

CENTURION FOOTNOTES

JANUARY 2022 – VOL 29 NUMBER 1

*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 Australian States now opening up from the last of their covid restrictions, fingers and toes crossed 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/>).

See below for a few highlights from the 2022 ultra walking world fixture. It's a work in progress! The latest comments as follows:

- With covid cases rampant in Europe, The Charly-sur-Marne 8H (scheduled for early Feb) has been cancelled and the 24H de Bourges (scheduled for early March) is under review, with a decision expected at the end of this month.
- Charles Arosanyin (C46) advises that the **inaugural Deutschland Centurion Walk** has been confirmed for the weekend of 1-2 October 2022 in Bochum, Nordrhein-Westfalen, Germany. More on that as details are published. If it goes ahead, it will mean a new Centurion badge on offer.
- Rob Robertson advises that the **2022 United States Centurion qualifier** will walk alongside the F.A.N.S. 24 hour race at Normandale Lake, Bloomington, Minnesota, on 4-5 June 2022.

Feb 13, 2022	8 Heures de Charly-sur-Marne (CANCELLED)	Charly-sur-Marne, FRA
Mar 5-6, 2022	24 Heures de Bourges (To be confirmed at the end of January)	Bourges, FRA
Apr 16-17, 2022	24 Heures de Château-Thierry	Château-Thierry, FRA
Apr 9-10, 2022	Coburg 24 Hour Carnival (Aust Centurions 100 Miles Qualifier) See http://www.coburg24hr.org/24hr/race-entry/	Coburg, VIC
Apr 30 – May 1	La Marche du Grand Est 2022 (142km)	Vorges, FRA
May 7-13, 2022	6 Jours de France (https://www.6jours-de-france.fr/)	Vallon Pont d'Arc, FRA
June 1-5, 2022	Paris-Alsace Classic	Across France
June 4-5, 2022	Continental Centurions 100 Miles Qualifier See https://www.rotterdamsewandelsportvereniging.nl/	Schiedam, NED
June 4-5, 2022	USA Centurions 100 Miles Qualifier See https://fansultraraces.org/	Bloomington, MN, USA
July 3-9, 2022	6 Jours Du Grand Est (see https://www.6jours-grandest.fr/)	Pont-à-Mousson, FRA
Aug 20-21, 2022	English Centurions 100 Miles Qualifier See https://centurions1911.org.uk/next-events/100-miles/#prev	Middlesbrough, GBR
Aug 27-28, 2022	24 Heures de Wadelincourt	Wadelincourt, BEL
Sep 17-18, 2022	28 Heures de Roubaix	Roubaix, FRA
Oct 1-2, 2022	Inaugural Deutschland Centurion Walk	Bochum, GER
Oct 29-30, 2022	24 Heures de Dijon	Dijon, FRA
Nov 27, 2022	8 Heures d'Etampes-sur-Marne	Etampes-sur-Marne, FRA

BITS AND PIECES

- You can now see a fantastic video of the 2021 Parish Walk race which was held in the Isle of Man. The link to the video is here: <https://www.youtube.com/watch?v=fsWR3ffWCpo>.
- With just under 3 months to go until the 2022 Coburg 24H Carnival, the numbers are slowly building and we have a number of walkers who have already taken the plunge and entered. Walk numbers read as follows

24H Walk	Men (9)	David Isaacs John Kilmartin Dennis Lazar Beow Lim Justin Scholz Christer Svensson Paul Sweet Dave Talcott Andrew Titley	VIC VIC VIC VIC VIC SWE * VIC USA * IOM *
24H Walk	Women (4)	Linda Christison Lisa Hogan Erin Talcott Fonibear Williams	NSW NSW USA * VIC
12H Walk	Women (1)	Marnie Grace	VIC
6H Walk	Women (1)	Sue Fitton	VIC

Our 24H walk numbers are building nicely, but the 12H and 6H are yet to take off. Fingers crossed! Of course, of the 13 24H walkers, 4 are from overseas and our current border rules do not allow entry at the moment, except for family reunion and returning Australians, etc. It is likely that they will all roll their entries over to 2023, in the hope that things have returned to normal by then.

