

CENTURION FOOTNOTES

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DATES...DATES...DATES

There are always ultra opportunities on offer for those walkers wanting a challenge. Some are shown below. In addition, the AURA calendar shows additional Australian ultra events that may suit serious ultra walkers – check it out at <http://aura.asn.au/>. I am pleased to see an increased number of longer track based ultras on our local calendar.

Jun 24-25, 2017	Montguyon 24H Run/Walk	Montguyon, FRA
June 29, 2017	Fotrally (see http://fotrally.se/anmalan)	Stockholm, SWE
Jul 8-9, 2017	Sri Chinmoy 6H/12H/24H Track Championships	Sydney, NSW
Jul 8-9, 2017	Adelaide 6H/12H/24H Road Championships	Adelaide, SA
Aug 5-6, 2017	2017 English Centurions 24H Qualifier See https://www.facebook.com/events/990973581012094/ and http://www.centurions1911.org.uk/bury-st-edmunds-2017.html	Bury St Edmunds, England
Aug 12-13, 2017	Track Ultra WA (24H, 12H, 6H, 3H)	Bunbury, WA
Aug 27-28, 2017	Vallorbe 24H Walk	Vallorbe, FRA
Sep 16-17, 2017	Roubaix 28H Walk	Roubaix, FRA
Sep 16-17, 2017	Nijmegen-Rotterdam 100km Walk	Nijmegen, NED
Sep 23-24, 2017	2017 USA Centurion 24H Qualifier See https://raceroster.com/events/2017/10378/not-just-a-walk-in-the-park-v20	Owego, NY State, USA
Oct 7-8, 2017	St Thibault de Vignes, 24H Walk	St Thibault de Vignes, FRA
Oct 7-8, 2017	Sri Chinmoy NZ 24 Hour Championships 2017 New Zealand Centurions 24H Qualifier	Auckland, NZ
Oct 21-22, 2017	2017 African Centurions 24H Qualifier See http://www.africancenturion.com	Robben Island, Sth Africa
Oct 22, 2017	Ned Kelly Chase (100km, 50km)	Wangaratta, VIC
Nov 11-12, 2017	MKH International 12 Hour Walk See http://www.racewalkermalaysia.com/	Kajang, Selangor, Malaysia

There are four Centurion qualifiers to go for the year – England, USA, New Zealand and Africa. A special plug for the USA Centurion 24 Hour Qualifier on 23-24 September. Erin and Dave Talcott organized a once-off qualifier last year in Owego, New York state, and they have decided to take this task again on their shoulders. Great news.

OUT AND ABOUT

New Zealander **Richard McChesney** - NZC19 (2013), UKC1131 (2014) CC431 (2016) - has just completed a walk around London's M25 (using A and B category roads rather than the motorway). His goal was to complete the walk non-stop, meaning he would not sit down at any stage; he would be on his feet from start to finish. And he did just that, breaking the current record for the 158 mile circumnavigation with a time of 43 hours 58 minutes. You can read more at <http://www.centurions1911.org.uk/blog/index.php?id=mi6rod3x>.

Robin Whyte (C29) completed the 20 Miles walk at the annual Lake Burley Griffin racewalking carnival in Canberra in early June. What made it so special was that it was his 48th finish from 51 starts, a record that is unlikely to be equalled. His time of 3:38:16 was not too bad considering Robin is 75 years old. Other Centurions to finish the race included **Peter Bennett (C24)** with 3:26:46 and **Karyn O'Neill (C45)** with 3:54:37).

NEUILLY-SUR-MARNE 6 HOURS AND 2 HOURS WALKS, FRANCE, SUNDAY 14 MAY

Emmanuel Tardi was in Neuilly-sur-Marne in mid May for the last big ultra walk before the annual Paris-Alsace Classic. The meet featured 6 Hours and 2 Hours walks for individuals and for relay teams of 2 walkers. In mid February, the race organizer **Pascal Bunel** died suddenly. He was a very good long distance walker (6th in the 2013 Paris-Colmar, 13th in 2014 and 16th in 2015) and this year's event was held with him in mind. His brothers **Xavier and Dominique Bunel**, who are also walkers, were on the start line in memory of their brother. They walked together the whole way and finished 1st and 2nd in the 6 Hours walk, both walking 54.755 km. In the women's 6 Hours walk, the three starters finished in the same lap, with **Benedicte Salomez** first to finish the lap for a winning distance of 46.395km.

6 Hours Walk Men

1.	BUNEL Xavier	Granville Ac	54.755	6:15:44	8.744 km/h
2.	BUNEL Dominique	Granville Ac	54.755	6:15:45	8.743 km/h
3.	ARNAULT Jacques	Neuilly/Marne Athle	52.665	6:09:18	8.556 km/h
4.	LABARRE Bertrand	Cs Provins Athletisme	52.665	6:15:48	8.408 km/h
5.	DIEN Daniel	Neuilly/Marne Athle	48.485	6:01:43	8.042 km/h
6.	BUISSON Dominique	Saint-brice Athletisme	48.485	6:02:04	8.035 km/h
7.	JACQUEMIN Mickael	Maziot	48.485	6:08:16	7.899 km/h
8.	BRUNEAUX Jean-Claude	Coulommiers BA	44.305	6:03:13	7.319 km/h
9.	KESSELMARK Patrick	Mareuil-les-meaux	40.125	6:00:49	6.672 km/h
10.	PASSEREL Laurent	Neuilly/Marne Athle	40.125	6:12:26	6.464 km/h
11.	COSTILS Alain	SPN Vernon	29.675	3:33:41	8.332 km/h
12.	CAPUSANO Alain	Ozoir-la-ferriere	19.225	2:44:59	6.992 km/h

