

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 – see <http://aura.asn.au/>.

Jan 4, 2020	Narrabeen All-Nighter (12H)	Narrabeen, NSW
Jan 25-26, 2020	SA 100km Track Championships See https://ultrasa.com.au/events/track-100/	Adelaide, SA
Mar 20-22, 2020	Sri Chinmoy Canberra 48 Hour Carnival See https://www.aura.asn.au/event/canberra-48-hr-race/	Canberra, ACT
Apr 4-5, 2020	Canberra Walking Festival (IVV an IML badged event) See http://aussiewalk.com.au/cwf/cwf/	Canberra, ACT
Apr 18-19, 2020	2020 Aust Centurions Qualifier - 2020 Coburg 24H Carnival See http://www.coburg24hr.org/24hr/race-entry/ .	Coburg, VIC
May 30-31, 2020	2020 Continental Centurions Qualifier https://www.rotterdamsewandelsportvereniging.nl/index.php?page=rwv-wandelweekend-english	Schiedam, NED
Aug 8-9, 2020	2020 English Centurions Qualifier – Colchester 100 Miles Enter at https://www.entrycentral.com/Colchester2020Centurion	Colchester, England
Sep 19-20, 2020	Nijmegen-Rotterdam 160 km https://www.rotterdamsewandelsportvereniging.nl/index.php?page=nijmegen-rotterdam-160-km	Nijmegen, NED
Sept 26-27, 2020	2020 USA Centurion Qualifier - Just A Walk In The Park See https://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30	Owego, NY, USA
Nov 14-15, 2020	2020 NZ Centurions Qualifier - Sri Chinmoy NZ 24H	Auckland, NZ

Dates have now been published for 5 of the 6 2020 Centurion Qualifiers – only the African event remains ungazetted.

Philip Sharp advises that the 2020 New Zealand Centurion qualifying walk will be November 14-15 at the AUT Millennium Stadium, Rosedale, Auckland. This is the same venue as for 2019 but the 2020 qualifier will be 2 weeks later. On average you can expect the air temperature to be 1C higher, but the same amount of rain and wind!

Sue Clements advises as follows regarding the Colchester 100 miler:

Walkers are warmly invited to the 2020 Centurion race walk which will be held over the weekend of Saturday 8th – Sunday 9th August 2020 on a paths around Lower Castle Park (Colchester CO1 1UG) plus a short stretch along pavement outside the park. The lap will be approximately 2 miles long. The race will be held under Category ‘B’ race walking rules. All entries to be made online at Entry Central (<https://www.entrycentral.com/>). Details and updates will be posted on the “Colchester 100 miles in 24 hours” Facebook page.

OUT AND ABOUT

I was chatting with **Michael Harvey (C43)** recently and he told me that he had “*ran/walked/staggered the Comrades marathon back in June. It took 10hrs and 32mins and I finished 6600th out of about 19,000. The hills were unrelenting and I really struggled from 45km onwards. I was certainly glad to finish and the result was quite pleasing.*” Well done Michael!

Geoff Hain (C49) and wife Annie dropped a quick note to us with Geoff's vote for the Gordon Smith Award. He says: *Not surprisingly, we are in Buenos Aires still enjoying our Tango dancing and still doing plenty of hiking in UK/Europe. Even been climbing mountains in Poland and here in Argentina.*

I am always inspired by **Gerald Manderson (C31)**. He emailed me for Christmas and had this to say about his training, at 76 years of age. *I am swimming twice a week in a heated in-door pool (27C) with a coach and covering 6,000 metres*

each time in 2.5 hours. I am not a fast swimmer, but I intend to be much improved in four year's time when I reach 80. I am concentrating on swim technique and distance - hopefully, speed will come later on. I also do a circuit class with weights and a Balance/strengthening class to help us oldies not fall over too often. My garden also keeps me busy. Well done Gerald. You are an inspiration for us!

Colin Heywood (C75) was in action in the Australian 50km Roadwalk Championship at Fawkner Park in Melbourne on Sunday 1st December and he walked excellently, breaking the M65 World Record for the 50km roadwalk with his 6th place finish time of 5:05:34. Well done Colin!



Colin Heywood in action in the Australian 50km Roadwalk Championship in Melbourne in early December

Martin Young, former British racewalker and now coach, has his own Youtube channel, concentrating on sports training and related matters. His latest posting, published on Sunday 24th November 2019, concerns the Isle of Man Parish Walk, which takes in each of the 17 parishes of The Isle of Man, covering a distance of 85 miles. It is a gruelling and hilly race but it sees huge fields each year. The 1 Hour video covers the 2004 edition of the event with over 1000 starters setting out from the National Sports Center in Douglas and finishing by the War Memorial on Douglas Promenade. Check it out at https://youtu.be/e6VdO_DZP9Q.

COBURG CARNIVAL 2020 ENTRIES ARE BUILDING!!!

Entries continue to come in for our 2020 Coburg 24 Hour Carnival, with 49 thus far. This is well up on the same time last year and omens well for a hugely successful event. We now have 16 registrations for the 24H Walk (which will be our official Australian Centurions qualifier), with 8 from overseas – **Norhhana Binti Osman Haron (MAL)**, **Dave Talcott (USA)**, **Arie Kandelaars (NED)**, **Remy Van Den Brand (NED)**, **Christer Svensson (SWE)**, **Andrew Titley (IOM)**, **Robbie Callister (IOM)** and **Paul Atherton (IOM)**. The good news is that nearly all already have one or more centurion badges to their names.

24 Hour Walk Men

Scholz, Justin	VIC
Essam, Phil	ACT
Kandelaars, Ari	NED
Van Den Brand, Remy	NED
Isaacs, David	VIC
Talcott, Dave	USA
Svensson, Christer	SWE
Faulkner, Kevin	NSW
Hess, Albin	VIC
Titley, Andrew	IOM
Callister, Robbie	IOM

24 Hour Walk Women

Williams, Fonibear	VIC
Parris, Dawn	VIC
Haron, Norhhana Binti Osman	MAL

12 Hour Walk Men

Hoad, Ian	VIC
Tinson, Laurie	VIC

Atherton, Paul
Gray, Peter

IOM
VIC

Entries and race info at <http://www.coburg24hr.org/24hr/race-entry/>.
Centurion specific info at <http://centurions.org.au/event2020.shtml>.