48 HOUR WALK REVIEW

I have recently created a new Australian ranking list, for the 48 Hour Walk. The opportunities are few and far between but we have had a number of hardy walkers who have tested themselves out against this very demanding standard. Thanks for **David Billett (C50)** for filling in a few of the gaps.

Barry Loveday (C62) holds the men's record with 283.500 km, while **Linda and Heather Christison** jointly hold the women's record with 236.703 km.

Australian 48 Hour Walk Rankings

48H Men		State	Age		Race	Date
283.500 km	Barry Loveday	VIC	34	T	Australian 48H Champ, Caboolture, QLD	27-29 Jul 2012
280.203 km	Peter Bennett	QLD	54	T	Australian 48H Champ, Caboolture, QLD	31 Jul – 1 Aug 2010
275.673 km	David Billett	SA	48	T	Australian 48H Champ, AIS, Canberra, ACT	15-17 Mar 2019
273.861 km	Peter Bennett	QLD	58	T	Australian 48H Champ, Caboolture, QLD	24-26 Jul 2014
272.114 km	Peter Bennett	QLD	57	T	Australian 48H Champ, Caboolture, QLD	19-21 Jul 2013
257.877 km	Deryck Skinner	SA	73	T	Australian 48H Champ, Runaway Bay, QLD	12-13 Aug 2006
240.033 km	Andrew Ludwig	QLD	42	T	Australian 48H Champ, Caboolture, QLD	29-31 Aug 2008
238.811 km	Deryck Skinner	SA	75	T	Australian 48H Champ, Caboolture, QLD	29-31 Aug 2008
230.89 km	Louis Commins	NSW	58	T	Australian 48H Champ, Runaway Bay, QLD	11-12 Aug 2007
230.307 km	John Harris	QLD	51	T	Australian 48H Champ, Bribie Island, QLD	19-21 Jul 2002
230.250 km	Gerald Manderson	NZL	66	T	Australian 48H Champ, Caboolture, QLD	31 Jul – 1 Aug 2010
229.32 km	Peter Waddell	ACT	68	T	Australian 48H Champ, Maryborough, QLD	20-22 Aug 1999
227.515 km	David Billett	SA	35	T	Australian 48H Champ, Runaway Bay, QLD	12-13 Aug 2006
226.0 km	Norm Morriss	NZL	55	T	Australian 6 Day Race, Colac, VIC	15-17 Nov 1996
221.680 km	John Harris	QLD	50	T	Australian 48H Champ, Bribie Island, QLD	20-22 Jul 2001
219.2 km	Gerald Manderson	NZL	55	T	Australian 6 Day Race, Colac, VIC	15-17 Nov 1999
218.643 km	Justin Scholz	VIC	44	R	EMU 6 Day Race, Balatonfüred, Hungary	9-15 May 2019
205.113 km	Stan Miskin	VIC	76	T	Australian 48H Champ, Bribie Island, QLD	19-21 Jul 2002
204.049 km	Louis Commins	NSW	59	T	Australian 48H Champ, Caboolture, QLD	29-31 Aug 2008
202.42 km	Craig Welsh	NZL	44	T	Australian 48H Champ, Runaway Bay, QLD	11-12 Aug 2007
197.669 km	Simon Butterworth	ACT	47	T	Australian 48H Champ, AIS, Canberra, ACT	18-20 Mar 2016
193.222 km	Neil Armstrong	ACT	?	T	Australian 48H Champ, AIS, Canberra, ACT	17-19 Mar 2017
192.8 km	Peter Waddell	ACT	66	T	Australian 6 Day Race, Colac, VIC	16-18 Nov 1997
187.065 km	Justin Scholz	VIC	44	T	Australian 48H Champ, AIS, Canberra, ACT	15-17 Mar 2019

