

CENTURION FOOTNOTES

JULY 2020 – VOL 27 NUMBER 07

The Official Magazine of Australian Centurion Walkers Inc
Founded 1971, Incorporated 2000, No. A0040301S
<http://www.centurions.org.au>

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DATES...DATES...DATES

With the coronavirus pandemic looking under control in most Australian States and Territories, the Australian ultra season is making a belated start. The AURA calendar (<http://aura.asn.au/>) indicates that there are a number of races scheduled in the second half of the year. That is great news for all our runners and walkers.

Locally, Justin and Sharon Scholz have now opened entries for the Ned Kelly Chase, which will be held in Wangaratta, in country Victoria, on Sunday 25th October. See the event website at <http://www.nedkellychase.com.au/>. Entries opened only a couple of days ago and they already have 33 entries for the blue riband 100km event. I think it is fair to say that there is some pent up enthusiasm waiting to be tapped!

Oct 25 (Sun), 2020 Ned Kelly Chase (50km and 100km) Wangaratta, VIC

You should reference Kathy Crilley's *Centurions Worldwide Community* fixture page for the latest on the international front - <http://www.centurionsworldwide.org.uk/race-fixtures.html>.

All the immediate ultra walks have been either postponed or cancelled (including the English Centurions Qualifier at Colchester).

July 21-14, 2020	Nijmegen 4 Day Walk, Nijmegen, NED	CANCELLED
Aug 8-9, 2020	2020 English Centurions Qualifier – Colchester 100 Miles, GBR	CANCELLED
Aug 14, 2020	Dodentocht /Death March (100km challenge event), Bornem, BEL	CANCELLED
Aug 29-30, 2020	Wadelincourt 24H, Wadelincourt, BEL	CANCELLED

Looking further ahead, some events are still pending a final decision

Sep 19-20, 2020	28 Heures de Roubaix, Roubaix, FRA (decision on May 11 th)	UNDER REVIEW
Sep 19-20, 2020	Nijmegen-Rotterdam 160 km, Nijmegen, NED	UNDER REVIEW

and some are hoping to go ahead on their gazetted dates.

Aug 16-22, 2020	6 Jours de France (6D/48H/24H track race)	Privas, FRA
Sept 20 (Sun), 2020	Bakery End to End Walk (39 Miles)	Isle of Man
Sept 24-30, 2020	EMU 6 Day Run, Balatonfured (HUN) – moved from May	Balatonfured (HUN)
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
Oct 31- Nov 1, 2020	French 24H Walk Championships, Chateau Thierry	Chateau Thierry, FRA
Nov 14-15, 2020	2020 NZ Centurions Qualifier - Sri Chinmoy NZ 24H	Auckland, NZ

So overall, not much change from what was published in last month's newsletter.

With regard to the USA Centurion Qualifier in Owego, race organiser Erin Talcott had this to say a couple of days ago:

As of today, July 2, we are still planning on holding the race. Our event is small enough that we don't fit into large group gatherings. I can't guarantee what the governor will do between now and then as far as restrictions, or as far as quarantines for people coming into the state. All we can say right now is we're still hopeful. We still have almost 3 months, so fingers crossed!

Sadly, I must report the death of another one of our Australian Centurions, with George Audley's passing last Sunday. My obituary follows.

C22. George Audley (21/08/35)
 28-29 May 1988
 23:28:48
 McGillivray Oval, Perry Lakes, WA



George Audley, born 1935 in Birmingham, England, migrated to Australia as a young man and settled in Perth.

He took up fun running in 1981 at the age of 45. He was keen to make up for his late start in sport and soon added racewalking as a further way of challenging himself. He joined the Western Australian Race Walking Club, attracted by the tough 50km event. He actually competed in Australian 50km championships in 1984 and 1986. In the 1984 race in Adelaide, he finished 10th with 5:17:10 but in 1986, again in Adelaide, he was disqualified.

He had also discovered by this stage the joys and challenges of ultra distance running and was clocking up some good performances on the local Western Australian front. He was keen to participate in the 1987 Westfield Sydney to Melbourne Ultra Marathon but this would require a 24 Hour Run performance to confirm his credentials. He duly lined up for the Hi-Tech 24 Hour Ultra at McGillivray Oval at Perry Lakes in Perth in October 1986 – the result was a win with a superb distance of 219.361km (with a 100 mile split of 16 hrs 45 mins).

