

# CENTURION FOOTNOTES

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## DATES ... DATES ... DATES

Only a couple of ultra walk events still on my radar for 2021, including the NZ Centurions 100 Miles Qualifier in Auckland next month.

- 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>
- Nov 28, 2021 Les 8 Heures d'Etampes-sur-Marne Etampes-sur-Marne, FRA

With Australia now opening up from the last of its covid restrictions, we look set for a bumper 2022, with our own Australian Centurions qualifier at Coburg leading the way, in April. As always, check the AURA calendar for the latest news (<http://aura.asn.au/>).

In other news, the 2022 English Centurions 100 mile race will be held on 20-21 August 2022 on the cycle circuit at the Middlesbrough Sports Village, TS4 3AE. Check <https://centurions1911.org.uk/next-events/100-miles/#prev> for the latest updates. Sue Clements comments: *We are excited about this new course, it is a little less than 1 km long and has a good surface so it promises to provide a good opportunity for new and existing Centurions to complete 100 miles.*

Here are a few highlights from the 2022 fixture. It's a work in progress!

Feb 13, 2022	8 Heures de Charly-sur-Marne	Charly-sur-Marne, FRA
Mar 5-6, 2022	24 Heures de Bourges	Bourges, FRA
Mar 26-27, 2022	24 Heures de Château-Thierry	Château-Thierry, FRA
Apr 9-10, 2022	Coburg 24 Hour Carnival ( <b>Aust Centurions 100 Miles Qualifier</b> ) See <a href="http://www.coburg24hr.org/24hr/race-entry/">http://www.coburg24hr.org/24hr/race-entry/</a>	Coburg, VIC
June 1-4, 2022	Paris-Alsace Classic	Across France
July 3-9, 2022	6 Jours Du Grand Est (see <a href="https://www.6jours-grandest.fr/">https://www.6jours-grandest.fr/</a> )	Pont-à-Mousson, FRA
Aug 20-21, 2022	<b>English Centurions 100 Miles Qualifier</b> See <a href="https://centurions1911.org.uk/next-events/100-miles/#prev">https://centurions1911.org.uk/next-events/100-miles/#prev</a>	Middlesbrough, GBR

## 50 YEARS AGO ...

Over to **Stuart Cooper (C5)** for the following wonderful little piece.

50<sup>th</sup> anniversaries are usually a cause to celebrate. Last Sunday, 24<sup>th</sup> October 2021, was a special one for me and my friend and fellow race walker, **Clarrie Jack (C4)**. It was exactly 50 years ago – Sunday 24<sup>th</sup> October 1971 – that we each crossed the line at Edwardes Park, Reservoir (Clarrie an hour ahead of me) to become the 4<sup>th</sup> and 5<sup>th</sup> members of the newly-inaugurated Australian Centurions Club. There is only one requirement to join the Centurions ... you have to walk 100 miles (160.934km) in less than 24 hours. (23hr 59m 59s – you're in.) Clarrie achieved it with 20:39:45, while I covered the journey in 21:36:53. (I was 20yo at the time.)

On Sunday, Clarrie and I gathered with three of our fellow Centurions, **Ian Jack (C17)**, **Terry O'Neill (C18)** and **Karyn O'Neill (C45)**, for lunch at the Glasshouse at Caulfield Racecourse. A happy post-lockdown get-together with much reminiscing, made a touch bittersweet by the absence of a key player from that memorable weekend in 1971 ...



*Left: Post race - Stu (left), Clarrie (right), and **Jim Gleeson (C 3)**, the man in the middle who was really the man of the hour (of the 24 hours, actually). While Clarrie and Stu had stopped when they hit the 100 mile mark, Jim powered through the 100 in 18:33:58 and kept going for the full 24 hours, setting an Australian record (122mi 215yd) which still stands today. It outlasted Jimmy himself, who passed away in 2014.*

*Right: Stuart and Clarrie on Sunday. Half a century has left its mark, but not treated them too harshly!*

And that was not the only anniversary being celebrated last weekend. Two of the other attendees, **Ian Jack (C17)** and **Terry O'Neill (C18)**, were no doubt thinking back 42 years to when they qualified. It was on 4<sup>th</sup> November 1979 that they did their hundreds at Clifton Hill. Ian Jack passed the 50 mile mark in 9:09:50 and then started to speed up. Without any breaks, he just powered on in automatic mode. His 100 mile time was a new Australian Record of 17:59:30, bettering the time set by Jim Gleeson in 1972. His second 50 miles had been done in 8:49:40, some 20 minutes faster than his first 50 miles. Overshadowed but undaunted, Terry kept his mind on the job and was rewarded with membership number 18, finishing with a time of 21:13:18.



