

CENTURION FOOTNOTES

MAY 2022 – VOL 29 NUMBER 4

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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.

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
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 See https://www.facebook.com/events/624831541966151	Bochum, GER
Oct 29-30, 2022	24 Heures de Dijon	Dijon, FRA
Nov, 2022	Sri Chinmoy NZ 24H Championship (date TBC) See https://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZ
Nov 27, 2022	NZ Centurions 100 Mile Qualifier 8 Heures d'Etampes-sur-Marne	Etampes-sur-Marne, FRA

LA MARCHE DU GRAND EST, VORGES, FRANCE, APR 30 – MAY 1, 2022

Straight to our race reports and to the NE of France for the Grand Est ultra which was held on the weekend of Saturday 30th April – Sunday 1st May. This annual event featured four event categories as follows

- 100 km du Grand Est Run
- 100 km du Grand Est Walk
- 145km La Roger Quemener Walk
- 89 km Maurice Chevalier Walk, Stage race

The main walk walking event, *La Roger Quemener Marche*, was this year named in honour of the legendary long distance French walker Roger Quemener (1941-2021) who won the Paris-Colmar classic seven times. He held the record for wins until Polish racewalker Grzegorz Adam Urbanowski bettered his effort with ten wins. This event was won by French walker **Christoph Erard** with a time of 17:47:31, ahead of **Gildas Gros** and **Damien Maldeme**, while **Sylvie Maison** was the first female finisher with 19:55:24.

La Roger Quemener 145km Walk

1.	Erard, Christoph	FRA	1970	M	17:47:31
2.	Gros, Gildas	FRA	1967	M	18:43:21
3.	Maldeme, Damien	FRA	1991	M	19:33:45
4.	Maison, Sylvie	FRA	1973	F	19:55:24
5.	Bizard-Planchot, Emilie	FRA	1985	F	20:34:46

The 100km Walk saw only 2 walkers (it was predominantly a run field), **Alain Malfondet** winning with 13:31:41.

100 km du Grand Est Walk

1.	Malfondet, Alain	FRA	1965	M	13:32:41
2.	Balland, Johann	FRA	1978	M	13:37:17

Alas, I don't have anything in the way of photos or race report. The race seemed to have just about nothing in the way of additional info. It was even hard to find the results!

16TH ANNUAL 6 JOURS DE FRANCE, VALLON PONT D'ARC, FRANCE, MAY 7-13, 2022

A week later, the 6 Jours de France kicked off in Vallon Pont D'Arc in southern France. The 16th edition of this high profile long distance carnival started on Saturday 7th May and finished 6 days later on Friday 13th May. The course was in the Ardéchois campsite and saw walkers competing on a good surface in pleasant surroundings (well, you do need as much help as you can get in this sort of race!).

The 6 Day category featured 38 runners and 25 walkers, while the shorter categories (48H, 24H, 12H and 6H) also saw healthy numbers. Full results can be sourced from the website <http://www.6jours-de-france.fr/>.

England based New Zealander **Richard McChesney** was too good for his French opposition, walking strongly each day to a final distance of 667.357km. This saw him well ahead of **Philippe Clement** (639.187km) and **Sylvie Tortey** (636.921km, who was the first of the women).

6 DAYS Walk

1.	MCCHESENEY, Richard	M	NZL	667.357 km
2.	CLEMENT, Philippe	M	FRA	639.187 km
3.	TORTEY, Sylvie	F	FRA	636.921 km
4.	BIZARD, Claudie	F	FRA	627.592 km
5.	CAILLEAUX, Patrick	M	FRA	614.299 km
6.	MAJETIC, Ivo	M	USA	569.915 km
7.	DELANGE, Dominique	M	FRA	540.718 km
8.	ODOUARD, Dominique	M	FRA	530.136 km
9.	MAILLOT, Marc	M	FRA	526.053 km
10.	POTHET, Didier	M	FRA	523.516 km
11.	LINARD, Benoît	M	FRA	521.534 km
12.	PANNIER, Josy	F	FRA	506.832 km
13.	VELLY, Christian	M	FRA	436.650 km
14.	MULLER, Cathy	F	FRA	434.425 km
15.	HAUSMANN, Martina	F	GER	407.430 km
16.	DEMARCELLAC, Bertrand	M	FRA	371.321 km
17.	EMONIERE, Philippe	M	FRA	366.289 km
18.	BOULITEAU, Bernard	M	FRA	352.529 km
19.	LESCURE, Frédéric	M	FRA	351.223 km
20.	CRILLEY, Kathy	F	GBR	338.965 km
21.	ROBERT, Jean-pierre	M	FRA	323.560 km
22.	BENOIST, David	M	FRA	315.638 km
23.	POISSANT, Nicolas	M	FRA	313.378 km
24.	PRUCKNER, Jaroslav	M	CZE	252.612 km
	BEARDSMORE, Suzanne	F	GBR	41.810 km