182.0 km	Stan Miskin	VIC	78	T	Gold Coast 48H Carnival, QLD	23-24 Aug 2003
180.3 km *	Stan Miskin	VIC	78	T	Australian 6 Day Race, Colac, VIC	16-18 Nov 2003
176.076 km	Robert Osborne	NSW	64	T	Australian 48H Champ, AIS, Canberra, ACT	15-17 Mar 2019
176.00 km	Fred Brooks	VIC	71	T	Australian 48H Champ, Runaway Bay, QLD	12-14 Aug 2005
174.562 km	Robert Osborne	NSW	63	T	Australian 48H Champ, AIS, Canberra, ACT	15-17 Mar 2018
174.4 km	Stan Miskin	VIC	80	T	Australian 6 Day Race, Colac, VIC	20-22 Nov 2005
163.843 km	David Attrill	NSW	70	T	Australian 48H Champ, AIS, Canberra, ACT	15-17 Mar 2018
147.7 km	Stan Miskin	VIC	81	T	Australian 48H Champ, Runaway Bay, QLD	12-13 Aug 2006

48H Women		State	Age		Race	Date
236.703 km	Linda Christison	NSW	56	T	Australian 48H Champ, AIS, Canberra, ACT	17-19 Mar 2017
236.703 km	Heather Christison	NSW	52	T	Australian 48H Champ, AIS, Canberra, ACT	17-19 Mar 2017
219.496 km	Linda Christison	NSW	55	T	Australian 48H Champ, AIS, Canberra, ACT	18-20 Mar 2016
219.496 km	Heather Christison	NSW	51	T	Australian 48H Champ, AIS, Canberra, ACT	18-20 Mar 2016
211.48 km	Kerrie Hall	QLD	38	T	Australian 48H Champ, Maryborough, QLD	20-22 Aug 1999
204.405 km	Kerrie Hall	QLD	41	T	Australian 48H Champ, Bribie Island, QLD	20-22 Jul 2001
182.4 km *	Deborah de Williams	VIC	35	T	Australian 6 Day Race, Colac, VIC	21-23 Nov 2004

* In the annual Australian 6 Day Race at Colac, hardcopies of the leader board were printed each hour and distributed to the runners and crews. In a number of cases, this allowed walkers to claim 48 Hour distances. Although these were generally accepted for ranking purposes, they must in some cases be considered “provisional” as they may not have always undergone rigorous post-race verification.

For completeness, here are our Australian 48H Age Group records. All the men’s age categories are covered, but only four of the women’s age categories have names against them.

M35-39	David Billett	SA	35	227.515 km	Gold Coast, QLD	13/08/2006	All-Comers / Res
M40-44	Andrew Ludwig	QLD	42	240.533 km	Caboolture, QLD	31/08/2008	All-Comers / Res
M45-49	David Billett	SA	48	275.673 km	Canberra, ACT	17/03/2019	All-Comers / Res
M50-54	Peter Bennett	QLD	54	280.203 km	Caboolture, QLD	01/08/2010	All-Comers / Res
M55-59	Peter Bennett	QLD	57	272.114 km	Gold Coast, QLD	21/07/2013	All-Comers / Res
M60-64	Stan Miskin	VIC	63	167.117 km	Adelaide, SA	30/10/1988	All-Comers / Res
M65-69	Peter Waddell	ACT	68	229.320 km	Maryborough, QLD	22/08/1999	Residential
M65-69	Gerald Manderson	NZ	66	230.250 km	Caboolture, QLD	01/08/2010	All-Comers
M70-74	Deryck Skinner	SA	73	257.877 km	Gold Coast, QLD	13/08/2006	All-Comers / Res
M75-79	Deryck Skinner	SA	75	238.811 km	Caboolture, QLD	31/08/2008	All-Comers / Res
M80-84	Stan Miskin	VIC	80	173.648 km	Colac, Victoria	27/11/2005	All-Comers / Res
W35-39	Kerrie Hall	QLD	38	211.480 km	Maryborough, QLD	22/08/1999	All-Comers / Res
W40-44	Kerrie Hall	QLD	41	209.991 km	Bribie Island, QLD	27/03/2002	All-Comers / Res
W50-54	Heather Christison	NSW	52	236.703 km	Canberra, ACT	19-03-2017	All-Comers / Res
W55-59	Linda Christison	NSW	56	236.703 km	Canberra, ACT	19-03-2017	All-Comers / Res

