

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>. Some key races follow.

Sept 19-20, 2015	28 Heures de Roubaix (with 28 Hour Individual, 24 Hour Relay)	Roubaix, France
Sept 19-20, 2015	50 th anniversary Nijmegen to Rotterdam 100 miles walk	Holland
Oct 3-4, 2015	St Thibault 24 Hour Walk	St Thibault, FRA
Oct 3-4, 2015	NZ Centurions Qualifier (NZ Sri Chinmoy 24H) See http://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZ
Oct 25, 2015	Ned Kelly Chase (50km and 100km)	Wangaratta, VIC
Dec 12-13, 2015	Malaysian 12 Hour International Walk See www.themarathonshop.com.my	Kajang, Malaysia
Sun Mar 7, 2016	Coburg 6 Hour Track Championships	Coburg, VIC
Mar 18-20, 2016	Inaugural 48H/24H/12H/6H Track Races See http://cbr.48hr.ktkc.com.au/	AIS Track, Canberra, ACT
Apr 16-17, 2016	Coburg 24 Hour Track Championships Australian Centurions 2016 Qualifier See http://www.coburg24hr.org/24hr/	Coburg, VIC
Jun 30, 2016	Start of 2016 Swedish Fotrally (http://www.fotrally.se/)	Sweden
Aug 6-7, 2016	105th English Centurions 100 mile qualifier (Redcar RWC)	Redcar, Teeside
Sept 24-25, 2016	USA Centurions qualifying walk	Owega, NY

The Race Walkers' Association of Malaysia has announced that the **MKH Kajang 12 Hour International Walk 2015** will be held on the weekend of 12-13 December 2015 in the city of Kajang, just outside Kuala Lumpur. It's an overnight walk with an 8PM start on the Saturday evening. Registrations are now open at www.themarathonshop.com.my. We had been told that the 2014 edition was the last to be held so this is a very pleasant surprise.

Closer to home, our **2016 Australian Centurions qualifier** is now gazetted for the weekend of 16-17 April, on the track at Coburg (Melbourne). We also have a Coburg 6 Hour Track Championship 6 weeks before, on Sunday 7th March. Entries are already open and the field is building. You can enter at <http://www.coburg24hr.org/24hr/>.

AROUND THE TRAPS

Three of our centurions will be competing in next month's New Zealand Centurions qualifier in Auckland (3-4 October). Good luck to **John Kilmartin (C 67)**, **Justin Scholz (C 61)** and **Sharon Scholz (C 63)**. Once Justin and Sharon get back, they will be busy putting the final touches to their annual Ned Kelly 100km / 50km Chase event in Wangaratta. A number of us will be doing that one.

Justin and Sharon were in action in the Shepparton Marathon (country Victoria) on Sunday 30th August and it was a big one for them, with Justin winning the men's marathon in a PB 2:58:32 and Sharon coming 7th in the women's field with 3:54:03. You can see a great video of Justin in action at <https://www.facebook.com/video.php?v=938720576169753>.

Belgian based **Caroline Mestdagh (C 56)** didn't walk in the annual British Centurions qualifier on the Isle of Wight last month as she was still recovering from a stress fracture that had seen her out of action for nearly 6 months. So on that occasion, she had to be content with supporting husband **Rudy Schoors (C 55)** and the rest of the Belgian team. But she did finally have an opportunity to get her walking shoes on a few weeks later in the annual Goerree-Overflakkee walk in Belgium. This challenging event is over a total distance of 110km and goes around the isle of Goerree-Overflakkee, walking along the outer dikes and beaches of the small villages and sometimes through nature parks which are normally closed to the public.

The walk got underway at 7PM on Friday 21st August, with 296 starters. Lesser distances of 80km, 55km and 30km were on offer and the next day saw 5km and 15km walks for younger entrants, making for a grand total of over 1000 participants. The event is very well organised and the proceeds are directed towards a particular charity each year. This year they were lucky with the weather which was excellent!

