

CENTURION FOOTNOTES

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DATES ... DATES ... DATES

The Australian Ultra scene has bounced back in 2021 with lots of events. As always, check the AURA calendar (<http://aura.asn.au/>) for the latest news. Internationally, there are not many major walk ultras left standing. Here are 4 of which I am aware.

Aug 25-28, 2021	Paris-Alsace Classic	
Aug 28-29, 2021	FANS Ultra Race (USA Centurions 100 Miles Qualifier)	Minneapolis, USA
	See https://fansultraraces.org/ and https://www.unitedstatescenturionwalkers.com/?page_id=1717	
Sept 25-26, 2021	Not Just a Walk in the Park (USA Centurions 100 Miles Qualifier)	Owego, NY, USA.
	See https://raceroster.com/events/2021/15288/not-just-a-walk-in-the-park-v30-2021 .	
Nov 13-14, 2021	Sri Chinmoy 24 Hour Track Race (NZ Centurions 100 Miles Qualifier)	Auckland, NZL
	See https://nz.srichinmoyraces.org/races/auck/24hr and https://www.facebook.com/NotJustAWalkInThePark	

Although the English and Continental Centurions qualifiers had to be cancelled, our Australian Centurions qualifier went ahead in April and the NZ and USA qualifiers (2 qualifiers are scheduled for USA) are still on at this stage.

Here is what "Not Just A Walk in the Park" organiser Erin Talcott-Taylor had to say about their event

Hi Tim, I hope all is well with you! Just writing to let you know that we are planning on hosting our Centurion event here in Owego, NY September 25-26. We realize that many of our international friends may not be able to make it, but we're planning on moving this year so this is our last chance to host the event. If you wouldn't mind putting it on your ultra walking calendar I would be very appreciative.

Thanks a ton!

Erin

SOUTHERN SYDNEY 24 HOUR ULTRA, BARDEN BRIDGE, NSW, 5-6 JUNE 2021

The inaugural Southern Sydney 24 Hour Track ultra (<https://southernsydney24hourultra.com.au/>) was successfully completed in early June at the Ridge Athletics Track in Barden Ridge, Sydney. The event had advertised that it was limited to a max of 200 runners and they nearly got there, with 179 entries received by the close of entry. I am pretty sure this is the largest track ultra ever staged in Australia.

Their event mix was identical to Coburg - 24H, 12H, 6H, 3H, 100km and Marathon – and they had a dedicated lane for walk entrants. Great work! Overall, only five walkers were in action, with results as follows

24H Walk

1.	Linda Christison	2417	151.881 km
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12H Walk

1.	Brett Molloy	1219	72.073 km
2.	Kathy Johnsun	1205	44.109 km

6 Hour Walk

1.	Heather Lee	6009	26.358 km
2.	Margrit Smith	6007	17.138 km

I was particularly interested in the performances of two of the walkers. I had been advised beforehand of their intentions, but could not attend due to the covid lockdown so arranged for race organisers Stephen Redfern and Martin

Fryer to oversee them on our behalf.

59 year old **Linda Christison** was trying yet again for a centurion finish, having got so close in the 2018 Canberra 48 Hour Carnival, when she reached 154.07 km. Walking as usual with her walking stick (remember she is a Parkinson's sufferer), she was on schedule for the first half but, just as in 2018, Parkinson's kicked in in the second half and she was forced to take some time off, then walk more slowly. She reached a final distance of **151.451 km**, commendable given her health issues but just short of the required 161km. I have chatted with her since and she feels she has one more attempt left in her, possibly in 2022.

94 year old **Heather Lee**, known to the racewalking community for all her W85 and W90 masters records, contacted me and asked what distance would be required if she was to be considered for an Australian W90 6 Hour walk record. A review of our own records showed that Val Chesterton holds the W70 record with 39.965km and Ellwyn Miskin holds the W80 record with 38.756km, but we have never had anyone older than those 2 ladies attempting such a standard. Both performances were less than the marathon distance so are not truly "ultra performances" but we had accepted them as records. The longest 90-94 age group 6 Hour performance I could find on the books was 25.5km for a Swiss male, set in 2018, so I suggested to Heather that if she could walk further than 25km in 6 Hours (a magnificent feat for a female walker of that age), we would consider it. She did it well and truly, with a distance of **26.358 km**. Our Centurions committee has voted to accept this as an **inaugural W90 Australian 6 Hour Walk Record**.

