

# CENTURION FOOTNOTES

APRIL 2022 – VOL 29 NUMBER 3

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

President	Terry O'Neill (C 18)	0400 190 988
Vice-President	Robin Whyte (C 29)	0414 279 639
Secretary	Tim Erickson (C 13)	0412 257 496
Treasurer	Stuart Cooper (C 5)	0421 470 949

## DATES ... DATES ... DATES

We are now well into our 2022 calendar year, with lots of long distance walking events on the horizon. As always, check the AURA calendar for the latest Australian news (<http://aura.asn.au/>). All the centurion qualifiers, except for that of the African Centurions, are now in place. The African Centurions website and facebook page have not been updated for a couple of years and they seem to have gone to ground. Here are the upcoming dates I have captured.

Apr 30 – May 1	La Marche du Grand Est 2022 (142km)	Vorges, FRA
May 7-13, 2022	6 Jours de France ( <a href="https://www.6jours-de-france.fr/">https://www.6jours-de-france.fr/</a> )	Vallon Pont d'Arc, FRA
June 1-5, 2022	Paris-Alsace Classic	Across France
June 4-5, 2022	<b>Continental Centurions 100 Miles Qualifier</b> See <a href="https://www.rotterdamsewandelsportvereniging.nl/">https://www.rotterdamsewandelsportvereniging.nl/</a>	Schiedam, NED
June 4-5, 2022	<b>USA Centurions 100 Miles Qualifier</b> (see <a href="https://fansultraraces.org/">https://fansultraraces.org/</a> )	Bloomnuton, MN, USA
July 3-9, 2022	6 Jours Du Grand Est (see <a href="https://www.6jours-grandest.fr/">https://www.6jours-grandest.fr/</a> )	CANCELLED 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
Aug 27-28, 2022	24 Heures de Wadelincourt	Wadelincourt, BEL
Sep 17-18, 2022	28 Heures de Roubaix	Roubaix, FRA
Oct 1-2, 2022	<b>Inaugural Deutschland Centurion Walk</b>	Bochum, GER
Oct 29-30, 2022	24 Heures de Dijon	Dijon, FRA
Nv 12-13, 2022	Sri Chinmoy NZ 24H Championship (date TBC) <b>NZ Centurions 100 Mile Qualifier</b>	Auckland, NZ
Nov 27, 2022	8 Heures d'Etampes-sur-Marne	Etampes-sur-Marne, FRA

## WELCOME OUR NEW CENTURIONS – REMY VAN DEN BRAND (C83) AND ANDREW TITLEY (C84)



*Remy Van Den Brand (C83) and Andrew Titley (C84) captured by the camera as they pass the 100 mile mark*

I have wonderful news to share. At the recent Coburg 24 Hour Carnival in Melbourne, five walkers completed the 100 miles centurion walk.

Remy Van Den Brand	NED	<b>C83</b>	21:04:52
Justin Scholz	AUS	C61	21:17:26
David Billett	AUS	C50	22:33:38
Andrew Titley	IOM	<b>C84</b>	22:48:59
Sharon Scholz	AUS	C63	22:53:06

Justin, Sharon and David are already Australian Centurions but **Remy Van Den Brand** of the Netherlands and **Andrew Titley** from the Isle of Man now join us as Australian Centurions C83 and C84.



*Sharon, Justin, David, Andrew and Remy at the post-event presentations*

In our last newsletter, I welcomed **Joffrid Mackett (C82)** and now we have 2 further centurions to welcome. I have been talking to all 3, getting additional information and photos to complete profiles for each of them. Here they are

C82 Joffrid Mackett <http://www.centurions.org.au/centprofiles/82%20Joffrid%20Mackett.pdf>  
C83 Remy Van Den Brand <http://www.centurions.org.au/centprofiles/83%20Remy%20Van%20Den%20Brand.pdf>  
C84 Andrew Titley <http://www.centurions.org.au/centprofiles/84%20Andrew%20Titley.pdf>

Not all our readers have access to computer and internet, so this month I will publish my bio for Joff (C82). You can read it later in the newsletter. It makes for inspirational reading.

In my next newsletter (hopefully in May), I will publish the bios for Remy (C83) and Andrew (C84).

