue – 140.018 km at 80 years of age is astounding by any standards.

As his health failed, he had to retire from ultras in 2006 but he continued to confound the doctors with his longevity. Although no longer able to pound the long miles, he continued his daily walking regime around his home suburb, mostly accompanied by Ellwyn.

On a personal level, he was a jack of all trades and an expert in many. He built houses and did electrical work for his children in their adult years, he could strip a car engine and rebuild it, he was an award winning orchid grower, he was an expert cryptic crossword enthusiast, he wrote poetry, he had a wonderful general knowledge, he had an illustrious war record. He was indeed one of those people who cross our paths but rarely.

On a personal note, I will miss Stan immensely.

### THE AMERICAN CENTURIONS LOSE A LEGEND IN ALAN PRICE (C )

I saw a couple of weeks ago that American Centurion Alan Price (C 23) had died earlier this month, aged 68. It was a passing that deserved special attention as Alan was one of the giants of American ultra walking I originally wrote the following article in 2006 so have updated it and publish it here again for everyone to ponder.

A list of all U. S. Centurion performances can be found at [http://www.ultrawalk.com/Centurion/US\\_Centurions.htm](http://www.ultrawalk.com/Centurion/US_Centurions.htm). Of particular interest is the wonderful string of 23 100 mile walk qualifiers put together by Alan Price between 1978 and 1993. This is an achievement that deserves some investigation.

Name	Date	Location	Time	Age	Birthdate
Price, Alan	23-Sep-78	Columbia, MO	18:57:01	31	03-Jan-47
Price, Alan	11-Aug-79	Ft. Meade, MD	21:09:09	32	03-Jan-47
Price, Alan	22-Sep-79	Columbia, MO	19:52:15	32	03-Jan-47
Price, Alan	02-Aug-80	Ft.Meade, MD	21:51:35	33	03-Jan-47
Price, Alan	27-Sep-80	Columbia, MO	19:28:16	33	03-Jan-47
Price, Alan	01-Nov-80	San Diego, CA	19:55:22	33	03-Jan-47

Price, Alan	09-May-81	Muthuen, MA	20:09:18	34	03-Jan-47
Price, Alan	03-Oct-81	Columbia, MO	20:21:33	34	03-Jan-47
Price, Alan	07-Aug-82	Ft. Meade, MD	19:43:51	35	03-Jan-47
Price, Alan	25-Sep-82	Columbia, MO	19:43:51	35	03-Jan-47
Price, Alan	20-Nov-82	San Diego, CA	19:35:44	35	03-Jan-47
Price, Alan	06-Aug-83	Ft. Meade, MD	23:09:33	36	03-Jan-47
Price, Alan	17-Sep-83	Columbia, MO	22:36:54	36	03-Jan-47
Price, Alan	04-Aug-84	Ft. Meade, MD	21:18:27	37	03-Jan-47
Price, Alan	29-Sep-84	Columbia, MO	18:46:13	37	03-Jan-47
Price, Alan	28-Sep-85	Columbia, MO	20:32:06	38	03-Jan-47
Price, Alan	02-Aug-86	Ft. Meade, MD	23:49:00	39	03-Jan-47
Price, Alan	01-Oct-86	Springfield, OH	22:34:00	39	03-Jan-47
Price, Alan	01-Aug-87	Ft. Meade, MD	21:51:00	40	03-Jan-47
Price, Alan	26-Sep-87	Columbia, MO	20:58:42	40	03-Jan-47
Price, Alan	30-Sep-89	Columbia, MO	19:54:11	42	03-Jan-47
Price, Alan	21-Sep-91	Columbia, MO	20:41:31	44	03-Jan-47
Price, Alan	25-Sep-93	Xenia, OH	21:03:07	46	03-Jan-47

Price, of Washington D.C., first qualified as American Centurion (C 23) in September 1978 as a 31 year old with his time of 18:57:41 a new American record. His first 50 miles was indeed fast – 8 hours 54 mins – and his final time showed that he maintained his pace fairly well in the second half.

The next year, he prepared for the American Centurions race with a 100 mile walk in August 1979 at Fort Meade. His time of 21:09:09 was done in 90°F heat, an amazing performance. Only 6 weeks later he fronted for the annual American Centurion event in Colombia and showed that he had recovered well. He flew through the first 5 miles in 42:15, a time more at home in short roadwalking events. He passed the 50 mile mark in 8:44:00 and looked set to beat his 1978 record. Alas, the cold overnight conditions took their toll and he slowed to 19:52:50. But on this occasion, he decided to keep going and recorded a new American 24 Hour record of 118 miles 316 yards.



**Alan Price walks in the 1978 American Centurion qualifier in Colombia**

Price went on to win the American Centurions qualifier event on 9 straight occasions and in 1984 broke his own 1978 record with 18:46:13. In an interview with the Columbia Daily Tribune after his 1984 record walk, he told how he first came to Columbia in 1978. He said, "I heard about the race in Columbia in an ad in Runners' World along with a feature

on one of the guys who won a lot. They had some times in there, and I said, 'I can do this.' So I told everyone in D.C. I was going to Columbia and set a record. I had a hard time getting the money for the trip, but I always knew I would go. I was kind of the dark horse figuratively and literally."