For the record, Caroline completed the full distance, walking with Belgian based English Centurions Hilde Krols C784 (Hilde was the first Belgian woman to become an English Centurion) and Kim Janssens C1111. Well done Caroline – just goes to show you can't keep a dedicated walker down for long.



Caroline, Hilde and Kim during and after their 110km jaunt in Goerree-Overflakkee

In case you didn't know, my wife Lois and I are not long back from China. We travelled to Beijing in late August to attend the IAAF World Track & Field Championships as our son Chris was competing in both the 20km and 50km racewalks as part of the Australian team. I am very pleased to let everyone know that he raced well, finishing 32nd in the 20km (1:25:15) and 13th in the 50km (3:51:26). Hopefully his 50km performance ticks all the necessary boxes to ensure he gains selection for the Rio Olympics next year. I can feel another trip coming on!



Tim, Lois and Chris Erickson in Beijing last month

Two train together to triumph in long run

DUO WALK AND RUN TO GLORY

Brent O'Neill

IF YOU'VE ever driven past an athletic-looking duo scorching towards the summit of Mt Coot-tha in peak hour, chances are you've been watching Peter Bennett and Caroline Brousseau in action.

Bennett has been competing in race walking ultra-marathons for the past two decades but it was not until three years ago he found someone who he could share his passion with.

An occasional runner when she lived in her native Canada, Brousseau met Bennett through their work at Eagle Farm's ECL Services.

Seeing her colleague's passion for fitness, she asked to join Bennett in his daily training sessions on the slopes of Toowong's famous mountain.

The countless hours of running torture paid off when she finished the world's oldest and largest ultra-marathon, the 90km Ultimate Human Race, in South Africa in May.

Bennett has also enjoyed the fruits of training in tandem, winning the Rouen 24 Hours Walk in France for the fifth straight year before claiming last month's grueling Seychelles ultra-marathon in Tanzania.

The 59-year-old said having Brousseau by his side



had been a breath of fresh air.

"It's a pretty lonely sport. It is a lot easier (having a training partner) because of the amount of hours you've got to spend training," he said. "On long training sessions you go through highs and lows and if you're with someone they can pull you along and vice versa. Caroline is very self-motivated.

"We've been working together for a number of years and Caroline used to see me training all the time and she made the suggestion that she'd like to get fit. There's a great deal of satisfaction that comes from it."

Brousseau, who is now preparing to run the 50km Bribie Beach Bash in October, said Bennett had transformed her life.

"He racewalks faster than I run but he's made really achievable goals for me and it's working well. I can't see me quitting running. It's who I am now."



Ultra-walker Peter Bennett with ultra-runner Caroline Brousseau.

Picture: RICHARD WALKER

ALL THINGS WINDRUSH, THURSDAY 3RD SEPTEMBER 2015

Thanks to Steve Kemp C1075 for passing on the details of this English Centurions social walk, along with some great photos. Good to see **Jill Green (C 38)** keeping fit!

On 3rd September 1939, a group of Oxfordshire ramblers marked the outbreak of war by walking a route (which they named 'All things Windrush') through the Cotswolds from Burton to Bourton-on-the-Water. Norman Smith C.976 led a group of English Centurions on a recreation of that walk on Thursday 3rd September 2015, reaching Bourton in time for lunch. In the afternoon, the group continued their Cotswolds journey, on occasions crossing the river Windrush as they visited places of interest in the local area. Norman had an excellent guide book to provide a historical perspective as they enjoyed their first social walk in the area. The distance of around 25 miles was completed at a conversational pace, and the day finished with a fish and chip supper in Burford.



L to R: Steve Kemp C1075, Jill Green C 898, Wendy Watson C1000, Norman Smith C 976 and Jim Catchpole

ENGLISH CENTURIONS 24 HOUR WALK, ISLE OF MAN, 15-16 AUGUST



A final few bits and pieces from last month's English Centurions 24 Hour Walk at the Isle of Man. To recap, it was an amazing race, with 93 of the 101 entrants starting and an amazing 48 reaching the 100 mile target. Of these 49 walkers, 32 were first-time English Centurions (C1135-C1166). This takes the overall tally to 1164 (as 2 numbers were not allocated early on). Here is the amended finishing list with Centurion number added on the right. Of particular interest for our Australian readers is the 7th place finish of **John Kilmartin (C1137)**.

