

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/>.

Oct 28, 2018	Ned Kelly Chase (50km, 100km)	Wangaratta, VIC
Nov 25, 2018	8 Heures d'Etampes-Sur-Marne	Etampes-Sur-Marne, FRA
Feb 3, 2019	8 Heures de Charly-Sur-Marne	Charly-Sur-Marne, FRA
Feb 23-24, 2019	24 Heures de Bourges, France	Bourges, FRA
Mar, 16-17, 2019	24 Heures de Chateau-Thierry, France	Chateau-Thierry, FRA
Apr 6-8, 2019	Marche du Grand Est	Domremy-la-Pucelle, FRA
Apr 20-21, 2019	24 Heures de Dijon	Dijon, FRA
Apr 13-14, 2019	Coburg 24H Carnival (2019 Australian Centurion Qualifier) See http://www.coburg24hr.org/24hr/ .	Coburg, VIC
Jun 1-2, 2019	FANS 24 Hour (2019 USA Centurion Qualifier) See http://www.fans24hour.org/index.html .	Minneapolis, Minnesota, USA
Jun 5-9, 2019	Paris Alsace Classic	Across France
Aug 18-19, 2019	2019 English Centurions Qualifier	Castletown, Isle of Man
Sept 26-28, 2020	Just A Walk In The Park – USA Centurion Qualifier See https://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30	Owego, NY, USA

OUT AND ABOUT

- **David Billett (C50)** was one of a number of competitors in action early October in the Adelaide 6 Day Race. He did well, coming third overall (second male) and running to a PB distance of 677.945k. **John Timms**, well known to us for his regular walk participations at Coburg, came 7th (running) with a distance of 504.665km, beating Cliff Young's Australian M75 6 Day Run record. How do they do it!
- If you don't subscribe to the Ultrarunning World monthly newsletter, you are missing out on a wonderful read. Issue 15 has just been released (see <https://ultrarunningworld.co.uk/wp-content/downloads/Ultrarunning%20World%2015%20web-1.pdf>) and contains an article on the Coburg 24 Hour Carnival on pages 10-13. There is also a very interesting article on cheating in ultra distance event on pages 32-35. I will leave you to check that one out for yourself. Newsletter subscription is free.
- Talking of Coburg, we already have 14 entrants for our 2019 Carnival, even though we are still 6 months out. Race entry list available for viewing at <https://www.registernow.com.au/secure/ParticipantList.aspx?E=31260>.
- Now here is a race with a difference - <https://theknow.denverpost.com/2018/10/22/courtney-dauwalter-bigs-backyard-ultra/>. Big's Backyard Ultra race in Bell Buckle, Tennessee, is a race of attrition that doesn't end until there's only one runner left. The race, held in the country 60 miles southeast of Nashville, is made up of 4.1-mile laps and runners have to complete a lap each hour of the race. A 45-minute lap, for example, gives the runner 15 minutes to rest until starting the next lap. Runners continue until they cannot complete a lap in an hour or they drop out. The winner, Johan Steene of Stockholm, Sweden, completed 68 (283.3 miles) in 55 hours, 22 minutes, 49 seconds. Second place went to American ultra runner Courtney Dauwalter who completed 67 laps. "After 67, I congratulated Johan and sent him out for his 68th," Dauwalter said. "I knew I wasn't going to make it back if I went out for my 68th". A great article and a great race concept. And for the record, here are the full results: <https://my6.raceresult.com/110552/>.

48 HEURES DE ROYAN, ROYAN, FRANCE, 5-7 OCTOBER

The ultra results keep coming in from around the world. To France in early October for the 48 Heures de Royan, held in the seaside resort city of Royan, in SW France (see <http://www.48hderoyan.fr/>). The meet featured 48 Hour, 24 Hour and 12 Hour walk and run divisions. English based New Zealander **Richard McChesney** was the 48 Hour Walk winner with a fine distance of 278.386 km. And I see English walker **Kathy Crilley** finished 5th in the 12 Hour with 75.676 km. See <http://richardwalkslondon.com/500-u-turns-royan-48-hour-race/> for a report by winner Richard McChesney. I saw a comment that competitors had to battle an Atlantic storm at one stage!