ÉMILE ANTHOINE, THE FATHER OF FRENCH WALKING

Although there are no races on which to report at this early stage of the year, December saw one significant anniversary and one sad passing in the space of a few days. As both persons were giants of the ultrawalking world, it is fitting to recognise their contributions in this newsletter.

Fifty years ago, on 14th December 1969, Émile Anthoine, one of the greatest sports leaders of the 20th century and the father of French racewalking, died. Here is his story :

Émile Anthoine was born on 9th June 1882 in Paris. In 1891, he competed in his first competition. In 1896, at 14 years of age, he became secretary of the UA Batignolles, a sports association of his district.

Rarely has there been a more versatile and talented athlete than Anthoine. Consider some of these milestones from his career.

- In 1903, he finished second in the first footrace from Bordeaux to Paris, 611km in 5 days and 3 hours. ¹
- In 1904, he ran from Paris to Troyes, a distance of 170km, in 15 hours. En route, he passed the 50km mark in 3:14 and the 100km mark in a new world record mark of 7:25.
- He was just as adept in mountain running, circumnavigating the Mont Blanc massif, a distance of 170km in 32 hours.
- As if that was not enough, he won French championships in a number of different disciplines, including the 1500m run (4'07), the shot put (12m), the long jump (6.16) and the half mile run (1:57).



*Left: 1911 - Emile Anthoine 1500m French champion
Right: 1913 – mile Anthoine running on a velodrome*

¹ See https://en.wikipedia.org/wiki/Pierre_Giffard

- He is listed as setting 3 French distance records ²

10,000m	32:57.0	Emile Anthoine	1903	Armantiers
3000m	8:59.9	Emile Anthoine	1908	Braisne
800m	1:58.8	Emile Anthoine	1910	

and as holding the World Record for 800 yards (1:46.8).

Having achieved so much on the running front, he turned his talents to racewalking, with an amazing two month period in 1913 rewriting the record books.

- On 6th July 1913 in Paris, he covered the 50km walk in 4:30:34. This could not be promoted as a world record as the 50km walk was not yet officially recognised by the IAAF and was not included in the Olympics until 1932. On this occasion, he prolonged his effort until the 100km mark which he reached in 10:15.
- A week later, on 13th July 1913, he walked an even faster 50km, with 4:22:47. Done on a grass track on the Longchamp racecourse in Paris, his interim 20km split of 1:37:57 was recognised as a World Record.
- Five weeks later, on 15th August 1913, he won the 50km “world championship” in Ghent, Belgium, in 4:32:14. On this occasion, he continued to the 5 Hour mark, recording a final distance of 54.312km. ³

To put his 20km walk time into perspective, consider the official IAAF 20km walk record progression, which dates from 1911 ⁴. His time of 1:37:57 broke Hermann Müller’s time by nearly 2 minutes and would last for 20 years until eventually bettered by Václav Balšán in 1933.

1:38:43	Hermann Müller (GER)	1911-10-04	Berlin, Germany
1:37:57	Émile Anthoine (FRA)	1913-07-13	Paris, France
1:34:15	Václav Balšán (TCH)	1933-08-13	Ceský Brod, Czechoslovakia

His 50km times of 4:30:34, 4:22:47 and 4:32:14 were also well ahead of his rivals and would last for many years. The official IAAF 50km world record progression, initiated in 1921 ⁵, shows that his best time of 4:22:47 would not be bettered until 1952!

4:40:15	Hermann Müller (GER)	1921-09-07	Munich, Germany
4:36:22	Karl Hähnel (GER)	1924-09-24	Berlin, Germany
4:34:03	Paul Sievert (GER)	1924-10-05	Munich, Germany
4:30:22	Romano Vecchietti (ITA)	1928-09-16	Rome, Italy
4:26:41	Edgar Bruun (NOR)	1936-06-28	Oslo, Norway
4:24:47	Viggo Ingvorsen (DEN)	1941-08-17	Odense, Denmark
4:23:40	Josef Doležal (TCH)	1946-08-04	Podebrady, Czechoslovakia
4:23:14	Josef Doležal (TCH)	1952-08-24	Podebrady, Czechoslovakia
4:20:30	Vladimir Ukhov (URS)	1952-08-29	Leningrad, Soviet Union

Alas, the First World War in 1914 ended Anthoine’s sporting ambitions, but his love for sport survived the conflict and he returned from the front to become an influential post-war leader of the French Athletics Federation.

He returned to walking, although now regarded as past his prime, and was still competitive. In 1929, he recorded 12:00 for 100km and in 1932, aged 50, he recorded 5:12 for the 50km walk.

In June 1925, deep differences on how to organize racewalking saw him excluded from the French Athletics Federation. 15 days later, he created the French Federation of Racewalking (FFM). The new Federation grew quickly and, by the end of 1925, had gathered about 1000 racewalkers.

On 26th August 1926, Anthoine created the International Walking Federation. Initially it included the French, Swiss, Belgian, Luxembourg, Dutch and Italian Federations, and it grew from there. Anthoine was elected president of this Federation, where he organized many championships and international matches.

In 1926, the FFM organized 156 events throughout France. Among them was the longest walk competition in the world,

² See <http://thegreatdistancerunners.de/france.html>

³ See <https://gallica.bnf.fr/ark:/12148/bpt6k4626346p/f5.item>, <https://gallica.bnf.fr/ark:/12148/bpt6k4626344v/fl.item>

⁴ See https://en.wikipedia.org/wiki/Men%27s_20_kilometres_walk_world_record_progression

⁵ See https://en.wikipedia.org/wiki/Men%27s_50_kilometres_walk_world_record_progression

from Paris to Strasbourg (504km) ⁶, which was the brainchild of Anthoine. The event was an immediate success, exceeding all his expectations. Like the Tour de France cycling race, the event attracted large crowds, with tens of thousands of spectators crowd lining the roads to watch the competitors pass.