*Left: Terry O'Neill and Ian Jack, 42 years since their qualification walk*

*Right: Terry, Stuart, Karyn and Ian and Clarrie on Sunday, all wearing their Centurion badges*

We'll meet again in February, with other Centurions, for our AGM luncheon, when we'll formally welcome our latest member, **Pramesh Prasad (C81)**.

## OTHER BITS AND PIECES

- In our last newsletter, I chatted about the Adelaide 6 Day Race and acknowledged yet another centurion finish for Justin Scholz. I also noted that fellow centurion **David Billett (C50)** was in the 6 Day Run. I can now report that David was the overall winner with a 6 Day Run distance of 609.156km. David was 2<sup>nd</sup> in this race in 2018 and 3<sup>rd</sup> (2<sup>nd</sup> male) in 2021, so he has finally broken through for an inaugural win. He also completed a few of the Colac 6 Day Run events when that race was still going. So he has lots of experience over the longer distances. Well done David!
- I have been following with interest a news thread on the IAU (International Assn of Ultrarunners) website regarding world records. On 2<sup>nd</sup> October, it was announced that 1000km, 1000 miles, and 6 Days were to lose their IAU world record status and that 50km and 100km would now gain World Record status (see [https://iau-ultramarathon.org/iau-world-records-\(iau-wr\).html](https://iau-ultramarathon.org/iau-world-records-(iau-wr).html)). After feedback, a further announcement on 11<sup>th</sup> October added the 6 Day category back into the World Record list (see <https://iau-ultramarathon.org/iau-statement-regarding-iau-world-records.html>). The IAU World Record list now reads as follows: 6 Hours, 12 Hours, 24 Hours, 48 Hours, 6 Days, 50km, 50 miles, 100km, and 100 miles. That is a good outcome – there are still plenty of 6 Day races being held around the world and it does deserve to stay in the record list.

## NOT JUST A WALK IN THE PARK

I was able, in last month's newsletter, to give a brief shout out about the just completed USA Centurions walk in Owego, New York State. I can now publish the final results, as per race organiser Erin Talcott. Thanks Erin and well done to you and Dave on an excellent event.

### USA Centurions 100 Mile Walk

1.	Jeff Bill Tolbert Weaver	USA	100 miles	22:54:21	C95
2.	Chris Burn	IOM	100 miles	23:09:36	C96
3.	Tim Keer	USA	101 km	14:31:24	
4.	Jade Mortimer		50 miles	12:55:06	
5.	Sunyana Graef		50 miles	13:42:59	
6.	Paul Terbrack		50 km	7:46:37	

### Kennedy Badges (50 Miles in under 12 hours)

Chris Burn	IOM	50 miles	10:41:05
Jeff Bill Tolbert Weaver	USA	50 miles	10:59:25
Tim Keer	USA	50 miles	11:17:42

I am very pleased to be able to include a race report from Tim Keer, who finished third in the event. Tim was forced to stop after 101 laps (just over 101 km), but had been on target for a centurion finish at that stage. I am sure he will be back to complete unfinished business. Thanks Tim!

### Not Just A Walk In The Park by Tim Keer

In the 1870s, pedestrianism was New York City's favorite spectator sport<sup>1</sup>. 150 years later, the spectators have moved on to other sports, but New York State was the place to be for aspiring Centurions.

The third "Not Just a Walk in the Park", a USA Centurion Qualifying Event, took place in Owego, New York on September 25 & 26, 2021. This is a personal report, but I've tried to include information about all the walkers.

Originally scheduled for September 2020, the event was postponed due to COVID-19, with the 2020 entrants' registrations carried over to 2021. Many of these entrants were from overseas and, unfortunately, were still unable to attend this year.

Only six people started the event with a long-distance walk in mind. Jade Mortimer and Sunyana Graef were aiming for 50 miles and both achieved that (in 12:55:06 and 13:42:59 respectively). The other four of us were attempting to walk 100 miles: Chris Burn, Jeff Bill Tolbert Weaver, Paul Terbrack and me.

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1 <https://www.npr.org/2014/04/03/297327865/in-the-1870s-and-80s-being-a-pedestrian-was-anything-but>



*Tim Geer, just before the start*

Two runners joined us. Brenda May ran 100km, and her husband Harold completed his longest run ever (3 hours, I believe). And three people racewalked shorter distances, including Race Director Erin Talcott, showing us what 5:25 min/km (8:40 min/mile) looks like.

