

CENTURION FOOTNOTES

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DATES...DATES...DATES

The 2016 ultra racing calendar is filled with lots of challenging events for walkers. Some of the key dates are shown below. In addition, the AURA calendar shows quite a few additional Australian ultra events that may suit serious ultra walkers – check it out at <http://www.aura.asn.au/events.html>. I am pleased to see the number of 24H Track ultras on the Australian calendar growing.

Apr 16-17, 2016	Coburg 24 Hour Track Championships 2016 Australian Centurions 24H Qualifier See http://www.coburg24hr.org/24hr/	Coburg, VIC
May 14-15, 2016	2016 Continental Centurion 24H Qualifier See http://www.rotterdamsewandelsportvereniging.nl/index.php?page=rwv-wandelweekend-english	Schiedam, NED
June 1-4, 2016	Paris-Alsace Classic	Paris-Alsace, FRA
Jun 18-19, 2016	Sri Chinmoy 24 Hour, 12 Hour & 6 Hour Track Race	Campbelltown, NSW
Jun 30, 2016	Start of 2016 Swedish Fotrally (http://www.fotrally.se/)	Sweden
Jul 9-10, 2016	Adelaide 6H/12H/24H (measured road loop)	Adelaide, South Australia
Aug 6-7, 2016	105th English Centurions 100 mile qualifier (Redcar RWC) See http://www.centurions1911.org.uk/redcar-100-miles.html	Redcar, Teeside
Aug 13-14, 2016	Track Ultra WA (3H, 6H, 12H and 24H Track)	Bunbury, Western Australia
Aug 27-28, 2016	Wadelincourt 24H	Wadelincourt, Belgium
Sept 24-25, 2016	2016 USA Centurions 24H Qualifier Enter at https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park See also https://www.facebook.com/NotJustAWalkInThePark/?fref=ts	Owega, NY
Sept 17-18, 2016	Roubaix 28 Hours Walk	Roubaix, FRA
Oct 1-2, 2016	New Zealand Sri Chinmoy 24 Hour Championship Incorporating the 2016 New Zealand Centurions 24H Qualifier	Auckland, NZ
22-3 Oct, 2016	Inaugural African Centurion 24 Hour Walk	Robben Island, South Africa

The 5 traditional annual centurion races are as shown below, along with the inaugural African Centurion 24H walk (more about that later in the newsletter)

Apr 16-17, 2016	2016 Australian Centurions 24H Qualifier	Coburg, VIC
May 14-15, 2016	2016 Continental Centurion 24H Qualifier	Schiedam, NED
Aug 6-7, 2016	2016 English Centurions 100 mile qualifier	Redcar, Teeside
Sept 24-25, 2016	2016 USA Centurions 24H Qualifier	Owega, NY
Oct 1-2, 2016	2016 New Zealand Centurions 24H Qualifier	Auckland, NZ
22-3 Oct, 2016	Inaugural African Centurion 24 Hour Walk	Robben Island, South Africa

Note that the 24 Hour walk in Dijon, France, originally gazetted for 23-24 April, has now been cancelled. See <http://www.marche-mythique.org/selectifs.html>.

Northern Race Walking has announced the finer details of the **2016 UK Centurions 100 Miles Qualifying Event** and RWA National Long Distance Championship which are to be held over a 2 mile seafront course on the weekend of 6-7 August at The Beacon, Redcar Esplanade. See <http://www.northernracewalking.com/redcar-blast/>. What a fantastic course! Entries are now being taken. Links are as follows

Website: <http://www.northernracewalking.com/redcar-blast/>
Facebook: <https://www.facebook.com/groups/1035691779824744/>
Entries: https://www.sientries.co.uk/event.php?elid=Y&event_id=2677

OUT AND ABOUT

Thanks to **Rudy Schoors (C 55)** and **Caroline Mestdagh (C 56)** for this report on their recent walking endeavours

Last weekend we walked in The Netherlands a brand new walk called 'De Waterpoort-Loop'. Some dedicated Dutch walkers organized this walk to support the heritage of culture, monuments and nature around Ooltgensplaat. With a Saturday 10PM start time, you could choose between 110km or 80km. We started, together with 90 other walkers in the 110km option. Most parts of the march were on cycling roads, dykes or embankments. Sometimes we visited old forts which looked after the Dutch people a couple of hundred years ago. It was a well-organized walk and the support was very good. The weather smiled on us: the sun was shining during the day, little wind and around 7°C. At night it was freezing -2°C with stars at the firmament. Much better than the weeks before with lots of rain and wind. We enjoyed this event which was close to the North-Sea and a good training for our long distance walks in the next months.