In 1929, the FFM became the French Union of Racewalking (UFM). By 1939, the UFM had 2584 clubs and had organized more than 10000 events since its inception in 1926. Anthoine remained as President until 1965.



*Left: 1921 – Émile Anthoine training at the Longchamp racecourse
Right: 19th October 1924 - Émile Anthoine finishes a 100km walk in 12h39 at Vésinet*

Controversies in the 1924 Olympic Games had spelt an end to Olympic track walking and indeed nearly spelt the end of walking itself, with all walks ruled out of the 1928 Amsterdam Games. Anthoine was one of those who campaigned strongly for a 50km event to be held at the 1932 Los Angeles Games in place of the usual short track walks. The push was successful and racewalking was saved.

In 1944, Anthoine returned to competition and, aged 62, he walked the 5000m walk in 28:44 and the 10km in 58:32. These are impressive times even today.

In 1954, he created the National Youth Day, which gathered young French walkers, from 8 to 22 years of age, to compete in tests of 1Hour, 30 Minutes, etc. This competition is still held today.



Émile Anthoine (wearing beret) with competitors Henri Caron and Maurice Chassaing at the finish of the French Championship at Audun-le-tiche

⁶ See <https://en.wikipedia.org/wiki/Paris-Colmar>

In 1958, he is designated as "First Sportsman of France"

On April 2, 1965, the French Union of Racewalking (UFM) returned to the French Athletics Federation, 40 years after leaving it. Anthoine signed the merger agreement which dissolved the UFM, then stepped down as President, having held that role for the full 40 years of its existence.

Émile Anthoine died on December 14, 1969, in his 88th year, in his house in Colombes. He is buried in the Batignolles cemetery, close to where he was born.

In total, he had competed in more than 1000 competitions (for 800 wins), organised over 1000 events and helped to create more than 600 sporting clubs.

A sports center with a track and a swimming pool, on the Champ de Mars, in the Eiffel Tower district in Paris, bears his name.⁷



Left: Émile Anthoine at home in 1967

Right: Émile Anthoine in 1920 on a 100km walk – this was his favourite picture

A selection of his Personal Bests indicate what a talented multi-discipline athlete he was.

100m run	11" 3/5	1914	10km walk	48:32
200m run	23" 2/5	1912	20km walk	1:37:57
400m run	52" 1/5	1908	30km walk	2:30:26
800m run	1'57" 1/5	1910	50km walk	4:22:47
1500m run	4'07" 2/5	1909	100km walk	10:15
3000m run	8:59	1908	200km walk	27:50
5000m run	15:29	1907		
10000m run	32:57	1903		
1hour run	17.320 km	1905		
20000m run	1:08:44	1906		
Long jump	6m16			
High Jump	1m65			
Shot put	11m84			
Discus	35m12			

⁷ See <https://www.paris.fr/equipements/centre-sportif-emile-anthoine-3056>

Interestingly, Anthoine argued in favor of the introduction of a 100km walk at the Olympic Games. He had travelled to the 1936 Olympic Berlin and was not impressed with the racewalking techniques on show. He wrote (excusing the poor Google translation!)

*The Olympic walk is doomed. Yes, it is well doomed ... if we do not transform it into a 100 km race, with, if we want a classification by nation on two men per time, a maximum of four entered per nation.
In 1924, after the Games, I predicted the demise of the 10 kilometer track event, after the trotting walkers and pseudo-referees scandal. I recommended 50 or 100 kilometers on the road. They took up my idea in 1929 to add a 50 kilometer road walk to the 1932 Games. But that it is no longer sufficient. And besides, in running, there is the Marathon over 42 kilometers which is about the same distance, but takes all the interest.
So let's go to 100 kilometers.... Or nothing at all! The failure of Berlin should make those around the world take care of walking.*

This idea never came to fruition, but the Paris-Colmar Classic continues to this day, as a fitting memorial to his vision.

Emmanuel Tardi and Tim Erickson

Monday 16 December 2019

VALE COLIN YOUNG (1935-2019)

English walking lost one of its greats when Colin Young passed on 17th December 2019. I was privileged to know Colin, mainly from my time racing in England in 1980 and from the various international meets in the late seventies and early eighties where our paths crossed. He was one of those people who, once met, was never forgotten.



Colin in 2011 at the annual Centurions AGM

I will start off with a wonderful appreciation of Colin, written by Mel Watman for his newsletter Athletics International.

With the death on December 17 of Colin Young I have lost one of my oldest and dearest friends, and our sport has bade farewell to one of its most memorable characters. What a contribution he made to athletics: as a redoubtable long distance race walker, as a founder member of the NUTS and as the inspirational coach of world record breaker Mel Batty.

I first got to know Colin when I was a teenager and we were both founder members of the National Union of Track Statisticians (NUTS) in 1958. Born in Barking (Essex) on 20 January 1935, Colin took up race walking in 1947, aged 12, and by his early twenties was already a well regarded figure, having won the National Junior 5 miles title in 1953 and clocked under 4 hr 50 min for 50km. Competing for Essex Beagles, he would go on to post such times as 1:39:27 for 20km in 1962 and 4:35:20 for 50km in 1963, but it was in the ultra distance events that he proved such a formidable and gutsy competitor. He achieved the coveted Centurion status in 1960 by

covering over 131 miles in 24 hours; two years later he walked from London to Brighton in 8 hr 7 min 42 sec and in 1966 he won an international 100km race in Lugano.

As I recounted in my book *My Life In Athletics*, the great Paul Nihill paid tribute to him in *AW* in April 1970 and wrote that Colin was preparing to attempt a fantastic endurance double: a 24 hour walk in Rouen followed less than a month later by the 512km (318 miles) Strasbourg to Paris classic. Colin didn't win either race but walked with his customary grit to finish second in Rouen and fifth in the Strasbourg to Paris, becoming the first Briton to complete that gruelling event. The latter was tough going indeed as daytime temperatures hit 90°F in the shade (only there was none), the road surface included long stretches of cobbles, and there were at least four climbs of 8-10km in length. For good measure, the heels on both pairs of his shoes collapsed, resulting in a severely wrenched calf muscle over the last 50 hours, necessitating frequent short stops for massage. The experience didn't deter him, for next year he followed up with victory in the Rouen race, covering a record 215.835km, with a close third place in the Strasbourg to Paris in 73 hr 37 min.

