

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/>.

Mar 15-17, 2019	Canberra 48 Hour Carnival	Canberra, ACT
Mar 16-17, 2019	24 Heures de Chateau-Thierry (Paris Alsace qualifier)	Chateau-Thierry, FRA
Apr 6-8, 2019	Marche du Grand Est	Domremy-la-Pucelle, FRA
Apr 27-28, 2019	24 Heures de Dijon (Paris Alsace qualifier)	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 (422km men, 305km women)	Across France
June 8-9, 2019	2019 Continental Centurions Qualifier See https://www.olat.nl/iwe .	Weert, NED
Jun 9, 2019	Gold Coast 100	Gold Coast, QLD
Jul 13-14, 2019	Adelaide 6/12/24 Hour Races	Adelaide, SA
Aug 17-18, 2019	2019 English Centurions Qualifier See http://www.isleofman100milewalk.co.uk/ .	Castletown, Isle of Man
Sep 2019	Roubaix 28 Heures	Roubaix, FRA
Sep 25-26, 2019	Sri Chinmoy NZ 24H (NZ Centurions Qualifier) See https://nz.srichinmoyraces.org/races/auck/24hr .	Auckland, NZ
Oct 12-13, 2019	St Thibault 24 Heures (Paris Alsace qualifier)	St Thibault de Vignes, FRA
oct 26, 2019	Ned Kelly Chase (50km, 100km)	Wangaratta, VIC
Sept 26-27, 2020	Just A Walk In The Park – USA Centurion Qualifier See http://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30	Owego, NY, USA

Five of the six Centurion qualifiers for 2019 are now known. Still waiting on date and venue for the African Cent. 2018 was supposed to be their last year on Robbin Island so presumably we will see a new venue in 2019.

OUT AND ABOUT

- At the recent English Centurions AGM, **Pam Ficken** C934 succeeded **Eric Horwill** C390 as President. Pam qualified in 1995 at the Surrey Walking Club “Battersea Park”, completing 100 miles in 23.09.53. She is the daughter of Hew Neilson C145, a World 24 hours record holder and 3-times UK 100 miles walk winner. Honorary Secretary **Chris Flint** C849 stepped down after 20 years on the Committee and 15 years as Secretary, with Assistant Secretary **Sue Clements** C950 elected as the new Hon. Secretary. All the news from the AGM can be found at <http://www.centurions1911.org.uk/2019-agm.html>.
- Australian ultra race organiser and former AURA president Ian Cornelius recently posted for the 63rd birthday (born 13 February 1956) of the great **Yiannis Kouros (C33)**. Here is what Ian had to say:

For those who don't know, Yiannis is likely the Greatest Ultra Runner of All Time.

He holds the world records for 24 hours (303.306 kms, Adelaide 1997), 48 hours, (473.496 kms, Surgeres, 1996) 6 days (1036 kms, Colac 2005, 1000 kms (5:16:17 Colac, 2005) and 1000 miles, (10:10:30, New York 1998).

Only 7 runners have bettered 275kms in 24 hours. The other 6 have only done it once each. Yiannis has bettered 275 kms on no fewer than 15 occasions.

Only 10 runners have bettered 420 kms in 48 hours. The other nine have done it once only. Yiannis has beaten 420 kms on 12 occasions.

The 6 day race has seen 6 runners better 1,000 kms. The other 5 have done it once only and Yiannis has achieved it on 4 occasions from 4 attempts.

He ran 1000 miles in 10:10:30 in New York in 1988. Next best is 11:13:54, by Petr Silkinas, Nanango, 1998. This was Yiannis' only 1000 mile race.

He holds the Spartathlon (Athens to Sparta, 245 kms) record of 20:25 (1984.) Yiannis contested four Spartathlons for four wins and his performances, all from 30 years ago, remain the 4 fastest times in the 36 year history of the event.

Surprisingly, Yiannis' time at the top was quite long. He ran his first 1000 kms plus 6 day race in 1984, his last some 21 years later, in 2005.

His 100 kms time of 6:46:46 (Shepparton, 1996) is none too shabby either, being the 2nd fastest time on Australian soil, behind Tim Sloan's Australian record of 6:29 achieved in 1995.

Interestingly, there has been no sub 7 hours on Australian soil since that time.

Happy birthday Yiannis. You have nothing left to achieve in ultra running. Enjoy your new-found love of Greek history and music and rest easy in your retirement from ultra running after such a brilliant career. We salute you.

For the record, Yiannis's only foray into walking was in 1998 when he was one of 6 entrants to complete 100 miles in our annual Centurions qualifier at the George Knott Athletics Track in Clifton Hill, Melbourne. He had never walked before and did not even bother with any preliminaries (well, rumour has it that he did 10 laps walking on the track the day before the race to prepare for it).

Such was his overall fitness and such was his self belief that he simply turned up on the day and started walking. As the race progressed, any doubts were soon laid to rest. Using a brisk street walking action, he ticked off the miles and, without any breaks, passed the 100 mile mark in the time of 22:55:23 before continuing on to complete a total distance of 168.406 km. He was the third of 5 new centurions and one of 6 finishers in that memorable race and now carries the title of Australian Centurion number 33.