Rudy and Caroline in action in De Waterpoort-Loop

The current entry list for the 2016 Continental Centurions qualifying event in Schiedam, Nederlands, looks impressive. Check it at <http://www.rotterdamsewandelsportvereniging.nl/uploads/images/Wandelweekend/deelnemers%20WW.pdf> Although entries have not yet closed, the list includes a big British contingent (including **Sandra Brown**), along with Australians **Justin Scholz (C61)**, **Sharon Scholz (C63)** and **John Kilmartin (C67)** and New Zealand centurion **Richard McChesney (NZC19)**, along with the usual mix of walkers from a variety of European countries. And I hear that Justin and Sharon will be taking their bicycles and doing some extensive touring around Europe first, planning to get to Schiedam just in time for the walk.

CANBERRA 48 HOUR CARNIVAL, AIS TRACK, BRUCE, 18-20 MARCH

I was in Canberra in mid March for the inaugural Canberra 48 Hour Carnival (see <http://cbr.48hr.ktkc.com.au/>) which was held at the AIS track in Bruce from Friday to Sunday. With races contested over 48 Hours, 24 Hours, 12 Hours and 6 Hours, there were upwards of 70 competitors in total so it was a huge endurance effort for all concerned. Great article at <http://www.theage.com.au/sport/act-sport/athletics-canberra-48hour-ultradistance-event-pushes-competitors-to-the-edge-20160302-gn86mm.html>.

The carnival kicked off at midday on the Friday with the gun firing to start the AURA Australian 48 Hour Championships, and it was wet and windy. The rain had set in earlier that morning and continued until mid afternoon. During this period, the wind gradually built and, by late afternoon, was at gale force levels. It was a case of tents flying left, right and centre, and a look down the main straight after a while showed a scene of carnage! Luckily it then settled and we were spared further drama as the weekend unfolded.

I won't comment much on the run side of things except for a few snippets. 48H winner Mick Thwaites (413.059km) displayed great racewalking form during his walk sections and would be a certainty for Centurion status if he decided to give it a go one of these days. The other 48H highlight was provided by Nikki Wynd who ran to second place overall

and broke the Australian women's record with a huge 343.044km. And in the 24H run, two of our centurion walkers were in action, with **Barry Loveday (C62)** winning overall with a superb 257.953km and **Justin Scholz (C61)** back in the field, finishing 16th with 125.240km.

Now on to the small group of 8 walkers who participated over the weekend. Four of them tried the ultimate 48 Hour option and one in particular needs special mention – **Linda Christison** was a runner for many years, from a 2.09 800m to a 2.52 marathon, finishing 33rd in the Boston Marathon and winning the Adelaide, Traralgon and Sydney Cities Marathon. She was training to go under 2:50 in 2004 when she began to lose co-ordination and was diagnosed with early onset Parkinson’s disease. She can no longer run but walks well using a walking stick and walked 133km in the 2015 Adelaide 24H championship and has finished the Sydney Trailwalker and the Sydney Marathon in 5:42. She was accompanied by her sister **Heather Christison** who was also a top runner, representing NSW in road and cross country and finishing 11 marathons. She now supports Heather in her long walks. They walked together the whole way to a final distance of 219.496km – pretty good work by any measure.

Simon Butterworth was another absolute first timer and walked an excellent 197.669km, always in control and keeping his pace slow and steady. Australian Centurion **John Kilmartin (C67)** from Ballarat was also in action but still suffering the effects of a foot injury and had to call it quits early with only 116.109km. The remaining 4 walkers were all seasoned campaigners but chose conservatively and kept to shorter distances (now that's what I call sensible).



