

# CENTURION FOOTNOTES

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## DATES ... DATES ... DATES

We are getting towards the end of our 2022 calendar year. As always, check the AURA calendar for the latest Australian news (<http://aura.asn.au/>).

Nov 27, 2022	8 Heures d'Etampes Sur Marne	Etampes Sur Marne, FRA
Dec 28-29, 2022	<b>Second 2022 US Centurions Qualifying Event</b> See <a href="https://www.unitedstatescenturionwalkers.com/?page_id=1717">https://www.unitedstatescenturionwalkers.com/?page_id=1717</a>	Phoenix, Arizona, USA

Looking forward to 2023, our own Australian Centurions qualifier leads what is sure to be a busy year.

Apr 15-16, 2023	Coburg 24H Carnival (including <b>2022 Australian Centurions Qualifier</b> ) Coburg, VIC, AUS See more information at <a href="http://www.coburg24hr.org/24hr/">http://www.coburg24hr.org/24hr/</a> . Entries are now open.
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The qualifying events for the 2023 Paris-Alsace Classic have now been published

Nov 27, 2022	8 Heures d'Etampes sur Marne
Feb 5, 2023	8 Heures de Charly sur Marne
Feb 25-26, 2023	24 Heures de Bourges
Mar 25-26, 2023	24 Heures de Château-Thierry
Apr 29-30, 2023	Marche du Grand Est (awaiting confirmation)
May 30 – Jun 3, 2023	Paris-Alsace Crédit Mutuel

## OUT AND ABOUT

A number of our Australian based members have been seen in action in the last month or so.

**Pramesh Prasad (C81), Colin Heywood (C75) and Peter Bennett (C24)** were competing in the Pan Pacific Masters Games which were held on the Gold Coast, Queensland, from 5-7 November. And they all did well.

- Prasad won golds in the M45 5000m walk (29:36.45), the M45 3000m walk (17:32.04) and the M45 10km roadwalk (1:07:29)
- Colin won golds in the M65 5000m walk (30:17.84) and the M65 10km roadwalk (1:01:41)
- Peter won silvers in the M65 5000m walk (32:16.07) and the M65 10km roadwalk (1:09:25) and gold in the M65 3000m walk (19:35.06).

**Michael Harvey (C43) and Tim Erickson (C13)** have been in action in the walks in the Athletics Victoria summer T&F Competition while **Stuart Cooper (C5)** has been keeping the walkers honest in his role as AV Walks Judge.

## INAUGURAL DEUTSCHLAND CENTURION WALK, BOCHUM, GERMANY, 1-2 OCTOBER 2022



I had an email from **Charles Arosanyin (C46)** a few days ago, advising that there will be a second edition of the Deutschland Zenturio Walk next year and it is expected to be in the German city of Leipzig, in the Leipzig Universität Sportwissenschaft. The date will be confirmed next year but is expected to be in October. He is hoping the race will be in collaboration with the German Athletics Federation. If so, that may solve some of the teething issues that Charles experienced this year. So stay tuned.

And now to **Rudy Schoors (C55)** who sent me his own race report from this year's German Centurion event. It came too late for me to include in my last newsletter.

Hello Tim,

1 October 2022: The first German Centurion Race will take place at Bochum. It was five years ago that I did my last 100 mile race in South Africa.

When I heard that Charles Arosanyin wanted to organize this event, both Caroline and I decided to train again for this new race. Unfortunate Caroline didn't make it because some injuries. The way to get a decent level again wasn't easy: I've got Covid in April and a lumbago which kept me several weeks of training in June.

The race: the start was delayed for 30 minutes but we could begin at 10.30AM for the 100 miles walk, 200 meters before the start of the loop. It was an international bunch of walkers: 27 participants would struggle on a hilly lap of 2km200. Most of the walkers agree with the total of 1800 altimeter.

Caroline and Adrienne (mother of Peter Asselman) took the food and drink supply of seven Belgian walkers. Both did a great job! Later on Margy would join them. The first couple of hours we've got some showers, but after that the weather was more than perfect. Lucky for us, it was the opposite of the weather forecast!

