

CENTURION FOOTNOTES

OCTOBER 2016 – VOL 23 NUMBER 7

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

President	Terry O'Neill (C 18)	03-95435753
Vice-President	Robin Whyte (C 29)	02-62928994
Secretary	Tim Erickson (C 13)	03-93235978
Treasurer	Lois Erickson	03-93235978

DATES...DATES...DATES

There are always ultra opportunities on offer for those walkers after a longer challenge. Some 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://aura.asn.au/>.

22-23 Oct, 2016	Inaugural African Centurions 24 Hour Walk See http://www.africancenturion.com/ .	Robben Island, South Africa
Oct 23, 2016	Ned Kelly Chase 100km and 50km See http://www.nedkellychase.com.au/	Wangaratta, VIC
Mar 5 (Sun), 2017	Coburg 6 Hour Track Championships	Coburg, VIC
Apr 22-23, 2017	Coburg 24 Hour Track Championships 2017 Australian Centurions 24H Qualifier See http://www.coburg24hr.org/24hr/	Coburg, VIC
Mar 4-5, 2017	24 Heures de Bourges (French Championship)	Bourges, FRA
Mar 2017	Chateau Thierry 24H	Chateau Thierry, FRA
May 31-Jun 3, 2017	Paris-Alsace Classic	Paris, FRA
June 3-4, 2017	FANS 24 Hour Track Championships 2017 USA Centurions 24H Qualifier See http://www.fans24hour.org/index.html	Minneapolis, Minnesota USA

With the inaugural African Centurions walk in Robben Island, Cape Town, later this month, our centurion reporting year has one final and exciting event to go. On the local front, we have the Ned Kelly Chase (50km and 100km) in the Victorian country city of Wangaratta on the same weekend and a number of our Victorian members normally attend. Then it's a chance for a rest before 2017 kicks off and it all starts again!

SANDRA BROWN DOES IT AGAIN

The amazing **Sandra Brown (C36)** was in action again a couple of weeks ago when she and fellow centurion **Sue Clements (C35)** joined 82 other walkers in the 51st Nijmegen to Rotterdam 160km walk on the weekend of 16-17 September. Sandra emailed me to say

*Sue and I met up there, as usual, and both enjoyed this excellent event. We had a nice surprise when UK Centurion **Karen Brogger** from Denmark arrived at the start, and we enjoyed catching up with Karen en route. Karen became a Continental Centurion at Schiedam in May this year. Nice pic attached as we complete the final miles in the sunshine.*

RWV yet again cast its magic spell over the Dutch countryside to give walkers in the 51st Nijmegen to Rotterdam event a great experience from beginning to end. The organisation and support were outstanding, as always, and warm thanks go to the dedicated team who look after us all so well on every step of our journey. The company of fellow walkers was great too, full of friendship, interest and fun. We shared experiences of walking events and tips about shoes and kit, and even if we didn't solve all the world's problems, we certainly enjoyed debating them. The full moon, looking enormous, lit the sky all night with a silvery light, and was really memorable. Even the weather – our English obsession as everyone knows - was excellent, defying an earlier forecast which had threatened thundery showers. We look forward to being back next year. Best wishes, congratulations and thanks to RWV and the brilliant N-R Team!

This latest walk means that Sandra has done 7 walks of 100 miles of more so far this year, to take her grand total to 175. With one final event to come, the 2016 list reads as follows

169	Feb	24 Heures de Bourges	178.889 km in 24 hours
170	Mar	24h Chateau Thierry	171.237 km in 24 hours
171	May	LDWA 100, Dorset	100 miles in 29h 58m
172	May	Schiedam	100 miles in 21:08:28
173	Aug	Redcar, England	100 miles in 21.10.06
174	Aug	Wadelincourt, Belgium	175.101 km in 24 hours
175	Sep	Nijmegen/Rotterdam	100 miles in 29 hours

Sandra's final hundred will be in South Africa later this month when she attends the inaugural African Centurions qualifier in Cape Town. You would have to think that it will be a walk in the park for her!



