

# 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.

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 <b>2017 New Zealand Centurions 24H Qualifier</b>	Auckland, NZ
Oct 21-22, 2017	<b>2017 African Centurions 24H Qualifier</b> See <a href="http://www.africancenturion.com">http://www.africancenturion.com</a>	Robben Island, Sth Africa
Oct 22, 2017	Ned Kelly Chase (100km, 50km)	Wangaratta, VIC
Nov 11-12, 2017	MKH International 12 Hour Walk See <a href="http://www.racewalkermalaysia.com/">http://www.racewalkermalaysia.com/</a>	Kajang, Selangor, Malaysia
Apr 21-22, 2018	<b>2018 Australian Centurions 24H Qualifier</b> See <a href="http://www.coburg24hr.org/24hr/race-entry/">http://www.coburg24hr.org/24hr/race-entry/</a>	Coburg, VIC
Jun 2-3, 2018	<b>2018 USA Centurions 24H Qualifier</b> See <a href="http://www.fans24hour.org/index.html">http://www.fans24hour.org/index.html</a>	Fort Snelling, Minnesota, USA

There are two Centurion qualifiers to go for the year – New Zealand and Africa. Good luck to those still to compete.

The first 2018 Centurion qualifier dates have now been set, with the Australian Centurions race on 21-22 April in Melbourne and the American Centurions race on 2-3 June in Fort Snelling. Bookmark them!

## OUT AND ABOUT

- Now that the marathon distance of 26.2 miles is mainstream, more people, including elite road racers, are considering ultra distances and what it takes to finish them. Is 100 miles the new marathon? Read more at <https://www.runnersworld.com/racing/is-100-miles-the-new-marathon>.
- Amongst my many books is one titled 'The Man Who Cycled The World' by **Mark Beaumont**. Published in 2009, it documents his record breaking cycle around the world - 18,297 miles in 194 days. Since then, the record has been progressively lowered and stood, until now, at 123 days. Last month, Mark reached Paris, marking the end of an amazing global ride, covering the 18,000 odd miles in an amazing 78 days - that comes out at over 230 miles per day for 78 days. He had aimed to complete the journey in 80 days, emulating the French writer Jules Verne, but broke his own target by 2 days. Now this is a record that I think will take some beating. See <https://www.theguardian.com/uk-news/2017/sep/18/around-the-world-in-78-days-british-cyclist-mark-beaumont-completes-record-breaking-ride>.

## 52<sup>ND</sup> NIJMEGEN-ROTTERDAM (160KM), NIJMEGAN, NED, 16-17 SEPTEMBER

Mid September saw one of the very popular ultra distance events of the European year, the annual Nijmegen to Rotterdam walk (see <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=nijmegen-rotterdam-160-km>). It got underway on the morning of Saturday 16<sup>th</sup> Saturday, with 82 walkers setting out from the Nijmeegse Kronenburg Park and hoping to complete the 160km walk to Rotterdam. Almost all were successful, with 80 of them finishing about 29 hours later in the Kralingsebos in Rotterdam.

This event is not a race. Rather, it is a group walk, with the leaders travelling at a pace of 7km/hr. Regular cafe stops are scheduled every 20km, when the group reforms and then off they go again. A meal stop is scheduled at the 60km mark.

This leads to a wonderful sense of comraderie, with everyone helping everyone else. It is indeed a wonderful concept.

Amongst the 80 finishers was 80 year old **Jaap Visser** (the oldest finisher ever in this event). To recognize his performance, organisers arranged for him to walk at the front and carry the RWV flag as the field entered Rotterdam. There was loud applause for Jaap and the other walkers as they arrived at the Langepad athletics track.

It takes a huge workforce to put on something like this - there were 35 names on the staff list! As might be expected in such a long endeavour, the weather varied, with the sunny start giving way eventually giving way to rain, followed by a cold night (5°C), before a pleasant Sunday morning for the final legs.

Well done to all the finishers. I have not seen the final listing yet but you can figure it out from the start list at [https://formulieren.rotterdamsewandelsportvereniging.nl/deelnemers\\_NR](https://formulieren.rotterdamsewandelsportvereniging.nl/deelnemers_NR). The walk included a number of our European based Australian Centurions and they all finished, of course - **Bertus van Ginkel (C70)**, **Sandra de Graaff (C69)**, **Sandra Brown (C36)** and **Sue Clements (C35)**, as well as ultra walking legend **Annie van der Meer**.

And for the record, this was the 184<sup>th</sup> 'hundred' by Sandra and her 8<sup>th</sup> for this particular calendar year. What a legendary performance!

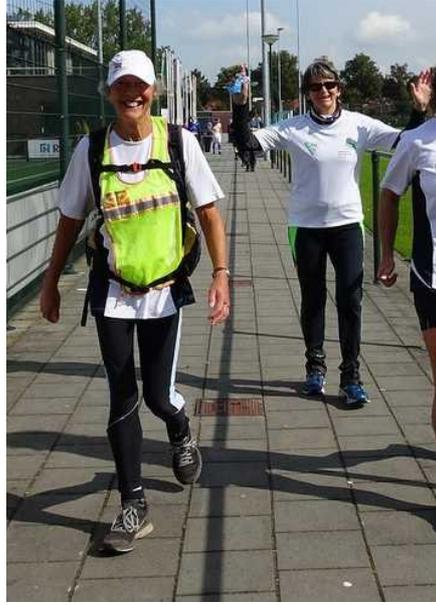
Lots of photos from <https://myalbum.com/album/wANYuJmRcxbl>.  
Video at [https://www.youtube.com/watch?v=MHS\\_KPgv60U](https://www.youtube.com/watch?v=MHS_KPgv60U).

Sandra Brown wrote her own event report for us – thanks Sandra!

