# **CENTURION FOOTNOTES**

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## 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 – see <a href="http://aura.asn.au/">http://aura.asn.au/</a>.

Apr 6-8, 2019	Marche du Grand Est (Paris Alsace qualifier)	Domremy-la-Pucelle, FRA
	See https://culturemarche.com/2019/01/03/marche-du-grand-	est-2019-samedi-6-et-dimanche-7-avril/
Apr 27-28, 2019	24 Heures de Dijon (Paris Alsace qualifier)	Dijon, FRA
Apr 13-14, 2019	Coburg 24H Carnival (2019 Australian Centurion Qualifie	r) Coburg, VIC
	See <a href="http://www.coburg24hr.org/24hr/">http://www.coburg24hr.org/24hr/</a> .	
May 9-15, 2019	EMU 6 Day Race, Balatonfüred, Hungary	
	See <a href="http://www.emusport.hu/en/node/75">http://www.emusport.hu/en/node/75</a>	
Jun 1-2, 2019	FANS 24 Hour (2019 USA Centurion Qualifier)	Minneapolis, Minnesota, USA
	See <a href="http://www.fans24hour.org/index.html">http://www.fans24hour.org/index.html</a> .	_
Jun 5-9, 2019	Paris Alsace Classic (422km men, 305km women)	Across France
June 8-9, 2019	2019 Continental Centurions Qualifier	Weert, NED
	See <a href="https://www.olat.nl/iwe">https://www.olat.nl/iwe</a> .	
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	Castletown, Isle of Man
	See <a href="http://www.isleofman100milewalk.co.uk/">http://www.isleofman100milewalk.co.uk/</a> .	
Sep 2019	Roubaix 28 Heures	Roubaix, FRA
Sep 25-26, 2019	Sri Chinmoy NZ 24H (NZ Centurions Qualifier)	Auckland, NZ
	See <a href="https://nz.srichinmoyraces.org/races/auck/24hr">https://nz.srichinmoyraces.org/races/auck/24hr</a> .	
Oct 12-13, 2019	St Thibault 24 Heures (Paris Alsace qualifier)	St Thibault de Vignes, FRA
Oct 27, 2019	Ned Kelly Chase (50km, 100km)	Wangaratta, VIC
Sept 26-27, 2020	Just A Walk In The Park – USA Centurion Qualifier	Owego, NY, USA
	See https://raceroster.com/events/2020/15288/not-just-a-walk	<u>k-in-the-park-v30</u>

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**

Fred Brooks (C42) emailed me yesterday to tell us that he has finally finished his life history, on which he has been working for some time now. He explains

Hi Tim, just a few lines to let you know that I have finished the book on my life and I dropped it off to the publisher today to see if it is worth publishing. The Title is THERE AND BACK TO SEE HOW FAR IT IS. This was a saying that my mother used to answer me when I was a young boy. The book deals with my life from an evacuee as a young child during the Second World War, my working life, my athletics, my emigration to Australia and a lot more things. Of course Stan Miskin (C23) features prominently in the book and so do The Australian Ultra Runners and the Australian Centurion clubs and of course Lil.

The big news is that Fred has since received a phone call from the publishers, advising that they will print the book. That is great – I look forward to reading it.

To get a bit of a taste of Fred's long and eventful live, check out <a href="http://centurions.org.au/centprofiles/42%20Fred">http://centurions.org.au/centprofiles/42%20Fred%20Brooks.pdf</a>.

In early May, **Justin Scholz (C61)** will be walking in the EMU 6 Day Race in Balatonfüred, Hungary. I believe that USA based **Ivo Majetic (C71)** has also entered as a walker. Ivo walked in this event last year, finishing with an amazing 786.744 km. The track is 926m in length and entrants get to go around in circles as many times as they can in 6 days. When to sleep and for how long is at the discretion of the entrant. And just to make sure the monotony endures, there is no change of direction in this event. For details, check out the website: <a href="http://www.emusport.hu/en/node/75">http://www.emusport.hu/en/node/75</a>.