6 Hours Walk Women

1.	SALOMEZ Benedicte	Neuilly/Marne Athle	46.395	6:08:05	7.563 km/h
2.	BIZARD Claudie	Thiais Ac	46.395	6:08:22	7.557 km/h
3.	ARNAULT Francoise	Neuilly/Marne Athle	46.395	6:10:50	7.507 km/h

6 Hours Walk Relay

1.	Letourneau Florian	Varain Cedric	63.115	6:12:30	10.166 km/h
2.	Marzinotto Lionel	Victor Etienne	58.935	6:15:31	9.417 km/h
3.	Olivares Mathieu	Toutain Eric	52.665	6:01:38	8.738 km/h
4.	Delayre Bernard	Marie Franck	52.665	6:11:12	8.513 km/h
5.	Potonne Françoise	Aissani Dalila	48.485	6:10:10	7.859 km/h
6.	Nemery Sylvie	Playe Christophe	46.395	6:05:21	7.619 km/h

2 Hours Walk Men

1.	DELECOLLE Sebastien	USA Lievin	21.315	2:00:01	10.611 km/h
2.	BOLLINGER Vincent	DAC	21.315	2:02:34	10.434 km/h
3.	MOREL Eric	Olympique Darnetal	17.135	2:15:44	7.574 km/h
4.	TARDI Emmanuel	Lp Longjumeau	12.955	2:00:04	6.474 km/h
5.	MONTIGNY Patrick	Elan Chevilly-larue	12.955	2:00:05	6.473 km/h
6.	BURLOT Pascal	SPN Vernon	12.955	2:09:09	6.019 km/h

2 Hours Walk Women

1.	BIZARD PLANCHOT Emilie	Thiais Ac	19.225	2:07:46	9.028 km/h
2.	LEMOINE Annie	Granville Ac	19.225	2:15:45	8.497 km/h
3.	BOURDEL Pascale	Le Havre	17.135	2:00:08	8.558 km/h
4.	GALMICHE Catherine	Cag Arnouville Gonesse	17.135	2:02:53	8.366 km/h
5.	SIMEON Elisabeth	Paris Uc	17.135	2:10:51	7.857 km/h
6.	JARDIN Mireille	Granville Ac	17.135	2:15:44	7.574 km/h
7.	LANGLAUDE Francoise	Le Chesnay 78 As	15.045	2:03:22	7.317 km/h
8.	LETOURNEAU Aurore	Rc Epernay	15.045	2:10:59	6.892 km/h

2 Hours Walk Relay

1.	LEGENTIL Cyril	LEGENTIL Marc	23.405	2:00:11	11.685 km/h
2.	LANGLOIS Cloé	LACAZE Mathilde	21.315	2:09:26	9.881 km/h
3.	PANNIER Josiane	PANNIER Magali	17.135	2:03:33	8.321 km/h



Dominique and Xavier Bunel, Emilie Bizard-Planchot, Sebastien Delecolle and Benedicte Salomez (Emmanuel Tardi)

LDWA ANNUAL 100 MILES WALK, YORKSHIRE DOWNS, 27-29 MAY 2017

I always feel jealous when I read about the Long Distance Walkers Association (LDWA). This is a British based association for people with the common interest of walking long distances in rural, mountainous or moorland areas. It has chapters around the UK, each holding its own Group walks (led walks of around 20 miles) and Challenge events (longer events between 20 and 100 miles and generally to be completed within a defined time limit).

The annual 100 mile event is the LDWA's flagship event (see <https://www.ldwa.org.uk/hundreds/hundred.php>). Held every year in a different part of the country, to coincide with the late May Bank Holiday, up to 500 people gather to walk 100 miles in 48 hours. In order to enter, all these people must complete a qualifying event beforehand. The first 100 mile event held was the Downsman 100 in 1973. Since then, with the exception of 2001 when foot and mouth closed the countryside, there has been an event every year.

The 2017 100 was organised by the LDWA North Yorkshire Group and was called the **North York Moors 100** (see <https://www.ldwa.org.uk/2017hundred>). An amazing 492 walkers started and an equally amazing 340 walkers finished the full 100 miles over the North Yorkshire Moors within the required 48 hour timeframe (see full results at https://www.ldwa.org.uk/results/full_results.php?event_id=104).



Photos from the LDWA 100 (<https://www.ldwa.org.uk>, credit Steve Clark)

Of course, it requires a large number of marshals to manage such an event, and the marshals walk the full course in late April to test out the instructions and to familiarise themselves with the route. This year, the Marshals' walk was held on the weekend of 29-30 April and **Sandra Brown (C36)** was amongst the 25 experienced walkers who covered the full 100 miles. See the full results for the Marshal's walk at https://www.ldwa.org.uk/results/full_results.php?event_id=103. Once she was back home again, she sent the following report:

Last weekend saw the annual LDWA 100 marshals' walk – traditionally a tough off-road event in a challenging environment (this year the North Yorks Moors National Park) with many pages of detailed route description to follow and some 12,000 feet of ascent along the way. This event is one of my favourites as the landscape is always awesome and springtime is a lovely time of year to walk, whatever the weather, the generous and friendly checkpoints are usually in pretty villages and staffed by lovely members of the LDWA community, many of them old friends. I tend to do the marshals walk when just a few of us check the route and logistics, then we return at the end of May to look after the 500 walking and running on the main event.