It was at another celebrated ultra-distance event, the Prague to Podebrady 50km in what was then Czechoslovakia in 1968, that Colin met his future wife Eva, an orienteer, through a mutual friend, Ivo Domansky. She moved to the UK as an au pair the following year and, as Eva puts it, "the rest is history".

Colin continued to compete for several more decades, winning numerous international medals as a veteran. As he stated in *AW* in 1969 what he liked most about athletics was "the satisfaction of pushing one's body to the limit, the wonderful friendships made, the feeling of bodily fitness and the delight of winning or setting a personal best."

As well as his own exploits, Colin was THE expert on reporting the UK and world walking scene and from 1967 to 1986 was the highly respected and ever enthusiastic walking correspondent of *AW*. For over 60 years he remained a stalwart member of the NUTS committee, delighting in challenging myself in particular to remember some arcane result or other. He himself had an astonishing memory, not only for athletics trivia but also for his other passions which notably included cycling and traditional jazz.

Colin's greatest hero was Emil Zátopek and how appropriate it was that as a coach his major success was guiding Mel Batty to a world 10 miles record of 47:26.8 in 1964 – a distance at which Zátopek was a former record holder with 48:12.0 in 1951. Batty, whose time was bettered the following year by Ron Clarke no less, in turn learned from Colin's methods to coach Eamonn Martin to his 10,000m and marathon triumphs.

In recent years Colin suffered from poor eyesight and a number of physical problems, but he remained an avid fan to the last, lapping up all the latest results worldwide. No one who knew Colin will ever forget him and I offer Eva heartfelt condolences on her and our loss.



Colin wins his 3rd Open TT Walk in 1963 with a time of 6.01.11, ahead of Albert Johnson 6.06.15 and Guy Goodair 6.06.56 (photo John Cannell)

And now onto a few more bits and pieces from a life filled to the brim and overflowing.

Colin was part of the most famous of all English Centurion walks, held at the Walton track on 20th October 1960. On that occasion, he became English Centurion 317 with a time of 17:48:05, but that is only a small part of the story. Much of the information for this next section was taken from the 1997 edition of the Centurions History.

The 1960 English Centurion qualifying race remains on record as the most magnificent 24 hour track walk ever witnessed. For some time Centurions and other long distance specialists had wanted such a race in order to match themselves against the performances of others over the previous 50 or more years. In order to meet this request a special invitation meeting was arranged by Walton A.C. at their headquarters at Stompond Lane, Walton-on-Thames, on 14-15 October.

The records to be attacked were impressive. The British records were shared between Tom Hammond who in 1908 walked 131 m 580 yds in 24 hours, Tom Richardson who in 1936 had walked 100 miles in 17:35:04 before retiring at 18 hours and Percy Reading who in 1946 had walked 129m 749 y in 24 hours. The world record was held by Henri Caron of France who in 1950 had recorded a distance of 132m 1320 y in 24 hours.

Apart from the long distance specialists, some of the fast men were also invited to attack records up to 4 hours and 50 km. In the shorter event, Don Thompson, the recent winner of the 50 km gold medal at the Rome Olympics, broke his own National records at 20 miles, 3 hours, 25 miles, 4 hours, 30 miles and 50 km.

To return to the main event which by coincidence fell on the 10th anniversary of Caron's 1950 world record, 15 of the best long distance walkers in the country faced the starter. For the first 12 hours a thrilling race unfolded, but the record of E. C. Horton, set up in 1914, remained intact. At this point some of the competitors began to fall by the wayside. One of the first to go was Frank O'Reilly who was lying in third place at the time, having dropped back from second. He had covered 70 miles in just over 12 hours, such was the quality of this race. He was feeling very unwell but struggled on to reach 78 miles in 14 hours. In the meantime, Hew Neilson was having a terrific race at the front, with Colin Young some 2 miles adrift in second place.

At 13 hours, Hew Neilson claimed his first record of the race with 77m 30y, beating Richardson's 1936 distance of 76m 930y. His second record came at 80 miles in 13h 34m 37s. From here he broke records all the way up to 24 hours. Colin was closing slightly but it would be a few more hours before he also started to better the previous British figures. The progress of the various records is shown in the table below.

	Previous Records	World Record	British Records	New Records	
	Tom Hammond (G. W) 1908	Henri Caron (Fra) 1950	Tom Richardson (G. B.) 1936	Hew Neilson (G.B) 1960	Colin Young (G. B.) 1960
14 Hours	81 m 1100y	82m 788y	80m 950y	82m 517y	79m 1705y
15 Hours	Florimond Cornet	87m 566y	86m 569y	87m 1040y	85m 1470y
90 Miles	16h 09 50.s	15h 30m 12s	15h 40m 48s	15h 28m 19s	15h 53m 10s
16 Hours	89m 435y	92m 689y	91m 524y	92m 1318y	90M 1015y
17 Hours	94m 668y	No Record	96m 1152y	98m 164y	95m 1570y
100 Miles	18h 04m 10s	17h 47m 46s	17h 35m 04s	17h 18m 51s	17h 48 05
18 Hours.	99m 1067y	101m 429y	101m 1230y Ret.	103m 615y	101m 6ly
19 Hours	105m 275y	106m 1646y	105m 466y	107m 1175y	105m 1545y
110 Miles	19h 58m 40s	19h 33m 41s	19h 57m 16s	19h 25m 48s	19h 45m 54s
20 Hours	110m 203y	112m 464y	110m 410y	112m 1262y	111m 330y
21 Hours	115m 575y	117m 342y	Hammond	117m 1150y	116m 265y
120 Miles	21h 52m 58s	21h 32m 02s	Hammond	21h 24m 16s	21h 46m 23s
22 Hours	120m 1156y	122m 712y	Hammond	122m 1432y	121m 235y
125 Miles	22h 48m 21s	22h 30m 06s	Hammond	22h 25m 30s	22h 46m 49s
23 Hours	125m 1354y	127m 1021y	Hammond	127m 1510y	126m 118y
130 Miles	23h 45m 51s	23h 27m 10s	Hammond	23h 25m 27s	23h 47m 09S
24 Hours	131 m 580y	132m 1320y	129m 749y	133m 21y	131 m 327y

New Neilson had only one thing on his mind, to win the race, especially bearing in mind the quality of the opposition. He had won a road race and had completed more races of 100 miles or over than any other British walker. The only thing he had not done was to win on the track, which is where he made his debut in 1948. He was aware of the records held by Caron and Richardson, but treated the beating of them as a bonus if that was what it would take to win the race.