48 Hours Walk

1.	MCCHESENEY RICHARD	NZL	250	278.386 km	47:59:20	V2H	1
2.	DURAND GERARD	FRA	244	271.704 km	47:59:20	V2H	2
3.	MOUTIER JACQUES	FRA	218	242.746 km	47:53:17	V2H	3
4.	ODOUARD DOMINIQUE	FRA	218	242.746 km	47:53:17	V3H	1
5.	MULLER CATHY	FRA	200	222.696 km	47:53:26	SEF	1
6.	ARNAULT JACQUES	FRA	194	216.014 km	47:49:23	V2H	4
7.	ARNAULT FRANCOISE	FRA	194	216.014 km	47:49:23	V4F	1
8.	HAUSMANN MARTINA	FRA	188	209.332 km	47:48:53	V2F	1
9.	OULBANI JEAN-CLAUDE	FRA	180	200.420 km	47:49:13	V3H	2
10.	PERCHOC FRANCOISE	FRA	176	195.968 km	47:54:41	V4F	2
11.	DE MARCILLAC BERTRAND	FRA	169	188.169 km	47:54:49	V4H	1
12.	PIERRE PATRICK	FRA	168	187.056 km	47:53:44	V4H	2
13.	DELANGE DOMINIQUE	FRA	153	170.349 km	47:54:28	V3H	3
14.	SOUILLÀ JEAN-PIERRE	FRA	131	145.847 km	47:48:56	V3H	4
15.	ESTATOF BERNARD	FRA	123	136.935 km	47:49:39	V4H	3
16.	MERCIER JEAN-PIERRE	FRA	94	104.634 km	47:50:50	V1H	1
17.	BAUDET PATRICK	FRA	86	95.726 km	15:35:26	V2H	5

24 Hours Walk

1.	GIBELLI ALAIN	FRA	143	159.211 km	23:56:26	V4H	1
2.	GILLET MAX	FRA	123	136.935 km	23:54:32	V3H	1
3.	POTHET DIDIER	FRA	113	125.797 km	23:51:02	V2H	1
4.	CAILLAUD FRANCK	FRA	112	124.684 km	23:52:21	V2H	2
5.	DICHARRY MARTINE	FRA	108	120.228 km	23:52:36	V2F	1
6.	DELAHAIE DOMINIQUE	FRA	99	110.203 km	23:54:39	V2H	3
7.	CHEVALLIER PATRICIA	FRA	97	107.977 km	23:52:43	V1F	1
8.	BEN ROGER	FRA	94	104.634 km	23:53:43	V4H	2
9.	LEVAIQUE RAYMOND	FRA	68	75.676 km	13:12:55	V3H	2
10.	LEVAIQUE CORINNE	FRA	61	67.881 km	13:07:16	V2F	2
11.	REY MONIQUE	FRA	60	66.764 km	23:52:02	V3F	1

12 Hours Walk (first 15)

1.	COURRAUD JOËL	FRA	75	83.471 km	11:50:36	V3H	1
2.	LAUBRETON STEPHANE	FRA	75	83.471 km	11:57:24	V1H	1
3.	VIGNAUD ANNETTE	FRA	72	80.132 km	11:54:44	V3F	1
4.	ELMON SANDRA	FRA	69	76.789 km	11:58:53	V1F	1
5.	CRILLEY KATHY	GBR	68	75.676 km	11:56:05	V4F	1
6.	LEYGUES ROGER	FRA	68	75.676 km	11:59:39	V4H	1
7.	COURRAUD BRIGITTE	FRA	66	73.450 km	11:50:07	V3F	2
8.	MAZURIER DOMINIQUE	FRA	63	70.107 km	11:58:02	V3H	2
9.	DELRIVE LUC	FRA	55	61.195 km	11:25:59	V3H	3
10.	GRISEY MICHELINE	FRA	54	60.082 km	11:24:46	V3F	3
11.	GAVARD MICHEL	FRA	49	54.513 km	11:05:34	V4H	2
12.	BAUGET CLAUDIE	FRA	49	54.513 km	11:58:53	V2F	1
13.	CHAVANEL THIERRY	FRA	48	53.400 km	11:47:23	V2H	1
14.	COSSON MARYSE	FRA	48	53.400 km	11:57:27	V3F	4
15.	JADEAU CHRISTELLE	FRA	42	46.718 km	11:51:49	V1F	2



*Richard McChesney and Gerard Durand near the finish of the 48H walk in Royan
(photo <http://richardwalkslondon.com/500-u-turns-royan-48-hour-race/>)*

2018 NZ CENTURIONS 24H QUALIFIER, AUCKLAND, NZ, OCT 7-8, 2018

The annual New Zealand Sri Chinmoy 24 Hour Track championship meet was held earlier this month at the Millennium Stadium in Auckland, (see <https://nz.srichinmoyraces.org/races/auck/24hr>). As usual, it included the New Zealand Centurions 100 Mile qualifying walk.