As expected, he was one of 26 of 218 applications selected to contest the 1987 Westfield which was held in late March 1987 over a new course, the overall distance of 1060km making it the longest and most demanding ultra ever staged in Australia. His performance was impressive, finishing 6th in 8 days, 1 hour and 34 minutes, at an average of just over 130km per day.

George was keen to contest the 1988 Westfield so needed another qualifying time on the board. He chose a 48 Hour race in Perth in October 1987, winning with 335km. With that box ticked, he turned his attention to Victoria, travelling to the country town of Colac to contest the iconic 6 Day race held there each November. Once again he produced the goods, coming 6th in a very high quality event with 805.2km.

The 1988 Westfield was slightly shorter than in 1987, only 1015km, but the field was a lot bigger – a total of 42 runners had been accepted. The attrition rate was high, with only 23 runners reaching the finish, George amongst them. His 13th place finish in 7 days 21 hours and 16 minutes averaged out at 130km per day, almost identical to his pace in 1987.

1988 also saw a challenge of a different sort for George. As far as he and fellow WARWC member Jim Turnbull knew, no one had both walked and run 100 miles within 24 hours. George had completed a 100 mile run in 1986 (16 hours and 45 minutes) and Jim had done a 100 mile walk in 1986 (23:38:53). George chose a 1km grass loop at McGillivray Oval at Perry Lakes in suburban Perth and set the date for his walk attempt as 28-29 May 1988.

Once Jim Turnbull heard about the attempt, he decided to line up also, but this time as a runner. History tells us that Jim finished his run in 21:54:36 while George finished his walk in 23:28:48. It was a personal success for both athletes. Jim had done little running in preparation for this event while George had limited walking in the legs. George confided to

me some years back that he regards his 100 mile walk (done on the grass track) as one of the hardest events he has contested.

Both Jim and George forwarded details of their performances to the Australian Centurions President but unfortunately, no action was taken until 1994 when we retrospectively verified and confirmed their performances and awarded them badges number 21 and 22.

It was only years later that George and Jim learnt that they had been beaten to the run/walk double by Claude Martin who had completed his walk in 1975 and his run in 1987. So Jim became the second Australian and George the third to achieve this unique double.

1988 saw further long ultras from George. In September, he finished 2nd in the Perth to Albany 406km road race (2 days 11 hours and 14 minutes) and completed his second Colac 6 Day 2 months later, coming 15th with 661.4km. There seemed to be no stopping him.

George subsequently continued on with a successful ultra-distance running career in which he regularly competed in the Colac 6 day race, the Albany to Perth (560 km), the Perth to Bunbury (202km) and the Geraldton to Perth (434 km).

The Colac 6 Day race was one that George made his own. He competed in this event on 14 occasions, finishing 12 times, with a best distance of 816.8km, set when he came 2nd in 1996, aged 61 years. To put it in perspective, his cumulative Colac distance of over 7000m is over half the distance around Australia!

1987	6 th	805.2km
1988	15 th	661.4km
1991	6 th	641.2km
1995	6 th	713.6km
1996	2 nd	816.8km (PB)
1997	4 th	782.0km
1998	4 th	742.4km
1999	7 th	570.4km
2000	18 th	242.0km (hamstring injury put paid to a big distance)
2001	4 th	704.0km
2002	8 th	593.6km
2003	DNF	205.5km
2004	9 th	526.5km
2015	DNF	150.8km



George competing in the 2004 Colac 6 Day race

George's strategy at Colac was different to other competitors and it seemed to work. The course was a 400m track set up in the Memorial Square in the centre of Colac. Rather than oval in shape, it was rectangular, and George used this to his advantage. Once the race was underway and the first hard yards were covered, he would settle down into a regular

pattern of 100m walk, 100m run, 100m walk and 100m run to complete each lap. This enabled him to stay on the track for long periods, whereas those who relied principally on running were apt to need greater rest.

He was also noted for his lap counting, using a set of beads that he held in one hand. Given that a Colac 6 Day run might mean up to 2000 laps, this was no mean feat. Timing feedback was sometimes lacking at Colac but, with his beads, he was able to keep tabs on how many laps he had completed each hour.

A reunion of sorts took place in March 2002 when Jim Turnbull and George walked together the 963.1km Bibbulman Track in West Australia. It stretches from Perth to Albany and is a bushwalking trail with magnificent views. The walk took some 6 weeks. It did not have the urgency of their centurion efforts, and I am sure it was a wonderful experience.

George disparagingly called himself *The Flying Fossil* and perhaps in later years it was an apt description. Standing only 5 feet 5 inches and weighing in at 65kg, he was small and steady, but never gave up. His favourite saying was *Ultra runners don't quit*, and that summed him up well. He can be truly regarded as one of the legendary hard men of ultra-distance running.