We started at 12 noon on Saturday. The loop around Marvin Park was almost exactly 1km. (Almost exactly. It was slightly, slightly, longer, according to Dave, Erin's husband, when I asked him why the start location suggested we would be walking about  $160 \frac{3}{4}$  laps, not 160.9344 laps.). A completely flat, as far as I could tell, blacktop path. Ideal.

It was 70 °F (21 °C) when we started and sunny. A few degrees warmer than I would have preferred, but not too bad. F.A.N.S, the other USA Centurion Qualifier, took place in August and lost FOUR hours to thunderstorms delays. Ouch.

Chris Burn started out the fastest of the four potential Centurions. Chris is from the Isle of Man and was already a Centurion in the UK, Continental Europe and Australia (C72). The USA was not permitting non-citizens to enter if they had been in the UK in the previous 14 days and even though the Isle of Man is not actually part of the UK, I assume that the same restrictions applied. So Chris and his wife Shardean spent two weeks in Canada on their way to New York. Dedication! Chris lapped me every 15 laps or so, so we didn't get to talk much. Just a few words as he strolled past. Chris really did look like he was just out for a "Walk in the Park", with straight or slightly bent arms, while the rest of were driving ourselves forwards with bent arms.

Jeff Bill Tolbert Weaver and Paul Terbrack were walking only slightly faster than me from the start. I noticed Jeff's unusual name in the list of registrants and asked him about it. Bill Tolbert was a good friend of Jeff's who passed away recently. Jeff told me that Bill would have enjoyed the Centurion challenge, and so Jeff wanted to memorialize Bill by including his name in the list of USA Centurions if he (Jeff) should be successful. I believe that this was Jeff's first Centurion attempt.

Paul Terbrack, from the State of Michigan (just like me), is a "Not Just a Walk in the Park" veteran, having completed 95 miles in 2016 and 83 miles in 2017 when the walkers had to put up with very high temperatures. Paul is an inspiration... I discovered at the Awards Dinner on Sunday evening that he had had heart surgery earlier this year. Well, there was nothing wrong with his heart at this race. His hamstring, however, did not cooperate and Paul stopped after 50km.

I'm a relative newcomer to long distance walking. I took up running about 15 years ago, and ran enthusiastically but with little talent. In 2018, an injury kept me from running for a few months, but my Doctor said I could walk as far and as fast as I liked. I discovered I could walk quite fast, and enjoyed it. After my injury healed, I went

back to running but had a disastrous trail race in 2020. While I might dislike running uphill, my knees hate running downhill with a vengeance and caused me to DNF. I decided that, as I will soon be approaching early middle age and need to protect my body, I would go back to walking. I walked the virtual London Marathon in October 2020 in just under five hours and set my sights on longer distances. I heard about the Centurion distance and set that as my goal for 2021.

I had completed two 50-mile walks before the Centurion attempt, so I certainly had no right to expect to be able to walk 100 miles in 24 hours. But I was willing to give it a try.

You need to average about 9:00 mins/km for 24 hours to complete the walk, and my “I think I can do this all day” pace is 13:20 mins/mile (8:20 mins/km) so that’s what I decided to aim for. I went through 25 miles at 8:08 mins/km pace and felt great. Stiff, but no pain.

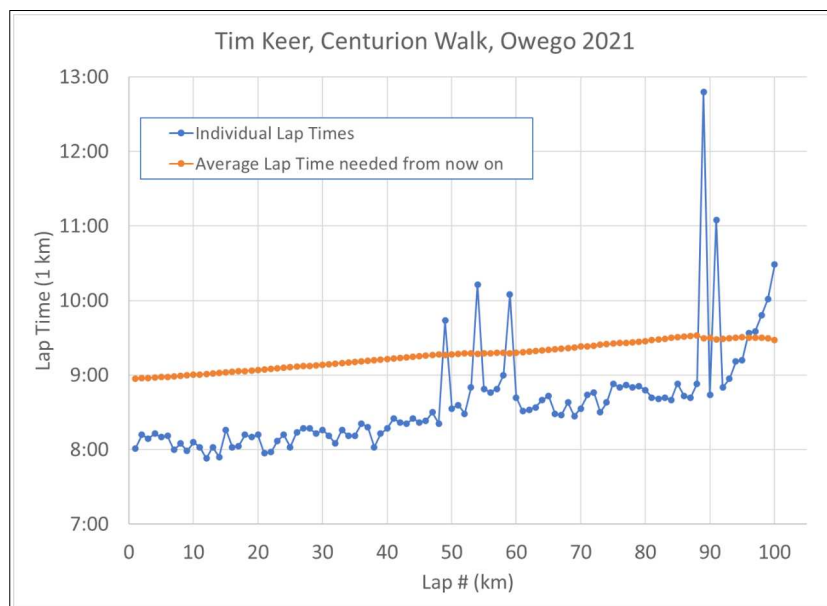
I had planned to crew for myself, and had a table full of goodies. Shardean was crewing for Chris and was at the next table. She very generously offered to crew for me too. She was great. I’d make a request at the end of a lap “a pack of energy chews and a bottle of water, please”, and she’d hand them to me at the end of the next lap. This was really helpful... especially at night when rummaging around looking for particular foods or drink would have slowed me down. The race also had a group of volunteers handing out assorted provisions. The beef bouillon was excellent!