Of the six walkers attempting to qualify as New Zealand Centurions, USA based **Rob Robertson (68)** became NZ C25 and first timer **Joanne Aitken** from Wellington became NZ C26. Australian Centurion **John Kilmartin (C67)** was also in action but was forced out with foot problems and blisters after covering 112.069km. See the full results at https://nz.srichinmoyraces.org/files/results_intermediatetimes.pdf.

M6	Rob Robertson	M55-59	USA	161.600 km	(100 miles 23:23:46, C25)
M9	John Kilmartin	M65-69	AUS	112.069 km	
M13	Luc Soewetey	M55-59	BEL	92.000 km	
M18	Kim Janssens	M45-49	BEL	26.400 km	
W2	Joanne Aitken	F45-49	NZL	161.600 km	(100 miles 23:31:32, C26)

With this feat, Rob joined Jill Green, Caroline Mestdagh and Rudy Schoors as the only walkers to earn the 6 currently available Centurion badges. Rob's badges are US C78 (2015), AU C68 (2016), UK C1169 (2016), AF C11 (2016), CN C454 (2017) and now NZ C25 (2018).



Rob's centurion badges – the ultimate collection!



Rob Robertson (NZ C25), Joanne Aitkin (NZ C26), Luc Soetewey (BEL) and John Kilmartin (AUS) (photos Philip Sharp)

AFRICAN CENTURIONS 24H QUALIFIER, CAPETOWN, SA, 20-21 OCTOBER

And now to Cape Town in South Africa for the third annual African Centurions 24 Hour Qualifying walk. Like all centurion qualifying races, the aim was to walk 100 miles within the requisite 24 hour timeframe. For the third and last time, the walk was scheduled to be held on Robben Island, the penitentiary where Nelson Mandela was incarcerated for so many years, and the timing was of huge significance, given that this year marks 100 years since his birth.

Unfortunately, the best laid plans are sometimes turned on their heads and so it was in this case when, due to inclement weather, no ferries were permitted to travel to and from the island, and the race had to be moved to the Bellville Stadium in the Cape Town suburb of Belville Park. So the event became a track based 100 mile rather than a road based course around the island. With less than 24 hours notice, a veritable tent city grew at the Stadium, requiring an effort that was a credit to the organisers.



The tent city at the Belleville Park track

Results are sparse (see <http://africacenturion.com/>) but I can tell readers that 8 walkers completed the hundred and there are 7 new African Centurions, 3 men and 4 women. The overall winner was Isle of Man walker **Andy Green** (20:57:39). The great news is that Australian husband and wife team **Justin Scholz (C61)** and **Sharon Scholz (C63)** were among the finishers, Justin finishing as the third man with 22:47:46 and Sharon finishing as the first woman with 27:47:45.

As per their normal practice, Justin and Sharon walked together, completing the required 402 laps of the athletics track side by side. But what makes this walk even more significant is that it earned each of them their sixth centurion badge, thus ensuring the full set. Only a couple of weeks after Rob Robertson gained his sixth badge in New Zealand, Justin and Sharon followed suite, only the fifth and sixth persons world wide to achieve this feat.

Justin kicked off his campaign with his first badge in the 2012 Australian Centurion qualifier and Sharon followed suite a year later in 2013. Since then, they have walked side by side in USA, New Zealand, Holland, England and now in South Africa to earn the remaining 5 badges.

Justin: AU C61 (2012) US C76 (2015) NZ C21 (2015) CN C437 (2016) UK C1173 (2017) AF C32 (2018)
Sharon: AU C63 (2013) US C77 (2015) NZ C20 (2015) CN C436 (2016) UK C1174 (2017) AF C33 (2018)

Dutch walker **Jantinus Meints (C73)**, who finished second overall with 22:11:41, clinched his fifth centurion badge so only needs the New Zealand badge to complete his set. I think I know what he plans for next year!

Rob Robertson has already updated his multiple badge listing at <https://www.walk100miles24hours.com/wp-content/uploads/2018/10/Multi-Centurions-1.pdf>. Of course, I do need to state that Sandra Brown sits atop the list with 7 badges, compliments of the now defunct Malaysian Centurion badge.