Price was referring to his race by that remark. He was an African American in a sport that did not attract African Americans. He had never walked in a race longer than 50 miles prior to 1978. He was actually a "closet walker," and he said he felt funny practicing in the daylight, so he would go to the track at Bennicker Junior High in Washington, D.C., after dark and practice in the pitch black. He told the Columbia reporter, "People who don't do this think it's easy. That's because they haven't tried it yet."

Price enjoyed telling about entering a 100-mile race in San Diego in 1982 where the promoters wanted a "name athlete" for a big draw. They got Don Choi, who held the American distance record for a six-day run of more than 450 miles. The race promoters figured walking a 100-miler would be a piece of cake for him. Price blew him away in 19:35:44. "Well, he finished it," Price said, "but I'm telling you, he was hurting pretty bad. I asked him which he thought was harder, a six day run or a hundred-mile walk. He said, 'No doubt about it, a hundred-miler!' Alan Price liked having the best in another sport invade his turf and come away shaking his head..

In 1984, at the age of thirty-seven, Price, who was only five feet seven inches tall, weighed 138 pounds at the start of his record-setting performance. He weighed 127 pounds at the finish. During the race, he consumed a quarter of a large watermelon, a half gallon of apple juice, and a pint of water. There were no fat endorsement contracts from shoe companies and clothing manufacturers for racewalkers; consequently, he had to cut corners wherever possible to save money. He set his American record wearing a \$1.90 pair of discounted Foot Locker shoes he picked out of a pile on a clearance sale table. Such is the humble life of a racewalker in the United States—even a champion.

USA racewalking identity Vince Peters reminisced on the occasion of his passing, aged 68, on Wednesday 7<sup>th</sup> January 2015.

I am glad I had the opportunity to meet Alan Price and officiate at his last Centurion race conducted on a 400m cinder track at the old home for the orphans of Ohio Soldiers and Sailors in Xenia, Ohio. Jack Blackburn, from Springfield, Ohio, and a teacher at the home's high school, was the organizer and a competitor in the September 1993 event. My wife Jennifer, and kids, Tina (age 5) and Andy (age 3) assisted and camped out in a small tent while it stormed throughout the night. And the walkers kept circling in the water and mud in what had become the lane one rut. The track is now gone, and the old orphanage is now the home of the Xena Christian Schools.

Jack Mortland also remembered the fiercely competitive Alan

To add to Tim's excellent piece on Alan, note that he was not confined to 100 milers. He also excelled at 75 and 100 km when those were national races, although he was in the shadow of Shaul Ladany. He had a best 10km time of 48:04 while finishing 16<sup>th</sup> in the National title race in Niagara Falls in 1984, a 20km best of 1:36:36 while finishing 8<sup>th</sup> in the 1984 Olympic Trials in Eugene, and a 50km best of 4:38:56 when finishing 4<sup>th</sup> in the 1980 National. He competed at all distances for a period of over 20 years.

One of Alan's 100 milers was in Springfield, Ohio in 1986. I was the official timer at that race, and, incidentally, the only person, including the competitors, who stayed awake for the whole long night (Alan took a snooze for about an hour in his car and still finished in 22:34:00.) That was his 18<sup>th</sup> centurion finish. What I remember most was his extreme competitiveness. In mid-afternoon, several hours into the race, I turned the watch over to someone so I could get a little exercise. A few leisurely miles at about 9 or 9:30 pace (I was 51 at the time). I should have had the good sense to go in the opposite direction of the competitors on the 0.6 mile loop but I didn't. The roadway was quite wide so I could walk without interfering with the competitors. But, after a lap or two, I caught up to Alan and he decided that I was not going to "beat" him. I wasn't racing but suddenly he was. I tried to increase the pace, but so did he. So, not wanting to ruin his race, I backed off, let him go, and had an even more leisurely stroll than I had planned. The point is, Alan was a fierce competitor and no one was going to walk onto his course and go faster than him.

He may have been unheralded outside our sport but his place amongst the greatest long distance walking exponents is guaranteed. His string of 23 centurion qualifiers in 15 years and his American records put him head and shoulders above those of us who dabble around the edges of this most demanding sport.

Tim Erickson

Originally written October 2006

Last updated Wed 28<sup>th</sup> January 2015



## FINANCIAL NEWS

A quiet time for the club at the moment and we continue to keep our heads above water. A reminder that since we have now started our new financial year, it might be time for your annual donation if you have not contributed recently.

<b>Income</b>	Gladys Gleeson – donation	50.00
	Photocopying	5.00
	Bank interest	1.25
<b>Expenditure</b>	Postage stamps	14.00
<b>Balance</b>		<b>\$765.04</b>

## UNTIL OUR NEXT NEWSLETTER

I am indeed saddened with this issue to report on the passing of two of our fellow Australian centurions. We are a small group and we have lost two of our most enthusiastic and loyal members, one long serving and one relatively new to our ranks. Adding to the loss of the legendary Jim Gleeson earlier in the year, it is a time to reflect on the impermanence of life and the need to face it head on and with full steam.

With that thought, I wish all our readers a wonderful 2015. May the year provide many highlights for you and may your walks be many and enjoyable.

Yours in Centurion walking

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