1998 centurion walkers Roger Le Moine (C34), John Harris (C12), Yiannis (C33), Gerald Manderson (C31), Sue Clements (C35) and Norm Morriss (C32).

He confided at the time that this was one of the toughest ultras he had done but his effortless qualification said otherwise.

He has had little to do with the club since then as he has continued to pursue his other interests and now lives in Greece. We are proud that he thought enough of our club to want to qualify and we are proud to have him as one of our members.

- New Zealand based Australian Centurion **Gerald Manderson (C31)** is still on track with his solo walk from Perth to Melbourne. He was recently seen in Meningie, South Australia, with around 600km still to go. He is due to arrive in Melbourne some time in March. Wow, what an effort! And it is hot. Today it has hit 38C in Melbourne. Tomorrow will be 37C again, with 36C on Saturday and 36C again on Sunday. It is often hotter inland so Gerald will be doing it tough. But he is one tough bloke! See you in Melbourne Gerald!



Gerald Manderson is sighted in Meningie, in the South Australian Coorong district, on Sunday 16th February (photo by Corey Anderson)

8 HEURES DE CHARLY, CHARLY-SUR-MARNE, FRANCE, SUNDAY 3 FEBRUARY 2019

Emmanuel Tardi was in Charly-sur-Marne, about 100km at the east of Paris, for the first of the ultra walk classics for this year, in early February. The temperature was around 1°C for the 8am start, increasing to 6°C during the race, and there was a very cold wind throughout the day. Some 85 walkers started, with an opening lap of 1.075km, followed by laps of 2.575km.

In the men's event, **Maxime Faiteau** led the race for 60km before being caught by **Florian Letourneau**. The two men walked together for a while until Letourneau broke clear, going on to win the race with 73.175km. In the women's event, **Adele Ropers** started fast and led the race for the first 15km before stopping, presumably to retire. She returned to the race in 3rd place, 15 minutes behind the new leader **Nathalie Steinvile**. Steinvile eventually slowed, with Ropers catching her and going on to win the race with 65.460km. In fact, Steinvile had to settle for third place, with **Muriel Caleyron** also passing her to take second with 62.875km.

The short distance 10km race was won by **Martin Côme** with a time of 48:25.

8 Heures de Charly-sur-Marne - Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	73.175 km	8:02:31	9.099 km/h
2.	FAITEAU Maxime	Entente Poitiers Athle 86	70.600 km	7:45:43	9.096 km/h
3.	ROUAULT Jean-marie	Usm Gagny	70.600 km	7:48:59	9.032 km/h
4.	DEPARDAY Fabien	Stadium Montigny Athletic Club	70.600 km	7:49:08	9.029 km/h
5.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	70.600 km	7:53:46	8.941 km/h
6.	GEORGELIN Serge	Ea Cessonnaise	70.600 km	7:57:22	8.874 km/h
7.	PAPI Luca		68.025 km	7:50:51	8.668 km/h
8.	MALFONDET Alain		68.025 km	7:51:34	8.655 km/h
9.	LOUGRADA Saadi	Cm Roubaix	68.025 km	8:01:37	8.475 km/h