Justin and Sharon in action in Cape Town last weekend



and finishing their one hundred miles

The provisional results are as follows, as per Justin. We are still waiting for the event website to be updated.

24 HOUR WALK SOLO

1.	Andy Green	IOM	M	20:57:39	C30
2.	Jantinus Meints	NED	M	22:11:41	C31
3.	Sharon Scholz	AUS	F	22:47:45	C32
4.	Justin Scholz	AUS	M	22:47:46	C33
5.	Nontu Mgabhi	RSA	F	23:29:51	C34
6.	Bernie Johnson	IOM	F	23:32:51	C35
7.	Thomas Joseph (Tobie) Reyneke	RSA	M	23:56:49	C29 (2017)
8.	Fundiswa Sandi	RSA	F	23:57:28	C36
	Trudy Geldhof	NED	F	DNF	
	Zanele Jele	RSA	F	DNF	
	Stewart Jones	IOM	M	DNF	
	Stephanie Kretzmann	RSA	F	DNF	
	Michelle Lobel	RSA	F	DNF	
	Lumkile Allen Makwange	RSA	M	DNF	
	Zandile Mtandeki	RSA	F	DNF	
	Veronique Orban	RSA	F	DNF	
	Heather Richardson	GBR	F	DNF	
	Esmé van Deventer	RSA	F	DNF	

2 MAN TEAM

1.	The Bees	21:52:01
2.	Tawwe Tekkies	22:42:10
3.	AWTY (Are We There Yet)	22:44:32
4.	Standard Two	22:49:30

4 MAN TEAM

1.	Double Entry Bandits	20:29:10
2.	Hotsteppers	20:30:14
3.	Northlink	20:58:20

And now to finish with a really wonderful story. **Fundi Sandi** finished just 5 minutes over the 24 hour time deadline in the 2016 African Centurion so this year, she returned, determined to achieve her goal – and she did, with a nail biting time of 23:57:28. You can see a great video interview of her at http://africancenturion.com/?page_id=48 (just scroll to the bottom). Inspirational stuff!



Justin and Sharon Scholz and Jantinus Meints after their successful walks in Cape Town last weekend

FROM THE VAULTS – THE 1993 FRENCH 100KM CHAMPIONSHIP

Thanks to Emmanuel Tardi for this race result from 25 years ago, when the French 100km Walk Championship was held in Mirecourt. Of the 28 participants, 16 finished in less than 11 hours! In fact, 11 hours was the cutoff which seems incredibly tough! A further 6 were still walking when the final gun sounded and were classed as finishers, although with a distance less than 100km. Consider that our Australian 100km walk record stands at 10:51:25 and you have some idea of the enormous depth and quality of this race.

1.	Kieffer, Pascal	FRA	100.000km	8:59:45
2.	Toussaint, André	FRA	100.000km	9:16:08
3.	Tournois, Pascal	FRA	100.000km	9:34:05
4.	Faubert, Patrice	FRA	100.000km	9:42:58
5.	Faubert, Daniel	FRA	100.000km	9:50:21
	Rodionov, Aleksey	RUS	100.000km	9:55:27
6.	Donnže, Eric	FRA	100.000km	10:03:31
7.	Loeffel, Alain	FRA	100.000km	10:04:20
8.	Marie, Frederick	FRA	100.000km	10:08:20
9.	Malthierry, Dominique	FRA	100.000km	10:25:19
10.	Penkala, Patrick	FRA	100.000km	10:29:30
11.	Pheulpin, Adrien	FRA	100.000km	10:30:21
12.	Tournaments, Laurent	FRA	100.000km	10:35:05
13.	Erard, Christophe	FRA	100.000km	10:45:13
14.	Parisot, Bruno	FRA	100.000km	10:46:20
15.	Couturier, Marc	FRA	100.000km	10:52:52
16.	Cécillon, Jean	FRA	100.000km	10:55:38
17.	Lagarde, Guy	FRA	97.500km	10:50:14
18.	Broyon, Robert	FRA	96.250km	10:55:43
19.	Bremaud, Claude	FRA	96.250km	10:56:53
20.	Porcher, Claude	FRA	95.000km	10:55:16
21.	Aubertin, Alain	FRA	95.000km	10:55:23
22.	Chui, Didier	FRA	82.500km	10:53:48
	Monier, Pascal	FRA	66.250km	DNF
	Terraz, Denis	FRA	55.000km	DNF
	Nau, Patrick	FRA	50.000km	DNF
	Lhuillier, J-François	FRA	40.000km	DNF
	Latapie, Francis	FRA	30.000km	DNF
	Gauny, Jacky	FRA	20.000km	DNF

Pascal Kieffer was a wonderful walker who competed for France as both a shorter distance racewalker and as a long distance ultra walker. In 1992, he set a 100km World Record of **8:55:12** and he was only just over 3 minutes outside this mark with this 1993 walk.