This year's event was another great treat in every way and I made it round, despite getting lost a couple of times (I must get a GPS) and having bad feet by the finish - after all those miles of boggy moorland, my feet had an eerie appearance of having been soaked in strong tea! Jill Green and Jim manned a CP at around 85 miles and it was great to see them. Looking forward to being back in Yorkshire (and more fantastic Yorkshire food) in late May when Richard does the main event and I'm helping the organisers at HQ.

PARIS-ALSACE CLASSIC, FRANCE, MAY 31-JUN 3, 2017

The biggest classic on the ultrawalking calendar was held over a 3 day period from May 31st to June 3rd, as the cream of Europe's long distance walkers contested the annual Paris-Alsace race. The design of the event is nicely described at <http://www.centurions1911.org.uk/paris-alsace-2017.html>.

For the last few years, the Paris-Colmar/Alsace has developed into a stage race with a prologue, then a transfer to vehicles and drive to the start of the next stage. Apart from the prologue and final stage, the race for men and ladies are two distinct separate races. The 2017 race sees the usual prologue and then both races restart the next stage later in the evening at Chateau Thierry. Each competitor must have an official vehicle (inspected by the organisers) decorated with the competitor's name, sponsor banners and flashing lights.

Along the route are control points with a closing time. Just to complicate matters, the start of stages 2 and 3 are done in order of classification ie the lead man and woman go first and the rest follow depending how many minutes they completed the previous stage behind the winner, so a lot of hanging around. Of course, it also means that the slower walkers have less time to complete that section and they have to race very hard to meet the cut-off times. Sadly, a few don't make it each year. Timing and a good sat nav, are of the essence!

Here are the stages – note the 352.8km stage 2 for men and the 220.5km stage 3 for women. Tough stuff!

Prologue	Neuilly sur Marne to St Thibault des Vignes: 14.6km
Stage 2 (men)	Chateau Thierry to Epinal: 352.8 km (with compulsory 2 hour rest stop at Bar le Duc)
Stage 2 (women)	Chateau Thierry to Dormans: 24km
Stage 3 (women)	Vitry en Perthois to Epinal: 220.5km
Stage 4 (men and women)	Plainfaing to Ribeauville: 57.3km
Total distance	424.7km Men, 319.1km Women

Paris-Alsace Men (424.7km)

The 2017 Paris-Alsace started at the Neuilly-sur-Marne town hall at 6:30PM on Wednesday 31st May, the first stage a 14.6km walk to St. Thibault-de-Vignes. Six times winner Dmitriy Osipov was the first to finish the prologue, in a time of 1:26:02, an average of 10.182 km/h, but the field closely followed. From there, it was a car ride to Chateau-Thierry, the starting point for the 352.8km stage to Epinal. This next stage started at 10:30PM. Then it was a walk of over 350km, with only one 2 hour break in Bar-le-Duc, 189.4km into the stage.

The lead alternated as the stage progressed. Alexandre Forestieri led for the first 96km before Cédric Varain took over and held the lead until the beginning of the final climb into Bar-le-Duc, when Osipov caught him. After surviving the first night on the road, Thursday was hot and sunny with the temperature around 30°C, tough conditions indeed. Osipov reached Bar-le-Duc at 10:58PM (189.4km in 24h28m), followed by Varain at 11PM, Pascal Biebuyck at 11:05PM and Florian Letourneau at 11:14PM - 16 minutes in total separating the first four.

The walkers restarted in finishing order after their compulsory 2 hour break, so it was Osipov off first, then Varain 2 minutes later, then Biebuyck. then Letourneau, etc., for the remaining 204km hike to Epinal. This encompassed the rest of Thursday night and all Friday. The second day was long and hot, with the temperature once again rising to 30°C. Only 5 of the original 12 men would make it to Epinal and it was no surprise to see Osipov the first to arrive.

From then, it was another car ride to Plainfaing for the final stage, a 57.3km walk to Ribeauvillé. Again, it was a staggered start with the leader due to depart at 9AM on the Saturday. However, it was around 9:10AM before Osipov's camper arrived and he was underway. It is in this final stage that walkers must conquer the 11.7km Col du Bonhomme. It was another hot day but some respite was granted with a heavy shower of rain. Osipov reached the finish line first at 4:43PM for his seventh win. Florian Letourneau come in second at 5:49PM followed by Serge Georgelin at 6:54PM, followed by Yves-Michel Kerlau and finally Alexandre Forestieri. They were the only 5 finishers.

1.	OSIPOV Dmitriy	Ind St-Petersbourg	424 725	57:47:25	7.349 km/h
2.	LETOURNEAU Florian	AC Château-Thierry	424 725	59:55:36	7.087 km/h
3.	KERLAU Yves-Michel	CM Roubaix	424 725	63:18:07	6.710 km/h
4.	GEORGELIN Serge	Bruz Athlétisme	424 725	64:09:08	6.621 km/h
5.	FORESTIERI Alexandre	UST Courir à St-Tropez	424 725	65:47:36	6.456 km/h
6.	OLIVARES Mathieu	Neuilly-sur-Marne Ath.	303 000	47:56:01	6.321 km/h
7.	MACKINTOSH Tony	Isle of Man Veterans AC	300 000	46:26:00	6.461 km/h
8.	BIEBUYCK Pascal	Ath AC	287 000	38:56:02	7.371 km/h
9.	VARAIN Cédric	AC Château-Thierry	260 000	37:56:01	6.854 km/h
10.	VANDENDAUL Daniel	CABW	247 000	35:57:01	6.871 km/h
11.	LACROIX Jean-Louis	AC Château-Thierry	204 000	29:32:00	6.907 km/h
12.	ROZE Eddy	Amiens UC	129 000	14:26:00	8.938 km/h



Osipov, Letourneau, Kerlau, Georgelin and Forestieri (photos Emmanuel Tardi)

Osipov has now won 7 of the last 8 stagings of this classic event, a wonderful record.