10.	COULOMBEL Pierre	Cm Roubaix	68.025 km	8:02:27	8.460 km/h
11.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	65.450 km	7:46:22	8.420 km/h
12.	MARECHAL Pascal	Ac Chateau Thierry	65.450 km	7:47:06	8.407 km/h
13.	LANEAU Maxime	Us Camon	65.450 km	7:53:43	8.290 km/h
14.	LEIJTENS Frans	Rotterdam (Ned)	65.450 km	7:58:29	8.207 km/h
15.	LANGLOIS Patrick	Marne Et Gondoire Athletisme	65.450 km	7:58:44	8.203 km/h
16.	COSTILS Alain	Spn Vernon	65.450 km	7:59:53	8.183 km/h
17.	BIEBUYCK Pascal	Ath (Bel)	65.450 km	8:04:55	8.098 km/h
18.	PELLERIN Alain	Ac Chateau Thierry	65.450 km	8:04:55	8.098 km/h
19.	DELANGE Dominique	Aj Auxerre Section Marathon	62.875 km	7:49:32	8.035 km/h
20.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	62.875 km	7:51:33	8.000 km/h
21.	MALDEME Damien	Athletic Vosges Entente Clubs	62.875 km	7:54:42	7.947 km/h
22.	LETESSIER Gilles	Plm Conflans	62.875 km	7:56:58	7.909 km/h
23.	LABARRE Bertrand	Cs Provins Athletisme	62.875 km	7:57:51	7.895 km/h
24.	GRADOS Stephane	Cm Roubaix	62.875 km	8:00:41	7.848 km/h
25.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	60.300 km	7:52:21	7.660 km/h
26.	TINTIN Ronald	Ao Charenton	60.300 km	7:52:47	7.653 km/h
27.	BALLAND Johann	Athletic Vosges Entente Clubs	60.300 km	7:53:09	7.647 km/h
28.	RIGAL Jean-marc	Domont Athletisme	60.300 km	7:54:41	7.622 km/h
29.	KIENE Lyonel	Assp Vergeze	60.300 km	7:55:51	7.603 km/h
30.	TABOURET Guy	US Toul	60.300 km	7:56:27	7.594 km/h
31.	LEBLACHER Eric	Ua Villenoy	60.300 km	8:00:49	7.525 km/h
32.	HIERNARD Alain	Marche Mythique Organisation	60.300 km	8:03:40	7.480 km/h
33.	VIELFAURE Gilles	Lyon Athletisme*	60.300 km	8:05:00	7.460 km/h
34.	SEYNAEVE Serge (Bel)	Cm Roubaix	60.300 km	8:05:21	7.454 km/h
35.	BOUFFLERT Eric	G.a.b.s	60.300 km	8:05:51	7.447 km/h
36.	FILLIEUX Christian	Caf (Bel)	57.725 km	7:47:01	7.416 km/h
37.	DEGRYSE Jean-claude	Ea Douchy	57.725 km	7:51:06	7.352 km/h
38.	DIEN Daniel	Neuilly Sur Marne Athletisme	57.725 km	7:51:48	7.341 km/h
39.	THEVENIN Hugues		57.725 km	7:53:00	7.322 km/h
40.	ROSSI Armand	Us Metro Transport	57.725 km	7:57:38	7.251 km/h
41.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	57.725 km	8:03:18	7.166 km/h
42.	ESTEVES Jean-marc		57.725 km	8:03:33	7.163 km/h
43.	GUILLOT Mickael	Ac Chateau Thierry	57.725 km	8:03:40	7.161 km/h
44.	FARAGO Bela	Ecla Albi	55.150 km	7:46:52	7.088 km/h
45.	BIET Christophe	J3 Sports Amilly	55.150 km	7:47:03	7.085 km/h
46.	ROCHA Fernando		55.150 km	7:56:30	6.944 km/h
47.	ARNAULT Francoise	Neuilly Sur Marne Athletisme	55.150 km	8:03:17	6.847 km/h
48.	DALOZ Robert	Neuilly Sur Marne Athletisme	55.150 km	8:05:44	6.812 km/h
49.	HAGHEBAERT Eric	Ac Chateau Thierry	52.575 km	7:45:32	6.776 km/h
50.	PICOT Gerard		52.575 km	7:46:04	6.768 km/h
51.	BOULITEAU Bernard		52.575 km	7:52:04	6.682 km/h
52.	EMONIERE Philippe	Cosm Arcueil	52.575 km	7:55:25	6.635 km/h
53.	PIOT Cedric		52.575 km	8:03:10	6.529 km/h
54.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	42.275 km	7:46:28	5.438 km/h
	VANDENDAUL Daniel	Cabw(Bel)	50.000 km	6:01:21	8.302 km/h
	VARAIN Cedric	Ac Chateau Thierry	39.700 km	4:31:47	8.764 km/h
	RIVOAL Claude	Ea Cessonaise	29.400 km	3:58:34	7.394 km/h
	VICTOR Etienne	Cag Arnouville Gonesse Villier	21.675 km	2:40:45	8.090 km/h
	JORDANA Alexis	Blagnac Sc	21.675 km	2:44:18	7.915 km/h
	MARECHAL Jean		21.675 km	2:45:38	7.852 km/h
	BOURNIZIEN Guillaume		16.525 km	2:55:27	5.651 km/h

8 Heures de Charly-sur-Marne - Women

1.	ROPERS Adele	Pays De Colmar Athletisme	65.450 km	8:05:50	8.083 km/h
2.	CALEYRON Muriel	Afa Feyzin-venissieux	62.875 km	7:46:40	8.084 km/h
3.	STEINVILLE Nathalie	Asfi Villejuif	62.875 km	7:47:45	8.065 km/h
4.	PEREZ Odile	Tarbes Pyrenees Athletisme	62.875 km	8:00:13	7.856 km/h
5.	BONVARLET Liliane	Afa Feyzin-venissieux	60.300 km	7:48:21	7.725 km/h
6.	BIZARD Claudie	Thiais Ac	60.300 km	7:56:38	7.591 km/h

7.	PANNIER Josiane	Havre Ac	60.300 km	7:58:53	7.555 km/h
8.	MAISON Sylvie	Strasbourg Agglomeration Athle	55.150 km	7:46:38	7.091 km/h
9.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	55.150 km	8:03:17	6.847 km/h
10.	SAUGRAIN Josette	AC Chateau-Thierry	52.575 km	7:52:13	6.680 km/h
11.	MAURICE Fabienne	Ac Chateau Thierry	47.425 km	7:54:08	6.001 km/h
12.	SAUNEUF Lola	Marne Et Gondoire Athletisme	47.425 km	8:06:17	5.852 km/h
13.	DUHEM Pauline		39.700 km	8:03:12	4.930 km/h
	GALMICHE Catherine	Cag Arnouville Gonesse Villier	42.275 km	5:50:31	7.236 km/h