A CENTURION STORY

Thanks to Dave Ainsworth for passing on this poem, written by English centurion **Ray Platt (C939)**, who died on 10th January 2022, aged 73 years. Read Ray’s obituary at <https://www.southend-on-sea-athletic-club.co.uk/obituary-ray-platt-8-9-january-2022/>. Ray became Centurion 939 at Surrey Walking Club's 1995 100 Miles Battersea Park race with a time of 23:33.41. Held in hot humid conditions, Ray and fellow competitors had to put up with joggers, roller skaters and skateboarders on the park's Queen's Carriageway.

A CENTURION STORY By Ray Platt

The sun shone proudly from cloudless skies
Hats, sweat and sunglasses protect our eyes
We check our watches as the time nears one
For we know we walk and dare not run

One hundred miles or more or less
My legs will venture with some distress

Remember the training, remember the pain
Each strike of the foot again and again

The hours pass and my legs are strong
Lonely thoughts, lonely time are helped by song
My back held straight, tired arms are swinging
To the gentle song my head is singing

Great shock as I peer at my swollen hands
Blood congealed and congested like swollen glands
The torture and pain one suffers for glory
Will open the pages of life's full story

The sun has gone, the moon appears
Long hours have passed since starting cheers
My thoughts travel briefly of forthcoming night
Long shadows, dark trees cast daunting a sight

Dawn, sunrise appears once again
My body sways with onslaught of pain
My lips are dry, I search for water
Without such fluid my body will falter

My legs recover by body strong
The speed increases, I march along
I search for reasons of knowing why
One hundred miles do or die.

LILIAN SALKELD – WALKING PIONEER

I produced a small article on a couple of young and long forgotten walkers in one of my 2020 newsletters. The article is captured at <http://www.vrwc.org.au/tim-archive/articles/Lilian%20Salkeld%20and%20G.O.%20Edwards.pdf>. The two walkers in question were 15 year old **Lilian Salked** and 10 year old **G. O. Edwards**.

I have since been chatting with N.U.T.S. statistician and archivist Andy Milroy. Andy has been doing a lot of research on the 1920s and 1930s when women's distance walking became popular. In this context, he has been able to shed more light on the forgotten story of these two young walkers.

The story begins on 2nd October 1920, when two women started in the Manchester to Blackpool 51 mile walk. They were **Miss Winifred Green** from Bolton and **Miss D. Huntington** of Manchester and they started two hours before the male competitors from the Albert Street Police Station Parade Ground in Manchester. When the women reached Chorley at about 22 miles, Miss Huntington was forced to retire because of a heel injury, but Miss Green went on to complete the race in 12:32:35, in 24th place. She explained her participation in the 51 mile walk. "*Women had taken part in tennis and golf competitions and why should they not go in for walking, the very simple exercise?*"

Fast forward to 6th June 1921, when a 15 Miles Championship Walk for Girls was organised in Manchester. This race introduces us to **Lilian Salked** who won in 2:58:15 ahead of 14 year old **Barbara Halliday** (3:02:28) and 15 year old **Elsie Osman** (3:07). The race was organised by Albert Edwards, an experienced race walker. Edwards had a vested interest. His precocious son, **Georgie (G. O. Edwards)**, although only ten or so, was already competing. Teenage girls made good opposition as he built his son's reputation as a walker.

In late August that year, a 33 mile event was held in aid of the Stafford Hospital. Lilian covered the distance in 7:02:39. Two hours later Lilian and Georgie Edwards went head to head over a mile, tying in 9:44.

It may have been at this time that Albert Edwards began coaching Lilian. An obvious target for them was Winifred Green's time in the 1920 Manchester to Blackpool race and Liian and Georgie were both starters in the 1921 edition. Unfortunately Lilian had injured her foot three weeks before the Blackpool race and she was forced to drop out around the 33 mile mark because of her injury. Georgie continued on, finishing in a very impressive 11 hours and 43 minutes.