#### **COBURG 24 HOUR CARNIVAL, COBURG, 9-10 APRIL 2022**

Our 2022 Coburg 24 Hour Carnival saw a very healthy entry list of 110 athletes (83 runners and 27 walkers). Not everyone makes it to the start line each year and 2022 was no exception, with 95 athletes (70 runners and 25 walkers) turning out over the weekend.

The Carnival boasted a variety of events – 24 Hour, 12 Hour, 6 Hour and Marathon – and saw us playing host as usual to the Victorian 24 Hour Track Championship as well as the Australian Centurions 24 Hour Walk. Daytime conditions were perhaps a bit too warm, with temperatures peaking around 26C on Saturday before cooling to a pleasant 15C on

Saturday night. Sunday dawned warm and sunny, ensuring more demanding conditions for our tired runners and walkers.



*They're off in the 2022 Coburg 24 Hour Carnival – walkers in lane 7 in the left*

You can read all about the Carnival, with the full results, photos, etc, at <http://www.coburg24hr.org/24hr/history/2022-coburg-24h/>. I'll just focus on the walks here.

The 24 Hour Walk included 13 men and 4 women and boasted five international walkers of repute, all Centurions in their own countries (**Remy Van Den Brand** and **Arie Kandelaars** of the Netherlands, **Andrew Titley** of the Isle of Man and **Erin and Dave Talcott** of USA). Add in Australian Centurions **Sharon and Justin Scholz**, **Pramesh Prasad** and **David Billett** and we were going to be in for some very competitive and high quality walking.

In the women's 24 Hour walk, Erin Talcott led out, with Sharon Scholz always within a lap of so. Alas, the American started to suffer after 6 hours and surrendered the lead to Sharon. By the 8 hour mark, she had been forced to retire, leaving it to Sharon to power through to her 9<sup>th</sup> centurion finish, reaching the 100 mile mark in just under 23 hours. Content with her day's work, she then retired, Further back, NSW walker **Linda Christison** was intent on her own centurion qualification. Things looked good at the half way mark – she had covered 87km in the first 12 hours and only needed 74km in the second half. Alas, the wheels fell off at the 20 hour mark with her goal in sight, as her Parkinson's Disease kicked in, and she was forced off the track. To her credit, she came back on after recovering, eventually completing 149.136km in the 24 hours. It was so disappointing for her.

The men's 24 Hour Walk also had its own dramas, as first Pramesh Prasad, then Dave Talcott and finally Arie Kandelaars succumbed to the conditions and retired. Justin Scholz took control after the first couple of hours. Walking strongly, he passed the 12 hour mark with 99km, some 5km ahead of Remy Van Den Brand and seemingly well in control. But Remy had timed his walk to perfection and, from then on, he gradually bridged the gap, eventually catching and passing Justin with 4 hours to go. Remy reached the 100 mile mark in 21:04:52 and continued on, walking to a final distance of 175.029km. Justin reached his 100 mile goal in 21:17:26 (his 19<sup>th</sup> centurion walk) and stopped, his goal achieved. David Billett and Andrew Titley also reached the 100 mile mark (in 22:33:38 and 22:48:59 respectively), Andrew also content to stop then but David keen to walk on to a final distance of 170.137km.

I will also make mention of 2 other walkers in the men's 24 Hour Walk. **Paul Sweet** had his very first attempt at a long walk and did fantastically well, finishing with 132.591km. He and I chatted online in the weeks leading up to Coburg and I viewed a few videos of his walking action and gave him some advice. The advice must have worked as he walked very nicely. **Mark Kani** walked last year and achieved a distance of 104km. This year he improved to 121.360km. Great to see!

### 24 Hour Walk Women

1.	Sharon Scholz	VIC	161.668 km
2.	Linda Christison	NSW	149.136 km
3.	Fonibear Williams	VIC	60.125 km
4.	Erin Talcott	SA	58.343 km

### 24 Hour Walk Men

1.	Remy van den Brand	NED	175.029 km
2.	David Billett	SA	170.137 km
3.	Andrew Titley	IOM	162.114 km
4.	Justin Scholz	VIC	161.223 km
5.	Paul Sweet	VIC	132.591 km
6.	Mark Kani	VIC	121.360 km
7.	Beow Lim	VIC	111.342 km
8.	David Isaacs	VIC	91.300 km
9.	Arie Kandelaars	NED	73.931 km
10.	Dave Talcott	USA	70.368 km
11.	Dennis Lazar	VIC	51.218 km
12.	Pramesh Prasad	VIC	49.295 km
13.	Laurie Tinson	VIC	16.034 km