8 Hours Relay

1.	ASM Bar-le-Duc	Erard Christophe - Tournois Pascal	73.175	7:49:02	9.361 km/h
2.	Le Trio 250	Langlois Cloé - Rigault Clotilde - Dubuisson D.	70.600	7:57:37	8.869 km/h
3.	Les Copains d'abord	Morel Philippe - Playe Christophe	65.450	7:45:12	8.442 km/h
4.	Les Seines et Marnais	Chatillon Dominique - Decabooter Betty	60.300	7:47:17	7.743 km/h
5.	The Walkers	Lamotte Ginette - Chauviteau Daniel - Chauviteau C.	60.300	7:47:39	7.737 km/h
6.	Les Pascalous	Carcaillon Martine - Carcaillon Alain - Salomez B.	57.725	7:47:08	7.414 km/h
7.	AFD 02	Mallet Martine - Jobert Jacqueline - Mallet Christian	57.725	7:48:19	7.396 km/h

10km Walk

1.	MARTIN Côme	Annecy Haute Savoie	48:25
2.	DEMON Sonia	EFSRA	53:54
3.	MARIE Frédéric	AS Mantes	56:35
4.	STEFANELLY David	AS Mantes	56:45
5.	BRASTEL Adeline	EFSRA	58:24
6.	TOUTAIN Eric	US Gagny	1:00:19
7.	NICOLAS Zoé	EFSRA	1:01:20
8.	GRIZOU Dominique	AFA Feysin-Venissieux	1:04:00
9.	RICARD Alain	NL Château	1:12:04
10.	ANXIONNAT Claudine	AVEC Vosges	1:13:05
11.	TARDI Emmanuel	LP Longjumeau	1:18:55
12.	DUPONT Valérie	Chierry j'y cours	1:21:49
13.	LEGLISE Didier		1:21:50
14.	VAN NIMMEN Lydia	AFD02	1:22:04
15.	DANHIEZ Florence	AFD02	1:22:39
16.	QUINQUETON Bernadette		1:25:15
17.	HIERNARD Isabelle	AFD02	1:30:46



The field readies for the 8AM start gun



Charly-sur-Marne walkers Maxime Faiteau, Florian Letourneau, Muriel Caleyron and Adele Ropers (photos Emmanuel Tardi)

LES 24 HEURES DE BOURGES, BOURGES, FRANCE, 23-24 FEBRUARY

Emmanuel Tardi was in Bourges, 250km south of Paris, for the French 24 Hour Racewalking Championships in late February. This was the first of the 2019 Paris-Alsace qualifying races. He reports:

Laps were 2.5km long in the first 23 hours, with a smaller 629m lap for the final hour. The road was good but with a slope at around the 500m mark. The weather was absolutely perfect: no wind, a beautiful sun, 15°C in the afternoon and 3°C during the night .

The race start saw 65 walkers get underway at 1PM on Saturday. In the men's event, **Christophe Erard** led for 30km before **Emmanuel Lassalle** caught him and went to the front. The lead changed again at the 8 hour mark with **Jean-Marie Rouault** taking over. He reached the 100km mark in 11:42:21, ahead of **Florian Letourneau** (11:46:24), **Christophe Laborie** and **Alexandre Forestieri** (11:56:22) and **Mathieu Olivares** (11:58:53). During the night, Roualt further increased his lead, going on to win easily with an excellent 198.716 km, 8km ahead of Forestieri and Laborie.

In the women's event, **Marie-Lise Abraham** led early before **Véronique Bessot** took over. The legendary **Sandra Brown** started slowly but had taken the lead by the 50km mark. She passed the 100km mark in 13:11:22, going on to win easily with 176.568 km, around 9km ahead of **Marie Cain** and Emilie **Bizard Planchot**. There was a big battle for the French title which went to Marie Cain, with the first 3 French women all within a couple of kms of each other.

For the amazing Sandra Brown, it was her 198th walk of one hundred miles or more and she looks set to reach the 200 milestone in the next few months. Perhaps just as amazing, Sandra is just one month shy of her 70th birthday.

The ancilliary event (2 x 6 hours walk, 1PM to 7PM then 7AM to 1PM) was a hard fought battle, with **Erik Pflieger** (102.482 km) beating **Patrick Langlois** (102.117 km) by just over 350m.

Les 24 heures de Bourges Men

1.	ROUAULT Jean-marie	France	83	198.716 km	24:00:00	8.280 km/h
2.	FORESTIERI Alexandre	France	79	190.588 km	24:00:00	7.941 km/h
3.	LABORIE Christophe	France	79	190.076 km	24:00:00	7.920 km/h
4.	MARECHAL Pascal	France	80	188.848 km	24:00:00	7.869 km/h
5.	LETOURNEAU Florian	France	82	188.561 km	24:00:00	7.857 km/h
6.	OLIVARES Mathieu	France	77	183.644 km	24:00:00	7.652 km/h
7.	LETESSIER Gilles	France	76	182.908 km	24:00:00	7.621 km/h
8.	ERARD Christophe	France	78	182.082 km	24:00:00	7.587 km/h