After the race, Sharon and Justin plan to cycle to Athens in Greece, a total journey of nearly 2500km, as they criss-cross through Croatia, Bosnia & Herzegovina, Serbia, Montenegro, Kosovo and Albania along the way. They'll be riding on "Happy" (see below):



Justin and Sharon Scholz with their transport for their long ride in Europe

## CANBERRA 48 HOUR CARNIVAL, AIS ATHLETICS TRACK, CANBERRA, 15-17 MARCH

My event roundup this issue starts with the Canberra 48 Hour Track Carnival, held in mid March at the AIS Athletics Track in Canberra. As I drove up from Melbourne on the Thursday, spent Friday through Sunday at the track and then drove home again on the Monday, it was a big weekend for me as well.

First to the 48 Hour walkers, of whom there were three. Australian centurions **Justin Scholz (C61)** and **David Billett (C50)** were both eyeing the Australian 48 Hour Walk record of 283km, held by **Barry Loveday (C62)**. They started fast, reaching the 100 mile centurion mark (160.934km) in **22:40:08** and **22:47:45** respectively. This was Justin's 12<sup>th</sup> centurion walk performance and David's third.

Alas, the early pace took its toll and Justin was soon to stop, coming back on again on the Sunday morning to take his total to 187.065km. David continued on alone, but with feet problems that eventually slowed him too much. He finally finished with 275.673km, close to the record but not close enough.

The third walker in this event was NSW racewalker **Robert Osborne**. Robert has been running ultras for the last few years but stepped back into walking mode for this event, finishing with 176.076km.

David set 7 new Australian M45 Masters records along the way:

David Billett	6 Hour Walk	M45 Residential Record	50.239km	Coburg 13-14/04/2019
David Billett	12 Hour Walk	M45 Residential Record	92.357km	Coburg 13-14/04/2019
David Billett	24 Hour Walk	M45 Residential Record	162.406km	Coburg 13-14/04/2019
David Billett	48 Hour Walk	M45 Residential Record	275.673km	Coburg 13-14/04/2019
David Billett	100km Walk	M45 Residential Record	13:01:24	Coburg 13-14/04/2019

David Billett	100 Miles	M45 Residential Record	22:47:45	Coburg 13-14/04/2019
David Billett	200km	M45 Residential Record	30:44:52	Coburg 13-14/04/2019

I will be updating my records document at <a href="http://centurions.org.au/centrec1.shtml">http://centurions.org.au/centrec1.shtml</a>.

The 24 Hour event saw two walkers, of whom one in particular had my attention. **Linda Christison** had completed 154km in the 24 Hour walk in last year's event, falling just short of the 100 mile standard due to the unseasonably hot weather. While it was sunny again this year, it was not as bad overall, and she looked the goods, striding out to reach the half way time mark (12 hours) with 87.5km. Last year she had only covered 80km in the first 12 hours so she was well ahead of the required schedule and looking good. But here's the rub – Linda was diagnosed with early onset Parkinson's Disease way back in 2004. Although she can no longer run, she can still walk with the aid of a stick, and this she does. But on this occasion, her body was not able to control the symptoms and the second half became a horror story for her. Over to Linda for an explanation.

The ankle I injured four weeks before we left was pain free and I went through 12 hours at 87.5 km and 100 km in under 14 hours. Centurion 75? I could feel it becoming a reality. Then it started, first with what I thought was just a twinge in my back, and then I began to lean to the left. The lean got worse until I was almost touching the ground on the left side and my back protested loudly. Cathie tried everything as did our marvellous race medic Matt but after 15 years of Parkinson's disease and a number of endurance events, PD decided to flaunt its power to the maximum and I struggled with balance and pain. The Centurion melted away, prospects of a PB vanished and it came down to survival. I finished with 134 km and second out of the women and 12th outright. I felt so sad but knew that there was nothing myself or anyone else could have done to change what happened early on Sunday morning.

It was a sad end for what had been a gallant performance. She looked to have it in the bag at the 100km mark.