2009	Paris - Colmar	471.5km	OSIPOV, Dimitri	RUS	59:12
2010	No Event Contested				
2011	Paris - Colmar	439 km	OSIPOV, Dimitri	RUS	56:46:11
2012	Paris - Colmar	436 km	OSIPOV, Dimitri	RUS	55:54:26
2013	Paris - Colmar	436 km	ROUALT, Jean-Marie	FRA	54:17:31
2014	Paris - Colmar	426 km	OSIPOV, Dimitri	RUS	52:45:56
2015	Paris - Ribeauville	427 km	OSIPOV, Dimitri	RUS	55:19:04
2016	Paris - Ribeauville	425 km	OSIPOV, Dimitri	RUS	52:08:39
2017	Paris - Ribeauville	425 km	OSIPOV, Dimitri	RUS	57:45:45

Paris-Alsace Women (319.1km)

The women's race saw a fantastic race between 2015 winner **Tatiana Maslova** and 2016 winner **Irina Poutinseva**. This time it was Maslova who won with 43:24:31, not far ahead of Poutinseva with 43:57:32. Overall, 4 women finished and 3 fell by the wayside.

1.	MASLOVA Tatania	Baltic Star St-Petersbourg	318.907 km	43:24:31	7.347 km/h
2.	POUTINSEVA Irina	Ind St-Petersbourg	318.907 km	43:57:32	7.255 km/h
3.	LABYLLE Maggy	AC Bouillante	318.907 km	47:38:15	6.694 km/h
4.	BIZARD Claudie	Thiais AC	318.907 km	51:30:59	6.190 km/h
5.	MAISON Sylvie	Strasbourg AA	261.622 km	39:28:54	6.626 km/h
6.	ARNAULT Françoise	Neuilly-sur-Marne	227.000 km	38:26:14	5.906 km/h
7.	SALOMEZ Bénédicte	Neuilly-sur-Marne	62.000 km	08:56:13	6.937 km/h



Maslova, Poutinseva, Labyille and Bizard (photos Emmanuel Tardi)

Short video of Osipov in this year's race: <https://www.vogstevision.tv/Fil-info/VIDEO-Manu-Lassalle-Dimitri-Ossipov-ensemble-sur-dVTFYw9mHf.html>.

2017 CONTINENTAL CENTURIONS 24H QUALIFIER, WEERT, NEDERLANDS, JUNE 3-4, 2017

The annual Continental Centurion 24 Hour Walk was held on the first weekend of June in the Dutch city of Weert. I hear it was quite hot, especially on the first day, so the going was tough for everyone. Full results can be seen at <https://www.olat.nl/bestanden/iwe-2017-uitslagen.pdf>.

Overall, it was a big meet with 114 walkers in total. Of these, 65 walkers started in the 100 Miles / 24 Hour, with 24 of them completing 100 miles and 11 of them qualifying as new Continental centurions (C451-C461). **Frank van der Gulik** won the 24H with 183.047km while **David Vandercoilden** was the first walker to reach the 100 mile mark, with a time of 19:12:42. David also became Honderdman number 76 by passing the 100km mark in less than 11:30:00 (his actual 100km split was 11:16:42). **Wilma Driessen** was the first woman to reach the 100 mile mark (21:35:40), while the amazing **Sandra Brown** was the second female finisher (22:07:25), clocking up yet another hundred.

35 walkers started in the 50 mile walk and 29 finished. Of those who finished, 18 were under the Kennedy Friend limit time of 12 hours. Of those 18, 14 did so for the first time (KF447-460) and can now call themselves Kennedy Friends. And finally, 12 participants started in the 50 km and 7 finished.

24 Hours Walk

1.	Frank van der Gulik	't Veld	29-8-1977	183,047	113,740	24:01:42
2.	Dirk-Jan Nieuwenhuizen	Waspik	16-10-1975	180,647	112,249	23:59:57
3.	Boetje Huliselan	Cromvoirt	22-5-1955	173,809	108,000	23:36:43
4.	Rob Robertson	Rneyville USA	24-2-1963	167,372	104,000	23:56:45