9.	VARAIN Cedric	France	76	175.053 km	24:00:00	7.294 km/h
10.	LOUGRADA Saadi	France	72	174.605 km	24:00:00	7.275 km/h
11.	MONTANI Alexandre	France	74	172.208 km	24:00:00	7.175 km/h
12.	PINEAU Laurent	France	73	171.501 km	24:00:00	7.146 km/h
13.	MALFONDET Alain	France	73	171.259 km	24:00:00	7.136 km/h
14.	MAJETIC Ivo	USA	74	170.652 km	24:00:00	7.111 km/h
15.	JACQUEMIN Mickael	France	73	167.570 km	24:00:00	6.982 km/h
16.	HIRSINGER Christian	France	72	167.429 km	24:00:00	6.976 km/h
17.	BIEBUYCK Pascal	Belgium	70	165.650 km	24:00:00	6.902 km/h
18.	BALLAND Johann	France	69	163.249 km	24:00:00	6.802 km/h
19.	THOUMELIN Laurent	France	69	161.497 km	24:00:00	6.729 km/h
20.	RIGAL Jean-marc	France	66	157.783 km	24:00:00	6.574 km/h
21.	GRADOS Stephane	France	67	156.504 km	24:00:00	6.521 km/h
22.	FILLIEUX Christian	France	65	153.539 km	24:00:00	6.397 km/h
23.	LACHE Cyrille	France	65	153.493 km	24:00:00	6.396 km/h
24.	BIET Christophe	France	64	153.078 km	24:00:00	6.378 km/h
25.	RINGUEDE Dominique	France	64	151.185 km	24:00:00	6.299 km/h
26.	TINTIN Ronald	France	60	144.758 km	24:00:00	6.032 km/h
27.	VINCENT Dominique	France	59	144.254 km	24:00:00	6.011 km/h
28.	CARREY Franck	France	58	139.530 km	24:00:00	5.814 km/h
29.	LINARD Benoit	France	60	138.888 km	24:00:00	5.787 km/h
30.	BOUILLON Philippe	France	58	134.112 km	24:00:00	5.588 km/h
31.	DEPARDAY Fabien	France	57	133.502 km	24:00:00	5.563 km/h
32.	DALUZ Robert	France	58	132.037 km	24:00:00	5.502 km/h
33.	COULOMBEL Pierre	France	54	129.773 km	24:00:00	5.407 km/h
34.	CECCALDI Georges	France	55	128.272 km	24:00:00	5.345 km/h
35.	DELANGE Dominique	France	52	126.777 km	24:00:00	5.282 km/h
36.	MULLARD Michel	France	52	124.945 km	24:00:00	5.206 km/h
37.	KONDRATEV Viacheslav	Russia	50	121.564 km	24:00:00	5.065 km/h
38.	LAUBRETON Stephane	France	52	120.868 km	24:00:00	5.036 km/h
39.	JOFFROY Jean-nicolas	France	53	119.643 km	24:00:00	4.985 km/h
40.	RASSAIND Andre	France	49	115.610 km	24:00:00	4.817 km/h
41.	DE MARCILLAC Bertrand	France	47	114.285 km	24:00:00	4.762 km/h
42.	CHUI Didier	France	47	114.035 km	24:00:00	4.751 km/h
43.	GILLET Max	France	47	111.987 km	24:00:00	4.666 km/h
44.	PIERRE Patrick	France	46	106.185 km	24:00:00	4.424 km/h
45.	GLASER Jean-bernard	France	45	105.391 km	24:00:00	4.391 km/h
46.	GEORGELIN Serge	France	26	65.000 km	24:00:00	2.708 km/h
47.	SCHWING Martin	France	28	64.910 km	24:00:00	2.705 km/h
	DANDOY Jeremy	France	41	102.500 km	14:09:18	7.241 km/h
	LABARRE Bertrand	France	30	75.000 km	11:02:32	6.792 km/h
	LHERITIER Michel	France	31	72.003 km	24:00:00	3.000 km/h
	LASSALLE Emmanuel	France	28	70.000 km	08:10:21	8.565 km/h

Les 24 heures de Bourges Women

1.	BROWN Sandra	Great Britain	75	176.568 km	24:00:00	7.357 km/h
2.	CAIN Marie	France	70	167.902 km	24:00:00	6.996 km/h
3.	BIZARD PLANCHOT Emilie	France	70	166.145 km	24:00:00	6.923 km/h
4.	BESSOT Veronique	France	68	163.104 km	24:00:00	6.796 km/h
5.	MAISON Sylvie	France	70	166.029 km	24:00:00	6.918 km/h
6.	DAVID Christine	France	64	152.576 km	24:00:00	6.357 km/h
7.	CRILLEY Kathy	Great Britain	64	147.143 km	24:00:00	6.131 km/h
8.	MIROCHNITCHENKO Vera	Russia	61	147.030 km	24:00:00	6.126 km/h
9.	BIZARD Claudie	France	63	144.795 km	24:00:00	6.033 km/h
10.	ARNAULT Francoise	France	59	140.018 km	24:00:00	5.834 km/h
11.	CANTET Nadege	France	55	130.566 km	24:00:00	5.440 km/h
12.	GILLARD Lydia	France	52	121.216 km	24:00:00	5.051 km/h
13.	BOURSAIN Mickaelise	France	40	100.546 km	24:00:00	4.189 km/h
	DE SOUSA Marie-lise	France	25	62.500 km	09:39:06	6.476 km/h

2x 6 Heures Walk

1.	PFLIEGER Erik	102.482 km
2.	LANGLOIS Patrick	102.117 km
3.	TOUTAIN Eric	97.455 km
4.	MALDEME Damien	97.295 km
5.	PELLERIN Alain	95.461 km
6.	SEYNAVE Serge	90.650 km
7.	DIEN Daniel	86.403 km
8.	MOUGENOT Patrick	86.145 km
9.	VERGNIOL LEVAIQUE Corinne	80.234 km
10.	BUTET Marc	76.166 km
11.	GUIOT Axelle	75.868 km
12.	NITYAGOVSKAYA Liudmi (Rus)	75.095 km
13.	CORMIER Mireille	73.631 km
14.	COSTILS Alain	44.485 km

To complete proceedings, shorter distance events (10km and 5km) were held at 9:30AM on the Sunday morning.