The sun set at about 7pm. There was some lighting in the park... a few spots were a little dark but after already walking 50 laps I could find my way without needing to use my headlamp.

Chris’s 50-mile split was 10:41:05, Jeff’s was 10:59:25, and mine was 11:17:42. On pace for success. At some point between 50 and 55 miles, I was at my most optimistic. I can do this! But it was at about the same time that Erin asked me “Do you know you’re leaning to the left?” I hadn’t noticed. “What should I do about that?”, I asked her. I forget the exact reply, but it was something like “Stop it!”

It started to rain at about midnight. Just a light drizzle to begin with, but then the rain got heavier... fortunately just as I was walking past my table so I could grab a rain jacket.

My lean worsened. At one point, I even inadvertently drifted off the edge of the path, into the grass. I lost my normal breathing rhythm (“In two three Out two three” became “In two Out two”) and I began to slow down. After 12 hours of walking ahead of schedule, I now only needed to average about 9:30 mins/lap, but my lap times gradually increased. By lap 96 I was walking too slowly to finish at my current speed. My 100<sup>th</sup> lap took 10:30. Today was not the day I would become a Centurion. I passed through 100km in about 14:20:00 and toyed with the idea of slowing down but continuing (my main, naïve, pre-race objective was to keep going for 24 hours). But a slow lap, leaning sideways, is no more fun than a regular lap, leaning sideways, so I stopped after 101 laps.



*Lap (km) Times*

That's when I realized how dedicated the volunteers and crew are. It was 2:30am and I decided to stay to support Chris and Jeff. It was cold. It was wet. It was dark. I was tired. And nothing much happened. Every few minutes, Chris or Jeff would walk past. Time passed very, very slowly! My initial enthusiasm to stay soon disappeared. I had an 8-hour drive back home on Monday, and I decided to head back to my hotel to get some sleep. I waited a few hours, gradually putting on every single piece of spare clothing I had with me, until it was light and I could find all my possessions to put them in the car.



*Jeff Bill Tolbert Weaver*



*Shardean and Chris Burn*

I wish I had been able to stay to congratulate Jeff Bill Tolbert Weaver as he became US Centurion #95 in a time of 22:54:21, and Chris Burn as he became US Centurion #96 in a time of 23:09:36.

After a few hours' sleep back at our hotels, most of us met up at a local Pizzeria for an evening meal with awards. Everyone was there except for Jeff. We swapped stories and laughed at how slowly we shuffled across the restaurant.

I would like to thank three people, none of whom I've ever met, for inspiring me to train for, and then attempt, this Centurion race. After my first 50-mile walk in December last year, I reached out to Rob Robertson (USA) and Richard McChesney (NZ, based in the UK). Both are multiple Centurions, and they gave me useful advice, Richard in particular as race day approached. And the third person is Tim Erickson, editor of this Australian Centurion Newsletter. The newsletter convinced me that (relatively) normal people can become a Centurion. Thanks, Rob, Richard and Tim!

And big thanks are due to Erin and Dave Talcott for organizing a great event. I enjoyed every minute of it. (Well, that's how I remember it four weeks later.) I was disappointed to hear that Erin and Dave have moved to Colorado, at altitude, so are unlikely to organize a similar event again soon. That's a pity. They were so dedicated. Dave, for example, swept leaves and tree debris off the course as dusk approached and Erin was full of great advice and encouragement.