Position	Name:	Club / Country:	Time:	Centurion
1	Vinny Lynch	I.O.M. Vets. A.C. GB	19:14:21	1107
2	Michael Bonney	Unattached GB	20:17:32	1135
3	Janette Morgan	I.O.M. Vets. A.C. GB	20:23:11	1117
4	Andrew Titley	I.O.M. Vets. A.C. GB	20:23:11	1038
5	Karen Chiarello	Manx Harriers (I.O.M) GB	20:36:14	1136
6	Sandra Brown	Surrey Walking Club GB	20:57:26	735
7	John Kilmartin	R.W.C.Victoria Austr	21:26:48	1137
8	Robert Currey	Manx Harriers (I.O.M) GB	21:39:46	1138
9	Chris van Cauwenberghe	Florastappers Gent Belgium	21:44:51	1139
10	Richard Brown	Surrey Walking Club GB	21:45:23	760
11	James Quirk	Manx Harriers (I.O.M) GB	22:03:54	1140
12	Rudy Schoors	Geelse A.C. Belgium	22:10:50	1062
13	Julian Thomas	Unattached GB	22:17:10	1141

14	Jack Bertrums	R.W.V. Rotterdam NL	22:18:14	1142
14	Rick Liesting	OLAT St. Oedenrode NL	22:18:14	1143
16	Frank van der Gulik	SV de LAT Amsterdam NL	22:18:15	1022
17	Anne van Andel	DAK Drunen NL	22:21:01	1144
18	Jayne Farquhar	I.O.M. Vets. A.C. GB	22:25:37	1132
19	Kersten Mosig	Unattached South Africa	22:28:24	1145
20	Chris Cale	Manx Harriers (I.O.M.) GB	22:28:52	1050
21	Richard Highfield	Unattached. GB	22:29:22	1146
22	Luc Dekeirsschietier	12 uren van Lauwe Belgium	22:34:27	1147
23	Peter Asselman	De Padstappers Belgium	22:34:28	1148
24	Suzannah Corkill	Unattached GB	22:38:36	1149
25	Philip Vermeulen	Unattached South Africa	22:38:36	1121
26	Christopher Burn	Unattached GB	22:39:34	1126
27	Richard Leigh	Unattached GB	22:41:27	1150
28	Andrew Dawson	Unattached Isle of Man GB	22:42:32	1122
29	Frans Leijts	R.W.V. Rotterdam NL	22:47:47	949
30	Jef Glassée	Wiekevorstse Stappers Belgium	22:49:01	1151
31	Mathijs Timmermans	KWBN NL	22:55:45	1152
32	Martin Payne	Dark Peak Fell Runners GB	22:59:14	1153
33	Bas van Andel	DAK Drunen NL	23:05:38	1154
33	Louise Smith	Unattached GB	23:05:38	1155
35	Dick Callin	Unattached GB	23:13:31	1156
36	Karen Ann Lawrie	I.O.M. Vets A.C. GB	23:20:48	1103
36	Tony Mackintosh	I.O.M. Vets A.C. GB	23:20:48	1157
38	Maureen Moffat	Unattached GB	23:26:09	1116
39	Bart van Bael	Wiekevorstse Stappers Belgium	23:27:39	1158
40	Peter Miller	Unattached GB	23:38:28	1159
41	Sandra de Graaff	R.W.V. Rotterdam NL	23:42:23	1160
42	Robert de Wolf	R.W.V. Rotterdam Belgium	23:43:15	980
43	Alan Teare	Peel Mountain Bikers GB	23:43:37	1161
44	Albertus van Ginkel	R.W.V. Rotterdam NL	23:45:18	1162
45	Megan Thomas	Unattached GB	23:47:57	1163
46	Hattie Thomas	Unattached GB	23:47:58	1164
46	Louise Thomas	Unattached GB	23:47:58	1165
48	Ed Walter	Manx Harriers I.O.M. GB	23:48:01	1166