48H Walk

1.	MALFONDET, Alain	M	FRA	280.427 km
2.	BEARDSMORE, Suzanne	F	GBR	165.432 km
3.	PANNIER, Magali	F	FRA	124.086 km

12H Walk

1.	FAUCONNIER, Véronique	F	FRA	38.416 km
2.	BROT, Daniel	M	SUI	29.366 km

Richard's final distance of 667.357km is a new NZ and Commonwealth best and pushes him up to 8th on the all-time listing, as per the following table.

Marca	Atleta	Nacionalidad	Lugar	Fecha
786,744 km	Ivo Majetic	 Estados Unidos	Balatonfüred	9 de mayo de 2018
752,271 km	Dominique Bunel	 Francia	Privas	8 de agosto de 2015
744,176 km	John "Paddy" Dowling	 Irlanda	Stoke on Trent	26 de mayo de 1984
710,060 km	Christian Mauduit	 Francia	Privas	25 de octubre de 2014
703,133 km	Daniel Duboscq	 Francia	Privas	8 de agosto de 2015
701,892 km	Alain Grassi	 Francia	Antibes	12 de junio de 2010
687,189 km	Robert Davidson	 Estados Unidos	Boulder	2 de enero de 1985
667,357 km	Richard McChesney	 Nueva Zelanda	Vallon Pont d'Arc	13 de mayo de 2022
665,225 km	Dominique Naumowicz	 Francia	Antibes	11 de junio de 2011
658,506 km	Louis Thiriot	 Francia	Privas	8 de agosto de 2015

Richard was one of 3 England based walkers who competed there, the others being **Kathy Crilley** and **Suzanne Beardsmore**, and they were looked after by **Sarah Lightman**. Sarah has written a very interesting article on her 6 day adventure in France – see <https://www.facebook.com/photo/?fbid=3155587041374056&set=pcb.3155587611373999>



*Left: Richard McChesney rests the body, finally finished after 6 days of walking
Right: Richard with Sarah Lightman, Suzanne Beardsmore and Kathy Crilley*

REMY VAN DEN BRAND C83: 21:04:52

I continue my articles on our newest Australian Centurions this month with Remy Van Den Brand (C83).

Four weeks before our 2022 Coburg 24 Hour Carnival, I was pleasantly surprised to receive a 24 Hour Walk entry from Dutch walker Remy Van Den Brand. I didn't know much about Remy, although I had seen his name on a few race results, and I knew that he already had Continental and African Centurion badges.

That made 5 overseas walk entrants, all of them 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 looked set for some very competitive and high quality walking.

Justin Scholz, Dave Talcott and Pramesh Prasad led the field out early and, when Dave and Pramesh eventually retired from the race, Justin was left well in front. Walking strongly, he passed the 12 hour mark with 99km, some 5km ahead

of Remy 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 first, in a time of 21:04:52, to become Australian Centurion 83. He then continued on, walking to a final distance of 175.029km.



*Left: Remy strides out in the early part of the centurion walk event at Coburg
Right: Remy completes his 100 mile walk at Coburg*

He was one of five walkers to reach the centurion standard on the day.

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

This was Remy's third centurion badge. His list now reads as follows

2016	Continental Centurion	C433	21:15:01
2016	African Centurion	C12	22:39:59
2022	Australian Centurion	C83	21:04:52

Remy explains how he got into ultra walking:

It all started in June 2012 when my brother-in-law at our annual family barbeque said that he planned to walk the Kennedymars (50 miles) from Waalwijk in September. That is the largest and coziest Kennedymars in The Netherlands. In a fit of bewilderment, I said I would walk with him. I think I've had a few beers already..... A friend of his would also walk with us and we started training.