The other walker in the 24H event was ACT's **David Ault.** David had not gone beyond the marathon distance previously and he managed 85.138km. And further down in the listings, ACT's **Phil Essam** and NSW's **David Attrill** completed the track marathon. Full results at <a href="https://cbr.48hr.ktkc.com.au/race-tracker/">https://cbr.48hr.ktkc.com.au/race-tracker/</a>.







David Billett, Justin Scholz and Linda Christison (Photos Tim Erickson)

#### 48 Hour Walkers 8. David Billett SA 641 laps 275.673 km 25. Justin Scholz VIC 435 laps 187.065 km **NSW** Robert Osborne 409 laps 176.076 km 24 Hour Walkers Linda Christison **NSW** 312 laps 134.198 km 12 197 laps 85.138 km 20. David Ault **ACT**

## Marathon Walkers

10. DALOZ Robert

1. Phil Essam ACT 42.195km 6:55:12 2. David Attrill NSW 42.195km 11:48:00

# 39<sup>TH</sup> 24 HEURES DE CHATEAU-THIERRY, CHATEAU-THIERRY, FRANCE, 16-17 MARCH

The latest Paris-Alsace qualifying race, the 39<sup>th</sup> 24 Heures de Chateau-Thierry, was held in that French city in mid March. Although our usual correspondent Emmanuel Tardi was not there, he was able to pass on some information. The lap was 1.5km in length for the first 23 hours, before walkers swapped to a 425m lap for the final hour. As in Epinal earlier in the year, it was wet and cold.

**Matthieu Olivares** led for the first 8 hours before stopping. That opened it up for local walker **Florian Letourneau** who went on to win with an excellent 191.223km. **David Vandercoilden** took second with 188.590km ahead of **Serge Georgelin** with 178.989km. English legend **Sandra Brown** won the women's 24 Hour walk with 168.527km, her 199<sup>th</sup> walk of 100 miles or greater. Only one more to go reach her target of 200.

Ancillary events included 2x6hours (13:00-19:00 then 7:00-13:00) and 6 hours (you could start on Saturday at 1PM or on Sunday at 7AM)