Sandra Brown, Karen Brogger and Sue Clements in last month's Nijmegen to Rotterdam

As an aside, the English Centurions website, when reporting on the 2013 Nijmegen-Rotterdam event, gave a good description of how it all works (see <http://www.centurions1911.org.uk/nijmegen-to-rotterdam.html>).

Like the LDWA 100 miles, the Nijmegen-Rotterdam 160km walk is not a race but is a group walk that journeys across the Netherlands from east to west, with plenty check-points en route at which drinks and food are available. Unlike the LDWA 100, however, the Dutch walk is mainly on minor roads, cycle/walking paths and reasonable foot-paths through woods, and it isn't at all hilly! The participants not only start together, they re-group at the 6 main check-points en route and near the end, so that everyone finishes pretty much together in around 29 hours, inclusive of stops at check-points. The excellent support and care for the walkers en route help ensure that there are very few retirements. At the finish, certificates are presented, and some of the participants have completed this walk an astonishing 30 – 40 times.

The walk always attracts a large number of participants. The logistics are quite amazing as the outside rest stops (16 of them) all offer a variety of food and drink and the inside rest stops are in cafes or sports centres with all the facilities. A meal is provided at around 57km just as night falls. Everyone's luggage is transported to the inside stops where warm clothes can be retrieved, etc.

As everyone starts off together at the main indoor check points and to make the walk manageable, walking speeds have to be maintained. The slowest allowed is 6km per hour - which would give a walker not much of a rest time - and the fastest anyone is allowed to walk is 9km per hour.

I think this should be on everyone's bucket list!

ROUBAIX 28 HOURS WALK, ROUBAIX, FRANCE, 17-18 SEPTEMBER

On the weekend of 17-18 September while Sue and Sandra were in Holland, our intrepid European reporter Emmanuel Tardi was in Roubaix, France, for the traditional 28 Heures de Roubaix. The organizers had to change the circuit at the

last minute due to security issues and the main 1.982km lap was held around the historic Roubaix cycling velodrome in the Parc des Sports. The start was at 11AM on the Saturday and the finish was at 3PM on the Sunday. There was 40 starters including Australian **Michelle Thompson (C58)**.

The course was a tough one. The velodrome section saw competitors walking on clay, like the surface of the old athletics tracks. As one part of the velodrome was very wet, walkers were forced to walk on the thin cement rim adjacent to the inclined bicycle track surface to avoid the mud. Walkers also had to walk down onto the velodrome interior and then walk up out of the velodrome each lap. The lap also included three 180 degree turns, as well as a variety of walking surfaces, adding to the complexity. Consequently, most walkers were down on projected times as they struggled to maintain their rhythm and pace.



**Left: Negotiating the thin cement velodrome strip to avoid the muddy interior
Right: up the incline to leave the velodrome interior**

In the men's event, the early leaders were **Dmitryi Ossipov, Eddy Roze, Aleksei Kondratenko** and **Zoltan Czukor** but Czukor was stopped for 20 minutes by the judges at around the 3 hour mark after accumulating 3 red cards. Roze stopped after 10 hours and Kondratenko slowed down when the night arrived so Ossipov was left on his own out in front. **Christophe Laborie** and **Yves-michel Kerlau** were 5th and 9th in the early part of the race but slowly climbed up the order as others walkers stopped or slowed down, eventually finished on the podium behind Ossipov who won with a very respectable distance of 223.907km. His splits read impressively: 100km in 11:08:49, 100 miles in 19:02:38, 198.448km in 24 hours and 223.907km in 28 hours.

In the women's event, it was a 'one woman show' for Australian walker **Michelle Thompson (C58)**. She walked 51.5km in her first 6 hours, took 12:24:48 for 100km and then finally slowed as the night arrived, reaching the 100 mile mark in 21:49:53 and clocking 175.904km in the first 24 hours. Overall she finished 10th overall with a distance of 198.647km for the full 28 hours. She had looked set to better 200km but could only manage 23km in the final 4 hours (10km in the last 2 hours) as the fatigue factor took its toll. Such is the nature of this sort of super-endurance event.