Emmanuel has a great profile of him in <http://www.marchons.com/archives/marchons/kieffer-pascal.html>.

TOM PAYNE – WALKER AND MUSICIAN EXTRAORDINAIRE

The name of **Tom Payne** has perhaps been forgotten by all but the most enthusiastic of walking historians but his is a story that deserves retelling.

Luckily, two self published booklets have survived

- [Thirty Years of Walking: Tom Payne](#)
Published by the South Shields Harriers and Walking Club, June 1936
- [Tom Payne The World-Famous Musician-Athlete](#)
Phosferine advertising brochure, 1920

as well as some archival race footage. I have drawn on these various sources to paint a picture of this wonderful walker.

Tom Payne was a giant of the road, winning the English classics for over 30 years, but he was far from a giant in stature, standing only 5 ft. 4 in. and weighing a measly 8 stone. Long before Don Thompson became known as the ‘mighty mouse’, Payne was known as the ‘mighty atom’.

Nature did not bless me with either undue length of body or length of limb (rather the contrary), nor strength out of the ordinary; yet, by hard, continuous training and Phosferine,¹ whereby I retained my fitness, I was able to overcome and defeat opponents who were much better gifted than me as regards build and strength.²



The diminutive figure of Tom Payne winning the A.A.A. 20 Miles Championship in 1911

Born in South Shields in NE England in 1882, this pint-size dynamo was not an early starter to walking. In fact, his early years were spent learning the intricacies of the violin. Securing a post in the orchestra of a Newcastle theatre as a young man, it seemed his career as a musician was set to dominate his life.³

It was while he was working as a musician in the Newcastle district of Byker that he began walking the 14 miles from his home in South Shields as a way of saving money. At that time, an annual 24 Miles walking race called the Spencer Cup was put on each year by the South Shields Recreation Committee and he was persuaded to enter in 1906, aged 24. Payne finished second, an outstanding performance for a novice.

With his interest roused, he walked a number of other shorter distance local races that year, finishing in the top three every time. At this time, Payne joined the South Shields Harriers and Walking Club, eventually becoming their chairman and patron in later years.

When he returned to compete in the Spencer Cup the following year, he won easily in a new course record of 3:37:12, beating the 50 Miles track champion Jack Butler, who had been prevailed upon to come to South Shields as a special attraction for the walk.

Success quickly followed upon success, and the next few years saw Payne reach the pinnacle of fame as a walker.

1 Phosferine became the nerve tonic of choice for British servicemen in the South African Wars and in WWI. See later in this article for a discussion of this tonic.

2 See [Tom Payne The World-Famous Musician-Athlete](#)

3 Apart from his prowess as an athlete, Payne gained fame as a solo violinist. His speciality instrument was the Stroh violin, an expensive and relatively rare instrument favoured for playing on gramophone records, due to its amplification capabilities. He owned a quartet of these – two violins, a viola and a violoncello.

On September 11-12, 1908, the first 24 hour track walking race of the 20th century was held at the White City Stadium in London, with Payne among the starters. This memorable event saw Tommy Hammond create a new track record for 100 miles of 18 hours 4 minutes 10 seconds. He set up many other records and eventually reached 131 miles 580 yards within the 24 hours. Payne finished sixth with 108 miles 733 yards. When the Centurions were eventually formed in 1911, such performances were retrospectively recognized and Payne was awarded Centurion Badge number 18.

Another track race was held the following year (10-11 September 1909) at the same venue and this time, Payne showed how much he had improved in the intervening 12 months. He won in a much improved 127 miles 542 yards (204.9 km).⁴ 24 others, 21 of them for the first time, also walked in excess of 100 miles. The popularity of long distance walking, it seems, had taken a hold on the walkers of the day, certainly on the track anyway. But Payne's performance had an extra element to it in that he walked the entire 127 miles without stopping. His father kept him going throughout with a special mixture of raw eggs mixed with tea, and milk, honey, non-alcoholic wines, beef tea, rice and soaked biscuits. It was recognised as a world record for non-stop walking. It is still recognised today as a club record for South Shields Harriers.⁵ On his return to South Shields, he was given a hero's welcome, with a victory parade around the town.