1.         LETOURNEAU Florian         Ac Chateau Thierry         191.223 km         24:00:00         7.968 km/h           2.         VANDERCOILDEN David         Villeneuve D Ascq Fretin Athle         188.590 km         24:00:00         7.858 km/h           3.         GEORGELIN Serge         Ea Cessonnaise         178.989 km         24:00:00         7.357 km/h           4.         JOSE MORA Bernardo         Spain         176.564 km         24:00:00         7.357 km/h           5.         LETESSIER Gilles         Plm Conflans         172.305 km         24:00:00         7.357 km/h           6.         LANEAU Maxime         Us Camon         165.288 km         24:00:00         6.887 km/h           7.         THEVENIN Hugues         Nl Torcy         164.119 km         24:00:00         6.887 km/h           8.         TINTIN Ronald         Ao Charenton         155.946 km         24:00:00         6.498 km/h           9.         TABOURET Guy         Us Toul Athletisme         143.439 km         24:00:00         5.977 km/h           10.         MARECHAL Pascal         Ac Chateau Thierry         129.916 km         24:00:00         5.308 km/h           12.         TILLIBE Ludovic         Le Chesnay 78 As         116:972 km         24:00:00         5.308 km/h <th>24 Hou</th> <th>r Walk Men</th> <th></th> <th></th> <th></th> <th></th>	24 Hou	r Walk Men				
2. VANDERCOILDEN David   Stilleneuve D Ascq Fretin Athle   188.590 km   24:00:00   7.858 km/h   3. GEORGELIN Serge   Ea Cessonnaise   178.989 km   24:00:00   7.458 km/h   4. JOSE MORA Bernardo   Spain   176.564 km   24:00:00   7.458 km/h   5. LETESSIER Gilles   Pim Conflans   172.305 km   24:00:00   7.179 km/h   6. LANEAU Maxime   Us Camon   165.288 km   24:00:00   6.887 km/h   7. THEVENIN Hugues   NI Torcy   164.119 km   24:00:00   6.887 km/h   7. THEVENIN Hugues   NI Torcy   164.119 km   24:00:00   6.498 km/h   9. TABOURET Guy   Us Toul Athletisme   143.439 km   24:00:00   5.977 km/h   10. MARECHAL Pascal   Ac Chateau Thierry   129.916 km   24:00:00   5.308 km/h   11. EMONIERE Philippe   Cosm Arcueil   127.381 km   24:00:00   5.308 km/h   12. TILLIER Ludovic   Le Chesnay 78 As   116.972 km   24:00:00   5.308 km/h   14. GUILLOT Mickael   Ac Chateau Thierry   90.687 km   24:00:00   3.779 km/h   14. GUILLOT Mickael   Ac Chateau Thierry   90.687 km   24:00:00   3.779 km/h   14. GUILLOT Mickael   Ac Chateau Thierry   90.087 km   24:00:00   3.779 km/h   14. GUILLOT Mickael   Ac Chateau Thierry   90.087 km   24:00:00   3.779 km/h   14. GUILLOT Mickael   Ac Chateau Thierry   90.087 km   16:43:27   5.531 km/h   15.00 km   16:21:14   5.381 km/h   15.00 km			Ac Chateau Thierry	191 223 km	24:00:00	7 968 km/h
3. GEORGELIN Serge						
4. JOSE MORA Bernardo         Spain         176.564 km         24:00:00         7.357 km/h           5. LETESSIER Gilles         Plm Conflans         172.305 km         24:00:00         7.179 km/h           6. LANEAU Maxime         Us Camon         165.288 km         24:00:00         6.887 km/h           7. THEVENIN Hugues         NI Torcy         164.119 km         24:00:00         6.887 km/h           8. TINTIN Ronald         Ao Charenton         155.946 km         24:00:00         5.977 km/h           9. TABOURET Guy         Us Toul Athletisme         143.439 km         24:00:00         5.977 km/h           10. MARECHAL Pascal         Ac Chateau Thierry         129.916 km         24:00:00         5.977 km/h           11. EMONIERE Philippe         Cosm Arcueil         127.381 km         24:00:00         5.977 km/h           12. TILLIER Ludovic         Le Chesnay 78 As         116.972 km         24:00:00         5.308 km/h           14. GUILLOT Mickael         Ac Chateau Thierry         90.687 km         24:00:00         3.779 km/h           14. GUILLOT Mickael         Ac Chateau Thierry         90.687 km         24:00:00         3.779 km/h           ARNAULT Jacques         Neuilly Sur Marne Athletisme         100:000 km         16:36:12         5.842 km/h						
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11. EMONIERE Philippe						
12. TILLIER Ludovic			•			
13. RASSAIND Andre			Le Chesnay 78 As			
14. GUILLOT Mickael   Ac Chateau Thierry   90.687 km   24:00:00   3.779 km/h						
ARNAULT Jacques   Neuilly Sur Marne Athletisme   100.000 km   13:56:45   7.171 km/h			Ac Chateau Thierry			
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PELLERIN Alain   Ac Chateau Thierry   88.000 km   16:21:14   5.381 km/h   SIMON Yannick   Nancois   83.500 km   13:01:45   6.409 km/h   MAUREL Eric   Ufolep   77.500 km   10:06:26   7.668 km/h   LEITJENS Frans   Rotterdam Wv   50.500 km   06:40:12   7.571 km/h    24 Hour Walk Women   1. BROWN Sandra   England Athletics   168.527 km   24:00:00   7.022 km/h   2. TORTEY Sylvie   Nl Chapelle Royale   160.654 km   24:00:00   6.694 km/h   3. SONNOIS Martine   Racing Club Haut-jura Morez   147.695 km   24:00:00   6.154 km/h   4. BIZARD Claudie   Thiais Ac   142.375 km   24:00:00   5.932 km/h   5. CRILLEY Kathy   Surrey Walking Club   139.256 km   24:00:00   5.802 km/h   2x6 Hour Walk						
SIMON Yannick   Nancois   83.500 km   13:01:45   6.409 km/h     MAUREL Eric   Ufolep   77.500 km   10:06:26   7.668 km/h     LEITJENS Frans   Rotterdam Wv   50.500 km   06:40:12   7.571 km/h      24 Hour Walk Women   1 BROWN Sandra   England Athletics   168.527 km   24:00:00   7.022 km/h     2. TORTEY Sylvie   NI Chapelle Royale   160.654 km   24:00:00   6.694 km/h     3. SONNOIS Martine   Racing Club Haut-jura Morez   147.695 km   24:00:00   6.154 km/h     4. BIZARD Claudie   Thiais Ac   142.375 km   24:00:00   5.932 km/h     5. CRILLEY Kathy   Surrey Walking Club   139.256 km   24:00:00   5.802 km/h      2x6 Hour Walk   1 LANGLOIS Patrick   Marne Et Gondoire Athletisme   2. BIZARD PLANCHOT Emilie   Neuilly Sur Marne Athletisme   92.720 km   3. DELANGE Dominique   Aj Auxerre Section Marathon   88.305 km   4. MOUGENOT Patrick   Marne Et Gondoire Athletisme   87.122 km   5. RODIER Nicole   Efs Reims A.   81.497 km   6. HAGHEBAERT Eric   Ac Chateau Thierry   78.498 km   7. NITYAGOVSKAYA Liudmila   Tv Forst   74.147 km   74.147 km   74.147 km   75.00   75.00   7.022 km/h   75.00 km						
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9. SAUNEUF Lola Marne Et Gondoire Athletisme 68.571 km						