1.	OSSIPOV Dmitryi	Indiv St-petersbourg	223.907km	28:00:00	7.997 km/h	VEH 1
2.	LABORIE Christophe	Essonne Athletic*	217.440km	28:00:00	7.766 km/h	VEH 2
3.	KERLAU Yves-michel	Cm Roubaix	213.466km	28:00:00	7.624 km/h	VEH 3
4.	VANDERCOILDEN David	Cm Roubaix	210.531km	28:00:00	7.519 km/h	VEH 4
5.	VAN DER GULIK Franck	Svlat Amsterdam	207.708km	28:00:00	7.418 km/h	VEH 5
6.	CZUKOR Zoltan		206.069km	28:00:00	7.360 km/h	VEH 6
7.	MAJETIC Ivo		205.323km	28:00:00	7.333 km/h	VEH 7
8.	VARAIN Cedric	Ac Chateau Thierry	204.678km	28:00:00	7.310 km/h	SEH 1
9.	VAN CAUWENBERGHE Cedric	Re Gent	202.102km	28:00:00	7.218 km/h	VEH 8
10.	THOMPSON Michelle	Australia	198.647km	28:00:00	7.095 km/h	VEF 1
11.	KONDRATENKO Aleksei	Indiv St-petersbourg	191.065km	28:00:00	6.824 km/h	VEH 9
12.	TILL Jacques	Waco	187.710km	28:00:00	6.704 km/h	VEH 10
13.	COULOMBEL Pierre	Cm Roubaix	187.589km	28:00:00	6.700 km/h	VEH 11

14. MASSON Pascal	Cm Roubaix	186.927km	28:00:00	6.676 km/h	VEH 12
15. DAVID Christine	Essonne Athletic*	183.874km	28:00:00	6.567 km/h	VEF 2
16. KAZANTSEV Vladimir	Indiv Minsk	179.912km	28:00:00	6.425 km/h	VEH 13
17. PICOT Gerard	Rando Monfermeil	177.350km	28:00:00	6.334 km/h	VEH 14
18. SEYNAEVE Serge	Cm Roubaix	176.154km	28:00:00	6.291 km/h	VEH 15
19. MIROSHNICHENKO Vera	Indiv St-petersbourg	173.228km	28:00:00	6.187 km/h	VEF 3
20. YVERT Louis	Ea Mondeville Herouville*	172.408km	28:00:00	6.157 km/h	VEH 16
21. BIZARD Claudie	Thiais Ac	171.115km	28:00:00	6.111 km/h	VEF 4
22. TARASEVICH Alexandre	Indiv Minsk	169.978km	28:00:00	6.071 km/h	VEH 17
23. LOUGRADA Saadi	Cm Roubaix	169.831km	28:00:00	6.065 km/h	VEH 18
24. KONING Johan	Svlat Amsterdam	164.654km	28:00:00	5.881 km/h	VEH 19
25. BOVIN Laurent	A Marcheurs St Thibault Des	164.650km	28:00:00	5.880 km/h	VEH 20
26. GUYOMARCH Jean-pierre	Evreux Ac *	158.537km	28:00:00	5.662 km/h	VEH 21
27. GRADOS Stephane	Cm Roubaix	148.929km	28:00:00	5.319 km/h	VEH 22
28. DE MARCILLAC Bertrand	Ca Montreuil 93	148.798km	28:00:00	5.314 km/h	VEH 23
29. BERTHAULT-KORZHYK Annie	Indre Ac *	137.987km	28:00:00	4.928 km/h	VEF 5
30. RASSAIND Andre	Ea Centre Isere*	136.710km	28:00:00	4.883 km/h	VEH 24
31. EMONIERE Philippe	Cosm Arcueil	136.463km	28:00:00	4.874 km/h	VEH 25
32. SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	134.532km	28:00:00	4.805 km/h	VEF 6
33. ARNAULT Jacques	Neuilly Sur Marne Athletisme	133.297km	28:00:00	4.761 km/h	VEH 26
34. ROZE Eddy	Amiens Uc	95.136km	12:36:04	7.550 km/h	VEH 27
35. MARIOLU Mickael	Rac Louvienois	83.865km	28:00:00	2.995 km/h	VEH 28
36. MAGNIER Joel	Cm Roubaix	79.280km	11:32:55	6.865 km/h	VEH 29
37. ARNAULT Francoise	Neuilly Sur Marne Athletisme	71.352km	10:46:36	6.621 km/h	VEF 7
38. PSUTKA Roman	Bk Carpatice	67.388km	10:37:51	6.339 km/h	VEH 30
39. MORVAN Nicole		51.532km	10:36:30	4.858 km/h	VEF 8
40. LOUKKAD Karim	Club Athletique Quevillais Co	23.784km	10:45:37	2.210 km/h	VEH 31

