

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. Sadly, there are not many international walk ultras left standing. The big news is that the Continental Centurions qualifier, that was canceled in late May, is now back on the calendar and scheduled for the weekend of 9-10 October 2021. This is fantastic news. See more at <https://www.olat.nl/iwe>.

Sept 18-19, 2021	Roubaix 28 Hour Walk http://www.paris-alsace.fr/wp-pa/index.php/circuits-selectifs/2-uncategorised/101-28h00-roubaix	Roubaix, FRA
Sept 25-26, 2021	Not Just a Walk in the Park (USA Centurions 100 Miles Qualifier) See https://raceroster.com/events/2021/15288/not-just-a-walk-in-the-park-v30-2021 .	Owego, NY, USA.
Oct 9-10, 2021	Continental Centurions 100 Miles Qualifier See https://www.olat.nl/iwe	Weert, NED
Nov 13-14, 2021	Sri Chinmoy 24 Hour Track Race (NZ Centurions 100 Miles Qualifier) See https://nz.srichinmoyraces.org/races/auck/24hr and https://www.facebook.com/NotJustAWalkInThePark	Auckland, NZL

I had announced in our last newsletter that the 2022 Coburg 24 Hour Carnival would be on 23-24 April 2022. Due to a scheduling clash, we have decided to move it back 2 weeks to the weekend of 9-10 April 2022. Entries are now open and we have some 25 registrations so far.

Apr 9-10, 2022	Coburg 24 Hour Carnival (Aust Centurions 100 Miles Qualifier) See http://www.coburg24hr.org/24hr/race-entry/	Coburg, VIC
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BITS AND PIECES

- I reported in our July newsletter that England's **Sandra Brown (C36)** and USA's Ed Ettinghausen were now tied with 207 hundreds each. Here's a great article by Kirsten Arendt on Sandra and Ed in the I.RUN.FAR website: <https://www.irunfar.com/sandra-brown-and-ed-ettinghausen-200-100-milers>

I.RUN.FAR is one of many great ultra websites around the world. Check out these additional excellent articles:

An interview with Ed Ettinghausen: <https://www.irunfar.com/age-old-runners-ed-ettinghausen>

Is 100 Miles still THE ultra distance: <https://www.irunfar.com/is-100-miles-still-the-distance-in-ultrarunning>

- I also reported in the last newsletter how **Sandra Brown (C36)** and **Jill Green (C38)** had been amongst a number of English walkers who had walked the 2021 LDWA Virtual Hundred. On that front, Jill became the oldest lady to complete an LDWA hundred, at 79 years of age!

Jill has not rested on her laurels since that walk in May. She had her eightieth birthday coming up this year and was keen to celebrate in style. In 2001, when she had turned 60, she invited her friends to join her on a 100 mile walk around the Isle of Wight, where she lives. This year, she decided to celebrate the new milestone by hosting an 80km (50 Miles) walk around the Isle of Wight. She chose Saturday 10th July 2021 for the big celebration, thinking that Covid-19 would be a thing of the past by then. She sent out her invitations with her Christmas cards last December, instructing everyone to keep the date free.

Of course, covid-19 was by no means beaten by July 2021, so Jill was forced to change her route and work out an alternative to their expected lunch stop at a local pub, as that was no longer possible. But Jill and Jim sorted it all out in their usual efficient style, and a group of 22 walkers set off in rainy conditions, early on the morning of Saturday 10th July. The group certainly stood out, with matching tshirts, blue for the men and pink

for the women. I'll hand over to Jill now to tell us about the walk.

In the end, 16 of us finished the full walk and we had a wonderful time. Lovely cake, choc ices at one checkpoint, strawberries and cream at another from the cars that carried the bags. We had lots of stops as it was a celebration, not a race. Jim led it all so that I could talk to people. We were more worn out after that than we were after our recent hundred.

Congratulations to Jill on another milestone, well celebrated! I have my 71st birthday coming up in a couple of months time so will I do a 71km walk? I doubt it, but who knows!