The 24 Hour Carnival also hosted the Racewalking Australia 100km walk championships, with finishers as follows

### RWA 100km Walk Championship Women

1.	Sharon Scholz	VIC	13:31:12
2.	Linda Christison	NSW	13:54:57

### RWA 100km Walk Championship Men

1.	Justin Scholz	VIC	12:08:27
2.	Remy van den Brand	NED	12:47:08
3.	Andrew Titley	IOM	13:21:33
4.	David Billett	SA	13:33:22
5.	Paul Sweet	VIC	16:51:25
6.	Mark Kani	VIC	19:50:19
7.	Beow Lim	VIC	20:13:01

The meet also included 12 Hour and 6 Hour Walk Championships. The 12H races started at 6PM on Saturday while the 6 Hour races started at 6AM on the Sunday morning. The shorter walks were won by **Marnie Grace**, **Saul Richardson**, **Sue Fitton** and **Ken Carter**. Our challenge remains to attract bigger fields for these events, which continue to be under subscribed. And a special mention to our oldest walker, **Lorraine Billett**, who walked a new W75 6 hour record distance of 39.192 km. She actually led the 12 Hour walk for the first couple of hours and looked fantastic. Way to go!!

### 12 Hour Walk Women

1.	Marnie Grace	VIC	67.373 km
2.	Lorraine Billett	SA	39.192 km
3.	Elise Hess	VIC	12.024 km

### 12 Hour Walk Men

1.	Saul Richardson	NSW	64.027 km
2.	Albin Hess	VIC	54.906 km
3.	Anubhav Tewari	VIC	43.115 km

### 6 Hour Walk Women

1.	Sue Fitton	VIC	31.148 km
----	------------	-----	-----------

### 6 Hour Walk Men

1.	Ken Carter	VIC	22.292 km
----	------------	-----	-----------

The perpetual trophies were awarded as follows

**Jim Gleeson Trophy:**

Justin Scholz (VIC) and Sharon Scholz (VIC)

**Gordon Smith Trophy:**

Remy van den Brand (NED)

A number of walk performances bettered Australian age group records:

Linda Christison	50 Km Walk	W60 Residential	6:40:03
Linda Christison	50 Miles	W60 Residential	11:03:40
Linda Christison	100 Km	W60 Residential	13:54:57
Linda Christison	12 Hour Walk	W60 Residential	87.132 km
Lorraine Billett	6 Hour Walk	W75 All Comers and Residential	39.192 km
Remy Van Den Brand	24 Hour Walk	M45 All Comers	175.029 km
David Billett	24 Hour Walk	M50 Residential	170.137 km



*Sharon Scholz, Linda Christison, Paul Sweet and Mark Kani*



*Sharon and Justin Scholz, Andrew Titley, David Billett and Remy Van Den Brand*

Finally, thanks to all our Australian Centurion members who helped look after our overseas and interstate walkers – **Terry and Karyn O’Neill, Michelle Thompson, Stuart Cooper, Michael Harvey and John Kilmartin.** We captured a quick Australian Centurion shot at the end (not everyone in it, unfortunately)



*Karyn and Terry O'Neill, John Kilmartin, David Billett, Tim Erickson, Sharon and Justin Scholz and Andrew Tittley relax after it's all done and dusted*

#### **JOFFRID MACKETT C82: 23:32:07**

In February 2022, I was contacted by ACT based ultra runner Joffrid Mackett. He was intending to try to walk 100 miles within the first 24 hours of the Canberra 48 Hour Carnival, which was to be held on the weekend of 25-27 March. As we had 3 centurions in action in the same event, I felt confident that we would be able to scrutinise his action and ensure that, if he did succeed, all would be above boards. So I contacted Justin Scholz (C61), David Billett (C50) and Anyce Melham (C65), and they all volunteered their services to keep an eye on Joffrid and to support him along the way.