Even nowadays, in 2020, his name appears twice in the AURA Age Group Records

M60	500km	George Audley	WA	3D:17:00:00	Colac VIC	22/11/1997
M65	500km	George Audley	WA	5D:00:00:00	Colac VIC	17/11/2002

George was honoured with a leg in the 2000 Olympic Torch Relay, one of the many sporting figures who helped carry the flame in its vast traversal of Australia.



George with the Olympic Torch in 2000

Another notable performance was his finish in the 2001 Trans Australia "*Race of Fire*". This event required entrants to run from Perth to Canberra, a distance of 2656.6 miles (4274.5 km) in 63 daily stages, at an average of 42.2 miles (67.8km) per day. Given that this crossed some of the toughest desert country in Australia, it was no race for the faint hearted. As an aside, the race was stopped for two days because of a tragic incident, when Australian ultra runner Bryan Smith died suddenly on day 28, so it lasted 65 days, with 63 days of actual running.

Of the 24 starters, 14 finished, with George coming in 11th with a total time of 513 hours 35 minutes and 35 secs. With that run, he became the oldest man to run across any Continent.

Another of George's long ultras that caught some media attention was his 406km run from Perth to Albany in August 2005 to celebrate his 70th birthday. It is captured in the following newspaper article.



GOOD TO BE BACK: Christine Audley congratulates her 70-year-old husband, ultra-distance runner George Audley, on his arrival at the Albany Town Hall last Friday.

By George, what a run!

HE MAY not have felt as fresh as a daisy, George Audley showed no signs of having run 406km from Perth over six days when he strode down York Street to the Albany Town Hall on Friday.

After a congratulatory hug from his wife Christine, Audley calmly talked about his latest marathon effort, his way of celebrating his 70th birthday.

This was the second time the veteran ultra-distance runner had run from Perth to Albany. The first, 17 years ago, he completed in 2½ days.

"I was a lot slower this time, but I could still do it," he said.

Audley, who started from Burswood at 10am on August 21, ran 12 hours a day from 6am most days, averaging 6.4kmh.

He said conditions were ideal, despite a head wind all the way, the only problem being spray from passing trucks.

Putting his feet into bags of baking powder every day for a week before the run prevented blisters, and he wore mostly the same pair of running shoes, with soles made from a car tyre

for longer wear. Audley listened to music to beat the boredom, and was spurred on by well-wishers along the route.

Audley's wife Christine played an essential part, driving the couple's campervan just ahead and stopping at intervals to refill the runner's water bottle and prepare food. Mrs Audley left him just north of Albany to welcome him at the Town Hall, where he arrived on time at 2pm.

Audley was a late starter in long-distance running, competing in his first Port to Point fun run at the age of 45.

"I haven't stopped since," he said.

He logs his training runs and calculates he has clocked up 137,000 kms in training and competition.

Audley's latest achievement was a warm-up to his 15th Colac Six-Day Race, the Victorian ultra-distance event held every November.

Audley spent the weekend relaxing and cycling, and plans to get the running shoes back on in a week or two to start training for Colac.

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George finally hung up his running shoes in 2006, well satisfied with a career that had spanned 25 years and which had seen some wonderful successes.

George returned to the UK shortly after suffering a stroke, and moved in with his sister Patricia so she could care for him.



George (right) with his younger brother Vic in Birmingham last year (photo Julie Emma Dibble)

George passed away on Sunday 28th June 2020 at the age of 84, at home in Birmingham, with Patricia.

While George has now passed on, his memory will live on, both to his fellow Australian Centurions and to the wider Australian ultra distance community.

REMEMERING GORDON SMITH (C1)

I recently came across this wonderful photo of our very first centurion, **Gordon Smith (C1)**, taken in the early 1930's during one of his bushwalking excursions with the Sydney Bush Walkers.



Gordon in the early 1930's in bushwalking mode - Tall, with a magnificent physique, he looked like he'd strolled straight out of an old Chesty Bonds singlet commercial.

Chesty Who? Well, if you are my age, you are familiar with the fictional character made up to advertise Bond's singlets. The advertisements were often in the form of a short comic strip like this one.



Yes, I think Gordon looks very Chesty Bond'ish!

Refresh your memory with Gordon's story - <http://vrwc.org.au/tim-archive/articles/wa-gordon-smith.pdf> .