Finally a few links:

- Nice article on winner Dmitry Ossimov – 50 years of age but showing no signs of slowing as he wins his 8th Roubaix classic. See <http://www.lavoixdunord.fr/46700/article/2016-09-18/dmitriy-ossipov-ce-grand-huit-dans-le-beau-manege-du-velodrome-de-roubaix>.
- An article on 4th placed David Vandercoilden – <http://www.nordeclair.fr/sports/david-vandercoilden-a-cesse-de-fumer-pour-faire-chauffer-ia0b0n1261363>.
- More of Emmanuel's photos at https://www.facebook.com/emmanuel.tardi/media_set?set=a.10209159141209779.1073741905.1657411914&type=3.



Male placegetters Dmitry Ossipov, Christophe Laborie and Yves-michel Kerlau (photos Emmanuel Tardi)



Female place getters Michelle Thompson, Christine David and Vera Miroshnichenko (photos Emmanuel Tardi)

NOT JUST A WALK IN THE PARK 24 HOUR RACEWALK, OWEGA, NY, 24-25 SEPT

Erin and Dave Talcott should be justifiably proud of their efforts with the international 24 hour walking carnival they hosted in late September in Owega, New York State. The race started at midday on the Saturday and was held over a certified 1km loop, finishing exactly 24 hours later at midday on the Sunday. The aim as always in such a race was to provide an opportunity for people to walk 100 miles in 24 hours and become US Centurions. Only 80 people had accomplished that so far and a big field of 25 was in attendance from around the world - 5 from Belgium, 2 from the Netherlands, 1 from Sweden, 1 from Australia, 2 from the Isle of Man, and 1 from England.

The results were excellent with the top 8 walkers all reaching the 100 mile (160.934km) mark,, with 7 new US Centurions C81-87. Swedish walker **Christer Svensson** had led early but lost his lead to Belgian walker **Eddie Goeman (C60)** who stormed home to reach the 100 mile mark first in a huge PB of 19:16:50. Christer was second with 20:14:50 and Manxman **Stewart Jones** was third with 21:53.32. In the women's race, American **Erin Taylor-Talcott** led for most of the race before eventually relinquishing her lead to Belgian **Caroline Mestdagh (C56)** after 135km. Caroline continued on in fine form to win with 22:46:28, Erin was second in 23:31:05 and **Sandra de Graaff (C69)** was third in 23:45:12 - walking nearly the whole way with **Albertus van Ginkel (C70)** as usual – Bertus finished about 3 mins behind her with 23:48:17). Belgian walker Luc Soeteway also finished the hundred, recording a time of 23:06:23. Alas, Australian centurion **John Kilmartin (C67)** suffered on the day and had to be stop after 92km.

For Erin, it was her first centurion finish in her third attempt (what a wonderful effort) but the other 7 finishers were all experienced ultra walkers. Caroline Mestdagh lead the group with 5 badges already. Eddie Goeman, Bertus van Ginkel and Sandra de Graff had 3 badges already and won their 4th with their weekend walks. Christer Svensson won his third badge as did **Luc Soeteway** while **Stewart Jones** won his second.

