

CENTURION FOOTNOTES

DECEMBER 2022 – VOL 29 NUMBER 10

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

As our 2022 year draws to a close, we have one final walking event to go, namely a second 2022 US Centurions Qualifying Event which is to be held over the next couple of days in Pheonix, Arizona. It will be held alongside the *Across the Years* running festival (<https://www.aravaiparunning.com/across-the-years/>) at the Camelback Ranch and is due to start at 9AM on December 28th. I have checked the weather forecast for Pheonix, considering the deadly cold snap in northern America, and it does seem to have avoided the worst of it, so fingers crossed the event goes ahead.

Looking forward to 2023, our own Australian Centurions qualifier leads what is sure to be a busy year. A number of our Centurion race dates have already been set.

Apr 15-16, 2023	2023 Australian Centurions 100 Miles Qualifier See http://www.coburg24hr.org/24hr/	Coburg, VIC, AUS
May 27-28, 2023	2023 Centinental Centurions 100 Miles Qualifier See https://www.olat.nl/iwe	Weert, NED
June 3-4 2023	2023 USA Centurions 100 Miles Qualifier See https://fansultraraces.org/	Bloomington, MN, USA
Aug 19-20, 2023	2023 English Centurions 100 Miles Qualifier	Middlesbrough, GBR
Nov, 2023	2023 NZ Centurions 100 Miles Qualifier See https://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZL

Next year also sees 4 further qualifying walks leading up to the 2023 Paris-Alsace Classic.

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

As always, check the AURA calendar for the latest Australian news (<https://www.aura.asn.au/2023-aura-calendar-of-events/>).

OUT AND ABOUT

- In big news, The Australian Ultra Runners Assn (AURA) has published details of their 2023 Australian Championships and the Coburg 24 Hour Carnival has been chosen to host the AURA 24 Hour Championship run. That is great news and means that our walk will be part of an event with even more prestige than normal in 2023. The full AURA run championship list reads as follows

48 Hour Australian C'ship	Sri Chinmoy 48 Hour Track Festival CBR	24 th March 2023
Short Trail Australian C'ship	Kunanyi Mountain Run (67km) TAS	25 th March 2023
24 Hour Australian C'ship	Coburg 24 Hour Carnival VIC	5th April 2023
100 Mile Australian C'ship	BVRT100s QLD	17 th June 2023
Long Trail Australian C'ship	Sri Chinmoy Canberra Trail 100 (100km) CBR	10 th September 2023
50km Australian C'ship	TBC as finalising details	
100km Australian C'ship	TBC as finalising details	

- Looking forward to 2024, I have a major concern, but it is too early to make any decisions yet. My concern revolves around the joint decision by the IAU and AURA to put the 2024 IAU 24 Hour Asian and Oceania Championships on in Sydney on the weekend of 6-7 April 2024 (this Sydney race is normally held in June).

This will mean three 24 Hour Track runs in the space of a month. I assume the Sri Chinmoy 48 Hour Championships (with its well supported 24H run race) will be held in Canberra as usual in late March. Then insert this Sydney event on the first weekend in April, just before our Coburg 24 Hour Championship 1 to 2 weeks later. The Sydney run will host a strong Australian 24H run team of our best 12 runners, and its invitational 24 Hour run will allow a further 30 Australian runners to participate. There are only so many runners interested in challenging themselves with a 24 Hour run in any one year. To schedule the 3 premier events so close together is a bad move and one which will hit both Sri Chinmoy and Coburg hard. AURA did not raise this with us at all before making their announcement. I am very disappointed with their complete lack of respect for our Coburg event. We will make a decision later in 2023 as to whether we even schedule a 2024 Coburg event, given this situation.

- Still talking AURA, the organisation has announced the following changes to its record criteria.

As per new IAU guidelines issued on 8th September 2022, a minimum of three runners need to participate in a race to make it official. Those three runners can be of any gender. For any Australian open, age best run records and World age best performances to be ratified, this rule will apply.

If a runner is attempting to obtain a world record or a Continental best record, the IAU stipulates that there need to be THREE runners of the SAME gender in order for a record to be ratified.