Neuilly Sur Marne Athletisme

41.500 km

11.	RICHEBEZ Christophe	NI Bay-sur-somme	38.500 km
6 Hour	Walk (Saturday)		
1.	FERREIRA Avelino	Servins Athletic Club	52.234 km
2.	MOREL Philippe	Team Trail Chalons En Champag	49.168 km
3.	PANNIER Josiane	Havre Ac	45.904 km
4.	METEAU Jean-paul	Nl	44.993 km
5.	MAISON Sylvie	Strasbourg Agglomeration Athle	44.398 km
6.	MOREAU Matthieu	Nl Blois	40.280 km
7.	MAURICE Fabienne	Ac Chateau Thierry	37.610 km
8.	DUPONT Valerie	Nl Chierry	35.493 km
9.	PLAYE Christophe	Nl Gland	22.000 km
6 Hour	Walk (Sunday)		
1.	COSTILS Alain	Nl	46.651 km
2.	BORDIER Daniel	Ac Chateau Thierry	39.925 km

Lots of event photos at <a href="https://tinyurl.com/y2c7e22a">https://tinyurl.com/y2c7e22a</a>.



Sandra Brown and Florian Letourneau in action in Chateau-Thierry (photo http://abonne.lunion.fr)

## SANDRA BROWN REACHES THE ULTIMATE MILESTONE - 200 HUNDREDS

The amazing Sandra **Brown (C36)** finished her 200<sup>th</sup> event of 100 miles or above over the weekend by walking from Dublin to Belfast – a distance of 107 miles. Her performance came as part of the Atlas Running Dublin 2 Belfast Ultra (see <a href="https://www.atlasrunning.co.uk/dublin-to-belfast">https://www.atlasrunning.co.uk/dublin-to-belfast</a>). She was accompanied by her husband Richard, an outstanding ultra runner and walker in his own right. Richard commented:

I was delighted to keep Sandra company and tag along without getting left too far behind! We started at the St James's Gate of the Guinness Brewery and finished at the Crown Inn in Belfast. Needless to say we enjoyed a Guinness in Dublin and then in Belfast!

A day later, on Monday 1st April, Sandra turned 70. Not a bad way to celebrate such such a significant birthday!