So do I intend to try again? You bet. I'm not sure when. Perhaps at F.A.N.S in Minnesota next year. Perhaps at the UK Centurion event in Middlesbrough in August. (I'm from the UK originally and still have family there.) I've got some ideas on what I need to focus on to improve, and I know that the Centurion community will be full of supportive advice.

Fantastic...thanks so much Tim for your informative race report. We look forward to following your next attempt in 2022.

## CONTINENTAL CENTURIONS 100 MILES QUALIFIER, WEERT, HOLLAND, 9-10 OCTOBER 2021

Unfortunately, due to Covid-19, the Continental Centurions 100 Miles walk qualifier could not be held in its usual May timeslot, so the organisers decided to move the 30<sup>th</sup> OLAT International Walking Festival to the weekend of 9-10 October (see <https://www.olat.nl/iwe>). The meet featured a whole swathe of events:

- 30<sup>th</sup> Continental Centurion (100 Miles)
- 12<sup>th</sup> 24 Hours of Weert
- 10<sup>th</sup> 100 km of Weert
- 36<sup>th</sup> Kennedy walk (50 Miles)
- 50 km Walk

There were a number of awards on offer

- Anyone who completes 100 Miles within 24 hours will receive a one-time award in the form of the 'Continental-Centurion' pin with an engraved number.
- Anyone who completes 50 Miles within 12 hours will receive a one-time "Kennedyvriend" pin with an engraved number.
- Anyone who completes 100 km for the first time within 11 hours and 30 minutes will receive the 'Honderdman' pin from the Dutch Athletics Union.

Walkers had to complete laps of a 2 mile fully paved course around Weert, with a turnaround on the Weert athletics track. The refreshment table, which could be accessed each lap, offered the usual tea, coffee, broth, bread, fruit, etc.

Australian Centurions **Kim Janssens** (C76), **Jantinus Meints** (C73), **Adrie Ros** (C74), **Sandra de Graaff** (C69), **Martin Vos** (C79) and **Gertrude Achterberg** (C80) were amongst the 32 starters in the 100 Miles walk division, with the first 4 all reaching the 100 mile mark. They were amongst the 10 overall who reached this wonderful milestone. Belgian walkers were to the fore, filling the first 3 places: **Peter Asselman** first with 19:52:41, **Kim Janssens** second with 20:50:37 and **Diederik van Nieuwenhove** third with 21:15:51. Of the successful 10, six were first timers, so new Continental Badges C487-C492 were awarded. And a special mention to 10<sup>th</sup> place **Cora Spruit**, the first of the women, with a 100 mile time of 23:40:12

Kim described conditions as follows: *We started with a nice sunny temperature around 17°C and it felt quiet warm. During the night it started to get very cold, with the temperature dropping to around 3-4°C. In the morning, walkers were greeted with fog and mist, which eventually cleared after a few hours.*

Kim and **Arie Kandelaars** both moved up to FIVE Centurion Badges. Kim hopes to go to the USA in June 2022 to try for his sixth badge, to complete his collection. Arie has all bar the Australian badge so I suspect we will see him out here again soon. See the full badge list at <https://www.walk100miles24hours.com/centurions-with-multiple-world-badges/>.

See the full results of all events at <https://wsvolat.nl/ed9f347e8f8cc2e0c1f90f58dc5ebc42/WebDocs/olatdwnlds/olatpdf/iwedocs/20211010%20OLAT%20IWE%202021%20Uitslag%20en%20rondetijden.pdf>.

### 100 Miles (160,934 km) Walk

1.	Peter Asselman	160,934 km	19:52:41	8,1 km/hr	422
2.	Kim Janssens	160,934 km	20:50:37	7,7 km/hr	<b>487</b>
3.	Diederik van Nieuwenhove	160,934 km	21:15:51	7,6 km/hr	<b>488</b>
4.	Jantinus Meints	160,934 km	21:36:05	7,5 km/hr	388
5.	Frank van der Gulik	160,934 km	22:09:54	7,3 km/hr	343
6.	Mike Vankerkhove	160,934 km	22:23:24	7,2 km/hr	<b>489</b>
7.	Pierre Dohmen	160,934 km	22:31:37	7,1 km/hr	<b>490</b>
8.	Adrie Ros	160,934 km	23:07:23	7,0 km/hr	416
9.	Arie Kandelaars	160,934 km	23:21:40	6,9 km/hr	<b>491</b>
10.	Cora Spruit (F)	160,934 km	23:40:12	6,8 km/hr	<b>492</b>
	Peter Poorts	143,887 km	23:57:38	6,0 km/hr	
	Jan Dinissen	140,669 km	23:57:16	5,9 km/hr	
	Malika Zerifi (F)	135,185 km	17:04:56	7,9 km/hr	
	Sandra de Graaff (F)	134,874 km	23:59:17	5,6 km/hr	423
	Martin Vos	128,747 km	18:50:24	6,8 km/hr	448