Colin is the only walker in the above table of figures who did not set any records, due to the presence of Neilson in the same race. His objective, like Neilson, was to win the race, but he had a more pressing task to fulfil first. That was to complete 100 miles and in so doing, qualify for Centurionship. He was the only person to qualify from this race and became one of the few Centurions in the Centurion handbook to have a race heading to himself. From a steady start he gradually gained ground on the leaders, and by 50 miles he was in front of the old figures set up by Hammond in 1908, a position he maintained throughout the race. However he remained approx. ¼ mile behind Richardson and the same 2 miles behind Neilson, whom he was gaining on slightly with each lap.

Colin, with his 100 miles safely behind him, kept his momentum and caught up 3 laps on Neilson, but he could never bridge the gap. It was only in the last 20 minutes or so that he went behind Hammond's figures to finish an annoying 253 yards short of the old record, his distance being 131 miles 327 yards. Neilson, although also slowing, maintained his lead at the front of the race and finished 461 yards ahead of Caron's world record, his final distance recorded at 133 miles 21 yards.

Colin completed two further English Centurion walks, in 1969 and 1976, to take his tally to three – and they were all impressive times!

100miles	2 nd	17:48:05	20/10/1960	Walton
100miles	1 st	17:52:32	08/08/1969	Leicester
100miles	2 nd	18:12:02	28/05/1976	Woodford

He actually improved on that 1960 24 Hour distance of 131 miles with an even longer performance in Rouen in 1971. Of course, that was a road performance so could not be counted for record purposes. The Ohio Racewalker of June 1971 reported it as follows

MAGNIFICANT EFFORT BY COLIN YOUNG

Rouen, France, May 8-9. England's Colin Young set a new record while leaving the field far behind in a 24 hour walk. Starting in high humidity, surviving a 9-hour downpour and finishing with 7 hours in a blazing sun, Young covered 134 miles 202 yards and was over 13 miles ahead at the finish. The race was held on an accurately measured road course, consisting of 45 laps on a 1213 meter circuit, four laps of 25km 150 meters and hen back on the short circuit until the finish. Young was on a 22 km (about 137 miles) through 18 hours after taking the lead at 70 kms. This race qualified him for the Strasbourg to Paris (520 km), to be held June 10-13.

1.	Colin Young	GBR	215 km 615 m
2.	G. Landreau	FRA	194 km 201 m
3.	E. Alomaine	BEL	191 km 615 m
4.	H. Fickinger	FRA	191 km 475 m
5.	J. Bonn	FRA	184 km 279 m
6.	H. Mainemare	FRA	179 km 435 m

(30 starters and 13 finishers)

Sadly, the Rouen 24H, although still held annually, is now better known for its short courses rather than for the quality of its walkers. It was different in those days.

The British all-time rankings (see <http://www.gbrathletics.com/uk/mh99.htm>) show Colin prominently in all the longer distance lists, even after all these years.

100 KILOMETRES ROAD WALK

9:34:25	Tony Geal (ENG)	28.07.52	1	Grand-Quevilly, FRA	02 Jun 1979
9:36:23	Graham Young (IOM)	30.05.45	1	Stoke Mandeville	26 Sep 1981
9:38:38	Murray Lambden (IOM)	14.10.56	2	Stoke Mandeville	26 Sep 1981
9:45:46	Ian Richards (ENG)	12.04.48	1	Sutton Coldfield	27 Sep 1980
9:46:36	Peter Hodgkinson (ENG)	05.11.44	1	Birmingham (M42)	29 Sep 1979
9:52:49	Tony Collins (ENG)	01.10.42	2	Birmingham (M42)	29 Sep 1979
9:53:04	Colin Young (ENG)	20.01.35	1	Lugano, SUI	30 Oct 1966

100 MILES TRACK WALK

17:18:51+	Hew Neilson (ENG)	15.04.16	1	Walton-on-Thames	14 Oct 1960
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17:35:40	Tommy Richardson (ENG)	.10/11	1	Bradford	19 Sep 1936
17:48:05+	Colin Young (ENG)	20.01.35	2	Walton-on-Thames	14 Oct 1960

24 HOURS TRACK WALK

214.061km	Hew Neilson (ENG)	15.04.16	1	Walton-on-Thames	15 Oct 1960
211.354km	Tommy Hammond (ENG)	18.06.78	1	London (WC)	12 Sep 1908
211.131km	Derek Harrison (IOM)	22.01.35	1	Woodford	29 May 1976
211.123km	Colin Young (ENG)	20.01.35	2	Walton-on-Thames	15 Oct 1960

24 HOURS ROAD WALK

219.570km	Derek Harrison (IOM)	22.01.35	1	Rouen, FRA	21 May 1978
215.835km	Colin Young (ENG)	20.01.35	1	Rouen, FRA	09 May 1971
215.050km	Dave Boxall (ENG)	28.10.33	1	Rouen, FRA	06 May 1973



Colin Young leads Ray Hall, George Farley, Dennis Vale and Dennis Read in one of his many road races in England in the sixties (photo John Cannell)

His three Strasbourg-Paris races are shown below. He finished the entire distance in 1970 (fifth) and 1971 (third), only failing to finish in 1972.