## Sandra also explained her walk

It was just great to complete the 200<sup>th</sup> in this very special and memorable journey event, and to complete it together with Richard. The journey along the old roads between the two cities takes you through historic towns and villages, past castles and crofts, megaliths and monuments, along the coast and through the lovely rural landscape of the Mourne Mountains. It's quite a tough event, far from flat, you need to carry a pack with all necessary gear, including enough drink etc for some distance [a bit like an LDWA event in that regard], at times very rural but also

with long stretches along busy roads. We had a great day in Dublin beforehand, enjoyed a Guinness in historic bars at both ends of the road, and would love to revisit the places along the way. We received two beautiful medals, the event medal with a map of the journey, and another medal marking our membership of the "100 mile club."

The event was swiftly followed by my 70<sup>th</sup> birthday on Monday 1 April, when I had the pleasure of giving a talk in the morning to a packed hall in our county town – members of the University of the Third Age [U3A] who were keen to hear about and discuss the proposed National Park for Dorset that we are active in promoting. My afternoon birthday treat was to have a bike ride to see the legendary steam locomotive the Flying Scotsman, which is visiting our local heritage railway for a few days. I grew up in a town on the line between London and Edinburgh where such express trains made their record-breaking journeys. So – a super day to round off a very special weekend.

As mentioned above, Sandra's feat in finishing events of 100 miles or more on 200 separate occasions puts her well in front of the next furthest, USA runner Ed Ettinghausen, whose count stood at 176 at the end of 2018. Sandra's wonderful achievement, as well as a more general discussion of her long and illustrious career, can be read at <a href="http://ultrarunninghistory.com/15-sandra-brown/">http://ultrarunninghistory.com/15-sandra-brown/</a>.

The ultra was in 2 parts. Firstly, the *Belfast 2 Dublin Return* (214 miles) and secondly the *Dublin 2 Belfast* (107 miles). Of the 14 starters in the 214 miles event, only 3 finished. Of the 56 starters in the 107 mile event, 43 finished, including walkers Sandra and Richard, in 24<sup>th</sup> and 25<sup>th</sup> spot.

24 Sandra Brown
 25 Richard Brown
 Surry Walking Club
 Surry Walking Club
 27.50.03.4
 27.50.03.8

Most of us racewalkers don't race further than 20km. A small subset of walkers test themselves over the 50km distance. Some walk one or two hundred milers in their career (like me – I walked one and am still recovering!). 200 hundreds is impossible to even comprehend for mere mortals like us.



Sandra and Richard Brown in Ireland last weekend

## GERALD MANDERSON'S WALK FROM PERTH TO MELBOURNE

Gerald Manderson (C) has now completed his epic solo walk from Perth to Melbourne. Now back home in New Zealand, he writes a report on his latest adventure for us:

The walk took 80 days and you can see from the blue trolley that I am holding above my head (see below) that I was able to carry enough water. I did start off with backpacks, but my hard plastic water bottles were splitting in the heat. I walked the last four days with backpacks as the welds holding the wheels to the frame broke off one at a time.

7 people died on the Nullabor in 2018, and another two died in Jan/Feb of 2019 from running out of water when their cars broke down. The Perth Police contacted my next-of-kin in case I too died of the heat and they had to deal with my body.

Because it was school holiday time, 5-6 families a day were stopping for photos with their children as it was unusual to see an old codger pulling a blue trolley many miles away from civilisation. The Police said that it would take the Flying Doctor plane four hours to reach me in an emergency.

I saw 9 dead snakes on the road, but no live ones. The noise of my plastic wheels could be heard from well down the road, so it was probably scaring the snakes away. I was very careful where I lay down at night, well away from frogs, lizards, field mice and water because that would be where the biggest danger from snakes would be. I think the very hot weather was keeping the snakes off the roads.

The biggest risk from snakes was from Adelaide onwards around the lakes, as one man saw 20 snakes in his garden in two weeks. I did not use a sleeping bag or tent, just lay on a piece of plastic.