10km Walk

1.	SEVELLEC Sylvie	VEF/64	Ac Cesson	54:52
2.	BOYER Nicolas	VEM/77	Us Champagne-sur-seine	55:59
3.	BABOIN Michel	VEM/56	Saran Loiret Athletic Club	57:27
4.	FOUGERON Pierre-alexandre	CAM/03	Us Berry Athletisme	59:18
5.	JACQUIN Gilles	VEM/61	Ea Issoudun	1:03:08
6.	GENESTE Jean-louis	VEM/66	Rc Vichy	1:03:36
7.	VAUGON Chryste	VEF/71	Reveil Sportif De St Cyr/loire	1:03:36
8.	BEGUIN Nathalie	VEF/67	Ca Vierzon	1:13:48
9.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	1:15:29

5km Walk

1.	AUCLER Clement	JUM/01	Ea Issoudun	32:35
2.	LE CADRE Theo	MIM/05	Ac Aubigny Arge	36:20
3.	BIGONNEAU Luce	VEF/49	Luce Mainvilliers	42:03

See the huge photo gallery at

https://photos.google.com/share/AF1QipOWVl_aHYkUnyenmY8DKtehv7bvwhAR7SskY4KSkgs7uZXlpLbn2ISZnU0Qb5781w?key=R1FJRIld5VzILZDZXRWhRME02U0VicEVPU0VpVE9B.



Sandra Brown, Marie Cain, Christophe Laborie and Alexandre Forestieri (photos Emmanuel Tardi)



Erik Pflieger, milie Bizard Planchot Sylvie Maison and Jean-marie Rouault (photos Emmanuel Tardi)

UPDATE ON THE 2019 COBURG 24 HOUR CARNIVAL

With just over 6 weeks to go until the 2019 Coburg 24 Hour Carnival, which also doubles as our official Australian Centurion qualifying event, the walk entries have climbed to 16, with most in the 24H option. We have a big international flavour this year with 4 Dutch walkers, 1 walker from Belgium and 1 walker from the Isle of Man. Follow all the action at <http://www.coburg24hr.org/>.

24 Hour Walk Women - 2		
Achterberg, Gertrude	NED	Gertrude was one of 4 Dutch walkers who appeared at Coburg in 2018, hoping for a centurion walk finish (100 miles). Alas, she fell short with 138.040km so is returning in 2019 to complete unfinished business. Gertrude has 4 Centurion badges to her credit: English (2017, 23:49:28), Continental Europe (2017, 23:52:15), New Zealand (2017, 23:29:45) and African (2016, 23:42:50). Will Australia provide her fifth badge?
Dawn Parris	VIC	After a long and illustrious ultra running career (she is one of the legends of Australian ultra running with a 24H best of 202.65km), Dawn swapped to ultra distance walking some years ago with immediate success. She came 2nd in our 2007 6H walk (43.8km), won our 2008 12H Walk (78.5km), came 2nd in our 2009 24H walk with 137.27km and won our 2010 24H walk with 134.12km. Is now a regular at Coburg and will be with us again in 2019 for the 24H walk.
24 Hour Walk Men - 8		
Bloemerts, Marco	NED	Marco has 5 Centurion badges to his credit - Continental (22:25:21 2015), African (22:46:27 2016), NZ (22:43:30 2017), USA (23:26:11 2018) and UK (22:40:48 2018) - and will be seeking that final sixth badge at Coburg to complete his set. A very experienced Dutch walker and one of a large international contingent coming to our race this year.
Peter Gray	VIC	This will be Peter's 32 nd consecutive Coburg 24H appearance and he has finished every one. Overall, he has done over over 300 ultras including 2 Sydney-to-Melbournes and 17 Colacs. With a best of 230 km in 24 hours, set in our 1991 event and a record as the youngest ever Westfield Sydney-Melbourne finisher, Peter is a legend in the field of Australian ultra running. We are pleased to welcome him back again this year.
Heywood, Colin	NT	Colin is no stranger to the sport of athletics, having been firstly a runner and then switching to racewalking in the early 2000's. And he is a quality walker indeed, winning 2 golds and a silver in the M60 walks at the 2016 World Masters Championships in Perth. He competed in the 2017 Coburg 24H walk as his first foray into the ultra distance world, completing 100km in the very good time of 13:53:38. He returned in 2018, completing the 100 miles