While this won't effect our Centurion walk and the way we handle records, it is something of which runners will need to be aware from now on.

- I met with some of our Melbourne based centurions for a pre-Christmas luncheon earlier this month. The occasion was captured with the following photo



Terry O'Neill (C18), Tim Erickson (C13), Clarrie Jack (C5), Ian Jack (C17) and Stu Cooper (C6)

- New Zealand based Australian Centurion **Gerald Manderson (C31)** emailed me recently to give us an update on what's happening on his front. Good luck Gerald – I know you'll bounce back.

I have a leaking mitral valve and atrial fibrillation (excessive beating) in my heart, and I am taking pills to keep my blood pressure down to 90/60 instead of 120/80 to avoid creating blood clots, and so my ultra-distance walking wings are clipped for another year. I am scheduled for open heart surgery around March 2023. I am 15 kgs overweight, but the cardiologist reckons it's all fluid retention and not fat. On Nov 11, I turned 79. I still have dreams of walking from Brisbane to Darwin with a camel carrying my packs, since the late Drew Kettle put the idea in my head.

David Billett (C50) was in action earlier this month in the annual Coast to Kosci run. This tough 222km event saw him finishing 26th (19th male) in a time of 38:36:26. It was his 7th participation and he has finished every one.

- There's no stopping **Jill Green (C38)** whose Christmas letter brings us up to date with her 2022 activities. Talk about inspirational.

Last year we celebrated my 80th birthday by walking 80km with 21 friends. This year Jim turned 80 and he walked 83 miles along the Essex Way. 13 of us started but only 5 walked it all. That was in April and the weather was kind to us. It took 32 hours and 25 minutes. The route was marked by red poppies which is the flower of Essex. You still need a map. The night was really cold. The walk went from Epping to Harwich.

We then went to help on the TransPenine LDWA Marshalls 100 Miler. We were stationed in a hall at the 75 mile mark. Only about 40 people did this walk which is for the helpers.

On the main event on the first weekend in June, Jim and I made it. I had a bad time but he stayed with me. We had 3 hours to spare, 45 hours. Two nights with no sleep is quite hard for old people like us. Sandra Brown was only just in front of us as she was helping a friend from the Dorset group. She was there clapping us in with her big smile but I couldn't respond too well.

Jim and I have also done a couple of 50 mile events, Three Forests 50, a flat walk in Essex, and then a special one in Wiltshire to celebrate 50 years of LDWA.

Justin Scholz (C61) and **Sharon Scholz (C63)** continue their cycle around the world. I reported in last month's newsletter that that had just hit Africa. Since then, they have ridden through Morocco, into Algeria, back to Morocco and are now in Egypt. From their facebook posts, the African leg has been full of challenges of various sorts, but they seem to take it in their stride.



Justin and Sharon in Cairo, Egypt, a few days ago

8 HEURES D'ETAMPES SUR MARNE, ETAMPES SUR MARNE, FRANCE, SUNDAY 27 NOVEMBER 2022

Emmanuel Tardi was in Etampes sur Marne, 100km east of Paris, for the annual 8 hours race in late November. There were 48 walkers, including 2 teams, for the 8AM start. The weather was very good, with no wind, and the temperature ranged between 5°C and 12°C. The only negative was the 2.5km road loop which included a tough hill (34m height rise in 400m).

In the men's event **Florian Letourneau** led early, finishing the first lap with more than 1 minute lead. He reached the 50km milestone in less than 5 hours and won the race for the 5th time with a very good distance of 78.084km. In the women's event, newcomer **Chloé Raes Maure** walked all the way with her husband, winning by over 5km with 65.796km. As usual, there was an ancilliary event of 10km, with 16 starters, won by **David Stefanelly**.