39 people have recorded their walk across Australia on the internet, and I know some of them.

The walk from Perth Airport to Albany (10 marathons in 8 days) was the toughest walk I have ever done. I arrived at Perth to face 35°C and carrying a 37kg backpack left me so exhausted that I sat on a park bench for 15 hours before I could stand up again. The rest of the walk felt quite easy in comparison.

I left Ecula at 32°C and walked 12 kms in 4 hours to the fruit fly inspection point at Border village, and they told me in was 49°C but that it had been as high as 56°C for a short while. The Police persuaded me to halt my walk until the next day, by which time the temperature had dropped to 28°C.

I have now walked more than 8,000 kms in Western Australia, South Australia, Victoria, New South Wales and Queensland in hot weather - equal to 20% of the distance around the equator since 1998.

The challenge was to walk from Perth to Melbourne by the coastal roads like the pioneers - no cell phone, no emergency beacons, no GPS, no support crews, no camels, no way of contacting my family. I just felt that I had enough experience to keep taking 60cm strides (more than 6 million). No sick days, and it was my greatest adventure yet.

I was overwhelmed with the kindness of Australians who kept stopping to see if I had enough food and water.

Most of the time I was walking 100 hours per week pulling my trolley, a typical day was 15 hours x 4 kph, but I did sometimes walk all night if the moon was around.









Photos of Gerald's epic walk from Perth to Melbourne

## THE IAU INSTITUTES CONTINENTAL RECORDS

The International Association of Ultrarunners (IAU) has announced its intention to institute Continental Records for the 24 Hour, 50 km and 100 km runs. Here's how it will all work, according to their press release.

In order to achieve this, there is a need of collaboration between the Area Representatives and the Records Committee. Currently we have representatives from all continents; therefore the Records Committee will appoint a member for each continent who will assist the Area Representatives in this task.

On April 1<sup>st</sup>, we will start this process with a first data collection. Area Representatives will contact national federations to collect records for the above mentioned competitions and will pass the data to the Records Committee. This process will be completed by the end of May. Provisional Continental Records will be published on June 30<sup>th</sup>. The official list of Continental Records will be published on September 1<sup>st</sup> in Romania, during the IAU 50 km World Championship.

See more at <a href="http://www.iau-ultramarathon.org/">http://www.iau-ultramarathon.org/</a>.

This is a great initiative from the IAU who continue to lead the way in putting the sport of ultra distance running on an ever more professional footing. We in the world of ultra distance walking are a long way behind the game in this regard. Each of our organisations work independently and each does a good job, but without any overall consensus or consistency. Food for thought!

## AGE AT WHICH AUSTRALIAN CENTURIONS QUALIFIED

Have you ever wondered if there is a favourite age for qualifying as a Centurion? Well, have a glance at this table and make up your own mind. It certainly shows to my mind that it is a challenge that appeals to the older rather than the younger athlete. But overall, ages range from 16 (Bill Dyer C15) to 72 (Deryck Skinner C51).

Age	Cent	Name	Year	Time
16	15	Bill Dyer	1977	22:50:33
		•		
20	5	Stuart Cooper	1971	21:36:53
23	18	Terry O'Neil	1979	21:13:08
24	12	John Harris	1975	23:18:15
25	13	Tim Erickson	1976	22:10:27
26	4	Clarrie Jack	1971	20:39:45