5.	Adrie Ros	Bergen op Zoom	13-12-1962	166,553	103,491	23:51:45
6.	Wim van Cappelle	Arnhem	11-9-1955	162,534	100,994	23:59:46
7.	Wilko Koster	Assen	29-3-1967	161,334	100,249	23:57:26
8.	David Vandercoilden	Lomme FRA	19-4-1969	160,934	100,000	19:12:42
9.	Wilma Driessen (v)	Horst	27-12-1966	160,934	100,000	21:35:40
10.	René Wakkee	Sint Maartensdijk	14-5-1965	160,934	100,000	21:39:41
11.	Paul Jansen	Rosmalen	1-5-1973	160,934	100,000	22:02:02
12.	Sandra Brown (v)	Warehem, Dorset UK	1-4-1949	160,934	100,000	22:07:25
13.	Peter Asselman	Denderbelle BEL	18-1-1980	160,934	100,000	22:14:30
14.	Chris van Cauwenberghe	Melle BEL	10-1-1964	160,934	100,000	22:14:31
15.	Ignace Matthys	Brakel BEL	3-12-1958	160,934	100,000	22:16:43
16.	Corina Riezebos (v)	De Lier	26-9-1965	160,934	100,000	23:10:57
17.	Gino Masto	Beveren BEL	14-11-1963	160,934	100,000	23:38:15
18.	Peter Duijst	Amersfoort	22-2-1972	160,934	100,000	23:38:22
19.	Dick Stoevelaar	Nieuw Beijerland	16-4-1957	160,934	100,000	23:46:09
20.	Eric Geudens	Itegem BEL	28-1-1957	160,934	100,000	23:50:10
21.	Gertrude Achterberg (v)	Zwartsluis	7-9-1970	160,934	100,000	23:52:15
22.	Jos Van de Wyngaert	Watou BEL	24-7-1983	160,934	100,000	23:53:10
23.	Arjan Lukken	Hardinxveld-Giessendam	24-5-1967	160,934	100,000	23:56:12
24.	Larissa Droogendijk (v)	Dordrecht	8-10-1972	160,934	100,000	23:56:13
25.	Hanny Klumpkens (v)	Sevenum	16-9-1949	146,441	90,994	23:58:12
26.	Arie Kandelaars	Deurne	7-2-1964	144,841	90,000	23:52:19
27.	Sandra de Graaff (v)	Rotterdam	7-12-1967	131,966	82,000	23:56:21
28.	Joop Keetman	Zaandam	16-9-1944	121,491	75,491	24:01:42
29.	Ilona Klinkendon (v)	Barendrecht	8-8-1963	112,654	70,000	14:49:20
30.	Con Bollmann	Venlo-Blerick	20-3-1944	112,654	70,000	17:40:17
31.	Guido Vermeir	Hulshout BEL	5-11-1958	109,435	68,000	13:49:09
32.	Hein Sanders	Voorburg	18-5-1964	109,435	68,000	16:24:31
33.	Jack Bertrums	.s-Hertogenbosch	18-10-1963	106,217	66,000	14:39:33
34.	Arie Klootwijk	Barendrecht	1-6-1945	106,217	66,000	15:08:48
35.	Marco Bloemerts	Soest	16-9-1965	106,217	66,000	15:10:34
36.	Ernie Dorré	Arnhem	22-1-1947	106,217	66,000	15:54:09
37.	Hans Helm	Sittard	12-9-1946	106,217	66,000	17:04:55
38.	Mathijs Timmermans	Sittard	15-5-1958	106,217	66,000	17:04:57
39.	Jan Dinnissen	Wijchen	20-3-1955	106,217	66,000	17:27:10
40.	Dwight de Kluijver	Groot ammers	7-8-1976	106,217	66,000	17:46:08
41.	Peter van den Brink	Laren	16-4-1964	106,217	66,000	17:49:57
42.	Martin Vos	Papendrecht	17-8-1969	106,217	66,000	18:40:29
43.	René Beukema	Groningen	13-8-1970	106,217	66,000	19:19:58
44.	Jeroen Meertens	Rotterdam	18-3-1973	106,217	66,000	19:25:06
45.	Albertus van Ginkel	Waarder	17-4-1961	106,217	66,000	20:37:26
46.	Gerda Stoevelaar (v)	Nieuw Beijerland	4-6-1955	106,217	66,000	20:37:26
47.	Anita de Roo - van Hoof (v)	Dordrecht	6-11-1960	106,217	66,000	22:51:52
	Daniel Lhoest	Wareme BEL	10-3-1959	102,998	64,000	18:53:57
	Jimmy Miljard	Veenendaal	27-10-1959	99,779	62,000	13:24:51
	Jantinus Meints	Woerden	2-4-1958	93,342	58,000	12:24:18
	Antoine Hunting	Braamt	31-8-1971	90,123	56,000	11:52:36
	Sailash Shah	Tameside, Lancashire UK	13-11-1964	86,905	54,000	15:33:43
	Arian van der Burg	Beesd	9-10-1977	77,249	48,000	13:57:12
	Frans de Roo	Dordrecht	6-8-1957	74,030	46,000	10:36:01
	Trudy Geldhof (v)	Roermond	31-10-1967	70,811	44,000	10:28:56
	Sandra van de Wyngaert (v)	Herenthout BEL	22-2-1985	64,374	40,000	9:20:21
	Hans Pranger	Handel	8-4-1943	64,374	40,000	10:15:32
	Remy van den Brand	Schijndel	26-7-1975	57,936	36,000	7:14:22
	Jenny Bergs (v)	Wouw	5-6-1955	51,499	32,000	7:00:23
	Vincent Yeung	Nijmegen	3-2-1965	45,062	28,000	7:00:13
	Frans Simons	Heerlen	15-2-1963	41,843	26,000	5:15:28
	Bert Timmermans	Veghel	12-7-1956	41,843	26,000	6:08:08
	Ronnie Timmermans	Veghel	3-2-1982	38,624	24,000	5:15:05
	Nico Gerpot	Capelle aan den IJssel	27-1-1965	22,531	14,000	2:48:28
	Gerrit Arfman	Kapel Avezath	2-3-1946	16,093	10,000	2:44:52