I picked up this extensive post from Linda and her sister Heather, who both competed in the 24H (Linda in the walk and Heather in the run). It says it all.

The first Southern Sydney Ultra was an incredible event and Heather and I went through just about every emotion over the weekend. We were eager to enter the 24 hour from its first listing, we were both training well, it is 10 minutes from Mum's and everybody was going! Then in January Heather got a nasty stress fracture in her foot, weeks in a moon boot, months off running - was it still worthwhile going? Heather was diligent in her rehab and was finally given the OK by her physio despite a secondary muscle issue in her foot a few weeks before race day.

We headed off in a similar situation. I was going to have a second go at becoming a Centurion (100 miles/161 km walked in 24 hours) but while my neurologist was happy for me to have a go he cautioned that the intensity would quite likely cause a Parkinson's meltdown and I needed to back off at the first signs, and Heather's physio was also preaching cautious participation so we both were hoping to sneak past our respective sleeping bears and make our targets: 161 km for me and Heather thought anything from 100-133 km would be a win with her limited preparation.

Cathie Wiltshire was enthusiastic from the start to crew for us and it is impossible to catalogue all the things she does, and it is complicated by the fact that I was entered as a walker and Heather as a runner, which meant crewing on both the inside and the outside of the track.

We both started well and for me the Centurion was on the table for beyond halfway, then in the early hours of Sunday the sleeping PD bear stirred. It became difficult to talk, my speech was slurring slightly and my balance was getting trickier and Cathie noticed the lean starting. I backed off and things improved, increased pace and Parkinson's was unhappy so I let the Centurion go. Too soon? My mind debated the issue as I circled the track through the cold morning dark but it did mean I stayed out there.

Heather was also struggling, her foot protested from in the area of the secondary injury so she was sensible and walked and then she became very nauseous. I don't know how many times Cathie crossed the track to take care of us and we were also grateful to Greg Finlay who stepped in to watch over one when Cathie was busy with the other.

Dawn came and the energy of the track was infectious and we both finished strongly and with big smiles. No Centurion but my second best 24 hr result of 151.8 km and 12th out of the 42 entrants (all the rest were runners) and 5th woman. Heather ended with 132.5 km, at the top end of her post injury goal and 18th outright and 6th woman.

Congratulations to the placegetters in our event and the 12, 6 and 3 hr and the 100 km and marathon. Well done to the world championship qualifiers and our new age record holders 94 year old Heather Lee's 26.3 km and 87 year old Margrit Smith's 17 km in the 6 hour. (those ages are correct!). Heather Lee and David Attrill (marathon) were our tent roomies and also benefited from Cathie's super crewing powers. Too many friend performances to list but you were all amazing and I loved catching up with you all after the lost 2020.

Stephen Redfern you and your team should be very proud of your debut event and thank you so much for agreeing to have a walking lane and encouraging my Centurion attempt.

Thank you to our lovely friend Shanelle Corben for coming out to cheer us on in the freezing cold and then

returning in the morning to watch us finish. A special thank you to Jennifer Jensen for looking after my tiger Phoenix and Trish Cox at Berrima Boarding Kennels for caring for Jordie and Kwin. It was a bonus to be able to stay with Mum and enjoy some special time together. It was an awesome event and a brilliant if tough weekend. Will we back...definitely!

What a wonderful report!

Lots of photos in the following 4 dropbox repositories (photos taken by Stu Stolzenberg). 3 of them are reproduced below.

- <https://www.dropbox.com/sh/js35w4v0pg10o6k/AABFEbU7lrvxuEH9FUshOo56a>
- <https://www.dropbox.com/sh/js35w4v0pg10o6k/AABFEbU7lrvxuEH9FUshOo56a>
- <https://www.dropbox.com/sh/5j1i1b2elmdfgkl/AACfZX0vQYpf1B5uGIbfexAka>
- <https://www.dropbox.com/sh/ltv5swlk4emqwxo/AACOHfdHrV5Xx87XHZO6FYKqa>