Caroline Mestdagh 5 badges: English 1061 (2007), Continental 366 (2008), Aust 56 (2009), US 72 & NZ 17 (2010)
 Eddie Goeman 4th badge: English 1086 (2011), Continental 381 (2010), Aust 60 (2012)
 Bertus van Ginkel 4th badge: English 1162 (2015), Continental 399 (2013), Aust 70 (2016)
 Sandra de Graaff 4th badge: English 1160 (2015), Continental 423 (2015), Aust 69 (2016)
 Christer Svensson 3rd badge: English 1110 (2013), Continental 375 (2009)
 Luc Soeteway 3rd badge: English 1105 (2012), Continental 331 (2005)
 Stewart Jones 2nd badge: English 1123 (2013)

The overall results read as follows

1.	Eddy Goeman	Belgium	19:16:50	New US Centurion #81
2.	Christer Svensson	Sweden	20:14:50	New US Centurion #82
3.	Stewart Jones	Isle of Man	21:53:52	New US Centurion #83
4.	Caroline Mestdagh	Belgium	22:46:28	US Centurion #72 (2010)

5.	Luc Soetewey	Belgium	23:06:23	New US Centurion #84
6.	Erin Taylor-Talcott	USA	23:31:05	New US Centurion #85
7.	Sandra de Graaff	Netherlands	23:45:12	New US Centurion #86
8.	Albertus van Ginkel	Netherlands	23:48:17	New US Centurion #87
9.	Paul Terbrack	Michigan	153 km	
10.	Bob Keating	New Hampshire	122 km	
11.	Willy Vermeulen	Belgium	117 km	
12.	James Bassett	Isle of Man	107 km	
13.	John Kilmartin	Australia	92 km	
14.	Sunyana Graef	USA	89 km	
15.	Patrick Bivona	New Jersey	81 km	
16.	Vince Mueller	New Jersey	81 km	
17.	Sailash Shah	England	80 km	
18.	Andy Cable	USA	66 km	
19.	Luc Dekeirsschieler	Belgium	62 km	
20.	Katie Smith	Michigan	32 km	
21.	Ron Salvio	New Jersey	31 km	
22.	James Lyons	New York	28 km	
23.	Kevin Nelson	New York	20 km	
24.	Jeanne Cooke	New York	5 km	

Lapsplits are available at http://my6.raceresult.com/61905/results?lang=en#0_D14072

Photos at <https://www.facebook.com/NotJustAWalkInThePark/photos>.

It takes a lot of people to ensure all goes well in this sort of event. Dave Talcott names a pretty impressive list:

We (Erin and I) would like to thank the Niagara Association for their great support of Race Walking and also their support of this event and the award as the Niagara Championships. There were tons of volunteers that made this event feasible - Boy Scout Troop 38, Girl Scout Troops 40925 and 40234 who staffed the aid stations, the Village of Owego who did so much - they waived the fee to use the park, they excavated a path for us and paved it so that we could have a certified 1.0 km loop, they provided two light plants to aid in two corners that were a bit underlit, they opened the pool so that volunteers and athletes could change, shower and use warm bathroom facilities, they had a sweeper sweep the course the day before the event, they had lights, power and water all on for us to use - they truly did so much to make the race a success. Thank you to Jeanette and Bob Nichols for the use of their travel trailer for tired helpers to rest a bit. Also to the Nichols' as well as Sharon Gruttadauro, Diane Martin-Neira, Caroline Beckenhaupt, and Leslie McClelland for the use of their tents, chairs, and coolers. Thank you also to Amy Cooke and her son for providing first aid and also Dr. Tina Nagle for her chiropractic skills. Thank you so much to Carol Miller for painting our great award paintings, to Larry Taylor for the USA wood cut-outs and to Tony Gruttadauro for providing the great wooden backgrounds for the cut-outs. I am sure I am missing a few - but we are so grateful for all the help and support we received.

USATF Niagara 100km Championships

The USATF Niagara 100km Championships, which were held in conjunction with the Not Just a Walk in the Park event, saw wins to Eddy Goeman (11:40:08) and Erin Taylor-Talcott (12:47:53).

1.	Eddy Goeman	Belgium	11:40:08
2.	Christer Svensson	Sweden	12:01:43
3.	Erin Taylor-Talcott	USA	12:47:53
4.	Stewart Jones	Isle of Man	12:57:00
5.	Caroline Mestdagh	Belgium	13:36:10
6.	Luc Soetewey	Belgium	13:43:40
7.	Paul Terbrack	USA	13:45:36
8.	James Bassett	Isle of Man	14:13:01
9.	Albertus van Ginkel	Netherlands	14:26:49
10.	Sandra Irene de Graaff	Netherlands	14:26:51
11.	Bob Keating	USA	15:04:18
12.	Wily Vermeulen	Belgium	17:13:37



Ready to go – the aspiring centurions before the race starts



Caroline Mestdagh, Erin Taylor-Talcott, Sandra de Graaff and Bertus van Ginkel



Eddy Goeman, Christer Svensson and John Kilmartin

NEW USA CENTURION BADGE

And talking of the American Centurions, coordinator **Rob Robertson (C68)** has produced a new badge and it's a beauty. You can check out a bigger version photo on their new website <http://www.unitedstatescenturionwalkers.com/>.