OUT AND ABOUT

- When Ballarat based centurion **John Kilmartin (C67)** celebrated his 69th birthday on Thursday 11th June, he did what he normally does - went for a long walk with the distance matching his age. That means that this year John walked 69km. His route was around Lake Wendouree in Ballarat and the time taken, as per his garmin, was 8:55:46, for an average of 7.7km/hr. I suppose that if you have walked 100 miles in 24 hours, 69km is a stroll in the park, but I'm not sure – does seem a long way to me nowadays! Well done John - inspirational stuff!



- Talking of photos, **Charles Arosanyin (C46)** emailed me a couple of weeks ago with this wonderful photo, taken during the 2006 Commonwealth Games 50km in Melbourne, where he was competing as part of the Nigerian team. Great stuff!



You can read about Charles at <http://www.centurions.org.au/centprofiles/46%20charles%20arosanyin.pdf>. He is a dual centurion, with English (C979 2001) and Australian (C46 2003) memberships.

FANCY A VIRTUAL WALK – ERIN AND DAVE TALCOTT HAVE YOU COVERED

In our May newsletter, I announced that USA Centurions Dave and Erin Talcott were organising a Virtual Walk opportunity for us all. There were to be 3 different categories - 6 hour, 12 hour and 7 day total - and walkers could choose any time between May 15 - June 14 to get their performance on the board.

Erin has now published the preliminary results. Great job everyone!

12 Hour Walk

1. Richard McChesney 87.00 Km
2. Paul Terbrack 78.06 Km
3. David Alterman 46.79 Km

1. Erin Talcott 80.80 Km
2. Shona Davis 38.08 Km
3. Kelley Grayson 22.99 Km

7 Day Total Mileage

1. Paul Terbrack 218.87 Km
2. Jantinus Meints 94.20 Km
3. Christer Svenson 83.00 Km

1. Erin Talcott 162.00 Km
2. Shona Davis 82.03 Km
3. Kelley Grayson 69.66 Km

6 Hour Walk

1. Michael Bonney 51.93 Km
2. Christer Svenson 50.20 Km
3. Jantinus Meints 48.53 Km
4. Richard McChesney 45.00 Km
5. Ulf-Peter Sjöholm 45.21 Km
6. Mark Wold 43.48 Km
7. Paul Terbrack 42.42 Km
8. David Alterman 24.14 Km

1. Erin Talcott 44.61 Km
2. Sharron Gruttadauro 31.28 Km
3. Shona Davis 24.50 Km
4. Kelley Grayson 24.14 Km

BARBARA MOORE - A FORGOTTEN WALKER FROM YEARS PAST

I was perusing website <https://www.wr-nw.com/> a few days ago when I came across a recent article marking the 60th anniversary of Barbara Moore's walk across America (see <https://www.wr-nw.com/barbara-moore.html>).



Barbara Moore on the last leg of her 1960 walk from John O'Groat's to Land's End (photo <https://www.shutterstock.com/>)

I had never come across Barbara's name before so I got busy doing some research. I found a fascinating but tragic story that is worth sharing with everyone.

Barbara Moore (22 December 1903 - 14 May 1977), born Anna Cherkasova, was a Russian-born British engineer who gained celebrity status in the early 1960s for her long-distance walking and health beliefs.

Moore was among the first generation of Soviet female engineers after the Russian Revolution. Obviously a sports oriented woman, she became the Soviet Union's long-distance motorcycle champion in 1932. She immigrated to Great Britain in 1939, marrying an art teacher, Harry Moore. They later separated.¹

In November 1944 the then-new Vegan Society held its first meeting, at the Attic Club, 144 High Holborn, London, and Moore was amongst the attendees. As time went on, she refined her ideas, becoming ever more radical.

¹ Much of the information in this article is taken from [https://en.wikipedia.org/wiki/Barbara_Moore_\(vegetarian\)](https://en.wikipedia.org/wiki/Barbara_Moore_(vegetarian))

To quote from a news release by the London Sunday Chronicle dated 17 June 1951

A woman of 50, who looks like she was only 30, claimed yesterday that she hates food, has beaten old age, and expects to live at least 150 years. She has set out to do it by giving up food. Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion and an occasional glass of fruit juice. Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavored with a few drops of lemon juice. She says, 'There is much more in sunlight and air than can be seen by the naked eye or with scientific instruments. The secret is to find the way to absorb that extra - that cosmic radiation - and turn it into food'.²

Moore held that people could live to be 200 years old by abstaining from smoking, drinking alcohol and sex. She claimed she had cured herself of leukemia by way of a special diet. She was not just a radical vegetarian. She was a breatharian³, believing it is possible for people to survive without food.