Rudy Schoors (C 55) maintains the centurions lists for the various clubs and he has now updated the English Centurions list - see <http://www.centurions.org.au/documents/List%20of%20British%20Centurions.pdf>

Rudy was amongst the Castletown walkers, finishing his hundred in 12th spot in a time of 22:10:50. He reported

Congratulations with the new Australian who became British Centurion last week. John did a great performance in Castletown during the Centurion event. We met John and his wife the day before the race. They slept in the same hotel as the Belgian team did.

The race itself started in excellent conditions: sunny, 18°C and mild temperatures during the night. The course was 2 miles and almost everywhere not flat but hilly. Although it was a great event: the organisation by Steve Taylor, Jock Waddington and Robbie Callister was superb. Two years ago the counting of the laps failed in some way, but now they hit back with a nine darter! You could follow your performance on a big screen with your name, laps done, laps to go, time and position in the race. The support of food and drinks was perfect. The personal feeding station with tents was set up half way around the lap. The Belgian team got a tent from the organisers and the supporting team did a great job, including Caroline.

The race at Island of Man went well for me. I didn't start too fast and kept my pace. So I could build up my position during the race. I was satisfied with the result: 12th place overall in 22:10:50'. A good feeling at the end and finishing my 10th Centurion in a row!

The Belgians did a perfect race: 7 starters and 7 finishers, including 5 new Centurions. It couldn't be better. Thanks to the magnificent supporting team! We had a marvellous time afterwards at the evening dinner.

The day after we visited the island by train hopping: Castletown to Douglas to Laxey and Mount Shaefell (621m). We were very lucky with the weather on the island. Very nice temperatures and sunny days. A fantastic long weekend at the IOM and everybody satisfied. What can an ultra-walker wish more after this Centurion event?!



Left: Rudy finishes his 10th centurion walk in a row – another success
Right: the Belgian walkers at the English Centurions event - Jef Glassée, Chris Van Cauwenberghe, Bart Van Bael, Robert De Wolf, Rudy Schoors, Luc Dekeirsschieter and Peter Asselman

And another photo of John Kilmartin, post event. Well done John!



John Kilmartin – Australian C67 and now English C1137

And finally, the list of trophy winners from the event

Hammond Cup	First male existing Centurion	C-1107 Vinney Lynch
Bristol Trophy	First female existing Centurion	C-1117 Janette Morgan
Hew Neilson Trophy:	First male New Centurion	C-1135 Michael Bonney
Brian Scrivers Cup	First female New Centurion	C-1136 Karen Chiarello
Eddy McNeir Shield	First male walker, aged 65(+)	C-760 Richard Brown
Chas Shelley Trophy	First female walker, aged 65(+)	C-735 Sandra Brown
Bill King Trophy	Youngest finisher after 100 mile	C-1164 Hattie Thomas (22)
Sunday Dispatch Cup	First Team	I.O.M. Vets A.C.
Ko v.d. Kwaak Cup	Great Britain versus Netherlands	Great Britain Centurions

24 HEURES DE VALLORBE, VALLORBE, SWITZERLAND, 22-23 AUGUST

Emmanuel Tardi was in Vallorbe, Switzerland, in late August for the first of the 24 Hour qualifying races for next year's Paris-Alsace classic. He tells me that only a few walkers were on the start line at 1PM on Saturday. The laps were 2.850km long, then reduced to a small 845m lap in the final hour. It was not an easy course as there was a very hard hill to climb in each lap. Local walker Urbain Girod went to an early lead but stopped after 5 or 6 hours. This opened the door to Pascal Biebuyck who went on to win easily with 180.548 km. The 6 Hour walk started at 7AM on the Sunday, with Valéry Houot winning with 53.833km.