My condition seems to be ok: I didn't got a weak period, only a few minor moments during the night. So I was a very happy walker when I finished in 22.21.47. I didn't suspect to be in such a shape.

It was a great day for the Belgian team: 11 starters and 8 new German Centurions. Kim Janssens and I got our seventh worldwide batch and we are proud of this achievement. Another detail: together with Caroline we are now all three in the top 7 of this ranking: we are all members of the same walking club in Belgium: "De Pompoenstappers- Kasterlee". A remarkable achievement!

A great day for the Centurion community: Charles managed to organize this event almost by his own, a great effort. He took care of the basic food and drinks, before the start we've got a bag with gifts, reached out the 'Urkundes' and the first three ladies and men got a beautiful trophy.

Hopefully he will organize again next year and I'm sure that it will be better and even more successful than the first one.

Keep on walking,  
Rudy.



*Left and centre: Belgian walkers Rudy Schoors, Chris van Cauwenberghe and Kim Janssens in action  
Right: Rudy Schoors and Caroline Mestdagh*





*Happy finishers: Chris Burn (Isle of Man) and Jantinus Meints (Nederland)*

**SRI CHINMOY NZ 24H CHAMPIONSHIP, AUCKLAND, NZ, NOV 12-13, 2022**



*Walkers and runners ready for the start in Auckland (photo Monique de Jong)*

Thanks to New Zealand Centurions secretary Philip Sharpe for filling me in on what happened in the annual New Zealand Centurions qualifier, which was held in conjunction with the annual Sri Chinmoy 24 Hour Track Championship (<https://nz.srichinmoyraces.org/races/auck/24hr>) in Auckland last weekend.

Philip had been hoping for a good set of results, given the 6 walkers in the field were already centurions. Alas, the best laid plans do not always work out, with only 2 of the 6 managing centurion performances.

The weather was certainly hard to predict. Although the maximum temperature was only 21C, the humidity was high and there was a reasonably strong wind for a couple of hours late Saturday afternoon. Then walkers had to contend with a heavy shower around 4am on Sunday. Auckland!

Dutch walker **Martin Vos (C79)** was the first to slow, with leg pain that just did not let up. He was forced out around the 9 hour mark, with 65km achieved. Next to go was Isle of Man walker **Chris Burn (C72)**. He had started at around 3:00 per lap, initially walking with Richard McChesney, Andrew Titley and Robbie Callister. The group would break up occasionally, only to reform a little later. Chris stopped around the same time as Martin, the victim of a badly upset stomach. Not long after that, Isle of Man walker **Robbie Callister** was seen sitting on a chair at the crew stop, the victim of a sore knee and the long trip down under. New Zealand walker **Richard Young** dropped out just before the 12 hour mark, with 83km under the belt. The pace was fast enough but he was perhaps underdone. Philip commented that when Richard qualified as a centurion two years ago, he was doing training walks of five hours in the Port Hills of Christchurch. This time around, his preparation had been more limited.

That left 2 walkers on the track for the second half of the event. English based NZ walker **Richard McChesney** walked strongly during the night., with his pace varying a little but never slower than about 3:20 per lap. Philip was interested to see Richard eating proper food out of a plastic container as he walked around the track. He had read about people doing this but this was the first time he had seen it. Isle of Man walker **Andrew Titley (C84)** walked more sedately but also looked to have everything under control.

Richard was well out in front and completed 178.314km in the full 24 hour period. He was already a NZ Centurion (C19, 2013) but his walk last weekend was far superior to his 2013 performance. He also set several NZ records along the way Just as impressively, he finished fourth overall, beating all but three of the runners. A cut and paste from Richard's facebook page

*After arriving in Auckland from the UK on Friday morning I spent the weekend competing in NZ's annual track 24 hour race with some surprising success. I passed 100 miles in 21 hours 32 minutes and finished with 178.3km, both of which broke the long-standing M50-54 NZ age group records, and were my third best results for 100 miles and 24 hours. I finished as first walker and 4th overall among the runners (3rd male). The only disappointment being that because I'm not registered with Athletics NZ I was ineligible for the bronze medal in the national championship.*

Andrew completed his 100 miles in around 23:20 and then called it quits, job done He now adds NZ Centurion badge C29 to his list and moves up to SIX Centurion badges overall.