8 Hours Walk Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	78.084 km	9.761 km/h
2.	HENRY Fabrice	Frijep Verdon	74.508 km	9.314 km/h
3.	MALFONDET Alain	Nl Paris	71.339 km	8.917 km/h
4.	MOREL Philippe	Nl Chalons En Champagne	69.982 km	8.748 km/h
5.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	69.782 km	8.723 km/h
6.	JOSE MORA Bernardo	Ca Siurell - Esp	67.612 km	8.452 km/h
7.	LEIJTENS Frans	Wv Rotterdam Ned	67.021 km	8.378 km/h

8.	MAURE Rene-jean	Neubourg Ac	65.796 km	8.225 km/h
9.	VARAIN Cedric	Ac Chateau Thierry	65.613 km	8.202 km/h
10.	MICHELOT Remi	Es Thaon	64.389 km	8.049 km/h
11.	HIRSINGER Christian	Ultra Marathon France	64.196 km	8.025 km/h
12.	SIBOUT Daniel	Neubourg Ac	63.531 km	7.941 km/h
13.	MARECHAL Pascal	Ac Chateau Thierry	63.456 km	7.932 km/h
14.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	62.614 km	7.827 km/h
15.	VANDENBERGHE Renaud	Marne Et Gondoire Athletisme	62.335 km	7.792 km/h
16.	LABARRE Bertrand	Nl Saint Brice	62.320 km	7.790 km/h
17.	JOFFROY Jean-nicolas	Athletic Vosges Entente Clubs	61.125 km	7.641 km/h
18.	PORCHER Claude	Nl Saint Eloi	60.364 km	7.546 km/h
19.	VICTOR Etienne	Arnouville Gonesse Villiers	59.531 km	7.441 km/h
20.	DELANGE Dominique	Aj Auxerre	59.050 km	7.381 km/h
21.	FAUBERT Stephane	Nl Longueville	58.919 km	7.365 km/h
22.	GIRAUDEAU Denis	Ulac Pays Fouesnantais	58.469 km	7.309 km/h
23.	PANNIER Josiane	Havre Ac	58.247 km	7.281 km/h
24.	TILLIER Ludovic	Le Chesnay 78 Ath	57.157 km	7.145 km/h
25.	DELARUE Jean-michel	Ac Cauffry	57.069 km	7.134 km/h
26.	ESTEVEVES Jean-marc	Chierry J Y Cours	56.315 km	7.039 km/h
27.	VINCENT Robert	Ac Chateau Thierry	56.086 km	7.011 km/h
28.	FILLIEUX Christian	Caf	55.580 km	6.948 km/h
29.	CECCALDI Georges	Entente Chalon/saone Athl.	55.062 km	6.883 km/h
30.	BERTUCCHI Lionel	Chierry J Y Cours	54.541 km	6.818 km/h
31.	NICOLAS Alain	Falcon Racing	53.815 km	6.727 km/h
32.	HAGHEBAERT Eric	Ac Chateau Thierry	53.638 km	6.705 km/h
33.	RUIN Herve	Efs Reims	53.397 km	6.675 km/h
34.	PICOT Gerard	Pass Running	53.181 km	6.648 km/h
35.	PELLERIN Alain	Ac Chateau Thierry	27.500 km	
36.	CATRY Thierry	Cm Roubaix	20.000 km	
37.	GUILLOT Mickael	Ac Chateau Thierry	10.000 km	

8 Hours Walk Women

1.	RAES-MAURE Chloe	Neubourg Ac	65.796 km	8.225 km/h
2.	SILVI Nathalie	Nl Barzy Sur Marne	60.929 km	7.616 km/h
3.	BIZARD Claudie	Thiais Ac	59.550 km	7.444 km/h
4.	PANNIER Josiane	Havre Ac	58.247 km	7.281 km/h
5.	TOP Virginie	Baskets Aux Pieds	55.716 km	6.965 km/h
6.	ARNAULT Francoise	Neuilly Sur Marne Athletisme	55.211 km	6.901 km/h
7.	RODIER Nicole	Efs Reims	54.340 km	6.793 km/h
8.	GALMICHE Catherine	Arnouville Gonesse	53.932 km	6.742 km/h
9.	SIBOUT Regine	Neubourg Ac	53.421 km	6.678 km/h