There was a lot of scepticism about her claims and she was a controversial figure. In an attempt to demonstrate the correctness of her theories about dieting and exercise, she embarked on a series of lengthy walks across Europe, Australia, Canada and the USA in the late 1950's and 1960's. On each occasion, she walked with only nuts, honey, raw fruit and vegetable juice for nourishment.

Here are a few of her documented walks.

In December 1959, she walked 600km (373 miles) from Edinburgh to London in 7 days. The final stage of her walk is captured in a photo along the road near Stamford, Lincs., dated 12th December 1959.⁴ The caption reads

Dec. 12, 1959 - Dr. Barbara Moore, the 56 year old marathon walker - nears the last fifty miles of her 373 mile walk from Edinburgh to London. Today is her seventh day on the road. Even though she is "very tired" - and her feet more blistered than ever - she says she is determined not to give up.



Barbara Moore with 50 miles to go in her 1959 600km walk from Edinburgh to London (photo <https://www.alamy.com/>)

In early 1960, she walked 1,400km from John o'Groats to Land's End in 23 days. Her arrival is captured for posterity on BritishPathe newsreel.⁵

² See https://web.archive.org/web/20080516100239/http://www.vivendodaluz.com/EN/amboflight/barbara_moore.html

³ See <https://en.wikipedia.org/wiki/Inedia>

⁴ See <https://www.alamy.com/dec-12-1959-doctor-barbara-moore-on-the-last-fifty-miles-nears-end-image69361351.html>

⁵ See <https://www.britishpathe.com/video/dr-barbara-moore-arrives-in-cornwall>

In 1960 she also completed the 3,387 miles walk from San Francisco to New York City, departing San Francisco on April 13 and arriving in New York City on July 6, 86 days in total. Her feat is documented in the wikipedia page https://en.wikipedia.org/wiki/List_of_people_who_have_walked_across_the_United_States. Her finish is captured by the US newsreels.⁶

Later that same year, she travelled to Australia, where she completed a marathon 400 miles walk from Albury to Blacktown.1960. Once again, the BritishPathe newsreel footage captured her in action.⁷



*Left: Barbara Moore at Penrith, the halfway point on her John O'Groats To Lands End Marathon
Right: Barbara Moore arrives in Schiphol in Holland in 1961 for another of her long walks*

To test her health theories, she planned to build a laboratory next door to her home in Frimley. She was soon drawn into a lengthy legal battle over a sewer and access roads for a nearby housing estate. She spent years and her life savings fighting her case with various government ministries, but ultimately lost in the High Court of Justice. Her legal disputes had cost her more than \$85,000 and left her bankrupt.

She still refused to give in and spent her 62nd birthday (in 1965) in prison for contempt of court. She was also jailed for refusing to obey a judge's order to remove flower tubs from her front yard (an unrelated incident in May 1962 that does perhaps paint a picture of someone who railed against authority and was her own worst enemy).

She was still in the news in 1967, walking with paratroops to attack a non-stop walking record at Aldershot, Hampshire. And once again, BritishPathe captured it.⁸ One guesses that this might have been a bit of a fundraiser to try to recoup some of her lost court costs.

Sadly, she died in virtual anonymity, without funds and near starvation because she refused to eat, according to Terry Lyons, a Government health official and a friend. “*She had so changed that nobody recognized her;*” Mr. Lyons said. “*She wasn't the strong, belligerent woman she had been. After years of losing in the courts, she had finally lost all faith in British justice and decided she was going to die.*”⁹

She had moved into a flat by herself, shut herself away and had seemingly given up the will to live. She was eventually admitted to St. Giles Hospital in London under a false name (to escape attention) and died 24 hours later, on 14 May 1977, aged 73.

Thus ended the life of a wonderfully gifted but personally flawed ultra distance walker.

6 See <https://www.youtube.com/watch?v=7WZWxfmjIE>

7 See <https://www.britishpathe.com/video/dr-barbara-moore-walks-in-australia>

8 See <https://www.youtube.com/watch?v=EgV7s4UJydY>

9 See <https://www.nytimes.com/1977/05/15/archives/dr-barbara-moore-who-walked-across-us-is-dead-at-73.html>

UNTIL OUR NEXT NEWSLETTER

Another month gone and we are just over half way though the year. But what a year it is, with our own cosy lives turned upside down. This month we celebrate the life of George Audley (C22).

Gone but not forgotten.

Yours in Centurion walking

Tim Erickson (C13)

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