24 Heures de Vallorbe

1.	Biebuyck Pascal	180.548 km
2.	Forestieri Alexandre	163.268 km
3.	Picot Gérard	149.495 km
4.	Varin Sylviane (F)	138.699 km
5.	Pruckner Jaroslav	130.772 km
6.	Harbulot Francis	124.431 km
7.	Champmartin Maurice	123.049 km
8.	Rassaind André	118.764 km
9.	Landru Noëlle (F)	108.744 km
10.	Mauny Claude	108.541 km
11.	Auvray Alain	105.947 km
12.	Harbulot Rénata (F)	104.481 km
13.	Buger Alain	77.249 km



Pascal Biebuyck, Valéry Houot, Sylvie Maison and Sylviane Varin (photos Emmanuel Tardi)



The hill each lap – no wonder not too many walkers turned out!

6 Heures de Vallorbe

1.	Houot Valéry	53.833 km
2.	Varain Cédric	52.876 km
3.	Michelot Rémy	49.698 km
4.	Maison Sylvie (F)	48.306 km
5.	Sonnois Martine (F)	47.347 km
6.	Anxionnat Claudine (F)	46.642 km
7.	Brot Daniel	44.930 km
8.	Pheulpin Adrien	44.593 km
9.	Baptiste Hélène (F)	43.269 km
10.	Dumont Raymonde (F)	43.147 km
11.	Pastore Patricia (F)	42.176 km
12.	De Coppet Brigita (F)	41.779 km
13.	Tardi Emmanuel	40.131 km

SEYCHELLES 24 HOUR WALKING RACE, SEYSCHELLES, 26-29 AUGUST

Australian ultra distance specialist **Peter Bennett (C 24)** was in action again recently in quite an unusual race in the Republic of Seychelles, an archipelago of 115 islands in the Indian Ocean, some 1500km east of mainland Southeast Africa. The third time it has been held, this 24 Hour walking race is contested over 4 consecutive days, with 6 hours of walking each day, making a total of 24 hours all up. Peter takes up the story from there:

The 3rd edition of the Seychelles 24 hours of race walking consisted of four races of 6 hours duration on consecutive days. Being near the equator, the conditions were hot as expected especially with the races starting at 11am each day. The challenge for walkers was to ensure hydration levels were maintained and that you covered yourself in enough sunscreen to prevent being burnt to a crisp. Pacing yourself each day to try to achieve the most kilometres possible but to still be able to race the next day was a priority. With only 18 hours from the end of one leg to the start time of the next leg making sure you got enough food, drink and rest in that time was essential. That did not prevent having some social time with other walkers.

The Race Venues were as follows

- The first leg at held at the Berjaya Resort Hotel at the beach resort of Beau Vallon which is 11km from Victoria, the capital of the Seychelles. The race was on a circuit starting from a fountain in front of the hotel reception.

- The second leg was held in the grounds of the University of the Seychelles at the beach township of Anse Royale.
- The third leg was held on the roads through the Ile Perseverance housing project near Victoria. The estate is on an artificial island created by reclaiming areas of the shallow coral reefs close to Victoria. This was a very testing day with no shade at all for the duration of the race.
- The fourth leg was in the streets of the main town of Victoria starting at the Victoria Clocktower which has remained virtually unchanged for 100 years . Early on it was a challenge to dodge tourists and locals doing the Saturday morning shopping but everything closed down at midday and we had the streets to ourselves after that.

For the record, Peter won the men's race with 200.565km, well ahead of the rest of the field. Unfortunately, I don't have the women's results at this stage.