These 1921 performances of Lilian and Georgie have been captured captured for posterity in the British Pathe archives.

The first newsreel dated 06/06/1921, shows **Lilian** winning the 15 Miles Championship Walk for Girls in Manchester. See <https://www.britishpathe.com/video/girls-walking-race>. In fairness, the newsreel only shows the girls for the first 20 seconds (Lilian is wearing number 5). After that, it swaps to a display of Master G.O. Edwards walking in the later Manchester to Blackpool race. It seems a case of improper editing when the newsreel was created or recreated.



The second newsreel, dated 01/10/1921, is titled: *Wonder Boy Walker: Master **G.O. Edwards** aged 10, establishes World's record in walking 52 miles in 11 hours 43 minutes Manchester to Blackpool. Lancashire.* It shows Georgie striding along the road and then finishing. The second half of this newsreel is titled *Lillian Salkeld, aged 16, gave up after going 38 miles* and shows Lilian as she walks towards the camera and takes a drink from a bottle. Check it out at <https://www.britishpathe.com/video/boy-walker-1>.



By 1922 Lilian was looking for a new challenge and she set her sights on the London to Brighton Walk. A **Miss Doris Joel** had previously stated her intention to walk from London to Brighton, to demonstrate that girls were also able to perform long distance walks, but nothing had come of it. A **Miss Maud Brown** and **Miss Christina Wright** challenged Miss Joel to a contest over the course, and subsequently Lilian joined in, challenging the other three.

Lilian stated, “*I expect to do the journey in about thirteen hours. My diet will be oranges, bananas, bread and butter and a tomato. My last meal before starting out was two eggs, bread and butter and an orange. I am practically a vegetarian, but not quite.*”

“*I have already done 42 miles without feeling any the worse.*” This mark is not on the list of her known performances and suggest she also undertook the long standing Bradford to York race as well, which would have been good preparation for the London to Brighton.

On the day, Miss Joel, Miss Brown and Miss Wright seemed intimidated by the large crowd, described by some newspapers as a mob, apparently intent on stopping the women from racing. Despite that, the race started at 8:10 pm.

Lilian wore a short skirt, with ankle socks. The weather was bitterly cold and she later put on a jumper and warm, woollen gloves. Her long, firm stride particularly impressed the crowds lining the route. All through the night she maintained a brisk pace, walking in the glare of the headlights from the following car in which her mother rode, along with her father and her trainer Albert Edwards. The car had been lent by a London firm.

Her rests were few and brief. Once she changed her footwear, putting on racing shoes with light, leather rubber soles. Occasionally she stopped to eat a banana or a tomato and to have her face sponged with eau de Cologne by her mother.

Perhaps the most extraordinary feature of the race was that Miss Brown and Miss Wright covered the whole distance in "everyday attire" and wearing shoes with heels. Before they set out they had finished a full day's work at the Gamages store. As they made their way to Brighton they halted for five minutes every hour. (As shop assistants they would have been used to spending many hours each day on their feet.)

They commented before the race "*Our biggest effort was over fifty-eight miles the year before from Brentwood to Clacton.*" Miss Wright had proclaimed "*We shall do it, you bet!*"

Lilian strode out, accompanied by the young Georgie Edwards who was to retire at 30 miles with blisters. Doris Joel did not actually start and Miss Brown and Miss Wright were soon overtaken by the young girl from Manchester.

Lilian was well ahead by Croydon Town Hall, 10:06 pm to the 10:21 pm of the following pair, who walked together, occasionally chatting but showing nothing like the firecracker determination of their Manchester rival. By Redhill, the leader was timed at 12:20am with the chasing pair passing at 1:09am. She passed Horley (25.25 miles) in 5:20:30. She stopped once to change into goloshes after 35 miles.