Joff had been running the occasional ultra dating back to 2012, when he completed the Hume & Hovell 50km. In recent years, he had challenged himself with longer ultras, doing the Canberra 48 Hour run three times, with a PB of 276km in 2019. This was to be his first walk ultra and I did not rate his chances very highly, given that he had never run 100 miles within 24 hours and now he was hoping to walk 100 miles within that same timeframe.

Did he prove me wrong!

Joff started off conservatively, circling the track at just over 3 minutes per 400m lap. He passed the 6 Hour mark with 45.2km, passed the 50 mile mark in 11:23:55 and had covered 84.6km by the 12 Hour mark. He did not have much of a buffer for the second half and would need to ensure that his pace did not slow significantly. This he was able to do, keeping at around 3 min 30 secs per lap right up until he reached the 100 mile mark, with a time of 23:32:07. It was an impressive performance that earned him Australian Centurion badge 82.

Here is what he had to say after the event

*I am stoked. I can honestly say I am significantly sorer after that 24 hrs than any 100mile trail run I have done, or the 48hr runs I've done. My legs are toast, and I blisters in places on my feet I've never had before. But I will know for next time. I naively thought I would have a rest for an hour or so, then go back out and see if I could better my Run PB (276*

km). Again based on lack of understanding of the toll this would have on me. At this stage I am helping a mate who is doing the 48hr. I may pop out for a few laps later on, I am doubtful. Most rewarding thing I have done - thank you for letting me have a crack!

For the record, Joffrid did get back on the track for a few more laps, completing 205.915km before the 48 Hour final gun fired.



*Left: Joff with fellow competitor and good friend Ingo Ernst at the Canberra 48 Hour Carnival  
Right: Joff reaches his 100 mile walk milestone in Canberra*

I caught up with Joff via email in the following week and was able to get a bit more information from him, to enable me to build this picture for our readers.

Here are our Q&As

### **Tell me about how you got into ultras**

I feel that I have been active for most of my life. Early on it was swimming (from age 4), then rugby union and classical ballet (an odd combination considering I was playing in the front row), a few triathlons, waterpolo and then back to rugby union (tight head prop) and rugby league (front and second row). During all of these, I was not the most skilful person and definitely only middle of the pack pace wise, but I was one of the fittest and was pretty consistent in terms of intensity from the start of the game through to the end. I used to do a bit of extra running, but back then 10km seemed to be a long distance.

In 2010 while posted to Dubai, I decided to have a crack at a road marathon – it seemed a good place to try as it was very flat. With a bit of training and a goal of under 4 hours I went out pretty steady, ignoring everyone around me (like the books said to do), and was on track at the half way turn around to come in a bit under 4 hours. I felt surprisingly good, randomly tucked in with a bloke next to me (who turned out to be a South African training for the Comrades) and we ran the next 18 or so km together as if we had been training together for years, and I came in with a surprising 3.32.22 finish, a decent negative split.

After that I wondered what was next. I then heard about ultras and, after running the Canberra marathon in 2012, signed up for the inaugural Hume and Hovell 50km with my good friend Ingo Ernst. This has been my favourite event since that time, run by the awesome Peter and Val FitzPatrick. I ran the 50km again in 2013 and 2014, and then the 100km in 2018 and 2019 (we were overseas in 2015 and 2016 and the bush fires and Covid impacted on 2020 and 2021). When I turned up in 2018 I was welcomed back with a big hug by Val - its very much a family affair.

**Interestingly, your 100 mile walk was faster than any of your 100 mile runs. That is an unusual stat. Is it just that you got yourself to a new level of fitness this year?**

I think it was having an end goal and needing to keep a constant pace to get it rather than my usual vague 'try for 300km, then if I can't get that try for 250, then if I can't get that try for 200...'. That and I definitely did more training in

Jan and Feb than I have ever done. We had 2 weeks down the coast in early March, so my final training block was not quite what I would have liked, but I chose to interpret that as a 'long taper'.

### **Tell me about you and Lily**

When we were back in the UAE in 2016, my daughter Lily, who was 16 at the time, was hit by a car while crossing a road. The outcome was a significant spinal cord injury as well as a traumatic brain injury. In a second our lives were changed forever. To some extent my running, particularly my long runs, have been what has kept me able to continue functioning. It is easy to lose yourself in the open spaces and the fatigue, and to let the mind drift away from the day to day realities of our 'new life' to essentially a state of 'nothingness'. It also helps that so far I don't think I have met a negative minded person in the ultra community.