In July, I went on holiday with my family and when I came back, I walked the Kempenlandwandeloct (also 50 miles) on August 3. What better preparation for a Kennedymars than a Kennedymars? The last 25 km were unpaved and it took me 13:45 to complete the walk.

In Waalwijk it took us almost 4 hours to complete the first 20 km. After consultation, I decided to continue on my own at my own pace. I reached the finish in 13:04 in 138th place (out of 2,157 finishers).

Remy continued to explore his new sport of walking and, in that year, he walked 3 more Kennedymarsen, the last one within 12 hours.

In 2013 he walked 7 Kennedymarsen and in 2014 he walked 9 including the 2014 Schiedam 50 miles (10:39:36). That race qualified for the Kennedyvriend badge and he was awarded KV411.

In 2015 he walked his first longer distance event (De Mergellandroute 135km). He walked 4 more longer distance walks that year, including Amsterdam-Tilburg (125 km) and Nijmegen-Rotterdam (160 km).

In 2016 when he walked the Nacht van Loon op Zand, he completed 118km in the 15 hours available, a great preparation for the Continental Centurion walk in Schiedam. With such a good performance under his belt, it was no surprise that he qualified in Schiedam as Continental Centurion C433 with a time of 21:15:01 (he was 9th to reach the 100 mile mark). Others to complete centurion walks in that same event were Australians Sharon and Justin Scholz and John Kilmartin.



Remy in action in the 2016 Continental Centurions qualifier in Schiedam

In that year Gertrude Archerberg (who became Australian Centurion 80 in 2019), Marco Bloemerts (who became Australian Centurion C77 in that same year), Arie Kandelaars and Remy went to South Africa for the first African Centurion on Robben Island. There, he came 12th with a time of 22:39:59, one of 19 walkers to gain inaugural African Centurion badges.



Remy celebrates his African Centurion finish and badge

After 5 years of continuous improvement, 2017 saw him pick up an injury which sidelined him for most of the year. In fact, he only walked one long distance event that year (the De Bossche 100 -110 km)

Once he had recovered from his injury, he decided to concentrate on improving his 50 Mile PB and, over the next few years, he chipped away at his times. In the 2018 Loon op Zand he walked 9:29:00, in the 2019 Someren Kennedymars (the third largest Kennedymars in The Netherlands) he won with 9:20:43, in the 2020 Loon op Zand he walked 9:16:16 and in the 2021 Loon op Zand he walked 9:05:30. That stands as his current best.



Remy action in the 2018 Continental Centurions qualifier, where he won the 50 Miles walk with 9.31.19

And finally, to 2022 when he joined Arie Kandelaars on their mission to Australia. That has been discussed above. When I asked him what was next on his agenda, he advised that he and Arie plan to participate in the famous Isle of Man Parish Walk in June, followed by the inaugural German Centurion in October.

Looking further ahead, he has more longer term goals

- To qualify as an English Centurion, perhaps in 2023
- To walk 50 miles within 9 hours
- To walk 100 km within 11.5 hours

Remy has achieved a lot in the last 10 years and I suspect there is a lot more to come. Born in July 1975, he is still only 46 years of age, young for an ultra specialist. Stay tuned!

HONOUR BOARD UPDATE

I have now had our current Australian Centurions honour board updated to reflect our newest members. It is great to see the first column gradually filling with names.



AUSTRALIA		
FOUNDERS: L.		
71	I. MAJETIC	2017 21:30:55
72	C. BURN	2018 22:08:09
73	J. MEINTS	2018 22:25:34
74	A. ROS	2018 22:33:31
75	C. HEYWOOD	2018 22:46:53
76	K. JANSSENS	2019 22:19:38
77	M. BLOEMERTS	2019 22:42:30
78	J. DEWAART	2019 23:13:03
79	M. VOS	2019 23:20:17
80	G. ACHTERBERG	2019 23:36:28
81	P. PRASAD	2021 20:43:42
82	J. MACKETT	2022 23:25:03
83	R. VAN DEN BRAND	2022 21:04:52
84	A. TITLEY	2022 22:48:59

WE WELCOME NEW AMERICAN CENTURION ERIC BOLER (C97)

I recently received the following from American Centurions secretary Rob Robertson

We have a New United States Centurion. Eric Boler C97. Eric is from Minneapolis, Minnesota USA. Eric trained for the U.S. Centurion race at FANS this year. He had a scheduled conflict. U.S. Centurion Race Walk Judge Bruce Leasure certified a course around Eric's home neighborhood. Bruce judged the race with Eric's wife and neighbors in support. Congratulations Eric.