		standard in 22:46:53 to gain his Australian Centurions badge. He returns in 2019 to chase a few PBs.
Janssens, Kim	BEL	This will be Kim's first appearance at Coburg and he is travelling all the way from Belgium, as one of our visiting international walkers. He is an experienced European ultra walker, with two centurion finishes to his credit - English (2013, 20:453:08) and African (2017, 22:11:52) - as well as a number of finishes in various European walk classics.
Kandelaars, Arie	NED	Arie is one of 4 Dutch walkers who appeared at Coburg last year, hoping for a centurion walk finish (100 miles). Alas, he was carrying an injury and was forced to stop. He returns in 2019 to complete unfinished business. Arie himself has 4 Centurion badges to his credit: African (2016, 23:52:00), English (2017, 23:49:27), NZ (2017, 23:36:29) and USA (2018, 23:52:14). Four badges in quick succession and the aim is to add a fifth one in Coburg.
Kilmartin, John	VIC	John, from country Victoria, walked his first ultra in Melbourne in September 2012, completing 47.973km in 6H. He quickly improved, becoming an Australian centurion in 2015 with 21:11:56. Only months later, he became an English Centurion with a further 100 mile walk on the Isle of Man (21:26:48) and in 2016 he added the Continental Centurion badge (23:05:24). Now an accomplished walker, he is a regular in our Coburg 24H.
Lewis, Stephen	QLD	Stephen has been running ultras regularly since 2013 and competed in our Coburg 24H run last year. He has run one hundred miles in 24 Hours on 3 occasions and is now keen to add a walk hundred to his list of achievements, thus securing a centurion membership.
Vos, Martin	NED	Martin, from Netherlands, is another one of our overseas entrants in 2019. He is an accomplished ultra walker, with two centurion badges already, having completed the 100 mile walk in Netherlands in 2016 (23:35:42) and England in 2017 (23:13:34). Will Coburg be the occasion for a third badge?
12 Hour Walk Women - 1		
Chiarello, Karen	IOM	Karen has achieved centurion status (100 miles walk in 24 hours) on 2 occasions - in 2015 (20:36:14) and 2018 (20:07:56) - and is thus a double British Centurion. She has also finished the Isle of Man Parish Walk (85 miles) 4 times, as well as a number of other walks 50km and beyond. On times, one of the top female ultra walkers in the world. We are very pleased to see her at Coburg this year.
12 Hour Walk Men - 1		
Sharlott, Dominic	VIC	Dominic tells me he has run 3 marathons and completed a 50km walk. That is a good grounding on which to attempt a 12 Hour ultra. Good luck Dominic!
6 Hour Walk Women - 2		
Sandra Howorth	VIC	Sandra has competed in the walk at Coburg on a number of occasions and is one of our many regular supporters. Last competed here with us in 2016. She has PBs of 42.021km (6H), 69.37km (12H) and 103 km (24H). Her thoughts for 2019: Back after a couple of years off. Missed the comradeship!" Nice!
Hess, Elise	VIC	This will be Elise's first long walk. She has joined her dad Albin in the 6 Hour Walk and will be keeping an eye on him!
6 Hour Walk Men - 2		
Hess, Albin	VIC	Albin dipped his feet into the ultra world with finishes in the 2012 Trails Plus Series (You Yangs, Tan and Marysville) and the 2013 Marysville 50km. Now concentrating on the ultra walk front. Has PBs of 46.148km (6H) and 123.316km (24H).
White, Iain	VIC	Iain tells me he did the 'Craze Ultra 78km' in Singapore about 7 years ago but has not done more than 1 or 2 marathons since, hence has chosen 6 hour walk as a reentry into the longer distances.

AMENDED MASTERS RECORD FOR STAN MISKIN

Ultra walker David Attrill messaged me recently to point out what looked like an incorrect record. Our centurion masters records were showing the following two M80 records for the mighty **Stan Miskin (C23)**.

Stan Miskin	M80 12 Hours	74.077km	Gosford	5 January 2006
Stan Miskin	M80 50 Miles	12:31:26	Coburg	22-23 April 2006

Logically, since Stan had walked 50 miles in a little over 12 hours at Coburg, then his 12 Hour split in that event would have been further than 74.077km. I rummaged out Stan's lapsheets from that race and, sure enough, he reached the 12 hour mark with a distance of 77.492km, over 3km further than he did at Gosford earlier that year.

We have retrospectively updated the Australian Centurions Masters Records document to show a new M80 12 Hour record as follows

Stan Miskin	M80 12 Hours	77.492 km	Coburg	22-23 April 2006
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Thanks to David for his vigilance.

AUSTRALIAN CENTURIONS ANNUAL GENERAL MEETING

Our Australian Centurions **Annual General Meeting** was held at the Leighoak Club in Oakleigh on **Sunday 3rd February 2019**. Minutes have been published to <http://centurions.org.au/documents/2018%20AGM%20Minutes.pdf>.



AGM attendees Tim Erickson (C13), Stuart Cooper (C5), Karyn O'Neill (C45), Terry O'Neill (C18), Michelle Thompson (C58), Justin Scholz (C61) and Sharon Scholz (C63)

In particular, two items of General Business will be of interest to readers. You can read more in the AGM minutes.