FOCUS ON GILLES LETESSIER

When 52 year old Gilles Letessier walked in the 2003 Paris-Colmar classic, it was his 21st participation in a row (1983-2003) and he had finished all but two of them (1983 and 1985) and had been on the podium on seven occasions (4 times as second and 3 times as third).

With the 2004 Paris-Colmar cancelled, it looked like the end of his participation in this famous event. Luckily the event resumed in 2005 and he turned up on a number of subsequent occasions as crew (for Alain Costils in 2007, for Dominique Naumowicz in 2008 and for Stephane Paillé in 2009) but not as a competitor.

It was with some surprise that he was on the starting list in 2011, after a break of 8 years and now aged 60. But people need not have worried as he showed that he had lost none of his flair, covering the 439km in just over 58 hours and finishing 3rd yet again. With his love affair with the Paris-Colmar now rekindled, he clocked up a further 4 finishes over the subsequent years to take his grand tally to 26 participations and 24 finishes (1 more finish than the next best), a record unlikely to be challenged. Impressively, he finished in the top 7 on 22 of those 26 occasions.



Left: Gilles (right of photo) in his first Paris-Colmar in 1982
Right: Gilles in the 2015 Parks-Alsace race – 34 years later but still going strong

First let's review his Paris-Colmar record

Gilles Letessier - Paris-Colmar / Paris-Alsace participations

1.	1983	Paris-Colmar	20 th	341 km	DNF	
2.	1984	Paris-Colmar	12 th	516 km	73:58	6.976 km/hr
3.	1985	Paris-Colmar	11 th	480 km	DNF	
4.	1986	Paris-Colmar	6 th	517 km	72:05	7.132 km/hr
5.	1987	Paris-Colmar	7 th	518 km	70:35	7.338 km/hr
6.	1988	Paris-Colmar	6 th	533 km	72:13	7.388 km/hr
7.	1989	Paris-Colmar	6 th	525 km	68:09	7.677 km/hr
8.	1990	Paris-Colmar	2 nd	522 km	66:16	7.877 km/hr
9.	1991	Paris-Colmar	2 nd	523 km	66:37	7.851 km/hr
10.	1992	Paris-Colmar	5 th	518 km	66:59	7.740 km/hr
11.	1993	Paris-Colmar	6 th	518 km	67:19	7.695 km/hr
12.	1994	Paris-Colmar	4 th	520 km	64:31	8.068 km/hr
13.	1995	Paris-Colmar	3 rd	521 km	64:41	8.011 km/hr
14.	1996	Paris-Colmar	5 th	520 km	65:21	7.957 km/hr
15.	1997	Paris-Colmar	4 th	534 km	67:09	7.937 km/hr
16.	1998	Paris-Colmar	5 th	521 km	67:54	7.673 km/hr
17.	1999	Paris-Colmar	5 th	521 km	65:26	7.962 km/hr
18.	2000	Paris-Colmar	3 rd	535 km	71:03	7.530 km/hr
19.	2001	Paris-Colmar	3 rd	535 km	69:34	7.690 km/hr
20.	2002	Paris-Colmar	2 nd	535 km	68:36	7.799 km/hr
21.	2003	Paris-Colmar	2 nd	515 km	68:53	7.476 km/hr
22.	2011	Paris-Colmar	3 rd	439.3 km	58:36:41	7.495 km/hr
23.	2012	Paris-Colmar	5 th	436 km	60:30:42	7.207 km/hr
24.	2013	Paris-Colmar	5 th	436.4 km	58:12:32	7.497 km/hr
25.	2014	Paris-Ribeauville	6 th	426 km	59:44:17	7.138 km/hr
26.	2015	Paris-Ribeauville	7 th	427.2km	64:37:24	6.611 km/hr

For the statistically minded, that comes to a grand total of 12,933km walked in this event alone.