Ger Reneerkens	126,419 km	23:58:57	5,3 km/hr	123
Gertrude Achterberg (F)	122,310 km	17:13:13	7,1 km/hr	
Con Bollmann	115,872 km	18:32:57	6,2 km/hr	303
Roelof Otten	112,654 km	16:23:48	6,9 km/hr	
Cristian Fernandez	112,654 km	18:57:49	5,9 km/hr	471
Cor Brassier	112,654 km	19:33:50	5,8 km/hr	
Wilma Driessen (F)	109,435 km	16:11:19	6,8 km/hr	364
Hanny Klumpkens (F)	109,435 km	18:27:15	5,9 km/hr	359
Arjan Bogerd	106,216 km	15:49:20	6,7 km/hr	
Rene Beukema	106,216 km	18:06:12	5,9 km/hr	
Arian van der Burg	106,216 km	19:01:53	5,6 km/hr	
Anita de Roo (F)	90,123 km	16:54:36	5,3 km/hr	
Peter Duijst	86,904 km	11:58:50	7,3 km/hr	456
Arjan Lukken	74,030 km	11:30:06	6,4 km/hr	460
Frans Leijtens	64,374 km	8:35:20	7,5 km/hr	256
Gerda Stoevelaar (F)	54,718 km	8:37:18	6,3 km/hr	
Dick Stoevelaar	48,280 km	7:06:24	6,8 km/hr	457

#### 24 Hour Walk

1. Frank van der Gulik	170,590 km	23:37:12	7,2 km/hr	
2. Adrie Ros	166,846 km	24:00:00	7,0 km/hr	
3. Cora Spruit (1e dame)	162,134 km	23:50:46	6,8 km/hr	

#### 50 Miles Walk (Kennedyvriend pins awarded for those under 12 hours)

1. Remy van den Brand	80,467 km	9:18:05	8,7 km/hr	411
2. Jacqueline van Drongelen (F)	80,467 km	10:33:11	7,6 km/hr	<b>488</b>
3. Peter Drenth	80,467 km	10:53:01	7,4 km/hr	<b>489</b>
4. Ad Bijnen	80,467 km	11:04:01	7,3 km/hr	<b>490</b>
5. Patrick Nijssen	80,467 km	11:18:03	7,1 km/hr	<b>491</b>
6. Jan Sinot	80,467 km	11:25:10	7,0 km/hr	<b>492</b>
7. Huub Janssen	80,467 km	11:31:38	7,0 km/hr	<b>493</b>
8. Hans Eenjes	80,467 km	11:41:17	6,9 km/hr	<b>494</b>
9. Wilko Koster	80,467 km	11:41:18	6,9 km/hr	466
10. Rob van Stuivenberg	80,467 km	11:47:52	6,8 km/hr	371
11. Hein Sanders	80,467 km	11:48:52	6,8 km/hr	351
12. Roel Hemmer	80,467 km	11:51:49	6,8 km/hr	<b>495</b>
13. Jannie Bos (F)	80,467 km	12:05:15	6,7 km/hr	
14. Marc Meulders	80,467 km	12:10:20	6,6 km/hr	
15. Rino Hamelink	80,467 km	12:14:32	6,6 km/hr	387
16. Rageni Goetpar-Sewnarain (F)	80,467 km	12:29:30	6,4 km/hr	
17. Mark Henkens	80,467 km	13:24:40	6,0 km/hr	
18. Gerard van Amelsvoord	80,467 km	13:24:42	6,0 km/hr	
19. Hans Pranger	80,467 km	13:30:51	6,0 km/hr	317
20. Piet van der Kroft	80,467 km	13:43:55	5,9 km/hr	261
21. Kees Bierbooms	80,467 km	13:45:14	5,9 km/hr	
22. Peter Haas	80,467 km	14:00:00	5,7 km/hr	
Appie Bos	45,062 km	7:53:36	5,7 km/hr	353
Will Ubben	22,531 km	3:32:24	6,4 km/hr	310