*A very impressive 80 of the 82 walkers who started the Nijmegen to Rotterdam walk completed the event, held on the weekend of 16-17 September. These included Australian Centurions Sue Clements, Sandra Brown Sandra de Graaff and Albertus van Ginkel. As in other years, the organising club RWV's superb combination of efficient, experienced organisation with outstanding kindness and support again made all the difference. RWV really does have a magic touch and walkers love it – no wonder so many walkers return year after year for another joyful completion of this marvellous route across Holland's varied landscapes. Sunday morning dawned clear and sunny, and while we could agree with our hosts that this weather was certainly Dutch, the very welcome surprise of bacon and eggs breakfast smelt familiarly English! Stand-out performances this year were the completions by Jaap Visser [who celebrated his 80th birthday this summer] and Sabine's brilliant wheelchair completion. Next year, 2018, sees a special anniversary for RWV, and we look forward to participating in various events, including the Schiedam 100 miles in May, and Nijmegen to Rotterdam 160 kms in September, to help them celebrate!*



*Left: the walking group spreads out  
Right: 80 year old Jaap Visser carries the RWV flag as the entrants approach the finish of the Nijmegen to Rotterdam 160km walk*



*Bertus van Ginkel, Sandra Brown, Sue Clements and Sandra de Graaff in action in the Nijmegen-Rotterdam*

**ROUBAIX 28 HOUR WALK, ROUBAIX, FRANCE, 16-17 SEPTEMBER**

One of the last of the big European ultra distance races for the year was held on the same weekend as the Nijmegen-Rotterdam classic, with the annual 28 Heures de Roubaix taking place in the French city of that name. Our intrepid European correspondent **Emmanuel Tardi** was there covering the action and taking photos. What would we do without Emmanuel! Here is his report:

Saturday and Sunday saw the traditional 28 Heures de Roubaix in the north of France. The start was 11AM on Saturday with the finish at 3PM on Sunday. There was some rain in the first 5 hours but after that, the weather was sunny. After 2 years at the velodrome, the race returned to Parc Barbieux, in the center of the city, with a 2.804km loop.

When I arrived at 5pm on Saturday, Hungarian Olympian **Zoltan Czukor** was the leader, in front of Frenchman **Eddy Roze**. Roze stopped at 7pm. At around that time, Czukor, who was well in front, eventually received 3 red cards and was stopped for 10 minutes. At that time, he was more than 2 laps in front of Russian **Dmitry Ossipov**. In the night hours, Czukor retired, relinquishing the lead to Ossipov. French walker **David Vandercoiden** come back and caught and passed Ossipov toward the end of the night. But his lead was short lived as Ossipov caught and passed him an hour later, going on to win with a distance of 229.395km, not far ahead of Vandercoiden, who finished second with 228.667km. Local walker **Yves-Michel Kerlau** looked set for third place but the last 4 hours was very, very hard for him, and Belgian walker **Guido Vermeir** passed him to take third with 215.908km. The women's event saw only only 5 starters, with Russian walks **Tatiana Maslova** and **Irina Poutinseva** leading the way,, the win eventually going to Maslova with 209.261km.

Ossipov is literally unbeatable at the moment. In early June, he won his sixth Paris-Alsace classic and how he has won a hard Roubaix, albeit by only a small margin. Emmanuel has taken lots of photos, some of which I reproduce below: [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10212505585668799.1073741927.1657411914&type=3](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10212505585668799.1073741927.1657411914&type=3).

Special mentions to New Zealander **Richard McChesney** who finished 11<sup>th</sup> with 201.338km and to **Kathy Crilley** who led her women's team to third place (and first female team) in the 24 Hour relay, with a distance of 181.261km. You can read Kathy's race report at <http://www.centurions1911.org.uk/2017-roubaix.html>.

**28 Heures de Roubaix**

1.	OSSIPOV Dmitriy	Rus - Individuel St Petersburg	229.395 km	TCH	1
2.	VANDERCOILDEN David	Fra - CM Roubaix	228.667 km	TCH	2
3.	VERMEIR Guido	Bel - R.C Gent	215.908 km	TCH	3
4.	KERLAU Yves-Michel	Fra - CM Roubaix	211.581 km	TCH	4
5.	MASLOVA Tatiana (F)	Rus - Baltic -Star St Petersburg	209.261 km	TCF	1
6.	VAN CAUWERBERGHE Chris	Bel - R.C Gent	208.126 km	TCH	5
7.	KONDRATENKO Aleksey	Rus - Individuel St Petersburg	206.412 km	TCH	6