FANS ULTRA RACE, MINNEAPOLIS, USA, 28-29 AUGUST 2021

The annual FANS 24 Hour Ultra Race (<https://fansultraraces.org/>) in Minneapolis last weekend was the first of two USA Centurions 100 Miles Qualifiers for 2021, the second being the "Not Just a Walk in the Park" ultra in Owego, NY, next month.

The FANS carnival was huge as usual, with very large run fields and quite good walk entries. Alas, no new centurions this year, with **John Greene** the best, at 71.17miles. Results are as follows

24 Hour Walk	Long Laps	Last Long Lap	Short Laps	Miles
1. John Greene	30	07:46:26 AM	11	71.17
2. Tom Lundgren	27	06:48:18 AM	21	65.03
3. Annette Leduc	21	07:53:07 AM	4	50.11
4. Sarah Cook	21	06:23:39 AM	0	49.75
5. Steven Botma	18	20:05:08 PM	0	42.90
6. Michael Jamison	17	07:26:18 AM	0	40.61
7. Micheal Price	16	02:36:39 AM	0	38.33
8. Robert Schnetzler	14	22:50:18 PM	0	33.76
9. Jerry Young	13	15:47:32 PM	0	31.48
10. David Daubert	11	16:56:26 PM	0	26.91
11. Matthew Shelley	7	15:50:22 PM	0	17.77
12. Bruce Leasure	5	21:23:56 PM	0	13.20

12 Hour Walk	Long Laps	Last Long Lap	Short Laps	Miles
1. Lori Halbur	17	19:47:05 PM	9	41.33
2. David Holmen	17	16:33:15 PM	0	40.61
3. Ann Treacy	16	19:49:13 PM	5	38.76
4. Ann Hegstrom	15	17:26:55 PM	0	36.04
5. Michael Carrigan	12	19:22:07 PM	0	29.19
6. Craig Olsen	11	16:37:29 PM	0	26.91
7. Ellen Wiese	10	15:50:06 PM	0	24.62

24 HEURES DE BONHEUR, VILLENAVE D'ORNON, FRANCE, 28-29 AUGUST 2021

The annual 24 Heures de Bonheur was also contested last weekend, in the Bordeaux suburb of Villenave d'Ornon. It was a very large ultra, with 40 walkers, 146 runners and quite a few relay teams in the various divisions. The races were held over a 1km+ lap, which included a section on the local athletics track. **Gilles Letessier** (168.082km in 24H) and **Alexandre Cros** (90.206km in 12H) were the walking standouts.

24 Hour Walk				
1. LETESSIER Gilles	M	168.082 km	7.044 km/hr	
2. MATHIS Sylvie	F	160.473 km	6.721 km/hr	
3. DELANGE Dominique	M	154.316 km	6.442 km/hr	
4. PINEAU Laurent	M	152.282 km	6.359 km/hr	
5. BIET Christophe	M	146.472 km	6.106 km/hr	
6. BOURICHON Christophe	M	138.499 km	5.796 km/hr	
7. MUNCH Frédéric	M	133.286 km	5.562 km/hr	
8. CHEKHAB Said	M	132.436 km	5.528 km/hr	
9. BIRAUD Sylvie	F	124.932 km	5.217 km/hr	

10. VIGNAUD Annette	F	123.075 km	5.154 km/hr
11. DELARUE Jacques	M	116.476 km	4.875 km/hr
12. RAY Monique	M	93.437 km	3.917 km/hr
13. PIERRE Patrick	M	88.230 km	3.703 km/hr
14. DELARUE Michèle	F	61.082 km	4.867 km/hr

12 Hour Walk

1. CRÔS Alexandre	M	90.206 km	7.593 km/hr
2. BERNARD Thierry	M	87.531 km	7.311 km/hr
3. ROBIN Rodolphe	M	82.834 km	6.996 km/hr
4. FERRARA Bernard	M	76.655 km	6.406 km/hr
5. RAMANOEL Richard	M	72.997 km	6.161 km/hr
6. DINTILHAC Alain	M	71.503 km	6.015 km/hr
7. MICHAUD Jean-louis	M	63.526 km	5.317 km/hr
8. SAVARE Valerie	F	62.482 km	5.231 km/hr
9. MEILLAT Julie	F	60.546 km	5.080 km/hr
10. RECHOU Yves	M	54.217 km	4.573 km/hr
11. LEDUN Anne-marie	F	52.658 km	4.447 km/hr