Here are the results of the 6 walkers.

#### **NZ 24 Hour Track Championship Men**

3	Richard McChesney	M50-54	NZL	445	23:57:29	178.315 km	C19
6	Andrew Titley	M55-59	IOM	403	23:20:31	161.200 km	<b>C29</b>
14	Richard Young	M60-64	NZL	208	11:56:47	83.578 km	C28
15	Robbie Callister	M65-69	IOM	192	10:03:04	76.800 km	
16	Chris Burn	M45-49	IOM	168	9:36:47	67.200 km	
17	Martin Vos	M50-54	NED	163	9:41:40	65.200 km	

Philip reports that, despite extensive testing over the last two months, the Sri Chinmoy Marathon Team had several difficulties with the technology. A USB hub failed and a team member had to go out and buy a new hub. Further, they could not get a HDMI cable to work. Someone must have realised it was unidirectional because they reversed the cable and things started working again. Athletes wore transponders and a few hours into the race, Simahin realised that 10 laps of a runner in the relay had not been counted. Fortunately, Simahin had two back-up manual systems. A similar thing happened with another relay runner. Shortly after this, Simahin guessed what was happening. The two runners were wearing their transponders at the back of heel and not the side, and the signal was not being picked up. Simahin will experiment with some improvements over the next couple of months.

Check out Rob Robertson's latest update at <https://www.walk100miles24hours.com/centurions-with-multiple-world-bagdes/>. It's so good to see Andrew now in the "6" group. Below is a cut and paste of the top walkers thus far.

## CENTURIONS with MULTIPLE WORLD BADGES

BADGE HOLDER		BRITISH		CONTINENTAL	UNITED STATES	AUSTRALIAN	NEW ZEALAND	MALAYSIAN	AFRICAN	GERMANY
1 F	SANDRA BROWN	GBR	7 UK C735 1982	CN C131 1984	US C50 2000	AU C36 1999	NZ C4 1999	ML C7 2001	AF C9 2016	
2 M	RUDY SCHOORS	BEL	7 UK C1062 2007	CN C367 2008	US C73 2010	AU C55 2009	NZ C15 2010		AF C25 2017	DE C7 2022
3 M	KIM JANSSENS	BEL	7 UK C1111 2013	CN C487 2021	US C98 2022	AU C76 2019	NZ C27 2019		AF C22 2017	DE C10 2022
4 M	JUSTIN SCHOLZ	AUS	7 UK C1173 2017	CN C437 2016	US C76 2015	AU C61 2012	NZ C21 2015		AF C32 2018	DE C5 2022
5 F	SHARON SCHOLZ	AUS	7 UK C1174 2017	CN C436 2016	US C77 2015	AU C63 2013	NZ C20 2015		AF C33 2018	DE C6 2022
1 F	JILL GREEN	GBR	6 UK C898 1992	CN C282 1999	US C53 2000	AU C38 1999	NZ C8 2001	ML C20 2003		
2 M	ANDREW TITLEY	IOM	6 UK C1038 2006	CN C333 2005	US C89 2018	AU C84 2022	NZ C29 2022		AF C21 2017	
3 F	CAROLINE MESTDAGH	BEL	6 UK C1061 2007	CN C366 2008	US C72 2010	AU C56 2009	NZ C17 2010		AF C24 2017	
4 M	JANTINUS MEINTS	NLD	6 UK C1101 2012	CN C388 2011	US C80 2015	AU C73 2018			AF C31 2018	DE C12 2022
5 M	ROB ROBERTSON	USA	6 UK C1169 2016	CN C454 2017	US C78 2015	AU C68 2016	NZ C25 2018		AF C11 2016	
6 M	MARCO BLOEMERTS	NLD	6 UK C1193 2018	CN C410 2015	US C90 2018	AU C77 2019	NZ C22 2017		AF C13 2016	

### 42<sup>ND</sup> VOIE SACRÉE, VERDUN, FRANCE, FRIDAY 11 NOVEMBER 2022

The ultra world kicks in for those events longer than the marathon, so I think a 55km walk should definitely find a place in our newsletter.