Linda Christison

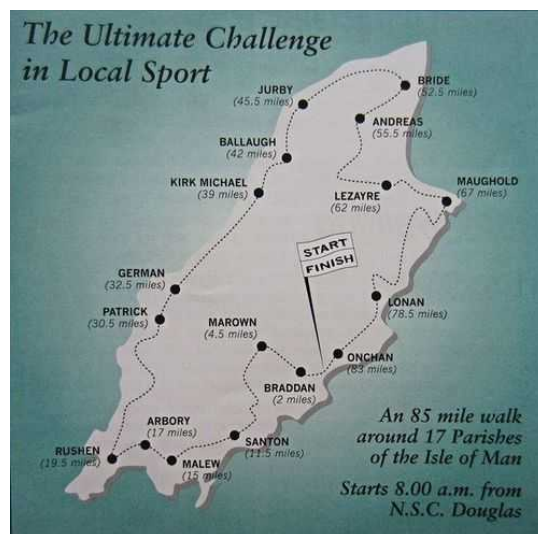


Heather Lee



Heather and Linda Christison

PAUL ATHERTON WINS 2021 PARISH WALK, 19-20 JUNE 2021



The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at https://en.wikipedia.org/wiki/Parish_Walk.

After being cancelled last year due to covid, Isle of Man walkers were able to don the shoes last week. My report is taken from <http://www.iomtoday.co.im/article.cfm?id=62385&headline=Atherton%20wins%20Parish%20Walk§ionIs=sport&searchyear=2021>.

Paul Atherton is the winner of the 2021 Parish Walk. The 37-year-old completed the challenging event in a time of 15:23:40 to finish 17:43 ahead of reigning champion **Liam Parker**. Union Mills footballer **Simon Gawne** livened up the race by leading through Peel and up until the Ballaugh area where he was joined by Atherton and Parker. Atherton then put the hammer down and gradually pulled clear of his rivals, with five-time winners **Richard Gerrard** and **Robbie Callister** calling it a day at Bride and Peel respectively (Callister announced this will be his last year competing for the win, although he intends to continue entering the event socially). From Jurby onwards, Atherton didn't look back and he remained at the front of the race all the way back to the finish on Douglas Promenade. Parker also safely negotiated the 85 miles and was followed some nine minutes later by **Noel Ash** and **Adam Killip** who crossed the line together in a time of 15:59:26, ahead of early leader Gawne in fifth place. Completing the top six and clinching her maiden women's title in superb style was **Sammy Bowden** in 16:38:51, with second going to **Lorna Gleave** in a fine 18th place overall.



Parish Walk winner Paul Atherton

Mason Prince took the honours in the U21 men's category, with **Elle Cain** claimed the U21 women's title. Further down the order, competitor number 137, **Jim MacGregor** crossed the finish line at 5.30am, having walked the whole course wearing a dog costume to raise funds for the Search and Rescue Dog Association, while it was a double celebration for first-time finisher **Rachael Butterworth**, who reached the finish line on her birthday.

Just under 200 of the 1600 starters completed the full 85-mile course. 192 walkers (106 men and 86 women) made it to the finish line on Douglas promenade ahead of the 8AM Sunday cutoff. **Tom Quirk** and **Lottie Moore** were the final two finishers, making it to the end of the race with less than three minutes to spare.

I reproduce the results for all those who attained the GOLD (under 18 hours) or SILVER (under 21 hours) status with their finishing times. Full results at https://www.parishwalk.com/page_676473.html#1_B2E136. What a wonderful standard.

1. Paul Atherton (14)	Senior Men (1)	15h 23m 40s
2. Liam Parker (1)	Senior Men (2)	15h 41m 24s
3. Noel Ash (9)	Veteran Men (1)	15h 50m 26s
4. Adam Killip (12)	Senior Men (3)	15h 50m 26s
5. Simon Gawne (392)	Senior Men (4)	16h 12m 52s
6. Samantha Bowden (66)	Veteran Ladies (1)	16h 38m 51s