Immediately following Lily's accident, I came across a support group in America called Ainsley's Angels (<https://www.ainsleysangels.org/>) whose mission is to build awareness about the importance of inclusion, through action, while transforming populations into all-inclusive communities. They do this by pairing runners with 'angels' - this appealed to me and, following a chat with Lily, a running friend in the UAE raised the money to purchase one of their purpose build running chairs (called a chariot) and he, another friend and I ran the Dubai marathon in 2017 with Lily. Since then, Lily and I have run 4 marathons together. She has great delight in reminding me that she has beaten me every time. It is somewhat of a dream to establish a group similar to Ainsley's Angels here in Australia - one day maybe.



*Joff and Lily complete the 2017 Dubai marathon*

### **Talk us through how you ended up deciding to walk at Canberra this year**

Over the years I have run a few road marathons (8), a few trail ultras in Australia and the UAE (18), done a 10km lake swim and started venturing into the world of long ultra track running, participating in the Canberra 48 Hour in 2018 (204.67km run), 2019 (276.625km run), 2021 (219.895km run) and 2022 (205.915 walk).

It was during my first track run that I came across the extraordinary and awesome Christison sisters, Heather and Linda. I was quietly happy with my run of 204km, and then I heard that Linda and Heather (the year before, I think) had walked around 235 km. I was astounded. It got me thinking about time on the track, perseverance, determination and consistency. I then forgot all about this and went back to my 'mediocre' plodding for the next few events. Each year I was of course aware of this machine by the name of Justin Scholz who never seemed to slow down or leave the track, and David Billett who, when he was walking, seemed to only need about 10 strides to get around the track, his legs are so long, and they were something called a Centurion.

Over Christmas last year I started thinking about it again, and about whether I would have a go at it. I reached out to Justin on New Year's Day, and with a bit of advice and guidance I decided to give it a crack. This was on the back of a bit of ongoing commute running, as well as twice weekly 5km walks carrying a 45kg pack (more on that later).





*Joff competes in the 48 Hour Run at the 2021 Canberra 48 Hour Carnival*

Long story short, I ended up putting in a good block of consistent 'walk training', aiming for 8min/km pace, and got in a few longish walks ahead of the event (longest being 3.2hrs, 26km on the treadmill). During the event I was lucky enough to have Justin, David and Anyce on the track with me, each of whom helped at various times in different ways, for which I am very grateful. I have to say I think it was the toughest thing I have tried to do. In the end, after a long sit down after the first 24 hours, I ventured back out with the goal to get to 200km, then to beat, as nicely put by David, my personal worst running total, which I managed to do.

**Do you train with anyone, are you coached at all, or are you a solo runner?**

I train mostly on my own, and often on the treadmill so I am close to help out with Lily as needs be. I do a few long runs with Ingo when we can co-ordinate it.

**What is next for you?**

Now, similarly to 2011 after my first marathon, I am thinking what next.....

First up is the Canberra Marathon on 10<sup>th</sup> April with Lily, then a few trail ultras throughout the year. A longer term goal is trying to better the Guinness record for the fastest marathon carrying a 100 pound pack (45kg), currently set at around 6.30hrs. I was going to try this in 2020 but Covid put a stop to that <sup>1</sup> - the plan is now to try in 2023, to raise money for spinal cord injury research and support, or perhaps to purchase some chariots to start up an Australian chapter of Ainsley's Angels.

We are also turning our minds to the 2023 Lily's Legs Virtual March Marathon (<https://lilyslegs.com/>), an event Lily put on this year to raise money for Spinal Cord Injury research and support. <sup>2</sup>

And of course, now that I have managed to get my first Centurion, I am keen to do more!