26	6	Tim Thompson	1972	23:48:08
27	48	Graham Watt	2004	23:59:23
28	25	Andrew Ludwig	1994	22:26:09
34	17	Ian Jack	1979	17:59:30
34	50	David Billett	2005	23:52:27
34	62	Barry Loveday	2012	22:37:56
36	1	Gordon Smith	1938	20:58:09
36	63	Sharon Scholz	2013	20:06:00
37	61	Justin Scholz	2013	22:09:03
38	24	Peter Bennett	1994	
				19:42:54
38	43	Michael Harvey	2001	22:51:30
40	3	Jim Gleeson	1971	18:33:58
40	16			
		John Smith	1978	18:49:20
41	19	Bill Dillon	1979	20:51:06
41	28	Caleb Maybir	1996	23:34:20
42	58	Michelle Thompson	2011	22:03:27
42	14	Claude Martin	1977	22:42:53
42	27	Carmela Carrassi	1996	23:44:22
42	33	Yiannis Kouros	1998	22:55:23
42	72	Chris Burn	2018	22:08:09
43	56	Caroline Mestdagh	2009	22:40:27
44	35	Sue Clements	1998	23:58:40
44	55	Rudy Schoors	2009	22:01:45
45	46	Charles Arosanyin	2003	23:35:51
46	37	Herbert Neubacher	1999	21:03:07
46	44	Lyn Lewis	2002	22:46:54
47	45	Karyn O'Neill nee Bollen	2002	23:35:56
48	57	Ian Valentine	2009	23:37:03
48	69	Sandra de Graaff	2016	23:45:32
48	71	Ivo Majetic	2017	21:30:55
49	47	Bob Lee	2003	22:44:44
49	60	Eddy Goeman	2011	21:16:23
50	9	Mike Porter	1975	21:45:47
50	10	Stan Jones	1975	22:04:59
50	21	Jim Turnbull	1986	23:38:53
50	36	Sandra Brown	1999	19:14:56
50	39	Carol Baird	1999	22:16:43
50	71	Iva Majetic	2017	21:30:55
52	22	George Audley	1988	23:28:48
52	59	Mark Wall	2011	23:20:41
52	66	Peter Crump	2013	23:39:40
53	7	Dudley Pilkington	1972	23:29:00
53	68	Rob Robertson	2016	23:13:53
53	20	Buck Peters		23:34:10
			1980	
54	29	Robin Whyte	1996	20:37:12
54	31	Gerald Manderson	1998	21:37:31
54	54	Cathy Cox	2008	23:54:28
55	65	Anyce Melham	2013	23:46:32
55	70	Albertus van Ginkel	2016	23:46:36
55	74	Adrie Ros	2018	22:33:31
56	2	Jack Webber	1971	22:43:53
56	64	Steve Jordan	2013	23:13:33
57	32	Norm Morriss	1998	22:32:47
57	34	Roger LeMoine	1998	23:04:51
58	38	Jill Green	1999	21:15:35
58	40	Gerrit de Jong	1999	22:51:24
58	49	Geoff Hain	2004	23:30:38
50	72	Geom main	200 <del>1</del>	23.30.30

58	52	Jens Borello	2006	22:33:01
58	53	Pat Fisher	2006	23:10:38
60	73	Jantinus Meints	2018	22:25:34
62	8	Fred Redman	1973	22:59:00
62	11	Chris Clegg	1975	22:34:14
62	26	Ken Walters	1994	22:28:31
62	75	Colin Heywood	2018	22:46:53
63	23	Stan Miskin	1988	22:59:48
63	67	John Kilmartin	2015	21:11:56
64	41	Boyd Millen	2000	23:25:43
65	30	Merv Lockyer	1996	23:45:51
67	42	Fred Brooks	2001	22:31:15
72	51	Deryck Skinner	2005	22:39:55

## FINANCIAL NEWS

I must acknowledge the very generous donations from centurion members Fred Brooks (C42) and David Billett (C50). We are indeed very well placed for the year ahead.

Income:	Bank Interest	0.20
	Fred Brooks donation	516.20
	David Billett donation	283.50
Expenditure:	Aldi – 30 small witches hats	21.00
-	Australia Post – stamps	10.00
	Officeworks – photocopying	5.00
	Keyhole Engraving – RWA 100km medals	30.00
	Bunnings – measuring wheel	32.75
Bank balance		\$3371.01

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

Another centurion newsletter done and dusted. We have just over one week to go until our 2019 Australian Centurion qualifying walk in Coburg. With a number of overseas centurions joining our Australian walkers, we look well placed to add further names to our honour board. Stay tuned for news!

Yours in Centurion walking

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