6 Hour Walk

1. LEONE Melanie	F	43.194 km	7.336 km/hr
2. OMPRARET Odile	F	42.870 km	7.212 km/hr
3. RIVOAL Claude	M	42.555 km	7.102 km/hr
4. FILLIEUX Christian	M	38.547 km	6.500 km/hr
5. CAZENAVE Vincent	M	37.751 km	6.421 km/hr
6. OUF Patrick	M	36.611 km	6.361 km/hr
7. MAUREL Thierry	M	34.417 km	5.980 km/hr
8. HENRY Marie-christine	F	33.718 km	5.787 km/hr
9. LASSERRE Nicole	F	33.718 km	5.786 km/hr
10. MESPLEDE Jean-luc	M	33.405 km	5.721 km/hr
11. COSSON Maryse	F	25.285 km	4.252 km/hr
MEUNIER Philippe	M	15.134 km	DNF

3 Hour Walk

1. CELLE Christian	M	24.249 km	8.202 km/hr
2. DE LAVERGNE Marguerite	F	19.266 km	6.759 km/hr
3. BOURICHON Marie-france	F	19.266 km	6.758 km/hr
4. GONZALEZ Albert	M	18.546 km	6.235 km/hr



Sylvie Mathis and Gilles Letessier walking at Villenave d'Ornon last weekend

2021 PARIS-ALSACE CLASSIC, FRANCE, 25-28 AUGUST 2021

The organising committee of the Paris-Alsace Classic had to make the hard decision in 2021 to reduce the scope of this annual ultrawalk classic, restricting it to two race categories, organised in 5 stages and spread over 4 days. The race breakup looked like this:

La Mythique (292.7km)

Wednesday 25 August: 12.0 km prologue in Château-Thierry, followed by a 34.8km stage around Château-Thierry.
 Thursday 26 August: 88.5 km stage from Châlons en Champagne to Vitry le François
 Friday 27 August: 94.3 km stage from Neufchâteau to Epinal
 Saturday August 28: 61.1 km stage from Plainfaing, to Kaysersberg-Vignoble

La Nocéenne (207.8km)

Wednesday August 25 9.0 km prologue in Château-Thierry, followed by a 34.8km stage around Château-Thierry.
 Thursday August 26: 51.2 km stage from Châlons en Champagne to Vitry le François
 Friday August 27: 51.7 km stage from Gironcourt sur Vraine to Epinal
 Saturday August 28: 61.1 km stage from Plainfaing, to Kaysersberg-Vignoble

All walkers had to have a support team in attendance, with an accompanying car or a campervan. The last day was definitely the toughest, with the 61.1km route from Plainfaing crossing the Col du Bonhomme and the Col du Calvaire, then looping through the Collet des Linges before returning to Orbey and finally arriving at Kaysersberg-Vignoble in the late afternoon.

In La Mythique, French walker **Florian Letourneau** was an easy winner by over 6 hours, covering the 292.7km in 34 hours 52 minutes and 52 secs, for an average speed of 8.39km/hr. La Nocéenne was a much closer affair, with only 3 minutes separating Frenchman **Mathieu Olivares** and American **Erin Talcott**, with both covering the 207.8km in a little over 25 hours. **Emmanuel Tardi** was helping Erin as part of her crew and I was able to follow Erin's progress via facebook. Erin was sick on the first day and so had to start off very conservatively, but she came back strongly and make a race of it, easily winning the final 2 stages and just failing to take the overall win by the smallest of margins. And a special mention to 80 year old **Robert Daloz** who finished La Nocéenne in 29 hours 38 minutes and 47 secs.