---

And to show that nothing gets in the way for Lily and Joff, consider Joff's statement a few days after his centurion walk in Canberra: *"I have pulled up mostly ok except for my feet which have some sizable blisters on them in a few different places – I haven't been able to get any shoes on as yet."*

Yet two weeks later, while our Coburg 24 Hour Carnival was taking place in Melbourne, Lily and Joff were participating in the Canberra marathon and she was keeping him updated on how Linda and Heather Christison were doing at Coburg. *"We were so excited - it looked like Linda was going to finally complete her centurion walk. I think she went thru the 12hr well ahead of my attempt. Regardless, what an amazing couple of ladies!"*

<sup>1</sup> Read more at <https://www.canberratimes.com.au/story/6650718/why-this-gordon-man-will-be-running-a-marathon-with-a-45kg-weight-on/>

<sup>2</sup> If you want to be inspired, read <https://lilyslegs.com/lilys-story>

While Joff is the engine in the back, Lily knits beanies to raise money. “We have developed a new pace metric - the Canberra marathon was run at a 1.5 beanie pace.”<sup>3</sup>



*Joff and Lily pounding the pavement in the 2022 Canberra marathon*

I don't think I have written a more inspiring centurion profile than Joff's. We welcome him to our club and acknowledge the great work he and Lily are doing to raise awareness of spinal cord injuries.

**24 HEURES DE CHÂTEAU-THIERRY, CHÂTEAU-THIERRY, FRANCE, 16-17 APRIL 2022**

Emmanuel Tardi was in Chateau-Thierry (100km east of Paris) last weekend for their annual 24 Hour Walk. He says they are seeing fewer starters in this kind of event and so the organizers decided to add additional events: a 2x6 Hour Walk (1pm to 7pm, then 7am to 1pm) a 6 Hour walk (1pm to 7pm) and a 20km walk, all starting on Saturday, and another 6 Hour Walk (7am to 1pm) and a 10km walk on Sunday.

There were only 20 starters on the 24 Hour Walk but, with the others events, there were 45 in total for the start in front of the city hall at 1PM on Saturday. Walkers completed 6 small loops in front of the city hall, then went onto the main loop of 2.375km, until the final hour when they finished on a short 400m loop. It is a demanding course, with 32m of height difference in each lap, but the weather was sunny, the night was cool and there was no rain.

**Florian Letourneau** led race from beginning to end, but he did have some company early on, walking with **Dominique Delange** (2x6H) and **Maxime Laneau** (6H) for the first few hours. He covered more than 52km in the first 6 hours, passed the 100km mark in 11:38:12 and the 150km mark in 17:40, finally completing a distance of 201.254km in the 24 hours. This is the first time a walker has walked in excess of 200km in this race since 2014. According to Emmanuel, Florian is the 156<sup>th</sup> French walker to reach this standard. You can see his updated French 200km Walk All-Time list at <http://www.centurions.org.au/documents/200KM%20HOMMES.pdf>. It reads impressively.

In the women's 24 Hour Walk, **Véronique Bessot** was some 10km in front when she had to stop in the middle of the night with stomach issues. That opened the door for local walker **Nadia Ducruet** to walk to a win with 150.282km. In others races, **Dominique Delange** and **Claudie Bizard** easily won the 2x 6 Hour Walk while **Christophe Erard** and **Emilie Bizard** won the 6 Hour Walks. In the 20km event, **Laurent Legentil** walked 1h:44:56, a good mark given the profile of the course.

**24 Hour Walk Men**

		<b>100km</b>	<b>24 Hour</b>	
1.	LETOURNEAU Florian	Ac Chateau Thierry	11:38:12	201.254 km
2.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	12:40:20	180.231 km
3.	MALFONDET Alain	NI Paris	12:44:37	168.449 km
4.	LINARD Benoit	NI Neuvy-les-2-clochers	14:34:38	157.576 km
5.	RIGAL Jean-Marc	Domont Athletisme	14:52:15	151.378 km

<sup>3</sup> Read more at <https://lilyslegs.com/lils-lids-1>

6.	DELARUE Jean-Michel	Ac Cauffry-Liancourt	15:15:18	145.600 km
7.	GIRAUDEAU Denis	Ulac Pays Fouesnantais	16:20:05	143.788 km
8.	FAUBERT Stephane	Nl Longeville	16:52:33	133.377 km
9.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	21:38:15	115.112 km
10.	NICOLAS Alain	Nl Dompnin	21:01:34	112.953 km
11.	RASSAIND Andre	Al Voiron	21:39:12	107.932 km
12.	BOUELE Cedric	Delemont Athletisme		69.789 km
	HIRSINGER Christian	Ultra Marathon France		80.976 km
	CM Roubaix	Fauqueur C - Fauqueur R		52.440 km
	RUIN Herve	Efs Reims		28.660 km
	HENRY Fabrice	Frijep Cor. Margny Verdon		21.526 km