Just as impressive was his walk at the Middlesex Walking Club's 12 Hour Race at the Stamford Bridge Ground on June 4th, 1910, when he walked to a superb 72 miles and 33 yards (117.5 km). It was another World Record, this time for 12 Hours Walking. The Sporting Life for June 6th reported: "*Finished as strong as he started, after breaking records from 51 miles upwards...the conqueror of one of the finest walking races on record.*"⁶



Tom Payne (number 7) is dwarfed by his rivals as they line up at the start of the Middlesex 12 Hour Race in 1910

He was awarded the Amateur Athletics Association Gold Record Medal for this performance.

Road records for nearly every important walk in the country were mown down like chaff before the wind by the relentless machine-like-pedestrian from Tyneside.

In this period, he won the Manchester to Blackpool Classic 3 years in a row (1909 48¼ miles 7:43:53, 1910 52½ miles 8:37:05, 1911 52½ miles 9:08:55), the London to Brighton (1911 52 miles 8:20:05) and the famous Bradford Walk, raced over the Yorkshire Moors each Whit Monday (1911 40 ½ miles 6:56:27).

He also won the 1911 British R.W.A. 20 Miles Championship in a record time of 2:50:30, a time 3 minutes faster than the previous best time for that event, and a performance described by *Health & Strength* as "*the greatest road walking race of modern times*".⁷

4 Payne's 100 Mile split was 18:08:55, only 4 minutes behind Hammond's World Best of 18:04:10, set the year before.

5 See <http://www.southshieldsharriers.co.uk/about-records.php>

6 See [Thirty Years of Walking: Tom Payne](#)

7 Ibid p15



Tom Payne wins the 3rd of his 6 wins in the Manchester to Blackpool Classic in 1911

It was not as if he had an easy time of it, having to compete regularly against the likes of Jack Butler, Edgar Horton, Bill Brown and the great Tommy Hammond.

His career from 1906 to 1912 saw wonderful performances over all distances, from the shortest 1 Mile walk to the classic 24 Hour walk. He was indeed a versatile athlete. Sadly, his chance for further glory was cut short by the First World War, which saw all the classics and championships put on hold indefinitely.

He eventually returned to racing in 1917, aged 35. He had lost 5 years and was now old enough to be called a veteran. But he seemed to have lost little if anything of his previous form.

He won the Manchester to Blackpool two further times (1919 8:18:07, 1920 8:41:17) to take his grand total of wins to 5. He won the London to Brighton two further times (1919 8:38:23, 1920 8:21:58) to take his tally to 3 wins. He won the Bradford Walk (now raced over 32¼ miles) five more times to take his tally to 6 wins (1917 5:24:17, 1918 5:22:05, 1919 a record 5:09:45, 1920 5:30:11 and 1921 5:14:11).

I need to say a bit more about the Brighton walks post-war. The first post-war London to Brighton Classic (52 miles) was staged in 1919, with Surrey Walking Club presenting the magnificent "Victory Cup" to the winner. It was of course won by Tom Payne, with 8:38:23. He won the event again the following year, but in a much faster time of 8:21:58, breaking the course records for every mile from Croydon (5 Miles) to Handcross (33 Miles) before falling behind Ross's 1909 overall course record.

The London to Brighton and Back (103 miles) was not staged post-war until 1921, and it was a tough task for the 12 starters, with heat wave conditions in effect. Only 3 finished the race, the other 9 retiring along the way. Tom Payne was amongst the retirees, being forced to stop at the 62 mile mark.

There are three wonderful newsreel videos of Tom Payne in action in 1920 and 1921, approaching 40 years of age but still winning the classics. These are as follows

- **Tom Paynes Wins 1920 London - Brighton Walk (issued 30/09/1920)**
"In 8hrs. 21m. 33 secs. Tom Payne wins Surrey Walking Club's Race over famous course - in splendid style".
<https://www.britishpathe.com/video/tom-paynes-wins-london-brighton-walk/query/walk>
- **Tom Payne Wins 1920 Manchester Walk (issued 30/09/1920)**
"Tom Payne (who recently won London-Brighton Walk) leads all the way and wins easily for the sixth time".
<https://www.britishpathe.com/video/tom-payne-wins-manchester-walk/query/tom+payne>
- **Tom Payne's fine feat - Glasgow to Paisley 1921 (issued 07/11/1921)**
<https://www.britishpathe.com/video/wonderful-walker-tom-payne/query/walk>

His last recorded race of this post-war period was early in 1921, after which he was forced to hang up his walking shoes. Tebbs Lloyd Johnson, writing in 1976, explained why

A musician by calling and a very fine violinist, he devised a stage act in which he burst through a large screen depicting the finish line at Brighton Aquarium dressed in a singlet and shorts and proceeded to give his violin repertoire.