Sandra Brown emailed me earlier this year with big news

We heard, while at St Thibault, that Gilles Letessier may have retired from the Paris-Alsace qualifying events. Gilles has completed 24 editions of the Paris-Colmar/Paris-Alsace, one more than the previous record number of completions. Every time he walked, Gilles gave a master class in well-judged, even-paced, ultra distance walking. Starting steadily down the field, he would always finish in the top half dozen. He was a prolific walker, always "en forme," and consistently lean, athletic and ready to go.

So the word is that, while Gilles has certainly not retired from our ultra distance walking, we may not see him in any further Paris-Alsace classics.

This news was confirmed by Emmanuel Tardi who emailed me in February to say that Gilles had not trained since last year's Paris-Alsace race but that he fronted for the 8 Heures de Charly that month and had strolled through to finish with 60.3km. When his wife had queried him as to whether he would do the 24 Heures de Bourges a couple of weeks after Charly, he replied "I'm not going to Bourges to only walk 170 km."

So now seems an opportune time to review his wonderful career.

Gilles was born in Balloy, France, on 30th October 1950 and took up walking in 1980. He first dipped his toes into the ultra walking scene in 1982 with races at Château-Thierry and Brussels. The aim in 200km races is to try to reach the 200km mark before the clock ticks over 24 hours. His first effort was well off the mark but his second effort was just about there and heralded his arrival on the scene.

27-28 Mar 1982	200 km de Château-Thierry	15 th	175.474km in 23:07:50
16-17 Oct 1982	200 km de Bruxelles	12 th	194.332km in 24:30:23

Within a year, he had literally jumped 'in the deep end' as a competitor in the 1993 Paris-Colmar classic. The rest is history.

You can see most of Gilles' races in the following two links. While not definitive, they cover the main events.

- 1982-2011: http://marchons.com/index.php?option=com_agora&task=topic&id=2257&lang=en
 2012-2105: <http://statistik.d-u-v.org/walk/getresultpersonw.php?runner=37>

While I don't know exactly how many walks of 100 miles or more Gilles has done, the above links document well over 120 and the list is so impressive that it probably ranks second only to the great Sandra Brown in total. But when you consider that 26 of these are in Paris-Colmar (with all but one in the 400+km range), his overall portfolio may well challenge even her's for quality and consistency.

His two fastest Paris-Colmar walks were in 1994 and 1995. His racing itinerary for those years shows a walker at the peak of his fitness, regularly walking 200km in well under 24 hours, and with a 200km best of an astonishing 22:58.

1994-1995 Races

19-20 Mar 1994	200 km de Torcy	7 th	200km in 23:01:42	8,619 km/h
3-4 April 1994	200 km de Bazencourt	4 th	200km in 23:30:27	8,508 km/h
16-17 April 1994	200 km de Bar le Duc	13 th	200km in 23:38:37	8,460 km/h
Jun 1994	Paris-Colmar	4 th	520km in 64:31	8.068 km/h
19-20 Mar 1995	200 km de Lagny sur Marne	9 th	200km in 23:28	8,522 km/h
8-9 April 1995	200 km de Château-Thierry	5 th	200km in 22:58	9.015 km/h
22-23 April 1995	200 km de Bar le Duc	7 th	200km in 23:07:08	8,651 km/h
Jun 1995	Paris-Colmar	3 rd	521km in 64:41	8.011 km/h
23-24 Sept 1995	200 km de Vallorbe	7 th	200km in 23:18:56	8,579 km/h

His finishes in the annual 28 Heures de Roubaix also make for fascinating reading, with 7 placings from 12 attempts spread over a 17 year period, with distances varying from 217.828km to 244.830km.