Teams

1.	Avia Club	Labrousse, Turlet	71.399 km	8.925 km/h
2.	Les Gazelles	Houplon,Ducruet Nadia, Beaumont	60.901 km	7.613 km/h

10km Walk

1.	STEFANELLY David	As Mantes	57:17
2.	TOUTAIN Eric	Us Ivry	1:00:08
3.	MARIE Frederic	As Mntes	1:00:50
4.	CHRISMENT Gilles Pascal	Marne Et Gondoire Athletisme	1:03:37
5.	BODROS Gaetan	Ac Chateau Thierry	1:03:43
6.	PLAYE Christophe	Nl Gland	1:09:13
7.	RIVIERE Sylvain	Spn Vernon	1:12:02
8.	HAGHEBAERT Patrick	Nel Etampes	1:13:12
9.	BORDIER Daniel	Ac Chateau Thierry	1:20:23
10.	BLIN Guy	Ac Chateau Thierry	1:24:13
11.	TRIGOT Corinne	Cm Roubaix	1:24:13
12.	NITAGOVSKAYA Liudmila	Tv Forst - Ger	1:26:08
13.	TARDI Emmanuel	La Postillonne Longjumeau	1:27:19
14.	SAUNEUF Lola	Marne Et Gondoire Athletisme	1:27:59
15.	MONTIGNY Patrick	Us Ivry	1:40:54
16.	TILLIER Marie	Le Chesnay 78 Ath	2:25:08

Florian Letourneau's 10km splits show how evenly he walked the event: 10km 57.50, 20km 1h56.23, 30km 2h55.05, 40km 3h55.12, 50km 4h56.02, 60km 6h01.33, 70km 7h07.27, 78km 8h04.00



Nathalie Silvi, Claudie Bizard and Chloe Raes-Maure



David Stefanelly, Alain Malfondet, Florian Letourneau and Fabrice Henry

NEW RULESET FOR THOSE CONTEMPLATING PUTTING ON CENTURION EVENTS

In the last newsletter, I alerted readers to the discussions taking place around the world, with a view to formalising some rules to govern events wishing to advertise themselves as Centurion qualifiers. The working group has come up with three documents as follows

- **Fellowship of International Centurions - General walker rules**
The rules for walkers that new centurion qualifying events are expected to promote and uphold
- **Fellowship of International Centurions - Event qualification and application**
Expectations of new events, and the process for applying to become a new Fellowship qualifying centurion

- **Fellowship of International Centurions - Committee**

Details of the formation of and rules for the committee of the Fellowship

Facebook group <https://www.facebook.com/groups/1338640530213984/> has been setup to publish these documents and to alert members to any changes or additions. I recommend that, if you are a facebook user, you apply for membership of this group.

For completeness, I reproduce each document as appendices to this newsletter. I think it's a great move.

UNTIL OUR NEXT NEWSLETTER

Our final newsletter in what has been a successful year for long distance walking around the world. Let's hope that 2023 sees our sport continuing to kick goals and move forward on many fronts.

And to all our readers, I wish you a year filled and joy and good health.

With kind regards

Tim Erickson (C13)

Secretary, Australian Centurion Walkers
Victoria, Australia

The Fellowship of International Centurions

Committee role and objectives:

Name of committee - “International Centurion Committee”:

1. Comprising a maximum of 10 members with at least one representative of each current member of the Fellowship (where available and desired).
 - a. Current members (at 14 October, 2022) are considered to be Australia, New Zealand, United Kingdom (British), United States of America, the Netherlands (Continental).
2. Committee positions remain for 3 years, with unlimited extension possible should no alternative candidates wish to join the committee.
 - a. Inaugural committee formation date is 24 October 2022.
 - b. If multiple persons wish to join the committee from the same jurisdiction, then this matter will be dealt with at the time.
 - c. Should a committee member wish to leave the committee, then an informal call for a new member from the parting members jurisdiction will be made.
 - i. If multiple members from the departing members jurisdiction are already on the committee, then there is no formal need to find a replacement.
3. New committee members may be added at any time, up to the maximum of 10 persons or less.
 - a. The committee determines whether or not to accept a new member request.

Purpose of committee:

1. To establish and maintain rules for the conduct of new international centurion qualifying events.
2. To provide general support and assistance to event organisers who are applying to become formally recognised as an international centurion event, and wish to join the Fellowship of International Centurions.
3. To establish and maintain an online presence where information about the Fellowship of International Centurions will be available.