This performance was considered by the AAA to infringe the amateur laws and he was suspended but around 1931, he applied for re-instatement and was once again accepted into the amateur ranks when I became acquainted with him and grew to like and respect him very much. I raced against him many times in the early and mid 1930s.⁸

When he retied his racing shoes in 1931, he was approaching 50 years of age. The racewalking scene had then changed radically by then, with the pace being set by Tommy Green, Harold Whitlock and Tebbs Lloyd Johnson, all destined to subsequently represent Great Britain as Olympians.

Yet, excel once more he did, rarely finishing outside the first 3 in races across England, against the best walkers and against walkers typically 20-30 years younger than him. I will simply cherry pick a few performances to illustrate

- February 10th 1932, South Shields Harriers and Walking Club Championship 10 ½ Miles
1st in a championship record of 1:22:10
- March 28th 1932, Sunderland to Darlington Walk, 31 ½ Miles
2nd in 4:54:50 behind 1932 Olympic 50km champion Tommy Green
- June 25th, 1932, English National 50km Championship, Leicester
4th (second Englishman) 4:48:30
- August 1st, 1932, Hastings to Brighton 37 Miles
2nd (5:59:27) to Harold Whitlock, both walkers breaking Tommy Green's race record of 6:00:35
- May 21st, 1934, Northern Counties 50km Championship, Bradford
1st 4:56:22
- June 1st, 1936, Bradford Whitsuntide Walk 32¼ miles
1st 5:08:48, a minute faster than his previous record for the course

On Saturday 27th June, 1936, South Shields Harriers organised a "Jubilee Walk" of 24 Miles, to celebrate Payne's 30 years of competitive walking. The race, which took place over the same course (with slight variations) upon which he made his debut in 1906, saw him win by just over 2 minutes with a time of 3:37:18. The photo below shows him (far left) still looking fit and pencil thin.



⁸ See <http://files.northernracewalking.com/200030813-5e7945f756/AN%20%20ECHO%20%20FROM%20%20THE%20%20PAST.pdf>

Amazingly, he kept racing until he was 77 years of age, when he entered his last competition, a 10 mile walk. He died, aged 84, in 1968.

And now onto a few associated bits and pieces

An Echo From The Past (1934)

By T. Lloyd Johnson

This article, by 1948 Olympic 50km bronze medallist Tebbs Lloyd Johnson, describes his race with Tom Payne in the Easter Monday Sunderland to Darlington 32 Miles Walk. See <http://files.northernracewalking.com/200030813-5e7945f756/AN%20%20ECHO%20%20FROM%20%20THE%20%20PAST.pdf>

Comparisons are odious” so they say, and, I am not really going to make any but I think it is a good thing to occasionally turn back the clock and air some of the ideas and performances of the old time greats of our sport.

What prompts me to write is an excellent article by Julian Hopkins in the October 1976 issue of the Record on feeding before and during racing, an article that makes very good sense and is in line with modern thinking and technology on the subject but, it does recall to my mind, the theories and practices of that great little Northern walker and erstwhile friend of mine, the late Tommy Payne. The name may not ring many bells among today’s heel and toe men and, perhaps very few officials either but, in his day, which was a pretty long one, Tommy was right at the top.

Standing only some 5ft3ins in height and very slightly built, he had the most amazing stamina.

He won the RWA 20 Miles Championship in 1911 in 2h50m30s over a very tough course and the equally tough Bradford Walk in 1911, 1917-18-19-20 and 21 - I am not giving his times for these races because he did a faster time in the same race in 1934, when finishing second to myself over the same course. He won the London to Brighton in 1911, 1919 and 1920 and the Manchester to Blackpool in 1909-10-11 and 1919 and 1920. He also walked 127 miles in 24 hours.

A musician by calling and a very fine violinist, he devised a stage act in which he burst through a large screen depicting the finish line at Brighton Aquarium dressed in a singlet and shorts and proceeded to give his violin repertoire.