Linda Christison defies the odds with a walk of 219.496km in Canberra last weekend (photo Thom Rigney)

48 Hour Championship (walkers)

11.	Linda Christison	NSW	219.496 km
12.	Heather Christison	NSW	219.496 km
19.	Simon Butterworth	ACT	197.669 km
24.	John Kilmartin (C67)	VIC	116.109 km

12 Hour Championship (walkers)

14.	Saul Richardson	NSW	64.555 km
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6 Hour Championship (walkers)

6.	Tim Erickson (C13)	VIC	51.127 km
10.	Phil Essam	ACT	34.224 km
11.	Belinda Essam	ACT	32.162 km

I have checked our records and see that there were a number of new 200km and/or 48 Hour Masters Walk records as shown below. I am discussing with our Executive whether we can accept Linda's performance, given her walking stick.

Simon Buttersworth	M45-49	48 Hour Record	197.669km
Heather Christison	W50-54	200km Record	TBA
	W50-54	48 Hour Record	219.496km
Linda Christison	W55-59	200km Record	TBA
	W55-59	48 Hour Record	219.496km

24 HEURES DE CHATEAU THIERRY, CHATEAU THIERRY, FRANCE, 27-28 MARCH

Yes, he was there! Our European correspondent Emmanuel Tardi was at the French National 24 hour Walking Champions which were held in late March in Château-Thierry, 100km the east of Paris. Although the start time was at 1pm on the Saturday, the finish was at 2pm on the Sunday, due to their annual daylight saving change. The weather was cool initially but eventually deteriorated, with 4 hours of very heavy rain in the middle of the night. The lead changed a number of times in the men's race on the Saturday afternoon with Mathieu Olivares, Emmanuel Lassalle, Eddy Roze and Jean-Marie Rouault taking turns in front. The women's race was more straightforward with the fantastic **Sandra Brown (C36)** leading throughout the afternoon. Roze retired after 60km and then, in the middle of the night, down came the rain and the complexion of the race changed, with Roualt and Corrine Fauqueur taking the lead in their respective races. Rouault held his lead until the end, to win the men's race by over 3km with 194.472km, but you can never discount Sandra Brown who stormed back into contention in the last hour, closing a 7 minute gap and passing Fauqueur at the 23:50 mark, to win the women's race by just under 100m. The French titles went to Roualt and Fauqueur.

Sandra Brown was good enough to write a short report for us

Because this was the French championship the best French walkers were just about all there [only Maggy Labyille who won the ladies championship in Bourges in 2015 was not at CT.] I went there looking for a 100, not for a win. I was surprised to take the lead after around 4h. I think I then led for some hours. When you have no support and just pass through control briefly each lap, information is sketchy and I just focus on what I'm personally doing rather than places etc. Around dawn I felt queasy, which slowed me down for a while and I was passed by two French ladies. I then recovered and was motoring again, passed one lady, and then unlapped Corinne [second to me at Wadelincourt with a big distance in 2014] once on the big lap. I felt good and just kept driving all the way. I unlapped Corinne once then twice on the small lap [in the last 40 mins or so]. It was only with minutes to go that I realised I had gone into the lead again. The winning margin of 99m shows how close the finish was.

After the race, Kathy and I saw emails from Richard and others watching at home. Richard, Vicky and Guy were watching the live coverage of us coming through the sports centre on the small lap, and Richard said he was shouting at the laptop to encourage me!

I would pay full tribute to Corinne and all the other girls for a fantastic race, including Kathy who did brilliantly with nearly 142kms. This isn't an easy race. The lap is quite small at 1.5kms, and it has a long, quite steep hill, which you have to climb over 100 times! The lady mayor of Chateau Thierry, at the presentation, made a point of saying what tenacity and courage the ladies had shown in this event. There were quite a lot of "abandons", but hardly any of them women.

The Paris-Alsace organisers have now published the list of invitees for this year's event. There is a long list of men and women. Kathy and I are both included, along with Suzanne Beardsmore who qualified at Roubaix. Andrew Titley and Richard McChesney are both included too. I don't plan to go as I have other priorities which include Schiedam [with our Vicky, Kathy and others,] and a 24h track run in June. Suzanne plans to go, which is great. For others, this is short notice to make arrangements, if they are interested. Many others are committed to Schiedam and looking forward to that.

Lots of info and splits at http://www.marchons.com/index.php?option=com_content&view=article&id=908%3A2016-03-2627-les-24-heures-de-chateau-thierry&catid=43%3Alescircuitselectifs&Itemid=64&lang=fr.

Nice article on Emmanuel Lassalle at <http://www.vosgesmatin.fr/sport/2016/03/27/marche-le-vosgien-manu-lassalle-contraint-a-l-abandon-aux-championnats-de-france-de-24-heures>.