Here are the final results

La Mythique (292.7km)

1.	LETOURNEAU Florian	AC Chateau-Thierry	292.7 km	34:52:52	8.39 km/h
2.	BALLAND Johann	Athle Vosges Pays de Mirecourt	292.7 km	41:33:13	7.05 km/h
3.	MAISON Sylvie	Ill Bruche Lingolsheim	292.7 km	42:23:52	6.90 km/h
4.	BIZARD Claudie	Thiais AC	292.7 km	44:04:26	6.64 km/h
5.	GILLARD Lydia	Mythical March Organisation	292.7 km	45:38:13	6.41 km/h
	GUILLOT Mickael	AC Chateau-Thierry	173.9 km	DNF	

La Nocéenne (207.8km)

1.	OLIVARES Mathieu	Neuilly-sur-Marne Athletics	207.8 km	25:16:43	8.22 km/h
2.	TALCOTT Erin (USA)	Shore Athletic Club	207.8 km	25:19:13	8.21 km/h
3.	GRADOS Stephane	CM Roubaix	207.8 km	26:19:15	7.89 km/h
4.	GROS Gildas	ES Thaon	207.8 km	27:08:42	7.66 km/h
5.	VANDENDAUL Daniel (BEL)	CABW	207.8 km	27:27:47	7.57 km/h
6.	METEAU Jean-Paul	Pass Running	207.8 km	28:26:29	7.31 km/h
7.	RISSELIN Xavier	AC Boulzicourt - Villers-Semeuse	207.8 km	28:49:34	7.21 km/h
8.	VERNIER Jean-Pierre	Pass Running	207.8 km	29:34:57	7.02 km/h
9.	DALUZ Robert	Neuilly-sur-Marne Athletics	207.8 km	29:38:47	7.01 km/h
10.	DUCRUET Nadia	AC Chateau-Thierry	207.8 km	32:49:21	6.33 km/h
11.	SEYNAEVE Serge (BEL)	CM Roubaix	207.8 km	33:29:52	6.20 km/h



Erin Talcott, Florian Letourneau, Sylvie Maison, Robert Daloz and Mathieu Olivares



*Left: Erin Talcott fights out La Nocéenne with Mathieu Olivares
Right: Emmanuel Tardi and Siobhan Sharpsteen looking after Erin during the race*

And for those who want to see the gritty details, Emmanuel has worked out the stage results for us – thanks mate?

La Mythique (292.7km)

Prologue (12km)

1	LETOURNEAU Florian	AC Chateau-Thierry	1h09'57
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	1h24'00
3	MAISON Sylvie	Ill Bruche à Lingolsheim	1h28'58
4	BIZARD Claudie	Thiais AC	1h31'09
5	GUILLOT Mickael	AC Chateau-Thierry	1h32'07
6	GILLARD Lydia	Marche Mythique Organisation	1h36'11

Second Stage (34.8km)

1	LETOURNEAU Florian	AC Chateau-Thierry	3h50'40
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	4h23'27
3	MAISON Sylvie	Ill Bruche à Lingolsheim	4h47'04
4	BIZARD Claudie	Thiais AC	4h49'32
5	GILLARD Lydia	Marche Mythique Organisation	4h53'59
6	GUILLOT Mickael	AC Chateau-Thierry	4h54'54

Third Stage (88.5km)

1	LETOURNEAU Florian	AC Chateau-Thierry	10h26'04
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	12h28'53
3	MAISON Sylvie	Ill Bruche à Lingolsheim	12h41'04
4	BIZARD Claudie	Thiais AC	13h30'33
5	GILLARD Lydia	Marche Mythique Organisation	14h01'07
6	GUILLOT Mickael	AC Chateau-Thierry	14h01'29

Fourth Stage (94.3km)

1	LETOURNEAU Florian	AC Chateau-Thierry	11h41'41
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	14h00'30
3	MAISON Sylvie	Ill Bruche à Lingolsheim	14h05'50
4	BIZARD Claudie	Thiais AC	14h31'46
5	GILLARD Lydia	Marche Mythique Organisation	14h45'15
Ab	GUILLOT Mickael	AC Chateau-Thierry	Ab

Fifth Stage (61.1km)

1	LETOURNEAU Florian	AC Chateau-Thierry	7h45'02
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	9h16'23
3	MAISON Sylvie	Ill Bruche à Lingolsheim	9h20'56
4	BIZARD Claudie	Thiais AC	9h41'26
5	GILLARD Lydia	Marche Mythique Organisation	10h21'41
Ab	GUILLOT Mickael	AC Chateau-Thierry	