#### 100km Walk (Honderdman pin for those under 11:30:00)

1. Rogier Noldus	100,000 km	11:24:22	8,8 km/hr	<b>78</b>
Edwin van Wijngaarden	29,189 km	3:07:52	9,3 km/hr	

#### 50km Walk

1. Larissa Droogendijk (F)	50,000 km	6:25:39	7,8 km/hr	
2. Corina Riezebos (F)	50,000 km	7:16:36	6,9 km/hr	
3. Jac Kessels	50,000 km	7:54:17	6,3 km/hr	

Lots of photos at <https://www.flickr.com/photos/140392054@N04/albums/72157720034941294>. Here are a few:





*Kim Janssens in action*



*Kim completes his 100 miles*



*Cora Spruit*



*Left: Kim's 5 badges, only the USA badge missing!*



*Right: The first 3, all Belgian: Diederik van Nieuwenhove, Peter Asselman and Kim Janssens*

**42<sup>ND</sup> 24 HEURES DE CHATEAU-THIERRY, CHATEAU-THIERRY, FRANCE, 16-17 OCTOBER**

The 24 Heures de Château-Thierry, which had been postponed from earlier this year, was finally held on the weekend of 16-17 October in the French city of that name, some 90km from Paris.

French long distance walk specialist **Alexandre Forestieri**, winner of the 2020 Roubaix 28 Hour Walk, won with a distance of 192.145 km, ahead of fellow Frenchmen **Fabien Deparday** and **Maxime Laneau**, who had come third in the 2020 Roubaix 28 Hour Walk. **Morgane Ausello** won the women's 28 Hour Walk with 173.442km, ahead of **Sylvie Maison** and **Cathy Muller**. The event also served as the French Long Distance Walking Championships, so Forestieri and Ausello were crowned as French Champions.

Lots of photos at <https://tinyurl.com/ywpwpb9r>. Full results at <http://www.paris-alsace.fr/lesdirects/live-Chateau2021.htm>.

## 24 Hours Walk

1.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	192.145 km	24:00:00	8.006 km/h
2.	DEPARDAY Fabien	Saint-brieuc Athletisme	184.496 km	24:00:00	7.687 km/h
3.	LANEAU Maxime	Us Camon	177.266 km	24:00:00	7.386 km/h
4.	JOSE MORA Bernardo	Ca Siurell	176.836 km	24:00:00	7.368 km/h
5.	AUSELLO Morgane (F)	Nice Cote D'azur Athletisme	173.442 km	24:00:00	7.227 km/h
6.	MAISON Sylvie (F)	Strasbourg Agglomeration	170.436 km	24:00:00	7.102 km/h
7.	GRASSI Alain	NI	168.633 km	24:00:00	7.026 km/h
8.	LETOURNEAU Florian	Ac Chateau Thierry	168.312 km	24:00:00	7.013 km/h
9.	BALLAND Johann	Athletic Vosges Entente Clubs	162.150 km	24:00:00	6.756 km/h
10.	MULLER Cathy (F)	Coeur De Lorraine Athletisme	150.256 km	24:00:00	6.261 km/h
11.	LINARD Benoit	NI Neuvy	147.834 km	24:00:00	6.160 km/h
12.	BIZARD Claudie (F)	Thiais Ac	146.583 km	24:00:00	6.108 km/h
13.	BIZARD PLANCHOT Emilie (F)	Neuilly Sur Marne Athletisme	144.900 km	24:00:00	6.038 km/h
14.	KERLAU Yves-michel	Cm Roubaix	143.564 km	24:00:00	5.982 km/h
15.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	143.356 km	24:00:00	5.973 km/h
16.	DELARUE Jean-michel	Ac Cauffry-liancourt-rant-laig	140.008 km	24:00:00	5.834 km/h
17.	DUCRUET Nadia (F)	Ac Chateau Thierry	138.036 km	24:00:00	5.752 km/h
18.	GIRAUDEAU Denis	Union Laique Athletique De C	135.734 km	24:00:00	5.656 km/h
19.	FAUBERT Stephane	NI Longueville	132.100 km	24:00:00	5.504 km/h
20.	US Camon	PETIT J - FLEURET Y	120.205 km	24:00:00	5.009 km/h
21.	RASSAIND Andre	Al Voiron	112.998 km	24:00:00	4.708 km/h
22.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	110.470 km	24:00:00	4.603 km/h
23.	WEILER Philippe	Athletisme Metz Metropole*	102.378 km	14:35:49	7.014 km/h
24.	NICOLAS Alain	NI Dompnin	100.718 km	24:00:00	4.197 km/h
25.	PELLERIN Alain	Ac Chateau Thierry	90.488 km	13:41:07	6.612 km/h
26.	GIROD Urbain	Cm Monthey	83.354 km	24:00:00	3.473 km/h
27.	GEORGELIN Serge	E.a.c.	69.086 km	24:00:00	2.879 km/h
28.	VARAIN Cedric	Ac Chateau Thierry	42.928 km	5:07:35	8.374 km/h
29.	GUILLOT Mickael	Ac Chateau Thierry	40.550 km	6:26:06	6.301 km/h
30.	TOUTAIN Eric	Us Ivry	35.794 km	4:59:17	7.176 km/h
31.	MAUREL Eric	Ac Chateau Thierry	35.794 km	5:11:34	6.893 km/h