Background of the committee:

Centurion walking has been officially recognized globally since at least 1911 when the UK Centurions was established. Since then, events with an annually focus have been founded in the Netherlands (Continental), Australia, New Zealand, Malaysia, United States of America and Africa (South Africa).

The Malaysian centurion is no longer being held (held between 2001 and 2005), and the African centurion has not been held since 2019 (held between 2016 and 2019).

Prior to the establishment of this international committee, there was no central body with a goal of ensuring that events were undertaken in a manner that would uphold the integrity of this prestigious sport.

In October 2022 a German event was held which arguably was not conducted in a manner considered appropriate to uphold the integrity and expectations of international centurion qualifying events.

Whilst some members of the Fellowship currently have rules in place for their own annual events (UK and Australian requirements are available on their respective websites for example), there is no requirement for new events to adopt these or any other rules or standards.

That German event highlighted the need for a single international committee to be initially responsible for establishing clear minimum expectations for future events, and to ratify any application for a future event to join the Fellowship.

This process is expected to lend confidence to potential entrants, and also help event organisers to understand and meet minimum obligations for a successful international event.

For further details, contact fellowshipofcenturions@gmail.com

The Fellowship of International Centurions

Event qualification requirements:

To be admitted to the Fellowship of International Centurions, the following minimum criteria must be achieved at the qualifying event:

1. Properly measured course, using the AIMS / IAAF standard process or similar. For first year only, a manual, calibrated, hand measuring wheel, coupled with 2 x GPS measurements (each direction) will suffice.
 - a. The wheel measurement to be used as “official” with the GPS measurement to demonstrate support of the wheel distance.
 - i. The measurement must be undertaken by an experienced and competent operator.
 - b. Approximate lap distance (e.g. from online mapping tool) to be provided a minimum four months prior to the event, with final measurement to be provided a minimum of one week prior to the event.
2. Engagement of a chip timing system.
3. An explanation of how the event will undertake basic judging of entrants, to ensure fair walking throughout the entire event duration.
 - a. This does not have to be constant judging or at every visual point on the course, but might be applied randomly and regularly at key places unknown to the entrants.
 - b. A commitment to ensure that entrants are informed of, and required to conform to basic rules for the event (see General Walker Rules documentation).
 - c. A commitment to ensure walkers will conform to the “B” rules as adopted by the International Centurion Committee (see “General Walker Rules documentation)
 - d. Appointment of one or more judges for the event.
 - i. Judges may not be participants in the event, and must maintain impartiality.
 - ii. Judges must either be formally qualified as such, or be highly experienced race walkers or international centurions.
4. A first aid / medical resource to be provided at all times through the event.
5. An online resource to be created, providing details of the event.
 - a. Facebook page or group, website or similar that is publicly available is sufficient.
6. Basic event details to be publicly available through the online resource, a minimum of three months prior to the starting date of the event. As a minimum:
 - a. Start date, time and exact location.
 - b. High quality map and clear description of the course and its approximate length, and approximate elevation change throughout each lap.
 - c. Facilities available to entrants and their location; for example:
 - i. Toilets
 - ii. Showers
 - iii. Tables / undercover space for entrant gear, and nutritional supplies.
 - iv. A list of any nutritional supplies provided by the event.
 - d. Details of the timing system to be used.
 - e. Nature of the course:
 - i. Which must be fully sealed if possible, and smooth underfoot.
 - ii. Which must be well lit overnight if possible.
7. Online entry and payments, which will be accepted a minimum of three months prior to the starting date of the event.
8. A minimum three event commitment from the event organiser.
 - a. A commitment to produce a uniquely numbered centurion badge, sympathetic to the current range of international badges, and awarded to entrants after the first event.
9. All communications to be in English.

Application process:

The event organiser must forward responses to required details above by email to fellowshipofcenturions@gmail.com.

The committee, after the provision of details noted above, will then meet online and ratify the addition of any new event, a minimum of three months prior to the event starting date (i.e. that allows one month from the minimum time that details are provided to the committee).