8.	VARAIN Cedric	Fra - A.C Chateau-Thierry	205.365 km	TCH	7
9.	POUTINTSEVA Irina (F)	Rus - Individuelle St Petersburg	202.897 km	TCF	2
10.	MASSON Pascal	Fra - CM Roubaix	202.498 km	TCH	8
11.	MC CHESNEY Richard	Nzl - Hutt-Valley Harriers	201.388 km	TCH	9
12.	TURAU Anatoli	Blr - Individuel Minsk	190.488 km	TCH	10
13.	LYKYANOV Sergey	Rus - Individuel St Petersburg	186.844 km	TCH	11
14.	YVERT Louis	Fra - CM Roubaix	186.231 km	TCH	12
15.	LOUGRADA Saadi	Fra - CM Roubaix	184.740 km	TCH	13
16.	KOROTKOV Alexander	Rus - Dinamo Spb	182.301 km	TCH	14
17.	KAZANTSEV Vladimir	Blr - Individuel Minsk	178.461 km	TCH	15
18.	SEYNAEVE Serge	Bel - CM Roubaix	176.140 km	TCH	16
19.	STRUNC Pierre	Fra - CM Roubaix	173.287 km	TCH	17
20.	TARASEVICH Alexander	Blr - Individuel Minsk	172.853 km	TCH	18
21.	MIROSHNICHENKO Vera (F)	Rus - Dinamo Spb	170.406 km	TCF	3
22.	KONING Johan	Ned - S.V.L.A.T Amsterdam	165.356 km	TCH	19
23.	CZUKOR Zoltan	Hun - Kar Aszork-St Komlo	163.305 km	TCH	20
24.	DE MARCILLAC Bertrand	Fra - C.A Montreuil	162.707 km	TCH	21
25.	BRUNET Roger	Sui - C.A Fribourg	162.706 km	TCH	22
26.	HASSEVELDE Sebastien	Fra - Touquet-Opale-Athle	157.095 km	TCH	23
27.	EMONIERE Philippe	Fra - C.O.S.M Arcueil	156.402 km	TCH	24
28.	LETOURNEAU Florian	Fra - A.C Chateau-Thierry	143.677 km	TCH	25
29.	GRADOS Stephane	Fra - CM Roubaix	139.636 km	TCH	27
30.	PRUCKNER Jaroslav	Cze - AC Mlada Boleslav	139.447 km	TCH	26
31.	OLIVARES Mathieu	Fra - Neuilly-sur-Marne Athle	135.265 km	TCH	27
32.	HAUSMANN Martina (F)	Ger - L.G Wurzburg	135.230 km	TCF	4
33.	RASSAIND Andre	Fra - A.L Voiron	134.838 km	TCH	28
34.	AUVRE Alain	Fra - C-O Eu-Bresle	113.327 km	TCH	29
35.	MARIOLU Michael	Bel - R.A.C Louvierois	106.552 km	TCH	30
36.	BEARDSMORE Suzanne (F)	Gbr - Aldershot-Farnhannand	92.532 km	TCF	5
37.	LOUKKAD Karim	Fra - CM Roubaix	17.497 km	TCH	31
	COULOMBEL Pierre	Fra - CM Roubaix	117.768 km	TCH	
	BOVIN Laurent	Fra - A.M St Thibault des Vignes	103.748 km	TCH	
	VANDENDAUL Daniel	Bel - C.A.B.W	92.532 km	TCH	
	MACHAL Francis	Fra - CM Roubaix	86.924 km	TCH	
	DANDOY Jeremy	Fra - CM Roubaix	78.512 km	TCH	
	FAUQUEUR Raymond	Fra - Elan 59 Dunkerque	72.904 km	TCH	
	ROZE Eddy	Fra - Amiens U.C	70.100 km	TCH	
	ALEXANDRE Alain	Bel -	64.492 km	TCH	
	LACROIX Jean-Louis	Fra - A.C Chateau-Thierry	50.472 km	TCH	
	BIEBUYCK Pascal	Bel - AC Ath	44.864 km	TCH	



*Dmitry Ossipov, David Vandercoiden and Guido Vermeir*



*Tatiana Maslova, Irina Poutinseva and Vera Miroshnichenko*



*The podiums (all photos by Emmanuel Tardi)*

And for completeness, the results of the 24 Hour Relay. Well done to the English girls who finished third overall and first ladies team.

#### **24 Hour Walk Relay**

1. LA CH'TI BREIZH	DEPREZ C - LE GUEN S - LE GUEN C	182.150 km
2. KLY TEAM	KERCRET J - KERCRET P - PAGIES H	182.149 km
3. THE LIGHTENING LADIES (F)	CRILLEY K - GRIMSEY N - CRAWFORD J	181.261 km
4. LES TROIS SOEURS DALTON (F)	ANXIONNAT C - MORVAN N - PANNIER J	179.253 km
5. LES FILLES DU 24 (F)	QUINTON R - NAUMOWICZ V - DUBOIS C	151.281 km

#### **RAMSAY BAKERY END TO END WALK, ISLE OF MAN, SUNDAY 17 SEPTEMBER**

You just can't beat the Isle of Man for their enthusiastic approach to sport. Their walkers were at it again in mid September with the annual Ramsay Bakery End to End Walk (see <http://www.endtoendwalk.org>), a racewalk over a distance of 40 miles, from the top of the island to the bottom, walking through the lovely quiet roads from the north down the west coast to the south.

**Richard Gerrard** won in the excellent time of 6:38:20, a head of **Adam Killip** (7:05:08) and **David Walker** (7:08:52). **Karen Lawrie** was the first lady (and sixth overall) with 7:36:52. The first 40 placings are reproduced below. Overall, 112 walkers completed the entire 40 miles from end to end, a further 8 made it to Dalby [27.70 miles], a further 44

made it to Peel [22.16 miles] and a further 11 made it to The Cronk (20k) [12.43 miles], making for a grand total of 175 starters. Now that is impressive.

1.	Richard Gerrard	Manx Harriers	Men 45-49	6:38:20
2.	Adam Killip		Senior Men	7:05:08
3.	David Walker	Manx Harriers	Men 45-49	7:08:52
4.	James Quirk	Manx Harriers	Men 45-49	7:12:35
5.	Michael Bonney		Men 55-59	7:24:05
6.	Karen Lawrie	Iom vets	Women 40-44	7:36:52
7.	Chris Burn		Men 40-44	7:40:06
8.	Stewart Jones	Manx Harriers	Men 45-49	7:41:30
9.	Brian Kelly	IOMVAC	Men 50-54	7:44:22
10.	Stephen Corkill		Men 40-44	7:46:09
11.	Bernie Johnson		Women 35-39	7:48:11
12.	Ewa Kowalewska		Women 35-39	7:51:02
13.	Kevin Pulman		Senior Men	7:53:39
14.	Lee Johnson		Men 40-44	7:53:41
15.	Kenny Valerga	None	Men 50-54	8:04:13
16.	Sophie Dvorakova		Senior Women	8:10:20
17.	Maria Klepaczek		Women 35-39	8:12:33
18.	Alan Teare	Peel Mountain Bikers	Men 50-54	8:13:26
19.	Stephanie Quayle		Women 50-54	8:19:24
20.	Viv Avery		Women 40-44	8:19:58
21.	Russell Walker		Men 55-59	8:20:56
22.	Tony Holgate		Men 60-64	8:27:05
23.	Nicola Raven		Women 55-59	8:28:03
24.	Robbie Lambie	Western Athletic Club	Men 60-64	8:29:09
25.	Jessica Kitchin		Women 35-39	8:33:02
26.	David Chambers		Men 55-59	8:33:37
27.	Trevor Newton		Men 60-64	8:35:45
28.	Michael Crook	WESTERN AC	Men 50-54	8:39:32
29.	Tristan Shields		Senior Men	8:43:46
30.	Helen Squires		Senior Women	8:43:46
31.	Steven Parker		Men 55-59	8:45:56
32.	Keith Littleworth		Men 35-39	8:46:03
33.	Jayne Simpson		Women 55-59	8:47:16
34.	David Williams		Senior Men	8:48:08
35.	Robert Wright		Men 65-69	8:49:21
36.	Jenny Smith		Women 45-49	8:49:32
37.	Colin Crennell		Men 55-59	8:51:52
38.	Nick Wallinger	IOMVAC	Men 45-49	8:55:06
39.	Andrew Payne		Senior Men	8:55:58
40.	Greg Nation		Men 40-44	8:56:20