1. Up till now, Australian Centurion records have been mandated as track based. The following motion was accepted by the meeting. This change is not retrospective. It will apply only to performances from now on.

*Only track based performances will be considered for all records up to and including 24 Hours and 100 Miles (ie 6H, 12H, 24H, 50M, 100M, 100km).
Both track and road based performances will be considered for all multi-day distance and time related records (ie 200km, 500km, 2 Day, 6 Day).
Both Track and Road performances in excess of 24 Hours are to be subject to Committee review.*

This reflects the fact that multi-day opportunities are few and far between and are often road based.

Obviously the usual caveats will still apply - we would need to be warned in advance, and the granting of any record would remain dependant on our ability to view the performance ourselves or obtain verification by suitably trustworthy people (eg event managers, etc).

2. The second item of General Business concerned the status of 50km as an ultra distance walking event. It was felt by some members that, since the women's 50km is now officially recognised by the IAAF and included in major championships, it no longer needs specific Australian Centurion support. The following motion was accepted by the meeting

That the rules governing the Gordon Smith Award be amended to indicate that the award will only consider performance of 6 Hours duration or further or in excess of 50km.

The 50km distance is discussed further in the next item in the newsletter.

IS 50KM AN ULTRA DISTANCE WALKING STANDARD?

50km is definitely an ultra distance running standard

An ultramarathon, also called ultra distance or ultra running, is any footrace longer than the traditional marathon length of 42.195km. Thus ultra distance running unequivocally recognises 50km as in its domain.

The International Association of Ultrarunners (IAU) organises World Championships for various ultramarathon distances, including 50km, 100km, 24 Hours, and ultra trail running, which are also recognized by the IAAF. The IAU also recognises world records for various distances, times, and ages. This record list includes 50km (see http://www.iau-ultramarathon.org/images/file/Records/2017_2020_RecordsTable20190219.pdf).

Many countries around the world have their own ultrarunning organizations, often the national athletics federation of that country, or are sanctioned by such national athletics organizations. The Australian governing body, AURA, has annual National Championships for 4 track or road events (50km, 100km, 24 Hours, 48 Hours) and two trail events (Short Course Trail 50km and Long Course Trail 100km). AURA also has its own records for various distances, times, and ages. This record list includes 50km (see <https://www.aura.asn.au/records/>).

But is 50km an ultra distance walking standard?

For ultra distance walking, standards are less clear cut, with no governing body and little commonality between national bodies. The general consensus is that ultra distance walking starts with events longer than 50km or of duration 6 Hours or greater but even that is disputed by some.

A couple of countries have officially sanctioned championships. For instance

- The French hold National 100km and 24 Hour Walk Championships, walked under the auspices of the French Athletics Assn.
- The British hold their own Race Walking Assn (RWA) Long Distance Championships, normally in conjunction with the annual Centurions 24 Hour qualifying event.

Some countries recognise and track national records for ultra walking distances, times, and ages but others don't. There are certainly no universally recognised world ranking lists for ultra distance walking standards.

All of that is by way of preamble.

Here in Australia, the Australian Centurions have, up till now, recognised Australian Open and Age related records for the following ultra distance walking standards

- 50km (women), 50 Miles, 100 Km, 12 Hours, 100 Miles and 24 Hours
- 6 Hours, 48 Hours, 200 Km, 500 Km and 6 Days

You can see these lists at <http://www.centurions.org.au/centrec.shtml> and <http://www.centurions.org.au/centrec1.shtml>.

You will note the women's 50km in the list. We added it in in 2007 as that event was not officially recognised by the sport's governing body, the IAAF, so had fallen through the cracks. In 2016 that changed, with the IAAF finally recognising a women's 50km world record and adding the event to their various championships. We are even hopeful of it being included in the 2020 Olympic Games program.

With that now the case, we have decided to remove the women's 50km from our Australian Centurions records and rankings and we shall now officially adopt the statement that "ultra distance walking starts with events longer than 50km or of duration 6 Hours or greater". Our website is to be updated accordingly.

This has current relevance, given that **Claire Tallent** was awarded the 2018 Gordon Smith Award (Best Australian Ultra Distance Walking Performance of the Year) in recognition of her wonderful 50km roadwalk time of 4:09:33. Claire rightly won this award (I was amongst the many who voted for her from our short list) but it will be a once off. From now on, we will only nominate performances in excess of 50km. Our Gordon Smith Award criteria are being updated to reflect this.

Those readers who delve into the world of racewalking will know that forces within the IAAF are currently trying to change the international racewalking distances from 20km & 50km to 10km & 30km, starting from 2021. If that happens, then ultra distance walking may need to re-appraise the 50km and add it back into its domain of ownership. Time will tell on this.

FINANCIAL NEWS

A quiet month, which is what our treasurer likes! Thanks for the donations.

Income:	Donation – Stuart Cooper (C5)	50.00
	Donation – Michelle Thompson (C58)	100.00
	Donation – Terry and Karyn O'Neill	50.00
Bank balance		\$2669.66

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 always a good time! Our bank details are

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

UNTIL OUR NEXT NEWSLETTER

Our second newsletter is now dispatched for 2019 and I am pleased to see it full of news.

Yours in Centurion walking

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