Centurion Finishers 451-461

1.	David Vandercoilden	Lomme FRA	19-4-1969	19:12:42	435
2.	Dirk-Jan Nieuwenhuizen	Waspik	16-10-1975	20:33:17	382
3.	Frank van der Gulik	't Veld	29-8-1977	20:49:03	343
4.	Boetje Huliselan	Cromvoirt	22-5-1955	21:21:45	315
5.	Wilma Driessen (v)	Horst	27-12-1966	21:35:40	364
6.	René Wakkee	Sint Maartensdijk	14-5-1965	21:39:41	451
7.	Paul Jansen	Rosmalen	1-5-1973	22:02:02	452
8.	Sandra Brown (v)	Warehem, Dorset UK	1-4-1949	22:07:25	131
9.	Peter Asselman	Denderbelle BEL	18-1-1980	22:14:30	422
10.	Chris van Cauwenberghe	Melle BEL	10-1-1964	22:14:31	411
11.	Ignace Matthys	Brakel BEL	3-12-1958	22:16:43	453
12.	Rob Robertson	Rneyville USA	24-2-1963	22:55:52	454
13.	Corina Riezebos (v)	De Lier	26-9-1965	23:10:57	455
14.	Adrie Ros	Bergen op Zoom	13-12-1962	23:12:25	416
15.	Gino Masto	Beveren BEL	14-11-1963	23:38:15	412
16.	Peter Duijst	Amersfoort	22-2-1972	23:38:22	456
17.	Wim van Cappelle	Arnhem	11-9-1955	23:44:27	369
18.	Dick Stoevelaar	Nieuw Beijerland	16-4-1957	23:46:09	457
19.	Eric Geudens	Itegem BEL	28-1-1957	23:50:10	446
20.	Gertrude Achterberg (v)	Zwartsluis	7-9-1970	23:52:15	458
21.	Jos Van de Wyngaert	Watou BEL	24-7-1983	23:53:10	445
22.	Wilko Koster	Assen	29-3-1967	23:53:34	459
23.	Arjan Lukken	Hardinxveld-Giessendam	24-5-1967	23:56:12	460
24.	Larissa Droogendijk (v)	Dordrecht	8-10-1972	23:56:13	461

100km Walk

1.	Gustaaf Salu	Heist-op-den-Berg BEL	4-7-1949	13:50:54
2.	Byron Schmuland	Edmonton, Alberta CAN	21-8-1958	15:39:48

Kennedy Walk (50 Miles in less than 12 Hours) (447-460)

1.	Michel Verschuren	Waalwijk	3-4-1972	10:33:20	447
2.	Jan 't Mannetje	Ouddorp	6-11-1983	10:40:43	448
3.	Raphael Lemmens	Maaseik BEL	5-10-1962	11:09:14	449
4.	Marcel van Tulden	Ommel	3-7-1979	11:15:48	450
5.	Remy Levink	Cuijk	23-6-1986	11:18:26	451
6.	Appie Bos	Drachten	4-7-1947	11:25:08	353
7.	Cora Spruit (v)	Krimpen aan den IJssel	28-3-1986	11:25:50	445
8.	Zeeger van der Berg	Alkmaar	17-9-1979	11:26:43	413
9.	Jos van den Hoven	Eersel	19-9-2017	11:27:08	452
10.	Cristian Fernandez	Delft	13-4-1977	11:29:53	453
11.	Adrie Romijn (v)	Almkerk	31-3-1960	11:30:04	454
12.	Michiel Tamerius	Boxtel	27-9-1976	11:37:34	455
13.	Eric Zeppenfeld	Nettetal GER	5-6-1965	11:44:07	456
14.	Alain Alexandre	Warisoulx BEL	27-12-1964	11:49:06	457
15.	Jannie Bos (v)	Drachten	20-3-2017	11:49:34	354
16.	Mitchell Perdon	Reek	8-2-1990	11:50:47	458
17.	Erik Froeling	Geffen	7-10-1972	11:56:18	459
18.	Arjan Bogerd	Leerdam	16-6-1972	11:56:28	460

American Centurion **Rob Robertson** earned his fifth centurion badge with his finish in Weert, but it was not easy, as his facebook comment explains:

Right at the start of the race I knew something was wrong. I was mentally and physically prepared. For some reason I did not feel right but was walking well. Then the top of both feet started to hurt. This spread to my right hip. Then both knees. Three demons rearing their ugly heads. I just walked thru the pain. Not to be deterred two more demons showed up. The paving stones on one stretch hurt the bottom of my feet. Then the most evil of them all my digestive track was not happy. All of this in the first six hours. Was I going to be a Centurion and an exorcist? I stayed mentally strong and walked thru the pain. Finding some relief by eating different foods. Only to have each demon return many times later. Then came the overnight rain. Not heavy rain. Just a cool rain after a hot day and warm night. The next demon, wet socks. This one brought his ugly brother foot blisters. By

stopping, changing socks, patching at mile 76 I was able to get another 14 miles. My sweet wife earned her pay this weekend. I needed a lot of help. Food, feet and encouragement. I kept her running, she got a blister. Thanks Bren. By mile 90 both of my feet were blistered. Toes and fore foot pads. Those uneven paving stones. With just 10 miles to go I just gritted my teeth and kept going.

After my first Centurion in 2015. I thought the more races I did the easier it would become. It has mentally. Physically these races are never easy. A hundred things can go wrong. At this race for me they all went wrong. Over and over again. I never felt like I would not be able to finish. Mentally I was above all of it. It all boils down to one simple question. How bad do you want it? I finished my 100 miles in 22 hours 55 minutes 52 seconds. I stayed out and walked another 4 miles with a friend for his first Centurion. I Became Continental Centurion C454.