#### NOT JUST A WALK IN THE PARK – 100 MILE CHALLENGE, OWEGO, NY, 23-24 SEPTEMBER

**Emmanuel Tardi** spent late September in the city of Owego, some 200km NW of New York city, for the annual USA Centurion qualifying race. The race took place in Marvin Park, in the center of the city, using a 1km loop which was perfect for the walkers - smooth road, totally flat and with no turns. The start time was midday on Saturday. The only downside was the temperature which was very hot (over 30°C).

**Christer Svensson** (SWE) and **Dave McGovern** (USA) led out strongly from the start, passing the 30km mark together, at which time Christer broke away and slowly started to extend his lead. Christer reached the 50km mark in 5:45:20 with Dave not too far away with 5:59:09. Local walker and co-organiser **Dave Talcott** started much more conservatively but came though as the race progressed, catching Christer at the 58km mark and surging ahead in the cooler night time hours. He reached 100km in a very impressive 11:28:06, going on to win the 100 miles event with an excellent 18:53:10. Christer has problems with his feet and was forced to decelerate, eventually reaching the 100 mile mark in 21:49:09. They were the only 2 finishers. Dave McGovern, who had led out early, was forced to retire at the 90km mark, a victim of blistered feet and severe stomach problems. Of the two women attempting the 100 miler, **Sunyana Graef** reached 103 km and **Pamela Allie-Morrill** reached 100 km, both worthy efforts. And Emmanuel walked a leisurely 50km!

Full results, as well as all lapsplits at [http://my1.raceresult.com/82612/#0\\_D14072](http://my1.raceresult.com/82612/#0_D14072).

**100 Mile Men**

1.	Dave Talcott	161 km	USA	18:53:10	(C88)
2.	Christer Svensson	161 km	SWE	21:49:09	(C82)
3.	Paul Terbrack	134 km	USA	19:44:19	
4.	Ray Sharp	108 km	USA	21:38:57	
5.	Andy Cable	107 km	USA	19:45:25	
6.	Dave McGovern	90 km	USA	12:37:44	
7.	Sailash Shah	89 km	GBR	16:02:55	
8.	Pete Miller	70 km	GBR (IOM)	9:56:50	
9.	Alexis Davidson	51 km	USA	8:05:15	
10.	Emmanuel Tardi	50 km	FRA	21:24:39	

**100 Mile Women**

1.	Sunyana Graef	103 km	USA	21:26:03	
2.	Pamela Allie-Morrill	100 km	USA	14:58:20	

**100km Women**

1.	Brenda May	100 km	USA	12:37:18	
2.	Tracy Wright	100 km	USA	19:41:42	

**100km Men**

1.	Ron Salvio	31 km	USA	4:23:22	
2.	Patrick Bivona	25 km	USA	4:11:15	



*The field contemplates the task ahead of them*



*And they are underway – Emmanuel leads off with Dave Talcott*



*Dave Talcott and Christer Svensson reach their 100 mile target (photos Emmanuel Tardi and others)*

**SAY HELLO TO OUR OLDEST AUSTRALIAN CENTURIONS**

When I was getting ready for this centurions newsletter, I thought it might be nice to include a small update on how some of our 'elder statesmen' are going. Here's how we look for ages. It is impressive to see 8 of our members aged over 80 and 2 more closing on on that milestone. We are indeed a long living group, a testament to the beneficial effects of a life spent looking after ourselves.

Michael Porter (06/06/25)	1975 - C 9	92
Merv Lockyer (31/08/31)	1996 - C30	86
Deryck Skinner (27/11/32)	2005 - C51	84
Ken Walters (19/09/32)	1994 - C26	85
Fred Brooks (06/01/34)	2001 - C42	83
George Audley (21/08/35)	1998 - C22	82
Claude Martin (15/09/35)	1977 - C14	82
Jim Turnbull (05/06/36)	1986 - C21	81
Bill Dillon (22/03/38)	1979 - C19	79
John Smith (07/10/38)	1978 - C16	79

I get regular updates from many of our members and do catch up occasionally with most at some stage or another. What is everyone up to? I asked some of the above list for a quick update for our readers:

**Mike Porter (C9)** is still living in Echuca, in country Victoria, near his extended family. Mike replied as follows

*What an interesting list, a regular "Dads Army" as it were. Just felt I would let you know I am in very good health, handle 3 volunteer jobs in the community and still manage a 5k walk most days. Sometimes on Sundays I make that an 8k or 10k. There are a lot of long livers up here along the Murray it must be the climate or something. One legend up here just had his 103rd birthday, plays bowls and bought himself a new car. I wish all my fellow Centurions good health and keep walking.*

*In closing I wish you and Lois all the best and many thanks for keeping us oldies in the loop.*

*Michael Porter C9*

**Merv Lockyer (C30)** is still going strong from his homebase at Redcliffs in country Victoria. I get a Christmas card each year from Merv, and the occasional phone call.

