

CENTURION FOOTNOTES

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DATES ... DATES ... DATES

On the local front, our Australian Centurions qualifier leads what is sure to be a busy 2023 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 Continental 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 Entries at https://www.entrycentral.com/Middlesbrough_100_mile_Challenge	Middlesbrough, GBR
Nov, 2023	2023 NZ Centurions 100 Miles Qualifier See https://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZL

This year also sees 4 further qualifying walks leading up to the 2023 Paris-Alsace Classic, the first of which has already been completed.

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, **Pramesh Prasad (C81)** has been selected as part of the Fijian team to contest Open Men's race at the World Cross Country Championships in Bathurst, NSW, on Saturday 18th February. Prasad has been doing a lot of running of late and it has obviously caught the attention of the Fijian selectors. Good luck mate!
- Now back 65 years to the 1955 international 100km walking race in Seregno, Italy. The footage features winner Don Thompson of GBR (who went on to win the Olympic 50km walk in the Rome Olympics in 1960) and John Ljunggren of Sweden (who had won the gold in the 1948 Olympic 50km and who went on to take bronze in Melbourne in 1956 and silver in Rome in 1960). Thompson's winning time was 10:12:37 which is a superb 100km walk time. Check it out at <https://www.facebook.com/bjosemora/videos/692981285791147>.
- And finally a post from the 50km walk world record holder Johan Diniz of France who recently retired from international racewalking. His announcement signals his desire to attack ultra distance walking. Now that is truly exciting.

After a year and a half where many adventures have kept me away from my sport, it's time for me to reconnect with what has always animated me, the love of walking. Indeed, the big names who made me love and understand this sport are: Roger Quemener, Jean Claude Gouverneaux, my first coach Michel Lemercier, Urbanowski, Guy Legrand, Alexei Rodionov and the Dahm family... These walkers passed in front of my house during the mythical Paris_Alsace. It is through this event and these heroes that I was able to discover part of the walk with these Deep Distance events. It's time for me to try to realize my childhood dream and try to

imitate my illustrious representatives. I will try with the greatest humility to carry out the Grand Fond adventure with the aim of participating in Paris-Alsace within the next two years. For this project to succeed, I'm going to put together a team that will support me and help me cross the finish line in Colmar. I will begin to gradually align myself with trials over the course of this year and work hard to figure out how these heroes will fare for walking so long. To realize this dream, I will have different needs that go through the material, the logistics, the human, etc. If you want to join the adventure and discover this universe which is made up of people who have very good values, do not hesitate to contact me. Happy New Year 2023 to all.

ACROSS THE YEARS, PHEONIX, ARIZONA, 28 DEC 2022 – 3 JAN 2023

As our 2022 year drew to a close, we had one final walking race, namely a second **2022 US Centurions Qualifier** which was held in Pheonix, Arizona, alongside the *Across the Years* running festival at the Camelback Ranch (<https://www.aravaiparunning.com/across-the-years/>). It started at 9AM on December 28th. Erin Taylor-Talcott reports:

The Across the Years multi day race in Phoenix, Arizona, is a well established race. Runners come from all over to test their metal from a marathon up to a 6 day race (it used to be 10 days, but now it's 6). Held in the spring training grounds of various baseball teams such as the Dodgers, the course is on a 1686.218 Meters (1.0477 miles) loop. "Main Street" sees the start/finish line area, along with the race aid station and the tent city for people who wish to rent tents. On the "South side" is a long stretch where RVs can be parked. The course is a mixture of sand and fine pebbles (I can't quite bring myself to call it gravel) and concrete. The majority of it is the sand/pebble mixture, which is great for not pounding the pavement step after step, hour after hour and day after day, but, if it were to rain, it turns into a bit of a muddy mess.

Unfortunately that is just what happened for the first day of the six day competition. Starting about 10PM the night before, it rained, so by the time the start rolled around at 9:00 AM the rain had made a bit of a mess. This didn't deter the runners or the 5 competitors entered in the inaugural Across the Years Centurion event.