Great article and some good photos at <http://france3-regions.francetvinfo.fr/picardie/aisne/les-24-heures-de-marche-de-chateau-thierry-02-961473.html>.

Emmanuel's photos at <https://www.facebook.com/photo.php?fbid=10207730391291924>.

1.	ROUAULT Jean-marie	As Culturelle Francophone	194.472	24h00m00	VEH 01
2.	OLIVARES Mathieu	Neully Sur Marne Athletisme	191.148	24h00m00	VEH 02
3.	LETOURNEAU Florian	Ac Chateau Thierry	188.573	24h00m00	SEH 01
4.	KERLAU Yves-michel	Cm Roubaix	185.218	24h00m00	VEH 03
5.	GILLES Philippe	Usm Montargis	183.108	24h00m00	VEH 04

6.	BUNEL Xavier	Granville Ac	179.080	24h00m00	VEH 05
7.	VANDENDAUL Daniel	Cabw	173.889	24h00m00	VEH 06
8.	BROWN Sandra (F)	Surrey Walking Club	171.237	24h00m00	VEF 01
9.	FAUQUEUR DUDA Corinne (F)	Entente Littoral Athletisme No	171.138	24h00m00	VEF 02
10.	VANDERCOILDEN David	Cm Roubaix	167.251	24h00m00	VEH 07
11.	LABARRE Bertrand	Cs Provins Athletisme	167.125	24h00m00	VEH 08
12.	NAVARRO Martine (F)	Athle 11*	166.133	24h00m00	VEF 03
13.	DUBOSCQ Daniel	Pass Running	165.619	24h00m00	VEH 09
14.	TOUTAIN Eric	As Culturelle Francophone	165.122	24h00m00	VEH 10
15.	MAISON Sylvie (F)	Strasbourg Agglomeration Athle	164.633	24h00m00	VEF 04
16.	GRASSI Alain	Pass Running	164.119	24h00m00	VEH 11
17.	SALOMEZ Benedicte (F)	Neuilly Sur Marne Athletisme	160.298	24h00m00	VEF 05
18.	SONNOIS Martine (F)	Racing Club Haut-jura Morez	159.223	24h00m00	VEF 06
19.	LOUGRADA	Saadi Cm Roubaix	156.041	24h00m00	VEH 12
20.	BIZARD PLANCHOT Emilie (F)	Thiais Ac	154.932	24h00m00	SEF 01
21.	PIERRE Florence	Athle 55 *	151.312	24h00m00	VEF 07
22.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	151.268	24h00m00	VEH 13
23.	RODIER Nicole (F)	Efs Reims A. *	149.973	24h00m00	VEF 08
24.	WALLAEYS Jean	Ea Romans-bourg De Peage	143.688	24h00m00	SEH 02
25.	HUART Gilles	Asptt Besancon	142.614	24h00m00	VEH 14
26.	CRILLEY Kathy (F)	Surrey Walking Club	141.891	24h00m00	VEF 09
27.	LEROUGE Brigitte (F)	Efs Reims A. *	140.697	24h00m00	VEF 10
28.	BIZARD Claudie (F)	Thiais Ac	140.339	24h00m00	VEF 11
29.	BERTIN Gerard	Ga Basse-seine Bolbec*	133.553	24h00m00	VEH 15
30.	DELANGE Dominique	Aj Auxerre Section Marathon	132.824	24h00m00	VEH 16
31.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	125.669	24h00m00	VEH 17
32.	PIERRE Patrick	Cercle Athl. Castelsarrasinois	123.708	24h00m00	VEH 18
33.	BAUDRILLART Antonio	Pays De Colmar Athletisme*	123.469	24h00m00	VEH 19
34.	MERCIER Jean-pierre	Pays De Colmar Athletisme*	117.959	24h00m00	VEH 20
35.	RASSAIND Andre	Ea Centre Isere*	116.897	24h00m00	VEH 21
36.	BOUFFLERT Eric	Ga Basse-seine Bolbec*	113.109	24h00m00	VEH 22
37.	LANGLOIS Patrick	Marne Et Gondoire Athletisme	112.500	24h00m00	VEH 23
38.	BUNEL Pascal	Neuilly Sur Marne Athletisme	111.000	15h20m14	VEH 24
39.	TOURNOIS Pascal	Asm Bar-le-duc	111.000	15h23m51	VEH 25
40.	BERTHAULT-KORZHYK Annie (F)	Indre Ac *	110.889	24h00m00	VEF 12
41.	TILL Jacques	Waco	109.500	24h00m00	VEH 26
42.	BANO Jean-michel	Ajs La Garde	105.000	13h54m52	VEH 27
43.	LANDRU Noelle (F)	As Corbeil-essonne	102.483	24h00m00	VEF 13
44.	LASSALLE Emmanuel	Athletic Vosges Entente Clubs*	102.000	12h12m27	SEH 03
45.	HAGHEBAERT Eric	Ac Chateau Thierry	97.500	19h28m19	VEH 28
46.	THIRIOT Louis	Asm Bar-le-duc	91.500	12h14m58	VEH 29
47.	BOVIN Laurent	A Marcheurs St Thibault Des Vi	90.000	13h52m08	VEH 30
48.	VARAIN Cedric	Ac Chateau Thierry	88.500	11h06m33	SEH 04
49.	LHERITIER Michel	Sainte Maure Athletic Club	83.456	24h00m00	VEH 31
50.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	75.000	09h53m30	VEH 32
51.	BELUTAUD Jeanne (F)	Marie Nl	73.500	15h03m32	VEF 14
52.	ROZE Eddy	Amiens Uc	67.500	08h03m50	VEH 33
53.	THEVENIN Pascal	Marne Et Gondoire Athletisme	51.000	06h47m47	VEH 34
54.	CHATILLON Nicolas	A Marcheurs St Thibault Des Vi	49.500	06h32m55	SEH 05
55.	LEAUTE Benjamin	Rc Arras*	46.500	06h13m37	SEH 06
56.	LHOEST Daniel	Waco	45.000	05h27m11	VEH 35
57.	LAILLER Patrick	Asptt Tours	36.000	04h40m15	VEH 36
58.	DIEN Daniel	Neuilly Sur Marne Athletisme	34.500	04h21m55	VEH 37
59.	LABORIE Christophe	Essonne Athletic*	33.000	04h06m28	VEH 38
60.	LACROIX Jean-louis	Ac Chateau Thierry	33.000	24h00m00	VEH 39
61.	MORVAN Nicole (F)	Nl Clichy Sous Bois	30.000	24h00m00	VEF 15