**Deryck Skinner (C51)** continues to live at home in Adelaide. He replied:

*Hi Tim – Thanks for the 'oldies' update. You might like to know that I received somewhat of a surprise to find myself hospitalised last December, with the need for a triple heart bypass from which I have emerged quite well. The fact that I had maintained my fitness held me in good stead and I was home within 5 days without any complications.*

*I continue to walk wherever I need to go rather than take public transport although not at a speed which my brain wants and my body doesn't!*

*I continue to enjoy your newsletters and often wish that I was still competing but the necessary training is something which I haven't the mental strength to undertake these days.*

**Ken Walters (C26)** has recently moved into the Villa Maria Nursing Home, 89-93 Avebury Drive, Berwick. Word is that he has settled in well and is enjoying the new lifestyle.

**Fred Brooks (C42)** is still living near his brother in Birmingham (UK) and he has just had surgery to have a pacemaker fitted. He hopes this will give him a new lease of life! Lois and I caught up with him when we were in England in August. He is as talkative as ever!

Sadly, it is some years since I had any communications from either **George Audley (C22)** or **Bill Dillon (C19)**.

**Claude Martin (C14)** sent an email a few weeks ago from Switzerland, where he was visiting family.

When I last heard, **Jim Turnbull (C21)** and his wife had moved into respite (Perth, WA). Have not heard anything further recently. No response to recent emails or letters.

**John Smith (C16)** is still going strong in his NSW base of Greystanes. He worked up till only recently and still rides his bike and walks regularly.

You can read all about these gentlemen at <http://www.centurions.org.au/centprof.shtml>.

## RICHARD MANKS AND THE PEDESTRIANS

**Robert Barclay Allardice** (1779 – 1854), generally known as Captain Barclay, is without doubt the best known of the 19<sup>th</sup> century pedestrians. His 1809 feat of walking 1000 miles in 1000 hours for 1000 guineas captured the imagination of the public and became the standard against which all future pedestrian efforts would be measured. He is rightly considered the father of the 19<sup>th</sup> century sport of pedestrianism, the precursor to modern racewalking.

To get around the major problem of needing to rest, Barclay figured that if he walked back to back miles – a mile at the end of one hour and another at the beginning of the next – and repeated this strategy throughout the race, he would be able to rest in approximately 90 minute intervals throughout the near 42 day long feat. It worked. He completed the walk on July 12<sup>th</sup> 1809, 42 days after he commenced.

As an aside, it is possible to read the diary of his 42 days of walking, in the excellent 1813 publication [\*Pedestrianism: Or, An Account of the Performances of Celebrated Pedestrians During the Last and Present Century\*](#). It is available online at the above link.



*Portrait of Captain Barclay (source British Library)*

During the remainder of the nineteenth century, attempts to repeat or better this particular athletic challenge were made by many pedestrians. Indeed, the feat continues to challenge people nowadays.

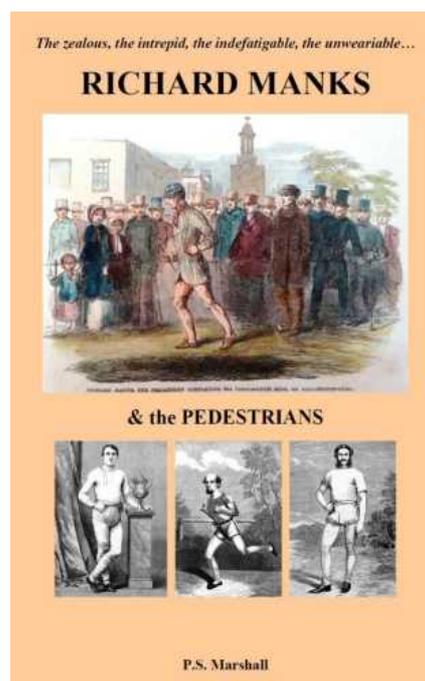
First to some references. I have a couple of definitive books of the period:

[A Man In A Hurry](#) by Nick Harris, Helen Harris and Paul Marshall (2012)

[King of the Peds](#) by P. S. Marshall (2008)

However, both these books cover the final period of pedestrianism from the 1870's onwards. What of the period before?

Paul Marshall, author of *King of the Peds*, has come to the rescue, publishing in December 2016 what I am sure will quickly become the definitive book covering the earlier period from 1800 onwards. Called [Richard Manks and the Pedestrians](#), it is an exciting read of 198 pages, full of facts, newspaper articles, letters and of course drama and skulduggery. What's even more noteworthy is that Paul is offering the book (in pdf format) freely, for the price of a donation to a charity of your choice. I have already procured a copy and have started to read it in depth.



One of the things it does very well is cover the various post-Barclay feats, inspired by his wonderful 1000 mile performance. A brief summary follows

- **Josiah Eaton** bettered Barclay's feat in 1816, walking **1100 miles in 1100 successive hours**. He adopted Barclay's strategy of walking it two miles at a time. Later that year, he redid it, walking each mile at the start of the hour, a more demanding proposition. The following year, he attempted and completed the even tougher task of walking **2000 half miles in 2000 successive half hours**. Interestingly, he stopped at 1998 half miles, a protest against some of his supporters whom he believed had deceived him. By not finishing, they lost their wagers. At the time, it was declared "*the greatest pedestrian feat ever performed*".

That same year (1817), Eaton and John Baker contested a 2000m mile race, the challenge being to finish in less than 42 days. Baker won with 2 hours and 53 mins to spare. Eaton also bettered the 42 day limit, by the narrowest of margins (10 minutes). Baker (The Rochester Pedestrian) had walked 1000 miles in 21 days in 1815 so had good credentials.

Eaton completed an even tougher challenge in 1818, attempting **a quarter mile every quarter hour for 6 weeks**. This he duly completed, covering 4032 quarter miles or 1008 miles.