24 Hour Walk podiums (photos Guy Destre)

Results for the 6 Hours Walk and for the 2 x 6 Hour Walk are shown on the next page.

### 6 Hours Walk

1.	RAULET Christophe	Nl Ligny-en-barrois	49.259 km	6:00:00	8.210 km/h
2.	TINTIN Ronald	Ao Charenton	45.866 km	6:00:00	7.644 km/h
3.	PANNIER Josiane (F)	Havre Ac	44.277 km	6:00:00	7.380 km/h
4.	POTTELETTE Helene (F)	Nl Tronville-en-barrois	43.287 km	6:00:00	7.215 km/h
5.	SALOMEZ Benedicte (F)	Nl Le Perreux	34.407 km	6:00:00	5.735 km/h

### 2 x 6 Hours Walk

1.	DELANGE Dominique	Aj Auxerre Section Marathon	94.601 km	12:00:00	7.883 km/h
2.	LABARRE Bertrand	Cs Provins Athletisme	86.751 km	12:00:00	7.229 km/h
3.	ROCHA Fernando	Avec	83.497 km	12:00:00	6.958 km/h
4.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	82.304 km	12:00:00	6.859 km/h
5.	HAGHEBAERT Eric	Ac Chateau Thierry	81.587 km	12:00:00	6.799 km/h
6.	RUIN Herve	Efs Reims A.	81.161 km	12:00:00	6.763 km/h
7.	DALOZ Robert	Neuilly Sur Marne Athletisme	81.117 km	12:00:00	6.760 km/h
8.	RODIER Nicole (F)	Efs Reims A.	79.971 km	12:00:00	6.664 km/h
9.	MAURICE Fabienne (F)	Ac Chateau Thierry	76.151 km	12:00:00	6.346 km/h
10.	FILLIEUX Christian	Caf	21.526 km	3:01:01	7.135 km/h

Finally, an excellent 20 video from the 2021 28 Heures de Roubaix: <https://www.youtube.com/watch?v=kIq3Ciqy7KM>.

### JUSTIN AND SHARON FINISH THEIR EPIC RIDE!

**Justin Scholz (C61)** and **Sharon Scholz (C63)** arrived back home in Wangaratta on Tuesday 26<sup>th</sup> October, after just on 5 months on the road. In that time, they completed their circumnavigation of Australia, with the exception of one small section in the north of Western Australia, when their tandem bike was so badly broken that they had to accept a lift to the next major town where it could be repaired.



Their final stats: 16,162 km ridden in 153 stages, at an average speed of 25.7 km/hr, with 79km of climbing thrown in for good measure.

Activity Type ▲	Activities	Total Distance	Total Activity Time	Activity Calories	Total Elev Gain	Average Speed
Cycling	153	16,162.35 km	628:56:39 h:m:s	286,056 C	79,742 m	25.7 kph

And I'm guessing this is their favourite photo – finally back in Wangaratta this week.



And if you wondered how they did it, Justin has just published a very comprehensive breakdown of the trip, talking about finances, food, accommodation, challenges, etc, etc. It's a wonderful read – check it out on Justin's facebook page at <https://www.facebook.com/JustinS007>.

Oh, by the way, Justin is now looking to compete in next month's Coast to Cosci 240km run. Talk about no stopping them!

#### FINANCES

It's a while since I published anything financial, so a quick update, to acknowledge a donation of \$US 50 from Tim Keer, whose article I published in this month's newsletter. Thanks Tim!

Opening Balance		\$ 2073.08
Income:	Jim Keer donation	\$ 63.96
Closing Balance		\$ 2137.04

#### UNTIL OUR NEXT NEWSLETTER

Another bumper edition, our seventh for the year. After a long lockdown, we finish the year with a flurry of events and we look forward to reading about even more challenges and races, come 2022.

Yours in centurion walking

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