7. Stewart Jones (20)	Veteran Men (2)	17h 8m 16s
8. Andrew Titley (5)	Veteran Men (3)	17h 14m 40s
9. Michael Readshaw (56)	Veteran Men (4)	17h 18m 55s
10. Patrick Bregazzi (42)	Veteran Men (5)	17h 23m 3s
11. Tony Edwards (11)	Veteran Men (6)	17h 32m 37s
12. David Walker (25)	Veteran Men (7)	17h 36m 32s
13. James Quirk (7)	Veteran Men (8)	17h 38m 33s
14. Michael Bonney (54)	Veteran Men (8)	17h 38m 33s
15. Tristan Shields (31)	Senior Men (5)	17h 40m 13s
16. Werner Alberts (21)	Veteran Men (10)	17h 41m 59s
17. Michael Osborne (68)	Senior Men (6)	17h 42m 25s
18. Lorna Gleave (28)	Veteran Ladies (2)	17h 44m 28s
19. Stephanie Burton (26)	Veteran Ladies (3)	18h 8m 43s
20. Louise Gimson (43)	Veteran Ladies (3)	18h 8m 43s
21. Bernie Johnson (17)	Veteran Ladies (5)	18h 32m 58s
22. Lee Johnson (19)	Veteran Men (11)	18h 32m 58s
23. Ewa Kowalewska (30)	Veteran Ladies (6)	18h 38m 24s
24. Nikki Arthur (90)	Veteran Ladies (7)	18h 45m 59s
25. Chris Cale (15)	Veteran Men (12)	18h 48m 8s
26. Aaron Curphey (32)	Veteran Men (12)	18h 48m 8s
27. Connor Gilbert (37)	Senior Men (7)	18h 55m 6s
28. Tony Mackintosh (23)	Veteran Men (14)	19h 7m 39s
29. Karen Lawrie (24)	Veteran Ladies (8)	19h 7m 39s
30. Anna Dillon (104)	Veteran Ladies (9)	19h 12m 52s
31. Alan Teare (41)	Veteran Men (15)	19h 16m 11s
32. Michael Rycroft (557)	Senior Men (8)	19h 16m 11s
33. Mark Lund (44)	Senior Men (9)	19h 17m 7s
34. Glenn Faragher (88)	Senior Men (10)	19h 19m 38s
35. John Roberts (238)	Veteran Men (16)	19h 20m 17s
36. Michael Farnworth (93)	Veteran Men (17)	19h 27m 11s
37. Ste Taylor (1281)	Veteran Men (18)	19h 38m 29s
38. Dougie Scott (560)	Senior Men (11)	19h 41m 6s
39. Maureen Moffatt (48)	Veteran Ladies (10)	19h 42m 41s
40. Jane Mooney (61)	Veteran Ladies (11)	19h 47m 42s
41. Richard Sille (1262)	Veteran Men (19)	20h 1m 35s
42. Rob Crichton (1073)	Veteran Men (20)	20h 4m 53s
43. David Gelling (95)	Veteran Men (21)	20h 5m 33s
44. Joseph Swan (114)	Senior Men (12)	20h 8m 20s
45. Peter Beaumont (277)	Senior Men (13)	20h 10m 29s
46. Alexander Cain (233)	Senior Men (14)	20h 13m 1s
47. Andrew Brierley (1034)	Veteran Men (22)	20h 18m 33s
48. Stephen Oates (223)	Senior Men (15)	20h 19m 48s
49. Michael Sansbury (120)	Veteran Men (23)	20h 23m 3s
50. Zoe Lambie (142)	Senior Ladies (1)	20h 23m 26s
51. Jim Davidson (74)	Veteran Men (24)	20h 26m 41s
52. May Hooper (159)	Veteran Ladies (12)	20h 26m 41s
53. Paul Callow (40)	Senior Men (16)	20h 33m 47s
54. Craig Fletcher (163)	Senior Men (16)	20h 33m 47s
55. Courtenay Heading (38)	Veteran Men (25)	20h 37m 38s
56. Fintan Cummins (351)	Senior Men (18)	20h 45m 45s
57. Jed Fisher (384)	Senior Men (18)	20h 45m 45s
58. Jennifer Cannell (150)	Senior Ladies (2)	20h 46m 44s
59. Amy Sykes (196)	Senior Ladies (3)	20h 55m 2s
60. Karen Mercer (184)	Veteran Ladies (13)	20h 57m 17s
61. Julie Barlow (189)	Veteran Ladies (13)	20h 57m 17s
62. Leanne Venables (980)	Senior Ladies (4)	20h 59m 7s
63. Michael Pardoe (514)	Senior Men (20)	20h 59m 11s

DUTY OF CARE THE FOCUS OF ATTENTION

On 22 May 2021, 21 ultramarathon runners died during severe weather while competing in Gansu, China.