Fast forward 28 years to 1846 for one final great walk by the then 77 year old Eaton, who completed yet again the Barclay feat (1000 miles in 1000 successive hours) in Canada. Excellent article on this feat at <http://montrealgazette.com/sponsored/mtl-375th/from-the-archives-walking-was-serious-business-for-josiah-eaton>. For longevity and quality, Eaton must be ranked one of the finest ever pedestrians.

- **Robert Skipper**, the Norwich pedestrian, completed **1200 miles in 1200 successive hours** in Cambridgeshire in 1823. Later that same year, he walked **1000 miles in 1000 successive half hours**.
- **Sutton**, the Kentish Pedestrian, also walked **1200 miles in 1200 successive hours** in Brighton in 1827.
- In 1838, **J. E. Molloy**, the celebrated pedestrian, walked **1250 miles in 1000 successive hours** (1.25 miles each hour) on Bromley Common. But his record was soon bettered.
- That same year, **Charles Harris** succeeded in walking **1500m miles in 1000 hours** (1.5 miles each hour) in Finchley, England. Later that same year, he upped the ante and completed **1750 miles in 1000 hours** (1.75 miles each hour) in London.

So the bar was now set at such a high standard that people wondered whether it would be possible to ever improve on these performances. **Richard Manks**, born 3<sup>rd</sup> May 1818 in Knowle, Warwickshire, was the man who would answer that question.



*Richard Manks the Pedestrian* (photo <https://solihulloobserver.co.uk>)

Manks' first recorded professional pedestrian appearance was in 1843, when he ran 3 miles in less than 18 minutes. Over the next few years, he ran many races, both scratch and handicap, from distances of 1 miles upwards, and had many fine wins.

It was not until 1851 that Manks turned his attention to the Barclay feat. The occasion presented itself when Mr Broadbent, the proprietor of the Barrack Tavern in Sheffield, offered 50 pounds to anyone who could complete 1000 miles in 1000 successive hours, with each mile being started on the hour. Articles were quickly drawn up and signed and Manks was off and walking his first mile, within a week of learning of the challenge. By the time he was to complete his final mile some 42 days later, around 20,000 people would be in attendance. He reeled off that final mile in the very fast time of 8:55!

Within months, he was challenging himself with what might be called the ultimate test – **1000 quarter miles in 1000 quarter hour blocks, followed immediately by 1000 half miles in 1000 half hours, followed immediately by 1000 miles in 1000 hours**. This would take a total time of 72 days and 22 hours and involved a total distance of 1750 miles. On the second last day, he was so disoriented that he walked into a wall, causing him to bruise his forehead and knees. But complete it, he did.

Only months later, Manks was to start another amazing challenge at the Kennington Oval in London, to walk **1000 miles in 1000 half hours**; ie to walk 1000 miles in 500 hours. He duly completed the task, with his last two mile splits being recorded at 8:05 and 7:40. Amazing indeed!

Dominic Utton, writing in London's Daily Express on Friday 28<sup>th</sup> July 2017, documented this 1851 feat with a fine article – see <https://www.express.co.uk/life-style/life/834074/richard-manks-the-oval-first-person-walk-1000-miles-in-500-hours-1851>. For completeness, I reproduce it at the end of this discussion.

After this latest feat, Manks returned to the shorter distances and back to running mode. But such was his prowess that he found few if any challengers who were willing to accept his wagers. Perhaps his most extraordinary feat during this period was running 12 miles within the hour at the Noah's Ark Bowling Green near Newcastle. No one could match that!

With few if any willing to accept his challenges, he had no alternative but to go back to the longer distances, and he announced in early 1852 that he would attempt to walk **1750 miles in 1000 successive hours** at the Noah's Ark Bowling Green. But unlike Charles Harris who had done it successfully in 1838, he would do it the hard way – walking **1 mile at the commencement of each hour, followed by a half mile at the 30 minute mark and the final quarter mile at the 45 minute mark**. Unbelievable! Of course, he completed it, finishing his last quarter mile on 5<sup>th</sup> July.

What was left to do but to try for the impossible – **2 miles each hour for 1000 successive hours** – a total distance of 2000 miles, a distance of 48 miles per day. While he did announce that he was keen to do it, he was beaten to the punch by one of his main rivals, **James Searles**, who did indeed embark on this ultimate of challenges. Searles started his attempt on Monday 20<sup>th</sup> September 1852, using a 7 laps to the mile course on the grounds adjoining the Pineapple Inn in Liverpool. With his weight reduced from 11 st 11 lb to 9 st, Searles finally finished the feat on Monday 1<sup>st</sup> November.

From then on, Manks contented himself with shorter distances, running regularly and winning most of the time. It was not until 1862 when he was drawn back into the long distances, taking on the Barclay Challenge once again, and completing 1000 miles in 1000 successive hours at the West London Grounds, 12 laps to the mile.

But this was very much his swansong. From then on, appearances were few.

Sadly, Manks died at the Sheffield Public Hospital in 1969, after a short illness. He was only 51 years old. The newspapers reported his death as due to "*the bursting of a blood vessel*". Nowadays, this would be called an aortic aneurysm.

A public funeral was held, with hundreds of people lining the streets to give their final respects to one of their greatest athletes. Like many before him, his deeds would be forgotten over time. Now, thanks to Paul Marshall, that has been rectified.

#### **And what of the women. Did any of them manage the Barclay feat?**

Due to the commonly held view of the time that women were extremely frail, they were strongly urged (and sometimes forced) to not partake in strenuous activity such as sporting competitions. It would be many years before two women showed what was possible.

It was in 1864 that **Emma Sharp**, who was then in her early thirties, completed the Barclay feat. Undeterred and despite the fact that she had not actually trained for the event, Emma started making plans for the event once she heard that an Australian woman had attempted it and failed. She was fortunate enough to enlist the help of the landlord of the Quarry Gap Hotel, at Laisterdyke, England, who enthusiastically offered up the grounds attached to his hotel as the location of the course. In exchange, he would receive a percentage of the money earned from ticket sales, and no doubt do great business from all the spectators.