Thanks to Emmanuel Tardi for letting us know about a couple of events that were staged last week in France. Over to Emmanuel to explain.

As most will know, November 11 is one of the most sacred of days on the French calendar, as no other country suffered so horrifically in the First World War. That days sees two annual commemorative walking events, one held on the site of one of the bloodiest battles of the war.

The first, the Grand Prix de la Voie Sacrée, is a 55km-long race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc. The race is held along the memorial road. It is the only road in France who doesn't have a number - it's only named "La Voie Sacrée". It was along this road that more than one million soldiers travelled to the awful Battle of Verdun in 1916. Most of them never came back. At each kilometre of the road, there is a memorial milestone, with soldier's helmet on it. Read the road's history at [http://fr.wikipedia.org/wiki/Voie\\_sacr%C3%A9e\\_%28Verdun%29](http://fr.wikipedia.org/wiki/Voie_sacr%C3%A9e_%28Verdun%29).



Unfortunately, there were only 7 starters this year, a very small number for this walk. At the 9AM start, the temperature was already 14°C, and sun stayed out for the entire race. It was great weather for walkers! By the 8.5km mark, (53:38) **Florian Letourneau** had taken the lead, with **Christophe Erard** second (54:10). Letourneau increased his lead as the race progressed, eventually winning by over 12 minutes in a time of 5:36:08. This was the third win for him, following previous wins in 2018 and 2019. **Fabrice Henry** caught Letourneau around the 35km mark and sent on to take second



with 5:48:19, while Erard took third with 6:06:26. **Nadia Ducruet** was the only woman so she obviously won her division with her time of 7:00:02. There was an ancillary 20km walk from Souilly to Verdun , with a start time of noon. 57 year old walker **Philippe Bonneau** won this event easily in 1:44:12.

#### Bar le Duc - Verdun 54km

1.	Letourneau Florian	M A	C Château-Thierry	5h36'08
2.	Henry Fabrice	M	Frijep Verdon	5h48'19
3.	Erard Christophe	M	ASM Bar le Duc	6h06'26
4.	Olivares Mathieu	M	Neuilly-sur-Marne Athlétisme	6h39'21
5.	Michelot Rémi	M	Es Thaon	6h57'56
6.	Pellerin Alain	M	Ac Chateau Thierry	7h23'32
7.	Ducruet Nadia	F	Ac Chateau Thierry	7h00'02 (49km)

#### Souilly-Verdun 20km

1.	Bonneau Philippe	M	Antony Athlé 92	1h44'12
2.	Herida Nadir	M	Efsra Reims	1h47'12
3.	Demon Sonia	F	Efsra Reims	1h52'36
4.	Florentin Thierry	M	Avec-Mirecourt	1h55'03
5.	Bonnomet Arthur	M	Efsra Reims	1h56'00
6.	Boban Valérie	F	Avec-Remiremont	2h03'08
7.	Florentin Catherine	F	Avec-Mirecourt	2h05'34
8.	Mougenot Patrick	M	Marne et Gondoire	2h19'25
9.	Guillot Mickael	M	AC Château-Thierry	2h30'16
10.	Frizon André	M	Wissembourg	2h30'16
11.	Thomas Michel	M	Bar Le Duc	3h18'10



*Fabrice Henry, Nadia Ducruet, Philippe Bonneau and 3-time Voie Sacree winner Florian Letourneau*

Emmanuel's history of the sacred walk races: <http://centurions.org.au/documents/00-voie%20sacree%2012.11.2022.pdf>

For completeness, here is a short summary of the other major race celebrated on Armistice Day in France.