The 100km race began in pleasant conditions, with 172 participants, at 09:00 on Saturday 22 May 2021 beside the Yellow River in Jingtai County, Baiyin. Many of the runners were lightly clothed with some only in shorts and T-shirts. The 100 km route through the Yellow River Stone Forest area ascends to over 2,000m through mountainous terrain. Around noon, at a difficult section of the route, runners suddenly experienced freezing conditions with gales, heavy rain, and hail. The race was called off at about 2PM. Temperatures in the county had dropped to 6°C during the day, not including wind chill. Some runners fainted from the cold. Due to the strong winds, the insulation blankets were torn to pieces. Shortly after receiving calls for help from some, the authorities sent an initial rescue team that rescued 18 athletes. Some of the contestants in better condition helped with rescue efforts, and nearby villagers used their motorcycles to take injured contestants down from the mountain. A shepherd saved six contestants by bringing them to his heated shelter.

On June 2, 2021, the General Administration of Sport of China suspended all high risk sporting events that lack oversight bodies. This included mountain and desert trail running, wingsuit flying, and ultra-long distance races. Since then, the race organisers have been arrested and charged.

This illustrates the inherent danger in such events and brings into focus the duty of care that must accompany such events. I'll stick with our Coburg 24 Hour Track Carnival where the risks are a lot less!

JUSTIN AND SHARON ARE GOING WELL



A week after Justin Scholz completed his Coburg walk, he and Sharon headed off on their tandem bicycle to circumnavigate Australia. The entire trip is expected to take about 6 months and they are right on target.

Here's a great article that was published a week ago in the local paper in the outback Queensland town of Camooweal.

Two people, two wheels, 16,000km

From page 1

"We first cycled from Hungary to Greece in 2019 on the tandem after having completed about 10 international cycling trips on individual bikes prior to that," Justin said.

"We agreed that it was a nicer way to travel together and allowed for good communication and support.

"It's a very connected way to cycle together and ensures that any ability differential is manageable.

"There's no leaving the slowest member of the team behind."

A typical day in the saddle for the Scholzs involves an early start, in order to finish their day's ride by early afternoon.

"Days of 150km or so generally start with a 5am alarm, and we're gone by 6am," Justin said.

"It's a gorgeous time of day, cycling in high teens air temps and generally very light winds as the birds wake up and the sun rises.

"Our first stint is usually close to half distance for the day, then we have a coffee and something to eat - a coffee scroll or similar if we can get it.

"First thing we do when we stop is put up the tent if we're camping, wipe down the bike and give Happy a lube and grease if required.

"Dinner is usually early to allow maximum body refuelling and digestion time, plus because it gets dark early at the moment and it's easier to clean up and pack up in the light if we're camping.

"Then more relaxed time after dinner and off to bed by 9pm."

Justin documents the journey with daily updates and pictures on his Facebook page, as well as selfies from spots along their route, and with generous people who offer to put the pair up for the night.

"We're also very easy to please; we have been graciously welcomed into many people's homes - friends, family, friends of friends, even strangers that we meet and start a conversation with," Justin said.

"All we need is somewhere comfortable, good shower, clean and preferably low noise.

"Anyone that wants to follow our progress can do so by visiting my Facebook page, www.facebook.com/Justin5007.

"We prefer home-stay type accommodation and a good chat, so if anyone has friends or family that might be prepared to provide a bed and a shower for the night on our course, essentially the A1 highway, but including the Margaret River area in WA and Eyre Peninsula SA, then please send us a message."

FEATURE STORY

◆ CLOSE SHAVE: Sharon and Justin riding past the big mower in Beerwah.

After just on 2 months on the road, they have travelled right up the east coast of Australia and have now turned west and are on their way to Darwin. They are riding 130-180km per day and have just reached the small Northern Territory town of Mataranka, about 420 km southeast of Darwin. At their rate of progress, they should reach Darwin in a few days time. Justin has been posting daily updates to his facebook account. It hasn't been all plain sailing. A couple of weeks ago, they crashed on a dirt downhill section of road and lost a couple of days as Sharon recovered from extensive stitches to the knee. And there have been a few bike issues and they are hoping to kick up a new wheel in Darwin.

What an adventure!

UNTIL OUR NEXT NEWSLETTER

It's only a short newsletter this time, as the ultra distance walking world is quiet at the moment. But we will eventually come out of our self imposed isolation and be able to resume our normally full lives.

In the meanwhile, enjoy your walking and take care.

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