24TH EDITION STRASBOURG – PARIS 4-7 JUNE 1970 512 KM

1.	ZAUGG-SAMY	SR-DELLE	FRA	512KM	70H04m
2.	SIMON-JOSY	AA-LUXEMBOURG	LUX	512KM	70H35m
3.	LEBAQUER-LOUIS	RC-ROUBAIX	FRA	512KM	70H37m
4.	GUNY-CHARLES	AS-AULNOYE	FRA	512KM	71H42m
5.	YOUNG-COLIN	ESSEX-BEAGLES	GBR	512KM	74H24m

25TH EDITION STRASBOURG – PARIS 10-13 JUNE 1971 520 KM

1.	SIMON-JOSY	AA-LUXEMBOURG	LUX	520KM	73H08m
2.	BRACQ-SERGE	CA-MONTREUIL	FRA	520KM	73H25m
3.	YOUNG-COLIN	ESSEX-BEAGLES	GBR	520KM	73H38m

26TH EDITION STRASBOURG – PARIS 15-18 JUNE 1972 513 KM

1.	SIMON-JOSY	AA-LUXEMBOURG	LUX	513KM	67H03m
2.	SCHOUCKENS-ROBERT	US-BINCHE	BEL	513KM	71H40m
3.	LEBAQUER-LOUIS	RC-ROUBAIX	FRA	513KM	73H24m
4.	ANXIONNAT-ROLAND	AS-GUENANGE	FRA	513KM	73H58m
5.	QUEMENER-ROGER	AS-POLICE PARIS	FRA	513KM	75H08m
6.	TRAVARD-LOUIS	AS-NEUVILLE	FRA	513KM	75H51m
7.	YOUNG-COLIN	ESSEX-BEAGLES	GBR	494KM	71H01m

You can see some terrific coverage of the 1970 Strasbourg to Paris racewalk in a 14 minute French TV production at <http://www.ina.fr/media/entretiens/video/CPF04006252/la-plus-longue-marche.fr.html>. Number 23 is John Dowling of Sheffield and number 19 is Colin. The year was very hot, as is often the case in mid June in that part of France. Mel Watman (see above) talks of the fact that Colin's shoes collapsed and he struggled with foot issues for most of the race. This can be clearly seen around the 11 min 40 sec period of the film.

I finish with a few of the many recollections of Colin from the many that have been published over the last few days.

It is very sad indeed to read of the death of Colin Young - one of the greatest British ultra-distance walkers, who competed with distinction nationally and internationally among a fine generation. He pitted himself against the best in Europe with his Paris-Strasbourg walks and completed with distinction. He continues to be talked about with admiration by continental walkers and officials at many 24 hour races. We fondly remember him being invited by the organisers to support us and Edmund Shillabeer on the Tour du Var – where he was given a driver and the Toulon rugby coach! He enthusiastically and professionally supported us on our Paris-Colmar exploits where his insights and experience were invaluable. Colin loved a challenge; Sandra recalls Colin, Bob Dobson and herself being invited by the organiser, a long-time admirer of Colin, to participate in the Etrechy 24h track race. Though relentless wintry conditions drove many athletes off the track, Colin kept going and achieved a fine performance. Peter Selby had a hard job looking after us for 24h in the driving rain, not to mention a challenge getting the van out of the mud at the finish.

Colin's encyclopaedic knowledge of racewalking and other sports stretched across the generations, and was highly valued by athletes and fellow sports historians and statisticians alike. To meet and talk with Colin was always a source of fascination. Sandra and Colin visited the Revd David Christie-Murray, who had been a distinguished race-walker in the 1930s. Colin delighted David, then in his late 90s, by taking press cuttings and photographs of races in which David had participated, and recalling names and performances which gave David great pleasure.

For us personally, as ultra-distance race-walkers, Colin was an inspiration and an iconic figure from a golden age of our sport. As Captain of the Centurions, Colin commanded the highest regard. We shall always remember him with the greatest affection and respect.

Richard and Sandra Brown, C735, C760

It is very sad news. Colin was a great ambassador for British ultra distance race walking. Colin served on the Centurions Committee for good number of years and it was always a pleasure to hear Colin recount tales of race walkers and races of years gone by. He always asked me to send him reports of the Paris Colmar race especially as his eye sight was failing and so his wife used to read them out to him. In the race walking world, both in France and the UK, he was really was a "national treasure".

Kathy Crilley

He was a great walker a true motivator and always greeted me with Pete ryan 4 hours 18 minutes 30 seconds yes he remembered times to the second he did suffer with his eyes remember going to Naumburg with him and we got him next to the big screen so he could see more of re race he was as enthusiastic about race walking

Peter Ryan

DMITRIY OSIPOV GIVES US HIS GOALS AND WISHES FOR 2020

Guillaume Joubert's interview with ultra walking legend Dmitriy Osipov is hot off the presses (it was published on 31st December 2019 on the excellent French ultrawalk blog website <https://culturemarche.com/le-blog/>). See the full article at <https://culturemarche.com/2019/12/31/dmitriy-ossipov-nous-livre-ses-objectifs-et-ses-voeux-pour-2020/>. As the original is in French, here is an English version for our readers, compliments of Google Translate.

The Russian Dmitriy Ossipov has won the longest athletic walk in the world on 8 occasions. Last September, he celebrated a 10th win at the 28 Heures of Roubaix. Rare in the media despite his track record rich in victories, Dmitriy Ossipov gave me his time to discuss his experience and to discuss his next goals. Very critical of his sport, he returns in particular to the financial difficulties encountered by any walker, while other sports brew millions... .. A BIG THANK YOU to him for his availability!



*Left: Osipov wins the 2018 28 Heures de Roubiax (his 9th of 10 wins)
Right: Osipov wins the 2018 Paris-Alsace classic (his 8th win)*

How long have you been walking? I started walking during my childhood, over 40 years ago. I was champion of the USSR among young people and multiple winner on various tests.

How did you discover Paris Colmar, today Paris Alsace? I came in 2003 to accompany Eugène Zaikin to Paris-Colmar. It was very difficult for him, I walked with him almost all the time. That's when I realized that I could walk for a very long time. In August, I was already on a 200 km in Belgium. A year later, again in Belgium and Roubaix. After a few more seasons, Gilbert Bartolomi persuaded me to try Paris-Colmar and helped me with the car and the team.