2x6 Hours Walk

1.	BIEBUYCK Pascal	Ath	96.414km	12:00:00	VEH 1
2.	MARECHAL Pascal	Ac Chateau Thierry	91.909km	12:00:00	VEH 2
3.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	85.491km	12:00:00	VEH 3

4.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	85.406km	12:00:00	VEH 4
5.	HIERNARD Alain	NI	84.914km	12:00:00	VEH 5
6.	DAUMERIE Cedric	Ac St Sauveur	82.032km	12:00:00	VEH 6
7.	CHAUVITEAU Daniel	NI	80.902km	12:00:00	VEH 7
8.	PLAYE Christophe	Esc Tergnier	77.937km	12:00:00	VEH 8
9.	LAMOTTE Ginette (F)	Lma 72	74.895km	12:00:00	VEF 1
10.	BARON Pascal Havre	Ac	62.729km	12:00:00	VEH 9



Sandra Brown, Corinne Fauqueur and Martine Navarro



Jean-Marie Rouault, Mathieu Olivares and Florian Letourneau (all photos Emmanuel Tardi)



Philip van der Merwe has announced that an inaugural **African Centurion 24 Hour Walk** to be held on Robben Island, South Africa on **22nd October 2016**. Yes, that's tight – the island where Nelson Mandela spent 18 of his 27 prison years in hard labour! He advises their website will be online soon. In the meanwhile, you can see their press release at <http://www.centurions.org.au/documents/AfricanCenturion2016.pdf>. I reproduce part of their press release for those without internet

**AFRICAN CENTURION
ROBBEN ISLAND, SOUTH AFRICA 2016**

Zai Lab South Africa presents the first centurion walk in Africa on the 22nd of October 2016. Proudly hosted at the world renowned Robben Island, a South African National Heritage site symbolic of triumph of the human spirit over adversity.

Walking 100 miles/160 km in 24 hours is not an everyday achievement but a challenge that only a few in the world can achieve. South Africa will be the first African country to host a centurion event.