And so it was that on September 17, 1864, Emma Sharp took the first step of her 1,000 mile venture. She took the same approach as Captain Barclay by walking a roped off course of 120 yards for 30 minutes at a time, which was equivalent to about two miles, before taking a 90-minute break. She would continue this routine for six weeks straight, walking day and night, until she completed her last mile. As expected, since no woman had ever successfully completed this journey, Emma's progress was widely reported in the newspapers and watched closely by supporters and critics alike, with tens of thousands of people turning up at various times to watch her put one foot in front of the other again and again. On October 29, 1864, at approximately 5:15 a.m., Emma Sharp became the first woman to complete the Barclay Challenge. Read more at <http://www.todayifoundout.com/index.php/2016/05/time-emma-sharp-walked-1000-miles-1864-just-prove-woman/>

Fast forward some 12 years for another extraordinary English walker, **Ada Anderson**, who walked the obligatory 1000 miles in 1000 hours in 1876. At a Kings Lynn music hall, in July, 1878 she topped the Barclay feat by walking a mile and half every hour for 672 hours, logging 1008 miles. Announcing herself as the champion walker of the world, she travelled to New York at the end of 1878 and reeled off 2700 quarter miles in 2700 quarter hours at the Mozart Hall.

Boring it was not, for not only did the redoubtable Ada reveal shapely and superbly developed limbs that were visible to the knee; she had trained as a music hall performer and liked to sing and play the piano in her rest intervals. If someone in the audience fell asleep, Ada was given a tin horn to blast in his ear. Huge crowds paid to see the fun. She earned \$8,000 in Brooklyn, and then took the show to Chicago for \$15,000. Read more at <http://www.vrwc.org.au/tim-archive/articles/wo-ada-anderson.pdf>.



*Left: Emma Sharp started her 1000 mile walk in a bright red chequered suit, scandalizing onlookers with her use of trousers (photo <http://www.factfiend.com/emma-sharp-just-didnt-give-a-fk/>)*

*Right: An artist's impression of Ada Anderson in 1878 at Mozart Hall in New York  
Photo from 'Athletics in Drogheda 1861-2001' by Joe Coyle*

### **And what of our modern era?**

The Barclay Challenge continues to attract aspiring runners and walkers. One of the highest profile of the modern attempts was the Flora 1,000 Mile Challenge, held from 2<sup>nd</sup> March to 13<sup>th</sup> April 2003 in London and sponsored by the London Marathon.

A field of 6 runners (alas, no pedestrians on this occasion) was chosen to attempt the 1000 miles in 1000 hours, unaided on foot. Like Captain Barclay, competitors would be required to complete one mile in each hour. The challenge was to finish on the day of the marathon, April 13, 2002. It would be held on The Mall in London and continue up and down the London Marathon route for the next 1,000 hours, when participants would arrive in Blackheath.

Sharon Gayter, Britain's No.1 women's ultramarathon runner, was the only competitor pre-selected for the Challenge – the other runners were selected by a panel of experts. Competitors were

- **Sharon Gayter**, Britain's No1 ultra- distance runner and the World No 5.
- **Rory Coleman**, a business manager from Nottingham who was has run 346 marathons in his life.
- **Shona Crombie Hicks**, Scotland's No2 Marathon runner with a personal best time of 2:40.53.
- **David Lake**, a lieutenant in the Welsh Fusiliers, the same company that Barclay himself was a member.
- **Paul Selby**, a dual British and South Africa passport holder who was run 440 marathons during his life.
- **Lloyd Scott**, a former English professional footballer and fireman who this year made headlines across the world by completing the New York marathons in five days wearing a deep sea diver's costume.

Five of the six starters completed the full distance of 1000 miles in 1000 hours. The only runner forced to retire was Lloyd Scott after 233 miles. But in fairness, he was the most inexperienced runner and did not really look like having the form to finish.



*The five successful Flora 1,000 Mile finishers (photo [www.alamy.com](http://www.alamy.com))*

The other 5 all reached halfway with little discomfort but gradually the effects of the mileage and sleeplessness began to take their toll. Rory Coleman had to resort to injecting iodine into his blisters just to get him through the miles, and struggled through most of the second half. And perhaps that sums up the difference between this event and the original Captain Barclay epic. These runners had the whole arsenal of modern sports medicine and modern sporting and food technology to help them through. Two hundred years ago, Captain Barclay had only his iron will and self confidence to help him through what was generally thought to be an impossible feat.

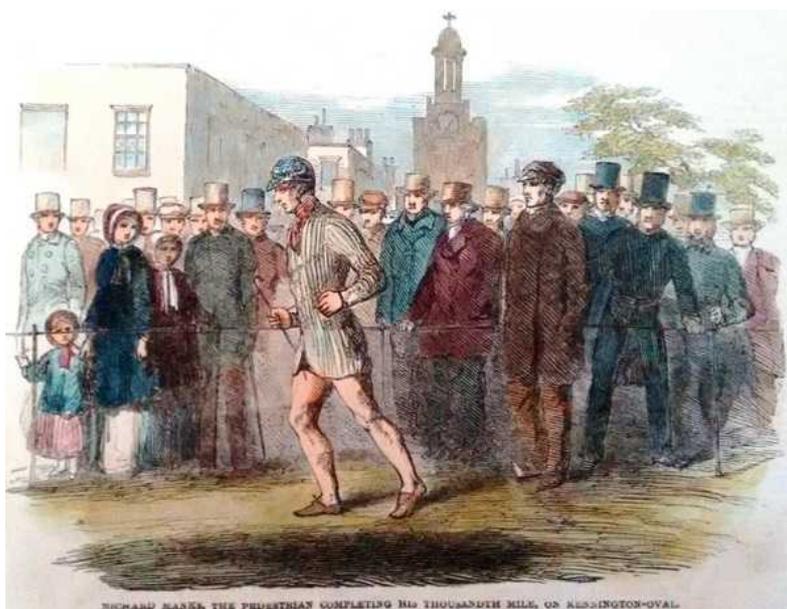
Once the runners finished the 1000 miles, they had a day's rest and then fronted up for the London Marathon. The first man and woman to finish the marathon would be deemed the overall winners.