Are there identical races in Russia? In Russia there are competitions for running long distances, but no such walking competitions.

You have imposed yourself 8 times on the largest walking race in the world, you have also won on several occasions other prestigious events such as the 28 Hours of Roubaix. Do you have more vivid memories or victories? Yes, I have many victories and there have been defeats. Choosing something more than another is very difficult. I cannot speak of the best victory. Each victory is unique. Sometimes everything was easy and everything worked without much effort. There have been victories when, on the contrary, everything was bad. There were injuries. Injury in training and competition. When from the first to the last meter I had to fight the pain, but it was when there were no difficulties and it was easier in competition than in training. The most difficult was the start of the Paris-Colmar series. Already during the prologue, I tore my muscle and the whole distance was accompanied by an injury. It was hard and painful, but it worked. But after the competition, I couldn't walk long. The last departure for Paris-Alsace also came with an injury, still warming up, the old injury, plantar fasciitis worsened. In addition, at the 2-hour medical stop in Bar-le-Duc, I had to wait more than 30 minutes to wait for the podiatrist, unable to sleep and eat. Even at night, we missed the turn and traveled 8 km in the opposite direction. Then I had to go back. But good teamwork and physical fitness helped to cope easily with the problems. I can't say it was very difficult. I would say it was interesting! It took two months to heal. A brisk walk was to be replaced by slow steps and an exercise bike. plantar fasciitis has worsened. In addition, at the 2-hour medical stop in Bar-le-Duc, I had to wait more than 30 minutes to wait for the podiatrist, unable to sleep and eat. Even at night, we missed the turn and traveled 8 km in the opposite direction. Then I had to go back. But good teamwork and physical fitness helped to cope easily with the problems. I can't say it was very difficult. I would say it was interesting! It took two months to heal. A brisk walk was to be replaced by slow steps and an exercise bike. we missed the turn and traveled 8 km in the opposite direction. Then I had to go back. But good teamwork and good physical condition helped to deal with the problems easily. I can't say it was very difficult. I would say it was interesting! It took two months to heal. A brisk walk was to be replaced by slow steps and an exercise bike. we missed the turn and traveled 8 km in the opposite direction. Then I had to go back. But

good teamwork and good physical condition helped to deal with the problems easily. I can't say it was very difficult. I would say it was interesting! It took two months to heal. A brisk walk was to be replaced by slow steps and an exercise bike.

How do you explain your superiority? What helps to win? You should know that the basis of the result is a lot of preparation work. The more energy you spend training, the easier it is for competitions. And analysis and correction of errors. If throughout the year, a lot of work has been done, if it has been difficult in preparation, then in competition, "no problem". When you are a competitor, if you do not do something, or if you do not do it correctly, as exercises to take into account, because too lazy, then you "pay a heavy price" in competitions.

In 2019 you did not show up from Paris Alsace. Can you tell us why? Why did I not participate in 2019, and why today I do not intend to participate in 2020 in Paris-Alsace? Participating in Paris-Colmar, Paris-Alsace has always been very expensive financially. But part of the money spent could be returned by taking a prize. In the best years, we couldn't even leave much to prepare for the next departures. Now the contest organizers have decided not to pay the cash prizes of the participants. The preparation and participation in competitions for most athletes has become simply impossible. The organizers refused to announce the competition, from publications, video and photo reports of the race, from the history of the course of the competition. If you look at the photos presented on the official website, you will not see interesting moments on the competition track, you will not see the difficulties encountered by the athletes. You will not see anything interesting that can attract viewers and new participants! With such an attitude from the organizers towards competitions, athletes, spectators, finding sponsors even in France has become much more difficult, but beyond its borders it is impossible! And participation in such competitions is already becoming unattractive and does not justify the forces invested in training. Paris-Alsace has lost contact with history, has lost tradition, has lost the interest of spectators and athletes. Because there is no information, no advertising, no show! And especially, the organizers have already found excuses, and unfortunately, they don't want to change priorities, they don't want to cooperate, they don't want to do anything to change the situation. It's very sad that the big competitions are dead!

What are your other goals for 2020? Plans for 2020? Grand Est in April and Roubaix in September. Maybe other competitions in summer or spring. I may organize a competition in St. Petersburg.

How do you finance your trips? Do you have help from Russia? from the Athletics Federation? Who are my sponsors? Since 2003, many have helped me organize and support, mainly Gilbert Bartolomi and Zhenya Gutierrez. The friends who came as guides help. But during all this time, there was only one financial sponsor. It's me. The Russian Athletics Federation and Saint Petersburg, like the Russian Sports Committee, do not and have not supported any of the long distance walkers. There is no financial, administrative and moral support from the State and the sponsors.

This therefore means that it is complicated to invest in walking. In Russia, walking long distances is not supported by the federation, the mayor's office, etc. Everything is only personal patriotism. How to make yourself known? For example only, photos and videos of competitions, reports (if any) with stories of walkers.

How do you keep competitive? Over time, does this require more and more preparation? About this subject, more pleasant and interesting, yes, to stay at the top, it is necessary to constantly increase the load. But all the time to increase the number of kilometers is not possible. There is a limit after which injuries begin. Therefore, we have to experiment all the time, we have to find a new combination of different preparations, use modern innovative methods.

What does walking bring you? I love sports, I have been walking since I was 12 years old. In childhood, I did other things. But now walking is the most affordable sport. You can wear sneakers and walk to work. We train without wasting time changing clothes, and going to the gym or the pool. But at the same time, walking gives good training to the whole body and a good mood. On weekends, you can get away from home, see new places. And of course, it's a meeting during competitions with friends. The excitement of the competition is important.

Can you tell us how you train? I find it hard to say how I train. There is a general preparation plan. But this is just a plan. I try to adhere to it, but it is adjusted according to time, work, weather and well-being. In winter, training is slightly different from summer. Not a lot more clothes, a little less speed. And instead of swimming, skiing, when the weather permits, I run often. And in winter, an exercise bike instead of a bike.

Can you give us an approximate walking distance per week? I do not expect to cover several kilometers. I do very few weeks with a distance of more than 170 km. (run and walk).