Additional notes for event organisers:

1. It is advised that application for event permits has been undertaken, and a list generated of the organisations and government institutions that the event director believes permission needs to be obtained from, a minimum of six months prior to the starting date of the event. For example:
 - a. Local councils.
 - b. Local businesses or clubs whose land is used.
 - c. Local police and law enforcement.
 - d. Residents in any area affected by the course.
2. It is advised that event insurance (public liability), if required, has been applied for and / or is available for the event, a minimum of four months prior to the event.
3. Event organisers are encouraged to consider and document how the event will be resourced from a personnel perspective at least 4 months in advance of the event.
 - a. Use of community or sporting groups.
 - b. Links to family and friend networks.
 - c. General public call for volunteers.
4. Consider having a video, or manual record timing system to complement the chip timing system in the case of any issues.
5. To maximise participation, consider developing a course that has a minimum of elevation change.
6. Consider periodically publishing entry numbers and / or names and agreed details of entrants. This may lead to additional participation.
7. Consider having other events to maximise entry numbers. This could take the form of shorter walking events (e.g. 12 hours, 6 hours, 3 hours, 100km, 50km, marathon) and / or be combined with running events.
 - a. If running events are combined, it is advised to distinguish between runners and walkers with either visually different race number bibs, or segregation of entrants (e.g. different lanes if an athletics track is used).
8. Consider linking to a specific national athletics body to help ensure the future viability and ownership of the event.
 - a. If the event is proposed to be staged at the same location each time, then consider formalising a partnership with local athletics clubs and other groups.
9. Consider discussing the proposed event details with event directors from other international centurion qualifying events.

Event organisers may choose to provide details of the above to the committee, however there is no formal obligation to do so.

For further details, contact fellowshipofcenturions@gmail.com

The Fellowship of International Centurions

General Walker rules:

1. Long shorts, leggings, long tights, etc are allowed especially during the night and in times of inclement weather. However, clothing should be tight to the knee and lower leg.
2. Walkers may provide their own food and drink.
3. Supporters are allowed to hand over drinks and food within the designated support area and should not walk with the athlete to feed/supply food and drink.
4. No pacers are allowed during the race. However, two or more walkers who have entered the race may walk together but must not impede other competitors.
5. No walker will be allowed "hands on" assistance during the race, e.g., to help a competitor to reach the finish line.
6. Poles, canes, walking sticks, wheelchairs and / or any other supportive aid will not allowed.
7. If an entrant leaves the course for any reason they must return to the course at the same point.
 - a. Course cutting, and thus making the route shorter, may result in disqualification.
8. Each walker will be subject to all rules set by the race director.
9. Rules pertaining to wearing listening devices, reflective vest etc.. will be at the discretion of the race director in accordance with national athletics/IAAF (World Athletics) Rules of Competition.

"B" Walker Rules:

1. The Contact Rule: Each walker must have at least one foot in contact with the ground at all times.
2. In races of 100 miles or 24 hours, the rules differ slightly from shorter race walks, in that these races are generally "B" races - meaning that no walker will get disqualified for bent knees.
3. The judging criteria is simple: judges expect each walker to walk honestly in such a way that he/she is not gaining an unfair advantage over other competitors through his/her mode of walking.
4. Walkers will be notified of any infringements.
 - a. On the second and any subsequent warnings, the event director and / or judge will determine a penalty for the infringement. This may include, but is not limited to:
 - i. Removal of the lap in which the infringement occurred.
 - ii. Adding a time penalty to the final finish time of the walker.
5. In a long distance race, clothing can present a problem for some judges.
 - a. The general rule in race walking competitions is that the knees must be "uncovered" in order that a judge can actually see the "straight" knee in operation.
 - b. In races of 100 miles or 24 hours, the rules differ slightly in that these races are "B" races, meaning that no walker will get disqualified for bent knees.
6. Leggings, tracksters, long tights, etc. are acceptable in 100 mile and 24 hour/multi day races - especially during the night /winter and in times of inclement weather.
 - a. Some judges may insist that where long tights are worn, they should be plain (ie not multi coloured or patterned) so the judges can better see the angle of the knees. Given that the "bent knee" rule does not apply - this insistence is questionable in a 100 miles/24 hour race.
7. Walkers in any doubt whatsoever about their clothing should always check with the judge, or race organiser prior to the race start.

For further details, contact fellowshipofcenturions@gmail.com.