The two women runners, Sharon Gayter and Shona Crombie-Hicks had really dominated the second half of the event and continued this pattern in their marathon runs. Shona, a 2:40 marathoner, was the overall winner with a very impressive 3:08 marathon. Second to finish was Sharon in 3:34. Paul Selby crossed the line in 3:44 as Men's Champion (all his earnings were donated to charity) and David Lake on his debut marathon recorded a highly respectable 4:15. Finally Rory Coleman finished in 4:21.

Tim Erickson  
Wednesday 5<sup>th</sup> October 2017

## Striding into History

By Dominic Utton, Published, in the Daily Express, Friday 28<sup>th</sup> July 2017



*WALK THIS WAY: Victorian Richard Manks displayed most remarkable mental and physical endurance*  
Courtesy of [www.kingofthepeds.com](http://www.kingofthepeds.com)

WITH England playing their 100<sup>th</sup> Test match at the Oval, we recall the amazing Richard Manks, who in 1851 became the first person to walk 1,000 miles in 500 hours by doing laps of the outfield

For 172 years the Oval cricket ground in south London has boasted a glorious history. Presently hosting its 100th England cricket Test match, it was also the venue for the first FA Cup final as well as England rugby's first home game (against Scotland), both in 1872. But in 1851 an event was staged there that arguably stands as one of the greatest sporting achievements ever. And it was performed by a man who by rights should be remembered as one of Britain's finest athletes.

In October of that year Sheffield brickmaker Richard Manks walked 1,000 miles around the outfield of the Oval in 500 hours – a distance roughly the same as travelling from London to Rome. And he did it without ever pausing for longer than a quarter of an hour at a time.

Born in 1818, Manks was one of Britain's foremost "pedestrians", a lost Victorian sport. Attempts to walk hundreds of miles against the clock were major sporting attractions, drawing huge crowds and attracting big prize money.

Before Manks, the most famous pedestrian had been Captain Robert Barclay, who in 1809 had managed the astonishing feat of walking 1,000 miles in 1,000 hours. Manks proposed to slash that record in half. However, his first attempt ended in disaster. As the Illustrated London News reported: "Manks commenced this feat in September but being suddenly attacked with diarrhoea he was compelled to give up after having walked 129 miles."

A doctor prescribed a fortnight's rest and recuperation and on the afternoon of Friday, October 10, he began again. Manks' strategy was simple but required superhuman mental and physical endurance. Having marked out a lap of the cricket outfield, he allowed himself half an hour to complete each mile before starting the next, aiming to finish each lap within 15 minutes, leaving the remaining 15 minutes for a rest. Any eating, sleeping or medical attention would have to be crammed into that quarter of an hour before the next mile... over and over again until he had completed 1,000 laps in three weeks.

Initially the newspapers reported Manks to be "full of spirit". He passed his first 100 miles after just 43 hours and his second 100 after a further 44 hours, averaging 14 minutes per mile and so allowing 16 minutes rest every half hour.

He ate 10 times a day, keeping his strength up with what the Illustrated London News reported as: “Animal and other nourishing food, including game and poultry, roast beef and steaks, mutton and chops.” He also drank “strong beef tea in considerable quantities”, “old ale” and tea with brandy in it.

As the miles accrued word began to spread that Manks was on the verge of achieving something special and crowds began to form. So many that according to the Morning Advertiser: “A number of variegated lamps have been placed in the most conspicuous parts of the course and one placed on each of the stakes that hold the ropes that form the ring.” These lamps – enabling the spectators to watch Manks at night – made this the world’s first floodlit sporting event.

On October 28 the weather turned. Until then the skies had remained clear but with Manks just three days and less than 150 miles from victory the heavens opened. With no option but to press on through the downpour Manks began to suffer: as well as the cold and wet his feet were rubbed raw with blisters.

“This was very trying for the almost worn-out pedestrian,” reported the Illustrated London News, “and, although so near the finish, many persons were apprehensive that he would not be able to complete his task.” It continued: “Still onward Manks went, against the most fearful odds and obstacle although his feet were severely blistered, his limbs in great pain and he altogether showed the frightful effects of his incessant labour.”

After nearly three weeks of no more than a few minutes rest at a time, he was also suffering from sleep-deprivation. And it was this more than the blisters, the aching limbs or the sheer unending slog of the undertaking that almost proved his undoing.

At 2.30am on the final morning the papers reported that after a timekeeper woke him from a nap: “He cried like a child and said, ‘I’ll walk no more,’ and, ‘Do you want to kill me?’”

By that time the crowd inside the Oval had grown to 3,000 with “many more thousands outside”. Perhaps spurred on by their roars, Manks got up, resumed his walk and at 11.37am on Friday, October 31, he crossed the finishing line.

If Richard Manks’ superhuman feat – described at the time as an “instance of the capability and endurance of the human frame altogether unparalleled” – remains one of the Oval’s greatest sporting spectacles, performed by one of Britain’s greatest forgotten athletes, there is a further twist to the story.

After completing his 1,000th mile, Manks’ route around the Oval outfield was measured again and was found to be 21 yards longer than it needed to be... meaning that not only had he managed to walk 1,000 miles in 500 hours but he had actually walked about 12 miles further than he needed to.

#### FINANCIAL NEWS

Another quiet month. Thanks to Jill Green for thinking of us, far away in Australia!

Incoming:	Jill Green – donation	40.00
	Bank Interest	0.11
Balance as of 05/10/17		<b>\$717.97</b>

#### UNTIL OUR NEXT NEWSLETTER

A huge newsletter this time around, with lots of news as usual. It’s spring here in Melbourne, with the gardens a mixture of vibrant greenery and colour. What better time than now to dust off the shoes and head around the block (or further afield) for a daily constitutional.

Yours in Centurion walking

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