La Nocéenne (207.8km)**Prologue (9km)**

1	TALCOTT Erin (USA)	Shore Athletic Club	52'13
2	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	55'46
3	GRADOS Stephane	CM Roubaix	58'41
4	GROS Gildas	ES Thaon	1h00'37
5	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	1h03'02
6	VANDENDAUL Daniel (BEL)	CABW	1h03'07
7	METEAU Jean-Paul	Pass Running	1h04'31
8	VERNIER Jean-Pierre	Pass Running	1h05'25
9	DALOZ Robert	Neuilly-sur-Marne Athletisme	1h07'05
10	DUCRUET Nadia	AC Chateau-Thierry	1h08'38
11	SEYNAEVE Serge (BEL)	CM Roubaix	1h12'05

Second Stage (34.8km)

1	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	4h01'13
2	TALCOTT Erin (USA)	Shore Athletic Club	4h12'14
3	GROS Gildas	ES Thaon	4h22'40
4	GRADOS Stephane	CM Roubaix	4h24'20
5	VANDENDAUL Daniel (BEL)	CABW	4h25'35
6	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	4h29'41
7	VERNIER Jean-Pierre	Pass Running	4h31'45
8	METEAU Jean-Paul	Pass Running	4h32'37
9	DALOZ Robert	Neuilly-sur-Marne Athletisme	4h41'12
10	SEYNAEVE Serge (BEL)	CM Roubaix	4h58'56
11	DUCRUET Nadia	AC Chateau-Thierry	5h06'34

Third Stage (51.2km)

1	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	6h13'57
2	TALCOTT Erin (USA)	Shore Athletic Club	6h41'00
3	GRADOS Stephane	CM Roubaix	6h45'31
4	VANDENDAUL Daniel (BEL)	CABW	6h52'48
5	GROS Gildas	ES Thaon	6h55'40
6	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	6h59'41
7	METEAU Jean-Paul	Pass Running	7h03'09
8	DALUZ Robert	Neuilly-sur-Marne Athletisme	7h16'50
9	VERNIER Jean-Pierre	Pass Running	7h39'37
10	DUCRUET Nadia	AC Chateau-Thierry	8h06'12
11	SEYNAEVE Serge (BEL)	CM Roubaix	8h37'18

Fourth Stage (51.7km)

1	TALCOTT Erin (USA)	Shore Athletic Club	6h03'10
2	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	6h25'55
3	GRADOS Stephane	CM Roubaix	6h29'41
4	GROS Gildas	ES Thaon	6h39'50
5	VANDENDAUL Daniel (BEL)	CABW	6h41'34
6	METEAU Jean-Paul	Pass Running	7h05'06
7	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	7h07'24
8	VERNIER Jean-Pierre	Pass Running	7h10'24
9	DALUZ Robert	Neuilly-sur-Marne Athletisme	7h16'59
10	DUCRUET Nadia	AC Chateau-Thierry	8h11'50
11	SEYNAEVE Serge (BEL)	CM Roubaix	8h29'35

Fifth Stage (61.1km)

1	TALCOTT Erin (USA)	Shore Athletic Club	7h30'36
2	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	7h39'52
3	GRADOS Stephane	CM Roubaix	7h41'02
4	GROS Gildas	ES Thaon	8h09'55
5	VANDENDAUL Daniel (BEL)	CABW	8h24'43
6	METEAU Jean-Paul	Pass Running	8h41'06
7	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	8h59'47
8	VERNIER Jean-Pierre	Pass Running	9h07'46
9	DALUZ Robert	Neuilly-sur-Marne Athletisme	9h14'41
10	DUCRUET Nadia	AC Chateau-Thierry	9h36'27
11	SEYNAEVE Serge (BEL)	CM Roubaix	9h56'38

THE SCHOLZ MACHINE ROLLS ON



Over the past 4 months, we have been following the progress of Victorians **Justin Scholz (C 61)** and **Sharon Scholz (C 63)** as they cycle around Australia.

Since our July newsletter, they have had a fairly incident free ride down the Western Australia coast, stopping briefly in Perth and then continuing south, hoping to get to Bunbury in time to compete in a track based 24 Hour event in that city on the weekend of 14-15 August. They arrived in Bunbury just in time, after a final 102km cycle on the Friday from Mandura.