This performance was considered by the AAA to infringe the amateur laws and he was suspended but around 1931, he applied for re-instatement and was once again accepted into the amateur ranks when I became acquainted with him and grew to like and respect him very much. I raced against him many times in the early and mid 1930s.

Now I have given something of the history of Tommy Payne, I come to the point of my story. Tommy had a theory which he expounded to me many times, that digesting food takes energy, energy that may be needed during a race, he had it all worked out - at least to his own satisfaction, how many calories were needed for how much effort and how long the effects should last and he claimed that there should be no diminution of strength for at least 24 hours and put forth many arguments and instances to support his views.

I could never reconcile myself to his way of thinking but in 1934 (incidentally my best year ever) I reversed the usual build up from short distances through the mediums and working up to the distances and started the season off in March with the “Bishops” 20 Miles in Birmingham and, on the invitation of Tommy Payne, entered the 32 Miles Sunderland to Darlington on Easter Monday and stayed with Tommy at his South Shields home over the weekend and I was able to witness for myself, his theories being put into practice. He took a carefully prepared meal at 6pm on the Sunday evening and did not have another thing until after the race the following day with the exception of one cup of tea while I had my breakfast.

Came the race and I was very confident that, early in the year though it was, I could comfortably stroll this with effort to spare, Tommy was around 50 years of age at this time and although he had given Tommy Green quite a race the previous year over this, his home course, I had easily beaten him on our previous encounters, also his unorthodox ideas did nothing to lessen my confidence.

I started quite comfortably but the rest of the field let me go out in front, I kept going easily and the first report

from my attendant was that Tommy was lying second a couple of minutes adrift; going through Durham I was still two minutes ahead, another five miles and I was, yes - two minutes in front and so on, every check up was the same so I quickened my pace but the gap was still the same; twenty miles and still the little so and so was there. I began to get annoyed and really got stuck in and did draw away - at last I thought that I had him beaten but I had gone too soon and my lead dwindled, three minutes, two minutes, one and, just entering the outskirts of Darlington, that persistent little devil passed me and could do nothing about it.

I am not going to make any excuses by saying that I was not fit for the distance so early in the year, it was the same for both of us but, here I was, 34 years old in my prime, with three National Championships under my belt already - Tommy was around 50 - I had followed my usual well tried methods of feeding and refreshment - Tommy had I know, no sustaining food for at least 15 hours and no drinks or stimulants at all during the race, yet he had the greater staying power

Phosferine, the wonder nerve tonic

Way back on page 1 of this article, Tom Payne credited “*hard, continuous training and Phosferine*” as the two reasons for his walking success.

Phosferine became the nerve tonic of choice for British servicemen in the South African Wars and in the First World War. It was deemed to ward off many an impending nervous breakdown. But its claims were much more widespread than that – it was touted as a digestive, as a performance enhancer, as a general health restorative, and a proven remedy for everything from influenza to sciatica. Nowadays, you can still purchase it in tablet form but its many claims have been questioned by modern medicine.

Whatever, the claims and counterclaims, you can’t argue with Tom Payne’s record, which speaks for itself.



A typical advertisement of the period for Phosferine

In 2016, Lancashire Walking Club posted an article on the Manchester to Blackpool Trophy won by Tom Payne in 1910. See <https://lancswalkingclub.com/2016/01/02/putting-our-best-foot-forward-tom-payne-shows-the-way/>

The Shields Gazette reported on a 2009 exhibition at South Shields Museum to celebrate Walking Champion Tom Payne. See <http://www.shieldsgazette.com/lifestyle/nostalgia/tom-payne-world-walking-champion-1-1244608>.



Tom Payne with some of his many prizes from the various classics

FINANCIAL NEWS

All quiet on the western front! Bank balance remains at **\$2388.88**

We do not charge an annual fee for membership but rely on the generosity of our members and supporters to keep us afloat. If you have not given lately, now is the time! Our bank details are

Bank: Westpac
BSB Number: 033003
Acct Name: Australian Centurions Walkers Inc.
Acct Number: 123947

UNTIL OUR NEXT NEWSLETTER

We are breaking into new territory with a ninth newsletter for the year. I normally stop at 8 but we have had so much news this year that I continue to produce additional copy.

Yours in Centurion walking

Tim Erickson (C13), 1 Avoca Cres, Pascoe Vale, Victoria, Australia, 3044