1.	Peter Bennett	Australia	200.565 km
2.	Jacques Till	Belgium	185.515 km
3.	Anna Barra	Seychelles	169.820 km
4.	Renick Belize	Seychelles	136.680 km
5.	Jean-Pierre Andriamahatana	Madagascar	136.330 km
6.	Floris Ernesta	Seychelles	126.800 km
7.	Mathias Ballin	France	113.415 km
8.	Jean-Jacques Dargent	France	101.970 km
9.	Shane Songoire	Seychelles	100.755 km
10.	Lalatiana Rasolojaona	Madagascar	86.990 km



Peter Bennett (number 1) in action in the Seychelles

LES 8 HEURES DE ETAMPES SUR MARNE, ETAMPES SUR MARNE, FRANCE, SUN 6 SEPT

Thanks to Emmanuel Tardi for more long distance walk results from France. The occasion was a couple of weeks ago in Etampes sur Marne, 100km east of Paris, and the event was their annual 8 Hours endurance walk. Starting at 8AM and walking over a 2.9km lap, competitors were stopped when they reached the finish line at time 7 hrs 45 minutes or later. With 29 individual starters and 6 teams, it was a well supported event and probably quite exciting, given that the first 3 finishers were all on the same lap, with the same finishing distance of 72.500km. Fabien Lombard was awarded first place as the first to complete the current lap. The first of the women was Christine Lepage with 63.800 km.

1.	LOMBARD Fabien	ASM BAR LE DUC	72.500 km	7:48:05
2.	RAULET Christophe	GA MEUSIEN	72.500 km	7:48:43
3.	BUNEL Pascal	NEUILLY SUR MARNE	72.500 km	8:01:57
4.	ROUAULT Jean Marie	ASC FRANCOPHONE	69.600 km	7:57:21
5.	LANGLOIS Patrick	MARNE ET GONDOIRE ATHLE	69.600 km	8:00:58

6.	GEORGELIN Serge	BRUZ ATHL,	69.600 km	8:06:01
7.	LETOURNEAU Florian	A.C.C.T.	69.600 km	8:07:06
8.	FLO ET MANU		66.700 km	7:49:37
9.	ARNAULT Jacques	NEUILLY SUR MARNE	66.700 km	7:50:19
10.	VARAIN Cedric	A.C.C.T.	66.700 km	7:51:02
11.	TOUTAIN Eric	ASC FRANCOPHONE	66.700 km	7:53:54
12.	PELLERIN Alain	RACING CLUB EPERNAY	66.700 km	7:59:26
13.	LABARRE Bertrand	CS PROVINS ATHLETISME	66.700 km	8:03:01
14.	FORESTIERI Alexandre	UST COURIR A ST TROPEZ	66.700 km	8:05:42
15.	LASSALLE Emmanuel	AVEC	63.800 km	7:48:50
16.	LEPAGE Christine (F)	BRUZ ATHL,	63.800 km	7:49:23
17.	LES ETAMPLIERS		63.800 km	7:49:35
18.	DIEN Daniel	NEUILLY SUR MARNE	63.800 km	7:55:13
19.	LACROIX Jean Louis	A.C.C.T.	63.800 km	8:03:06
20.	JACQUEMIN Mickael	NL	60.900 km	7:48:19
21.	HELLER Denis	AVIA CLUB ISSY LES MOULINEAUX	60.900 km	7:51:23
22.	BOVIN Laurent	AMSTV	60.900 km	7:51:38
23.	CHATILLON Nicolas	NL	60.900 km	7:51:44
24.	CASELLI Pierre	NL	60.900 km	7:58:11
25.	LES CHEVRES A LOLO		60.900 km	8:01:45
26.	BIZARD PLANCHOT Emilie (F)	THIAIS AC	60.900 km	8:04:12
27.	BORDIER Daniel	A.C.C.T.	58.000 km	7:49:46
28.	BIZARD Claudie (F)	THIAIS AC	58.000 km	7:50:48
29.	ARNAULT Francoise (F)	NEUILLY SUR MARNE	58.000 km	7:55:11
30.	HAGHEBAERT Eric	A.C.C.T.	58.000 km	8:03:15
31.	MOUGENOT Patrick	MEGA	55.100 km	7:49:30
32.	LES INCONNUS		52.200 km	7:45:01
33.	KESSELMARK Patrick	NL	52.200 km	7:52:22
34.	POUR LOLO		52.200 km	7:58:43
35.	BERTHAULT-KORZHYK Annie (F)	ASC FRANCOPHONE	52.200 km	8:09:24
36.	AUVRE Alain	CO EU BRESLE	34.800 km	8:09:24

VRWC 6 HOUR WALK, MIDDLE PARK, MELBOURNE, SUNDAY 13 SEPTEMBER

And one final ultra event to report in this newsletter. We regard ultra as anything over 50km or anything of duration 6 hours or over. So this one just sneaks in at the bottom end!