Robben Island has been home to many prisoners who fought for the liberation of South Africa. A prison number was a form of distinction and identification given to prisoners. Apart from the memories that ex-prisoners have of their challenging experiences, a prison number is what they hold as remembrance. A number that can never be re-issued to any other individual who has walked that journey.

Upon completion of the walk each participant is awarded with a Centurion walker number which will belong to the participant for life. This never to be re-issued number becomes a symbol and a recognition badge of completing the world's toughest, and most beautiful, African Centurion challenge.

At the African Centurion, participants will experience a walk through the prison that holds magnificent history, into completing 20 laps on an 8km flat surf ace whilst marvelling at the beauty of Table Mountain.

We invite everyone to be part of making history on African ground. The event is open to anyone to participate, while team packages are also available for the African Centurion Relay. Participants who wish to compete in the relay event can enter in teams of four and split the 160km amongst four team members, allowing each member to do 40km.

As far as we know, the relay event is unique to the African Centurion and will be an ideal teambuilding exercise for corporates, families or friends looking to take on the walking challenge.

The African Centurion website will be going live soon. It will summarise all the details of the event including ticket prices, packages and must see tourist attractions in and around Cape Town. Entries will also be done on the site.

MALAYSIAN CENTURION UPDATE

The Malaysia Centurion Club was formed in Malaysia in 2001 and held their first 24 hour walk in August of that year. The inaugural race saw 11 new members.

The next event was held in August 2003 and saw 12 centurion finishers and hence 12 new members to make 23 Malaysian centurions in total - from 15 countries. Interestingly, organiser Khoo Chong Beng had decided that each finisher would be awarded a Malaysian Centurion number even if it was a second finish. This is the only Centurion Club which operated in this fashion. The other clubs only award a centurion number on the occasion of the first finish.

In the 2005 event, 12 finishers meant a further 12 centurion numbers were added to the list with the 12 representing CZE, ESP, BEL, FRA, RUS, GER, NED, AUS, MAS and BLR. No race can claim to be more world-inclusive than the Malaysian event.

While the first 3 events had been held in the relative coolness of the Genting Highlands resort, their next event, in August 2007, was staged in central Kuala Lumpur. The tough conditions ensured that only 5 walkers reached the 100 mile target. Of the 5 successful walkers, 3 were Malaysian, indicating the increasing standard of local ultra walking within that country. The other interesting note is that Kenyan women finished 1st, 2nd and 4th in the women's division, definitely another first in the world of ultra walking. Was this perhaps the first sign of an African interest in the ultra running and ultra walking disciplines.

Unfortunately no qualifying events was held in in subsequent years and it has since been confirmed that this centurion chapter has folded for good. The Malaysian Centurion count stands at 40 members.

The club grew quickly and was one of the real success stories in ultra walking during its short lifetime. This event was unique in a number of ways

- It had great mass participation and was a much bigger event than other centurion events around the world
- It had firm Government support and offered cash prizes and subsidised overseas participants
- It regularly attracted large numbers of entrants from around the world
- Any judging infringement incurred a 1 lap penalty, yet another innovation unique to this event.

The Malaysian organisers never recorded 100 mile times for those who reached that mark - they only recorded the final 24 Hour distance. Rudy Schoors has now amended the listing to show this 24 Hour distance as additional information. You can see it online at <http://www.centurions.org.au/documents/List%20of%20Malaysian%20Centurions.pdf>. Here it is for those without ready internet access.