28 Heures de Roubaix appearances

1996	3 rd	231,680 km	2008	2 nd	229,315 km
2000	2 nd	244,830 km	2009	2 nd	226,290 km
2001	8 th	230,115 km	2010	4 th	224,090 km
2003	3 rd	231,515 km	2011	3 rd	224,400 km
2004	3 rd	237,855 km	2012	4 th	223.224 km
2005	4 th	230,235 km	2013	4 th	217.828 km

Gilles stands out amongst his fellow competitors with his superbly fair style and long raking stride that covers the ground deceptively quickly. A quiet and humble man, he lets his walking do the talking and wow, does it talk loudly!



Gilles in the 2013 Paris-Colmar, the 2007 28H de Guadelope and the 2009 24H de Montguyon – a style that has remained true and fair across the years

THE INAUGURAL AFRICAN CENTURION IS NOW ONLY WEEKS AWAY

The inaugural African Centurion qualifier is now less than 3 weeks away, being scheduled for the weekend of 22-23 October. It will be held on Robben Island in Cape Town, South Africa, and has attracted a very big entry list, including at least 18 centurions from around the world and entries are still being taken. The list of centurions includes

Australian	John Kilmartin
American	Rob Robertson
GBR	Sandra Brown, Robbie Callister, Suzannah Corkill, Richard Gerrard, James Quirk, Pete Miller, Philip Vermuelen, Vinny Lynch, Janette Morgan and Chris Cale
Belgian	Nour Addine Ayyoub
Dutch	Frans Leijtens, Marco Bloemerts, Remy van den Brand and Antoine Hunting
South African	Werner Alberts

I think we are going to see a lot of centurion walks! Check out the names at <http://africancenturion.com/athletes.html>.

AUSTRALIA'S FIRST PLUS 100 MILE RACE, TASMANIA, 1840 – BY PHIL ESSAM

Australian ultra runner/walker and author Phil Essam is busy researching the Australian pedestrian racing history and he has forwarded to me an article on what he thinks is the first ever long distance pedestrian challenge which took place in 1840 in Tasmania. Phil promises to send us further research pieces as he produces them. Thanks mate!



Felix Wakefield - Our first Australian ultra distance winner

The first recorded 100 mile plus race between two or more competitors in Australia can be traced to early 1840 when Launceston Surveyor **Felix Wakefield** and Launceston Solicitor **Edmund Stillwell** raced from Launceston to David Solomon's property over 60 miles away and return. The race took over forty hours and fifteen minutes with ten hours and eight minutes being deducted for a break.

It is not known what led to this race occurring, but it appeared that Wakefield was struggling with his Surveying work at that time and had taken up gambling to make ends meet. Not much was known of Stillwell at the time. From my research, he appeared to be a fairly busy Solicitor with the work he was getting at the time. Perhaps they met in a Public House where Wakefield was boasting on what he could achieve and Stillwell thought he could beat him.

The race commenced at 3am on the Monday morning from Launceston and it was quite good to see the accurate timing for the stops on the way along the Midlands. The half way point was at David Solomon's property and was reached in just over 20 hours. Stillwell retired from the race at Thornhills which is about the 100 mile mark and Wakefield went on to finish the effort in just over 40 hours and 15 minutes to a packed crowd waiting for him at the finish line.

It is not known how much money exchanged hands for this effort, but it is believed that another race was held a week later as Stillwell was not happy with the result and the same result was to occur with Wakefield winning in a very similar time and Stillwell withdrawing before the end. 100 pounds was exchanged over the result of this match. Betting and gambling was to become a familiar theme in Australian Pedestrian History.

What became of Wakefield and Stillwell? Felix Wakefield was to leave Tasmania a few years later in disgrace and return to England before having his passage paid to New Zealand and it is believed that Stillwell became a pastoralist in Tasmania and passed away about two decades later.

Even though the walking rate was comparatively slow even for established pedestrian results of the time (in England and America), these two are credited for staging the first known ultra race on Australian soil which was plus 100 miles as well.

FINANCIAL NEWS

A quite month for us on the financial side but all good with no inflows or outflows, so our balance remains healthy at \$964.62.

UNTIL OUR NEXT NEWSLETTER

Another big issue with some great walking from around the world. Good luck to all our fellow centurions who will be walking in South Africa later this month.

Yours in Centurion walking

Tim Erickson (C 13)
1 Avoca Cres, Pascoe Vale, Victoria, Australia, 3044