The final day of racing for the Victorian Race Walking Club saw them hosting the Victorian 50km championship, the Racewalking Australia 50km championship for women, their own 35km club championship and a 6 Hour Walk. The weather was warm (around 25C) and windy so conditions were far from ideal but a small field of keen walkers still toed the line for the 7:30AM start.

A number of our centurion members were in action – **Michelle Thompson (C 58)**, **Tim Erickson (C 13)**, **Terry O'Neill (C 18)** and **Karyn O'Neill (C 45)** and they walked with mixed success. Michelle went straight to the lead and was never headed, winning the RWA 50km championship with 5:33:10, well outside her 2011 PB is 5:13:14, but good enough to account for everyone present. She then continued on to the 6 Hour mark, recording an impressive 53.788km. Tim also completed the 6 Hour event with a final distance of 52.757km. Terry and Karyn were both amongst the ranks of the DNF's, stopping at 26km and 28km respectively.

RWA 50km Championship Women		10km	20km	30km	40km	50km
1.	Thompson, Michelle	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10

VRWC 6 Hour Walk		10km	20km	30km	40km	50km
1.	Thompson, Michelle	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10 53.788 km
2.	Erickson, Tim	1:06:05	2:11:58	3:18:09	4:25:35	5:39:14 52.757 km
3.	Karyn O'Neill	1:09:13	2:22:05			28.000 km
	Terry O'Neill	1:06:05	2:12:03			26.000 km



Michelle Thompson and Tim Erickson in action (photos Terry Swan
 More photos at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=57>)

2015 RECORD UPDATE

With Michelle Thompson's W45 50km Road best at Middle Park earlier this month, the number of 2015 Australian ultra distance walk records rises to 11. Note that all records are track based except for 50km women where we recognise both track and road. This is discussed further at <http://www.centurions.org.au/centrec1.shtml>. You can also see a full list of records there.

Karyn O'Neill	6 Hours	W60 All-Comers/Residential	46.032km	Coburg	08/03/2015
Robin Whyte	6 Hours	M70 All-Comers/Residential	50.741km	Coburg	08/03/2015
Val Chesterton	6 Hours	W70 All-Comers/Residential	39.965km	Coburg	08/03/2015
Val Chesterton	50km Track	W70 All-Comers/Residential	9:04:47	Coburg	18-19/04/2015
Val Chesterton	12 Hours	W70 All-Comers/Residential	63.776km	Coburg	18-19/04/2015
Val Chesterton	24 Hours	W70 All-Comers/Residential	63.684km	Coburg	18-19/04/2015
Karyn O'Neill	12 Hours	W60 Residential	83.864 km	Coburg	18-19/04/2015
Michelle Thompson	100km	Open & W45 Residential	11:38:04	Coburg	18-19/04/2015
Michelle Thompson	12 Hours	Open & W45 Residential	103.209 km	Coburg	18-19/04/2015
John Kilmartin	100 Miles	M60 All-Comers/Residential	21:11:56	Coburg	18-19/04/2015
Michelle Thompson	50km Road	W45 All-Comers/Residential	5:33:10	Middle Park	13/09/2015

FINANCIAL NEWS

A quiet month financially with minimal impact on the bottom line.

Expenditure	Photocopying for newsletter	15.00
Balance		\$328.09

UNTIL OUR NEXT NEWSLETTER

Another interesting month, with more walking to come in the next few months. And our long cold winter is finally coming to a close in southern Australia – and not before time!

Yours in Centurion walking

Tim Erickson (C 13)
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