With the official American Centurions qualifier to be held in a week's time in Bloomington, Eric could soon be joined by some more new members.



Eric Boler (USA C97) in action in his qualifying walk (photo from Rob Robertson)

AROUND THE WORLD IN 80 DAYS ON A TANDEM BICYCLE?

Well, maybe not, but **Justin Scholz (C61)** and **Sharon Scholz (C63)** are off in the next few days to start their next cycling adventure, and it promises to be even more challenging than their trip around Australia last year. Here is their latest post:

In less than one week, Sharon and I will hopefully be in the air, bound for the Netherlands where, until early October, we will be tandem touring and hopefully completing three centurion events: Continental (The Netherlands), UK and Germany. The first of these starts 5 days after we arrive (Continental), the second is the UK (Middlesbrough, 20/21 August) and the last is the inaugural German event (1/2 October).

We have also entered the The International Society of Nijmegen Marchers four days event, 19-22 July. This will be our third participation, and it is our favorite event in the whole world. We are also being honoured this year as one of 100 stories of participation (the event has 46,000 participants) and will carry a numbered flag on the last day so some of the 1 million spectators can read our story in the official book.

Between the Continental centurion and Nijmegen, we will do a cycle tour of approximately 2500km through the Netherlands, Belgium, Luxembourg, France, Switzerland, Liechtenstein, Austria and Germany. After the Nijmegen event, we cycle about 1500km to Cherbourg en Contentin and then ferry to the UK.



The new tandem bike – ready for the action!

Part two sees us arrive a few days later in Bridgwater, UK, where a new tandem is being built for us by Thorn Cycles. We're just hoping our current steed, "Not Happy" makes it that far without too much trauma. Then we're off to Middlesbrough for the UK centurion before we cycle a lap of Scotland, and back into the UK to Newcastle upon Tyne.

Another ferry sees us back on the EU mainland and into the hands of very dear friends in Woerden for a couple of weeks rest. Next is the short trip to Umminger See, Bochum in Germany for the inaugural German centurion event. If I manage to succeed there, and previously succeeded at both the Continental and UK centurions, then I become the most prolific Australian centurion with 22 finishes.

As winter then looms in Europe, we make a quick exit south, spend a few days at Paris and possibly attend another 24 hour event on the way to Annecy (France), Spain and Portugal.

Finally, we'll bid farewell to Europe as we jump onto a ferry across the Strait of Gibraltar and find ourselves in Morocco, Africa. From there, well, wait and see. But suffice to say we're likely to be spending Christmas somewhere around Algiers (Algeria), or Tunis (Tunisia).

Shaz and I are excited, but nervous. Long time since we've been overseas, and never have we had a one-way ticket. A "trip" is always good. You can go hard, get worn out, break everything, and know that when you get "home" you can crumple into a heap in a familiar environment, get back to familiar routines and slowly sort

everything out. Not this time. We'll be trying to find a lifestyle approach that is engaging, satisfying, fulfilling and sustainable. Much, much, much harder to do.

If you're still reading, you're interested. So we are also extending an offer to all our cycling friends and family - and non cyclists too - that if you are or want to plan a trip overseas and spend some time with us, then we would welcome company on the road, or company during the times that we plan to stop for up to a month.

All going well, we will genuinely be gone for 10 years and will likely only have short returns to Australia for family or visiting reasons. We don't have tight plans past October this year, but do have a pretty good idea where we'll be in the next 10 years if we do follow our rough map.

Talk to us well in advance, and you never know where we might spend some time together.

UNTIL OUR NEXT NEWSLETTER

It is great to have some races on which to report in this issue. The action will continue over the next few weeks with the Paris-Alsace Classic in France, followed by the Continental Centurions 100 Miles qualifier in the Netherlands and the USA Centurions 100 Miles qualifier in America. I look forward to following all the action and then reporting on it all in next month's newsletter.

Yours in centurion walking

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