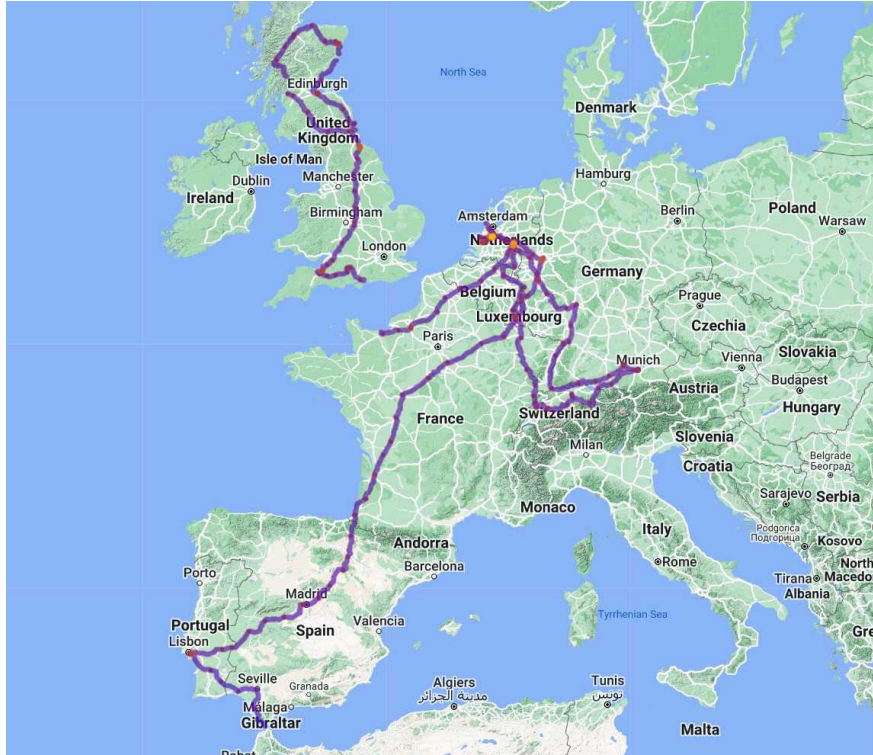
#### 83<sup>rd</sup> Montee du Mont Sainte-Odile, Klingenthal to Mont Sainte-Odile, Friday 11 November 2022

The second race is shorter, only 8.5km, but very hard. The goal is to climb to the summit of Mont Sainte-Odile, a peak of the Vosges Mountains in Alsace. The race starts at Klingenthal (280m altitude) at 9:30AM and finishes at the convent of Mont-Sainte-Odile (750m altitude). The first 2 kilometres are not too hard but, after that, there is a consistent slope of around 7% to the summit. This is the oldest racewalking event in France (the first edition was held in 1931) and the best time of 45:37 was set in 1981 by Belgian walker Gérard Goujon. This year, 37 walkers started the race, with the temperature a cool 10°C with some fog. The winner was 26 year old **Florian Mayer** who won for the 8<sup>th</sup> time in a row (the record is 9 in a row for Louis Lichté 1931-1938, then 1946). **Marie-Christine Schatz** won the women's race. Note that she had already won the race way back in 1981!

## JUSTIN AND SHARON HIT AFRICA

Over the last few months, I've been avidly following the daily updates from **Justin Scholz (C61)** and **Sharon Scholz (C63)** as they cycled around Europe and Great Britain.

Monday 14<sup>th</sup> November was their last day in Europe. The overall stats: 65 days, 3686km by bike at 21.7k/hr, 25.767km climbing, and 703km by foot (generally walking with a bit of running).



On Tuesday, they caught the ferry to Northern Africa, and started the next leg of their adventures, landing in the Moroccan city of Tangier and travelling down the African west coast to the Moroccan capital Rabat. This will be a much more challenging leg of their trip – good luck, guys!







**UNTIL OUR NEXT NEWSLETTER**

Thaks all I can find for this month's newsletter so it's a bit shorter than usual. Only 5 weeks to go until Christmas – I can feel the panic starting to set in!

To our Australian Centurion members and supporters, I wish you all good health.

May the next few months see you all out and about with your walking shoes and a liberal dose of suncream!

With kind regards

Tim Erickson (C13)

Secretary, Australian Centurion Walkers  
Victoria, Australia