Where do you train? I train in the streets of Saint Petersburg. You can meet me there. ??

A last word can be? Happy New Year ! Set new goals and find new solutions! Health to all and good luck, not just the New Year! Good walk !

THE CENTURIONS ARE VOTING FOR THE 2019 GORDON SMITH MEMORIAL AWARD

We Australian Centurions are currently voting to decide the winner of the 2019 Gordon Smith Memorial Award. This annual award, named after Australian Centurion Number 1, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**. Award criteria are as follows

1. It is restricted to performances done in Australia.
2. It is awarded for the best SINGLE performance.
3. All Australian Centurions will vote on a short list of performances, as proposed by the Executive.

Previous winners are	2005 Deryck Skinner (C 51)	2006 Stan Miskin (C 23)
	2007 Terry O'Neill (C 18)	2008 Deryck Skinner (C 51)
	2009 Peter Bennett (C 24)	2010 Peter Bennett (C 24)
	2011 Michelle Thompson (C 58)	2012 Barry Loveday (C 62)
	2013 Tim Erickson (C 13)	2014 Michelle Thompson (C 58)
	2015 John Kilmartin (C 67)	2016 Linda Christison
	2017 Robin Whyte (C29)	2018 Claire Tallent

As is always the case, we had a number of very worthy local nominations and it was tough to whittle the list down to four. But here they are, in date order, as proposed by our Executive:

- **Gerald Manderson (C31) : solo walk from Perth to Melbourne**
Gerald celebrated his 75th birthday by walking solo from Perth to Melbourne via the coastal roads, a total distance of 4,249km. He completed his walk in 80 days (January-April), battling horrendously hot and dry conditions along the way and carrying his own water as he traversed the desert areas. This award is normally restricted to Australian residents, but NZ based Gerald's feat is so extraordinary that it has forced its way in.

- **David Billett (C50) : competed with distinction in the Canberra 48 Hour Carnival, March 2019**
David was the first walker to finish the 48 Hour division in the annual Canberra 48 Hour Carnival, setting 7 new Australian M45 Masters records along the way. He passed the 100 mile mark in 22:47:45 and it was only major feet problems towards the end that thwarted his attempt on the Australian 48 Hour record of 283km.

6 Hour Walk	M45 Residential Record	50.239km	Canberra, 15-17/03/2019
12 Hour Walk	M45 Residential Record	92.357km	Canberra, 15-17/03/2019
24 Hour Walk	M45 Residential Record	162.406km	Canberra, 15-17/03/2019
48 Hour Walk	M45 All-Comers & Residential Records	275.673km	Canberra, 15-17/03/2019
100km Walk	M45 Residential Record	13:01:24	Canberra, 15-17/03/2019
100 Miles	M45 Residential Record	22:47:45	Canberra, 15-17/03/2019
200km	M45 All-Comers & Residential Records	30:44:52	Canberra, 15-17/03/2019

- **Jurgen de Waart (C78) : 100 mile centurion qualifer with 23:13:03, April 2019**
Jurgen de Waart was one of 5 walkers to complete 100 miles in our annual Australian Centurions qualifier at Coburg in April. It was his first ever centurion walk and he came out of the blue. Originally from Netherlands and now living in Victoria, he decided a year ago that he wanted to attempt the centurion distance. After 12 months of quietly training on his own, he joined us and completed this toughest of tasks in fine style. Indeed, his successful finish never seemed in doubt.

- **Michelle Thompson (C58) : new W50 records at Coburg, April 2019**
Michelle had her first ultra race in 2 years at our Coburg race, after a long injury related outage. She showed that she had lost little of her form, leading the field throughout the first 12 hours and setting a series of new Australian W50 records along the way. She then walked through to the 100km mark (which she reached in 12:14:49) before stopping.

50km Walk	W50 Residential	5:41:14	Coburg, 13-14/04/2019
6 Hour Walk	W50 Residential	52.594km	Coburg, 13-14/04/2019
50 Miles Walk	W50 Residential	9:36:29	Coburg, 13-14/04/2019
12 Hour Walk	W50 Residential	98.177km	Coburg, 13-14/04/2019



Gerard Manderson, David Billett, Jurgen de Waart and Michelle Thompson in action in their nominated events

I will be announcing the winner of the Gordon Smith Award this coming Sunday at our 2019 Annual General Meeting.

AUSTRALIAN CENTURIONS AGM THIS COMING SUNDAY

The **2019 Annual General Meeting of the Australian Centurion Walkers Inc.** will be held at the **Leighoak Club, 1555 Dandenong Road, Oakleigh** (Melbourne) commencing at **12:30PM on Sunday 5th January 2020** and followed by lunch. At this stage, we have 15 acceptances and I am looking forward to catching up with many old friends.

The AGM has a number of aspects. Business includes

- Confirmation of the minutes of the last AGM and of any general meetings held since that date
- Receipt of reports
- Election of a new Executive and Committee to lead the club for the next 2 years
- Transaction of any special business which has been forwarded in writing to the Club Secretary.

Our Australian Centurion Executive and Committee runs for a two year term, based on election via member vote. The following nominations have been received for the Club Executive and General Committee, to lead the club over the next 2 year period (2020 and 2021).

Club Executive	President	Terry O'Neill (C 18)
	Vice President	Robin Whyte (C 29)
	Treasurer	Lois Erickson
	Secretary	Tim Erickson (C 13)
General Committee	Records and Rankings Officer	Tim Erickson (C 13)
	Assistant Secretary	-
	Up to 3 general members of Committee	Karyn O'Neill (C 45) Michelle Thompson (C 58)

As there are no contested positions, all nominees will all be duly elected on Sunday. Thanks everyone for continuing on with your hard work for the club.

The 2019 Annual Report and Financial Statement are included with this mailout, as separate documents.

UNTIL OUR NEXT NEWSLETTER

We hit the ground running with this first newsletter for the 2020 year, and it's a bumper. The walk fields for Coburg are building nicely and I am looking forward to a superb year.

I wish everyone a Happy New Year and hope that your New Year resolutions include lots of walking.

Yours in Centurion walking

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