A good night's sleep and Justin was toeing the start line in the Track Ultra WA (see <http://trackultrawa.com/>) on the Saturday morning. 24 hours later and Justin had completed yet another 100 mile walk, his 16th. His time of approximately 23 hours and 10 minutes (still waiting for final official time) was his slowest but not too bad considering his 15 weeks on the bike. Oh, and by the way, Sharon strolled a pleasant 33km in the 6 Hour event, just to fill in whatever free time she might have had while looking after Justin! Here's how Justin's 16 one hundred mile walks read:

1.	22:09:03	14-15 July 2012	Adelaide, SA (road)	(C 61)
2.	19:43:21	15-16 June 2013	Blacktown, NSW	
3.	22:40:37	14-15 Sept 2013	Middle Park, Vic	
4.	21:03:00	14-15 June 2014	Blacktown, NSW	
5.	22:29:51	06-07 June 2015	Minnesota, USA	(C 76)
6.	22:24:28	03-04 Oct 2015	Auckland, NZ	(C 20)
7.	21:45:13	14-15 May 2016	Schiedam, NED	(C 437)
8.	20:43:51	18-19 Apr 2016	Campbelltown, NSW	
9.	21:04:54	5-6 Aug 2017	Bury St Edmunds, ENG	(C 1173)
10.	21:48:12	2-3 June 2018	Campbelltown, NSW	
11.	22:47:46	20-21 Oct 2018	Cape Town, SA	(C 32)
12.	22:40:08	15-16 Mar 2019	Canberra, ACT	
13.	22:43:53	9-10 May 2019	Balatonfured, Hungary	
14.	22:50:00	26-27 Mar 2021	Canberra, ACT	
15.	21:32:28	17-18 Apr 2021	Coburg, VIC	
16.	23:10 (approx)	14-15 Aug 2021	Bunbury, WA	



Justin and Sharon during the event



Justin passes his 100 mile mark



What do you do when you finish a 100 miler – well, first you sit down then you lie down!

Justin and Sharon are now back on their tandem bike and turning their attention towards the Nullarbor Plain and the long ride back to Victoria, via South Australia. Justin commented as follows as they got on their bikes the day after the latest hundred and ventured forth.

We've cycled a bit under 80km today (Monday) and have arrived west of Bussellton. My body is working much better on the bike than when I'm needing to walk. Clearly different muscles being used. I have quite a bit of soreness today, but nothing that I'd call an injury, and so as long as we don't go too hard on the bike in coming days I should recover well. I am a little concerned generally about my loss of core strength, loss of flexibility and loss of strength in the quads. I plan to do some maintenance work in these areas ahead of Adelaide in 6 weeks or I might be in for an even more difficult experience there!

That's right. They plan to arrive in Adelaide in time for the Adelaide 6 Day Race which kicks off on 26th September. Justin plans to walk the full 6 days in that event and try for yet another one hundred mile in the first 24 hours of the race. Is there no stopping him!

For completeness, this map shows their progress so far, up till Saturday when they arrived in Norseman, Western Australia.



How about this for some impressive stats:	Date Started:	27/04/2021
	Current Date:	29/08/2021
	Total Distance cycled:	12.120.06km
	Total Time on bike:	474 hours 32 mins 32 secs
	Average Speed:	25.5 km/hr

UNTIL OUR NEXT NEWSLETTER

What a great little newsletter this turned out to be, with lots of inspirational news from the likes of Sandra Brown, Jill Green and Justin and Sharon Scholz. Their enthusiastic approach to life should be an example to all of us and should remind us that anything is possible if you put your mind to it.

It's 31st August as I write this in Melbourne, meaning that Spring officially kicks off for us Australians tomorrow. Gone are the cold short days of winter, as warmer, sunnier and slightly longer days tantalise us with their promise. There are no excuses now – dust off those walking shoes and get outside and live your life! It is a precious gift and one to be celebrated.

Tim Erickson (C13)
Secretary, Australian Centurion Walkers
Victoria, Australia, 3044