Rob Robertson in action in Weert

Rob has updated his Multi-Centurion document after the Continental Centurions race. Overall, Sandra Brown still leads with 7 badges, Jill Green is next with 6 and five walkers are on 5 badges. Rob has now joined that select group on 5 badges. Here is a cut and paste of those at the top of the list.

BADGE HOLDER			BRITISH	CONTINENTAL	UNITED STATES	AUSTRALIAN	NEW ZEALAND	MALAYSIAN	AFRICAN
1	F	SANDRA BROWN	GBR 7 UK C735 1982	CN C131 1984	US C50 2000	AU C36 1999	NZ C4 1999	ML C7 2001	AF C9 2016
1	F	JILL GREEN	GBR 6 UK C898 1992	CN C282 1999	US C53 2000	AU C38 1999	NZ C8 2001	ML C20 2003	
1	M	HERBERT NEUBACHER	GER 5 UK C959 1997	CN C203 1989	US C54 2000	AU C37 1999	NZ C9 2001		
2	M	GEOFF HAIN	AUS 5 UK C1051 2006	CN C368 2008	US C68 2007	AU C49 2004	NZ C14 2005		
3	F	CAROLINE MESTDAGH	BEL 5 UK C1061 2007	CN C366 2008	US C72 2010	AU C56 2009	NZ C17 2010		
4	M	RUDY SCHOORS	BEL 5 UK C1062 2007	CN C367 2008	US C73 2010	AU C55 2009	NZ C15 2010		
5	M	ROB ROBERTSON	USA 5 UK C1169 2016	CN C454 2017	US C78 2015	AU C68 2016			AF C11 2016



Rob's 5 badges – English, Continental, African, Australian and American

See the full list at <http://www.walk100miles24hours.com/wp-content/uploads/2017/06/Multi-Centurions.pdf>.

SANDRA BROWN COMPLETES ANOTHER TWO 100 MILERS

Sandra Brown emailed me recently to let us know about her two most recent 'hundreds'.

A quick report on two thoroughly enjoyable recent 100s, the Continental Centurions event organised by OLAT in Weert, south Holland, and the 100 miles Sint Annen run around North Holland.

It was a great pleasure to return to Weert and walk the new 2 mile circuit of this event, very successfully organised by OLAT. The various distances on offer attracted an excellent turnout, always a great feature of the Dutch ultra-walking weekend. The race saw an impressive number of new Continental Centurions.

Two weeks later, I had another great trip, this time to the northern-most part of Holland, an area new to me. The event was a 100 miles running race which consisted of four loops all different and of different lengths, on various surfaces, un-signed and with navigation throughout, and requiring runners to carry drink, food, etc as aid stations are quite far apart and mostly on a self-help basis. I loved the 100 miles journey around this attractive area, mostly very rural with historic villages, old churches etc, plus some forays around the suburbs of Groningen, mostly in the night, where I found the navigation more challenging!

The cutoff for the 100 miles was 30 hours. In fact only 4 of the 20 starters for the 100 miles (including both the ladies) completed the full distance – it was hot by day and turned cold and foggy in the night, adding to the challenge of the event. The full result set can be viewed on the "100 mijl van Sint Annen" site <http://runningrunn.nl/100mijl/2017/uitslag/uitslag.php>. Additionally, DUV has provided an age-graded result: <http://statistik.d-u-v.org/getresultevent.php?event=35117>.

The organisers next plan to hold the 100 miles in 2020, and I would do this interesting, well-organised and friendly event again any time. Though other participants were runners, walking proved a viable and very enjoyable approach.

For the record, Sandra walked the Continental Centurion 100 mile in 22:07:25 and she ran the Sint Annen event in 26:27:11, to take her 100 miles count up to 181. She has already done five hundreds this year

177	Mar	24 Heures de Bourges	177.027km	24hW
178	Apr	Crawley, West Sussex	174.346km	24hW
179	Apr	LDWA 100, Yorkshire	100mi / 34h04m	LDWA
180	June	Weert	100mi / 22:07:25	Centurions
181	June	Sint-Annem, Holland	100mi / 26:27:11	Run

You can see the full list of Sandra's hundreds at <http://www.centurions.org.au/documents/Sandra%20Brown%20Ultra%20record%20-%20year%20by%20year.pdf>.

FANS 24 HOUR TRACK CHAMPIONSHIPS, MINNEAPOLIS, MINNESOTA USA, 3-4 JUNE

I hear that it was hot in Minneapolis for the annual American Centurions Qualifier which was held in conjunction with the FANS 24 Hour Track Championships in Minneapolis (<http://www.fans24hour.org/index.html>). Competitors found it very tough as a result and no walkers managed to complete the 100 mile standard. There will be a second authorized USA Centurions qualifier in Owega, NY State, on 23-24 September, to be organized by Dave and Erin Talcott.