Nr.	Nr.	Name	Country	S	Distance	Date
C1	1	Gregor Adam Urbanowski	Poland	M	203.332km	2001
C2	2	Pascal Tournois	France	M	199.073km	2001
C3	3	Simon Zdenek	Czech Rep.	M	194.812km	2001
C4	4	Alexander Vandenhoeck	Belgium	M	193.108km	2001
C5	5	Jose Mora Bernardo	Spain	M	190.552km	2001
C6	6	Per Kleis Pedersen	Denmark	M	182.884km	2001
C7	7	Sandra Brown	England	F	182.032km	2001
C8	8	Richard Brown	England	M	177.772km	2001
C9	9	Carol Baird	Australia	F	169.252km	2001
C10	10	Zhong Li Zheng	China	M	166.696km	2001
C11	11	Roger Brunet	Switzerland	M	165.844km	2001
C12		Jose Mora Bernardo	Spain	M	196.355km	2003
C13	12	Evgeny Zaikine	Russia	M	191.650km	2003
C14		Alexander Vandenhoeck	Belgium	M	189.435km	2003
C15	13	Roger-Lucien Coutile	Portugal	M	188.570km	2003
C16	14	Bernard Giequel	France	M	174.730km	2003
C17	15	Irina Putinseva	Russia	F	173.865km	2003
C18	16	Ad Leermakers	Netherlands	M	172.135km	2003
C19	17	Marina Tarassevich	Bulgaria	F	169.540km	2003
C20	18	Kora Boufflert	France	F	167.810km	2003
C21	19	Thomas Betz	Germany	M	167.810km	2003
C22	20	Jill Green	England	F	164.350km	2003
C23	21	Jean-Claude Duval	Switzerland	M	164.350km	2003

C24		Simon Zdenek	Czech Rep.	M	190.900km	2005
C25		Jose Mora Bernardo	Spain	M	189.150km	2005
C26		Alexander Vandenhoeck	Belgium	M	185.640km	2005
C27		Bernard Giequel	France	M	179.510km	2005
C28	22	Irina Zagryazhskaya	Russia	F	176.880km	2005
C29	23	Paul Gilg	France	M	176.880km	2005
C30		Thomas Betz	Germany	M	174.260km	2005
C31	24	Annie van der Meer	Netherlands	F	173.380km	2005
C32	25	Peter Bennet	Australia	M	172.500km	2005
C33	26	Mohd.Hanizam bin Harun	Malaysia	M	167.250km	2005
C34		Marina Tarassevich	Bulgaria	F	163.740km	2005
C35		Ad Leermakers	Netherlands	M	162.870km	2005
C36		Mohd. Hanizam Bin Harun	Malaysia	M	173.400km	2007
C37	27	Malek Bin Redone	Malaysia	M	172.150km	2007
C38		Alexander Vandenhoeck	Belgium	M	169.020km	2007
C39	28	Jagjit Singh A/L BadanSingh	Malaysia	M	165.890km	2007
C40		Peter Bennett	Australia	M	165.260km	2007

AUSTRALIAN CENTURION QUALIFYING EVENT – ENTRY LIST

Finally, it's less than two weeks to our Australian Centurion qualifying event at Coburg so here is the current walks entry list which show a few additional starters since the last newsletter.

24 HOUR WALK WOMEN - 4

CHESTERTON, Val	75	Val has a 24H walk best of 115.578km, done at Coburg in 2009. She competed in the 2015 Coburg 6H and 24H walks, setting new 4 W70 records along the way. She returns for the 24H walk again this year and, having entered the W75 age group, will no doubt be chasing further records.	ACT
DE GRAAFF, Sandra	48	A very well credentialled Dutch walker, having 2 centurion walks to her credit: 2015 Continental Centurion 423 (23:40:38) 2015 English Centurion C1160 (23.42.23) Will be a strong contender in our women's 24H walk field.	NED
HOWORTH, Sandra	53	Sandra has competed in the walk at Coburg on a number of occasions and is one of our many regular supporters. She warmed up with a PB in our 2016 6H walk (42.021km). Has longer PBs of 69.37km (12H) and 103 km (24H) and will be hoping to better those in the 24H walk.	VIC
THOMPSON, Michelle	47	Won our 2005 12 Hour run with 101.9 km, won our 2006 24H run with 166.053km, was second in 2008 in both the 6H run (57.596km) and the 12H run (105.974km), won the 2010 6H walk (49.1km) and 24H run (172.906km) double and won the 2011 6H Walk (53.784km) and 24H walk (172.593km) double. Has chipped away at the Australian Walk records with an ongoing series of superb walks since then and her walk records now read as follow: 6H (55.865km), 100km (11:38.04), 100 miles (19:53:59) and 24H (190.894km). Warmed up with 55.78km in our 6H. Will be in a class of her own in the 24H.	VIC