At 41.25 miles, the challenging Dale Hill, Lilian was timed at 10:37:58. When Lilian finally saw her goal of Brighton Aquarium she was walking well but looked rather fatigued. She finished in 12:20:40.8 and was given a rousing reception by the assembled crowd of women and girls. She then went and had a substantial breakfast at the Bed & Breakfast establishment where her family were to be staying. Her comment at the finish shows the motivation behind the walk, "*It shows that what men can do, girls can do also.*"

Miss Maud Brown and Miss Christina Wright finished in 15 hours 20 minutes. One of them commented at the finish that they were longing for a square meal.

Lilian's London to Brighton walk is also captured on newsreel, dated 04/05/1922 and titled *Wonderful Girl Walker - 16 year old Miss Lilian Salkeld accomplishes London to Brighton walk in 12 hours 20 minutes.* A 53 mile walk, done in a little over 12 hours, not a bad effort in anyone's measure! See <https://www.britishpathe.com/video/lilian-salkeld-aka-wonderful-girl-walker>.



Andy Milroy believes that Lilian's mark was influential in the development of Women's long distance racing. The British Pathe Newsreel would have been widely shown in the rapidly growing cinema theatres across Britain. Thanks to the telegraph, news of her performance would have gone around the world.

However he suspects that sharing a car for over 12 hours with the opinionated Albert Edwards, her coach, was probably too much for Mr and Mrs Salkeld. Although there was some talk of her attempting the slightly shorter Manchester to

Blackpool race subsequently, it does not appear to have happened that year.

The following year, in April 1923, a race from London to Brighton, organised by the Ministry of Pensions Walking club, was held, with fifteen girl clerks, many wearing silk stockings and walking shoes and everyday frocks, competing with nineteen men. The women had two and a half hours start, leaving Big Ben at 7 pm. The race was won by H V Henry. In third place was **Miss Doris Grasty** in 12:02, eighteen minutes faster than Lilian had done in 1922.

When asked where the men were, her reply was a dismissive “*Oh, I believe they’re coming along.*” She also commented “*In my mind all the way was to beat the men*”. She had had a two and half hour start on the men. The male walkers took the hint and the following year the women had just a half hour start over the men.

Lilian’s next documented race was as an unofficial competitor in the 1926 Manchester to Blackpool race, on 2nd October 1926. Not content with merely competing, she covered the 51 mile course in the fastest time yet by a woman, setting a new standard for the 50 mile distance – 11 hour and 22 minutes. Although her performance was unofficial, it was recognised by the civic authorities and when asked what prize she would like, Miss Salkeld asked for the works of Charles Dickens.

By the end of the 1920s, the wider society of women had well and truly discovered the joys of walking. In 1928 a newspaper reported noted that twice as many women as men took part in rambling societies and that many London offices had their own groups. The gender imbalance following the carnage of the First World War meant many women went out to work and then sought their leisure pursuits in a less restrictive environment.

By way of postscript, Lilian married South London-born Reginald Thomas Castell in Manchester in 1941 (the exact date of their wedding is not known.) Their ages at marriage were unusual for the period. In 1939 the average age at marriage was 26.5 years for men and 24.2 years for women. They were 35 or 36.

Lilian died in Blackpool, aged 87, on the 21st December 1992, probably the last representative of the young women pioneer walkers of the 1920s and 1930s, whose efforts have been largely forgotten.

2021 GORDON SMITH MEMORIAL AWARD

This annual award, named after Australian Centurion Number 1 Gordon Smith, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**. Award criteria are as follows

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

Previous winners are	2005 Deryck Skinner (C 51)	2006 Stan Miskin (C 23)
	2007 Terry O'Neill (C 18)	2008 Deryck Skinner (C 51)
	2009 Peter Bennett (C 24)	2010 Peter Bennett (C 24)
	2011 Michelle Thompson (C 58)	2012 Barry Loveday (C 62)
	2013 Tim Erickson (C 13)	2014 Michelle Thompson (C 58)
	2015 John Kilmartin (C 67)	2016 Linda Christison
	2017 Robin Whyte (C29)	2018 Claire Tallent
	2019 Gerald Manderson (C31)	2020 Not Awarded

2021 was a very quiet year, with only 2 of our members in the nomination spotlight. Here they are, in date order, as proposed by our Executive:

- **Pramesh Prasad (C81): Centurion qualification walk of 20:43:42**

Melbourne based racewalker Pramesh Prasad adding his name to our membership list and earned Australian Centurions badge C81 with a 100 mile walk time of 20:43:42 in April at Coburg. Pramesh had been keen on testing himself out over the longer walking distances for some years now and was always on our radar as a potential centurion candidate. In September 2018, he won the Victorian 50km racewalking championship in a time of 4:56:55. The following year, in April 2019, he entered the 6 Hour Walk at our Coburg 24 Hour Carnival, winning with an impressive 56.512km. 2020 came and went with no further races, given the covid-19 pandemic, but come 2021, he was ready for the next step and entered the 24 Hour Walk at our 2021 Coburg 24 Hour Carnival.

Pramesh's walk in the 2021 Coburg Carnival 24 Hour walk was impressive. He headed out fast, using the full racewalking technique, to power through 52.693 km in the first 6 hours. Then he switched to an efficient strolling action that continued to eat up the miles. He passed the 100 km mark in 11:49:11 and reached the 100 mile mark in 20:43:42. From then he strolled a few laps to a total distance of 162.559km, his goal achieved. He earned Centurion badge 81 for his efforts.

• **Justin Scholz (C61): Centurion walk performance of 21:31:52 while in cycling transit around Australia**

Justin Scholz (C61) completed four centurion hundreds during 2021, to take his overall tally to 17.

- | | | |
|------------|----------------------|---|
| ◦ 22:50:00 | 26-27 Mar 2021 | AIS Athletics Track, Canberra, ACT |
| ◦ 21:32:28 | 17-18 Apr 2021 | Coburg Harriers Track, Coburg, Victoria |
| ◦ 23:10:55 | 14-15 Aug 2021 | Bunbury, WA |
| ◦ 21:31:52 | 26-27 Sep 2021-09-29 | Thorndon Park, Adelaide, SA |

Now this is an impressive stat for anyone, but consider that his WA and SA walks came in the middle of a 5 month cycle around the coast of Australia, undertaken with Sharon Scholz (C63). In fact, his SA walk time of 21:31:52 was his fastest, done without any walk prep of any sort and completed on legs that had done nothing but cycle for 4 months. Now that's worth pondering!



Pramesh finishes his hundred at Coburg and Justin finishes his hundred in Adelaide

Our Australian Centurions will now be voting for either Pramesh or Justin. I'll be announcing the winner in our next newsletter.

AUSTRALIAN CENTURIONS AGM COMING SOON

The **2021 Annual General Meeting of the Australian Centurion Walkers Inc.** will be held at the **Leighoak Club, 1555 Dandenong Road, Oakleigh** (Melbourne) commencing at **12:30PM** on **Sunday 27th February 2022**, to be followed by lunch.

The AGM has a number of aspects. Business includes

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

Our Australian Centurion Executive and Committee runs for a two year term, based on election via member vote. The following members have led the club over the last 2 year period (2020 and 2021).

Club Executive	President	Terry O'Neill (C 18)
	Vice President	Robin Whyte (C 29)
	Treasurer	Stuart Cooper (C 5)
	Secretary	Tim Erickson (C 13)
General Committee	Records and Rankings Officer	Tim Erickson (C 13)
	Assistant Secretary	-
	Up to 2 general members of Committee	Karyn O'Neill (C 45) Michelle Thompson (C 58)

All members are invited to apply for any leadership roles. If there are multiple nominations for any positions, a vote will take place during our AGM.

The 2021 Annual Report and Financial Statement have been separately distributed via email and/or post.

UNTIL OUR NEXT NEWSLETTER

Welcome to a new year of walking!

Remember, you don't have to walk fast or walk long, you just have to walk! What better exercise is there for the mind and the body than just 30 minutes strolling every day. The benefits are many and the negatives are non-existent. So dust off those shoes and do a lap of the block. Enjoy the sun and see first hand what's happening in your neighbourhood.

Yours in centurion walking

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