24 Hour Walk

1.	John Greene	75.6 miles
2.	Yolanda Holder	71.6 miles
3.	Radek Lopusnik	63.7 miles
4.	Sanatan Curchack	60.4 miles
5.	Ivo Majetic	53.0 miles
6.	Robert Schnetzler	51.2 miles
7.	Carrie Daly	50.2 miles
8.	David Daubert	49.0 miles
9.	Jerome Young	35.9 miles
10.	John Kilmartin	27.4 miles

11. Bruce Leasure	14.5 miles
12. John Debnam	8.1 miles

12 Hour Walk

1. Craig Olsen	43.8 miles
2. Michael Carrigan	41.7 miles
3. Lori Halbur	41.4 miles
4. Keith Hardy	30.7 miles
5. Annette LeDuc	18.8 miles
6. Eugene DeFronzo	18.8 miles
7. Tod Deming	16.8 miles

2017 PARISH WALK, ISLE OF MAN, 17- 18 JUNE

The annual Parish Walk on the Isle of Man is the biggest walk of the year for the island and one of historical significance, having been held since 1923. The aim is always the same – to walk through every parish, a total distance of 85 miles. Originally, walkers had to touch the door of each of the seventeen parish churches, but nowadays electronic timing chips are worn and that is no longer necessary. A time limit of 24 hours is given, and there are cut-off times for reaching each stage. Event website at <http://www.parishwalk.com/>

The Manx Telecom 2017 Parish Walk started after a minute's applause in memory of race stalwart Murray Lambden. The eagerly anticipated race was then set underway by Marie Lambden. The event website reported as follows:

This year proved one for the record books as long-standing favourites battled with exceptional temperatures, illness and injury, giving way for a new generation to seize the reins of the Manx Telecom Parish Walk.

Rising walker, **Liam Parker**, led 127 finishers over the line, having passed **Richard Gerrard** on the way into Patrick, breaking the virus-stricken title holder's three-year winning streak. In spite of the challenging conditions, Liam reduced his personal best by an impressive 39 minutes and 14 seconds to record a time of **15:36:59**, making him the youngest winner since 1996 when Lee Cain took gold.

Arguably, it was second pace **Karen Chiarello** who stole the day, taking nearly 5 minutes off Janice Quirk's 2009 record of 15:58:35 and entering an elite club of only six other female walkers to take a podium position. Her blistering time of **15:53:44** set her over an hour clear of her training partner **Adam Killip** who seized third, improving his own personal best by 32 minutes and 14 seconds.

Manx Telecom 2017 Parish Walk (first 50 places)

1.	Liam Parker	M	15:36:59
2.	Karen Chiarello	LV35	15:53:44
3.	Adam Killip	M	16:58:26
4.	Karen Lawrie	LV35	17:48:50
5.	James Quirk	MV40	17:52:03
6.	Pete Miller	MV40	17:58:00
7.	Alan Cowin	MV40	18:05:12
8.	Kevin Edwards	M	18:14:39
9.	Andrew Dawson	MV40	18:22:02
E10.	Sue Biggart	LV35	18:22:45
E10.	Chris Cale	MV40	18:22:45
12.	Tony Edwards	MV40	18:24:18
13.	Ray Pitts	MV40	18:27:21
14.	Michael Osborne	M	18:56:21
15.	Gabriel Farmer	MV40	18:58:13
16.	Maureen Moffatt	LV35	19:18:25
E17.	Stephanie Quayle	LV35	19:28:57
E17.	Courtenay Heading	MV40	19:28:57
E19.	Jayne Farquhar	LV35	19:29:16
E19.	Aaron Kneale	M	19:29:16
21.	Tony Holgate	MV40	19:34:44
22.	Robin Crellin	MV40	19:46:38
23.	Silvia Moschen	LV35	20:26:11
24.	Glenn Faragher	M	20:28:55

25.	Nicola Raven	LV35	20:30:36
26.	Steve Pevsner	MV40	20:35:54
27.	Bernadette Devlin	LV35	20:39:05
28.	John Struthers	MV40	20:40:57
E29.	Michael Lyall	MV40	20:41:55
E29.	Andrew Dixon	MV40	20:41:55
31.	Samuel Cannell	M	20:44:37
E32.	Steven Parker	MV40	20:52:12
E32.	Suzy Parker	L	20:52:12
E34.	Hattie Thomas	L	20:54:54
E34.	Megan Thomas	L	20:54:54
E36.	Andrew Titley	MV40	20:55:19
E36.	Lucy Titley	L	20:55:19
38.	Alan Teare	MV40	20:57:32
39.	Gareth Brolly	MV40	21:00:03
40.	Kathryn Prince	LV35	21:03:54
E41.	Heather Melvin	LV35	21:19:44
E41.	Lawrence Dyer	MV40	21:19:44
E41.	Tom Melvin	MV40	21:19:44
44.	Abigail Neill	L	21:20:29
45.	Greg Nation	MV40	21:20:35
46.	Claire Jackson	LV35	21:25:20
47.	Richard Strivens	M	21:28:42
48.	Steve Corkill	MV40	21:33:53
49.	Janna Kelly	LV35	21:37:41
50.	James Corkish	MV40	21:40:36



Liam Parker and Karen Chiarello cross the finish line in first and second place (photos <http://www.parishwalk.com/>)

FINANCIAL NEWS

Lots of payments this month so the bank balance has taken a bit of a hit. If you have not made a donation recently, now is a good time.

Incoming	Bank Interest	0.26
Outgoing	Officeworks – photocopying	10.00
	Aust Post – postage of record certificates	15.00
	Dept of Consumer Affairs – annual Incorporation	55.80
	V.F.Trainor – engraving of perpetual trophies	40.00
	Hansen Signwriting – Honour Board updating	55.00

	Racewalking Australia – annual affiliation payment	108.00
	CrazyDomains – web hosting and DNS annual payments	107.92
Balance		\$587.64

UNTIL OUR NEXT NEWSLETTER

Another action packed newsletter with lots of inspirational walks. It's winter here in Melbourne but it's never too cold to get out and do some walking!

Yours in Centurion walking

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