#### 24 Hour Walk Women

1.	DUCRUET Nadia	Ac Chateau Thierry	15:49:51	150.282 km
2.	SONNOIS Martine	Racing Club Haut-jura Morez	16:13:37	145.907 km
3.	BESSOT Veronique	Domont Athletisme	20:49:48	121.208 km
4.	POUVREAU Manuella	Domont Athletisme	20:02:13	112.930 km

#### 6 Hour Walk (Sunday 17 April)

1.	ERARD Christophe	Asm Bar-le-duc	54.643 km
2.	MALDEME Damien	Athletic Vosges Entente Clubs	48.130 km
3.	MICHELOT Remi	Es Thaan	45.288 km
4.	TILLIER Ludovic	Le Chesnay-rocquencourt 78 Ath	43.273 km
5.	CECCALDI Georges	Entente Chalon/saone Athl.	42.641 km

#### 6 Hour Walk (Sat 16 April)

1.	LANEAU Maxime	Us Camon	52.833 km
2.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	45.461 km
3.	VARAIN Cedric	Ac Chateau Thierry	45.259 km
4.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	41.137 km
5.	MARECHAL Pascal	Ac Chateau Thierry	40.489 km
6.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	38.115 km
7.	DENHEZ Samuel	Nl Grisy Suines	36.578 km

#### 2x6 Hour Walk

1.	DELANGE Dominique	Aj Auxerre Section Marathon	95.981 km
2.	BALLAND Johann	Athletic Vosges Entente Clubs	88.973 km
3.	SIMIAND Frederic	Cjf Saint-malo	88.822 km
4.	BIZARD Claudie	Thiais Ac	85.947 km
5.	PANNIER Josiane	Havre Ac	83.606 km
6.	DALUZ Robert	Neuilly Sur Marne Athletisme	80.928 km
7.	HAGHEBAERT Eric	Ac Chateau Thierry	79.805 km
8.	MAURICE Fabienne	Ac Chateau Thierry	78.019 km
9.	RODIER Nicole	Efs Reims	77.425 km
10.	BIZARD Jackie	Nl Choisy-le-roi	75.383 km
11.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	42.928 km

#### 20km Walk

1.	LEGENTIL Laurent	Dynamic Aulnay Club	1:44:56
2.	TROADEC Matthieu	Dynamic Aulnay Club	1:59:07
3.	LANGLOIS Cloe	Dynamic Aulnay Club	2:26:42
4.	LANGLOIS Lise	Dynamic Aulnay Club	2:27:20
5.	ROSSI Armand	Us Metro	2:38:51
6.	BORDIER Daniel	Ac Chateau Thierry	2:51:06
7.	TARDI Emmanuel	LP Longjumeau	2:55:45

#### 10km Walk

1.	RIBEIRO Emma	Athletic Club Pays De L Ourcq	1:03:52
2.	VANDENBERGHE Renaud	Ac Du Pays De Meaux	1:07:11
3.	LANGLOIS Lexane	Ac Chateau Thierry	1:12:45
4.	CHIGNARDET Eulalie	Ac Chateau Thierry	1:17:18
5.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	1:21:21
6.	TARDI Emmanuel	LP Longjumeau	1:24:16

Lots and lots of photos at

<https://photos.app.goo.gl/TfMquhsxyn9zn2ebA>  
<https://photos.app.goo.gl/uKz2fAcG1Li3aRjS8>  
<https://photos.app.goo.gl/T7GJGDFL1MfLVBpFA>



*Maxime Laneau, Florian Letourneau, Nadia Ducruet and Christophe Erard (photos Emmanuel Tardi)*



*Laurent Legentil with Cloe and Lise Langlois, Claudie Bizard and Dominique Delange*

**UNTIL OUR NEXT NEWSLETTER**

My last few weeks have been very busy but very satisfying. It is wonderful to see that the world of centurion walking is still attracting people who wish to test themselves against the ultimate walking standard.

Yours in centurion walking

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