24 HOUR WALK MEN - 13

CARTER, Ken	63	Ken is a regular walk competitor, having best times of 32km for the 6H, 58km for the 12H and 60km for the 24H. This year, will once again attempt the 6H and 24H. Good luck Ken!	VIC
COMMINS, Louis	67	Competed in his first ultra at Coburg in 2006, finishing 7 th in the 24H Walk with 131.517 km. Came back in 2007 to achieve 160.150 km and has been walking regularly (but sparingly) on the ultra scene since. Always a tough competitor, Lou will do both 6H and 24H walks this year.	NSW
ESSAM, Phil	54	AURA historian Phil Essam has dusted off his walking shoes and will be joining us at Coburg for the first time in a while. He has a best of 119km for the 24H walk and is keen to get back into that sort of shape again. Good luck Phil!	ACT
HESS, Albin	56	Albin completed the 2012 Trails Plus Series (You Yangs, Tan and Marysville) and the 2013 Marysville 50km but not much since. Walked very well in this year's Coburg 6H (45.063km) and is back to attempt the 24H Walk.	VIC
HOAD, Ian	64	Ian competed in our 2014 6H run and 24H walk events last year and is back again and going both 6H and 24H walks in 2016. Has been competing on the	VIC

		circuit since 2013.	
JACK, Clarrie	70	Clarrie is one of Australia's most experienced ultra distance walkers, being Australian Centurion No 4 (1971 – 20:39:45). He also holds the Australian Open Record for the 50 mile walk with a time of 7:57:57, set in 1979. Won the 2007 12 Hour walk with 88.370 km and was second in the 2008 and 2009 6H Walk. A regular Coburg walker and still going strong at 70 years of age. He warmed up for the 24H walk with a win in the 2016 Coburg 6H and a new M70 walk record of 51.227km.	VIC
KILMARTIN, John	64	John, from country Victoria, walked his first ultra in Melbourne in September 2012, completing 47.973km in 6H. He quickly improved, becoming an Australian centurion in 2015 in 21:11:56. Only months later, he became an English Centurion with another 100 mile walk on the Isle of Man (21:26:48). Now an accomplished walker who will be hard to beat in the men's 24H walk if fully fit.	VIC
RICHARDSON, Saul	43	Saul had his first ever long walk at the 2012 Sri Chinmoy 24H in Sydney, completing a good first up 128.8km. He is now a regular on the ultra scene with walk PBs of 43.492km (6H), 80.800km (12H) and 139.028km (24H). He returns to Coburg once again for the double - 6H and 24H Walks - and will be hoping to set some PBs along the way.	NSW
ROBERTSON, Rob	53	Rob Robertson is one of our overseas entrants, being USA based. A relative newcomer to ultra distances, he became a USA centurion in June 2015, walking 100 miles in 22:37:49. He recorded a second 100 mile walk finish in November 2015. Will be hoping to emulate these performances here at Coburg and the signs look good.	USA
TIMMS, John	73	John is a very experienced runner at all distances from 24 hours to 1000 miles and has a best 24 Hour run of 170.7 km (1994). A regular Colac 6 Day runner and a regular supporter of our Coburg event. Has been dipping his toes into ultra walking the last few years and completed 142km to come 2 nd in our 2010 24H walk. Is back walking again this year and will contest the 24H.	VIC
VAN GINKEL, Albertus	54	A very well credentialled Dutch walker, having 3 centurion walks to his credit: 2013 Continental Centurion 399 (23.47.12) 2015 Continental Centurion second finish (23:45:29) 2015 English Centurion C1162 (23.45.18) Will be a strong contender in our men's 24H walk field.	NED
WHYTE, Robin	73	Robin is a three times Australian centurion (1996, 1999, 2000) and the holder of a whole swathe of age group walking records. He has a 100 mile walk best of 20:37:12 and has walked 100km in 12:09:59. He competed in the 2015 Coburg 6H and 24H walks, setting a new M70 record in the 6H and walking a comfortable 100km in the 24H before calling it quits, job done. He returns for another go at the 24H this year.	ACT
YOUNG, Brendan (Blu)	49	Brendan completed the Oxfam 100km in 2013 and 2014 (best time 22 hrs) and has done multiple 50km walks. Now for the jump to a 24H track walk!	VIC

FINANCIAL NEWS

No monies incoming or outgoing since the last newsletter. A first!

UNTIL OUR NEXT NEWSLETTER

Another newsletter done and dusted and lots of news as usual from around the world. I finish with a quote from sources unknown: *Everywhere is within walking distance if you have the time.*

Yours in Centurion walking

Tim Erickson (C 13)
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