One of the competitors, **Yolanda Holder**, has already been crowned US Centurion #94, so we had four athletes looking to see what they could do. **Ray Sharp**, a veteran race walker with a 50K PB of 4:21:06 (at the age of 46) and an 11:19 3,000m time from the 1980s (still the American record for that distance) has attempted a few Centurion events and thus far been unsuccessful. To muddy the waters, so to say, Ray was also entered in the 6 hour event and had run a 3:02 marathon about 3 weeks before. Ray is 62.

Three of our competitors were complete newbies: **Greg Salvesen**, age 36 is a well known ultra runner in the area. The locals were very excited to see what he could do walking since he's such a strong runner. **Mary Cole** was celebrating her 50th birthday on race day and was incredibly nervous as she didn't know what would count as running versus walking. After some advice and coaching she got in a good groove. **Kelly Henkel**, age 27, was giving ultra everything a try, giving the Centurion walk a try and entered in the 6 day competition for when her first 24 hours were completed.

The race started off wet and muddy, but with a pleasant temperature. About 3 hours after the start, the rain stopped, allowing many of the racers to take a layer off. Ray took the early lead, looking strong with his hybrid race walk/centurion walk style. But Greg wasn't far behind with his smooth and rolling style, looking calm, cool and collected and very efficient. For the women Kelly took the lead, also looking really smooth and efficient. Yolanda was entered in the 6 day, had nothing to prove, and thus was taking it steady and easy. Mary got in groove and was smiling away the miles.

Ray crossed the 25 mile mark first in 5:03:06, feeling strong. Greg wasn't too far behind in 5:15:49 with fantastically consistent splits. Kelly came across first for the women in 5:46:58 looking strong. Yolanda crossed in 5:51:10, under the pace she wanted so she took a short break to stretch and regroup. Mary came across in 5:53:34, also under pace, but without much cushion.

Things continued on, all the competitors changed directions every 4 hours and there were still smiles on faces. But then, as you know, it starts to get tough. The gentlemen kept walking strongly up to the half way mark, with Ray coming through in 10:38:51 and Greg in 10:53:45, but the ladies were starting to struggle. Kelly learned how important it is to properly fuel as she hit around 40 miles and started to feel really depleted and weak. After chatting with her and suggesting she fuel more, she did and felt better, but the damage was done. It had slowed her to the point where she felt she couldn't pick the pace back up in order to make the time, and she was also thinking about the other five days she had to race, so she continued on to 50 miles walking and practiced her fueling strategy, hitting the half way in 14:55:06. She then took a nap, retired from the Centurion competition and started to run. Yolanda started to get some niggles in her IT band, and, also looking ahead to the six day competition, decided that pushing through for 100 miles in under 24 hours wasn't conducive to her six day goals and took a break. She

reached the halfway mark in 15:01:57. Mary also was learning the importance of fueling and, after she made it through half way in 15:45:32, elected to rest for a while. She was entered in the 48 hour event and was hoping to see if she could make 100 miles over two days.

So that left it to the guys. Sometimes when things start to go poorly they go poorly fast. That's unfortunately what happened to Ray. A few laps later he started to not feel good, really drained, and since the majority of his training had been running, his walking muscles were getting fatigued past what he was used to. After almost 13 hours of solid walking Ray decided to look ahead to the 6 day competition and retire from the Centurion event.

Now all our hopes were resting on Greg's weary feet. And boy oh boy did he produce! With only a few stops to change shoes/clothes and a bathroom break his 25 mile splits were (approximately) 5:15:49, 5:37:56, 6:00:40 and 6:06:00 (times not exact). Greg kept up a smile and positive attitude the entire race and never faltered. His mental toughness was exactly where it should be, ready to push through the rough patches and knowing it wasn't in the bag until he crossed the line. He even decided to go for the full 24 hours, finishing 103.727 miles in 23:54:53.

Greg's 100 mile time of **22:59:11** earned him **US Centurion number 101**. He is a fantastic addition to the brother and sisterhood of Centurions and I can see him achieving much more in the world of ultra walking.

The race organizers were very enthusiastic about the Centurion competition, and I had a lot of runners asking me about what was going on as they were really confused why I kept walking backwards around the course. When I told them I was the official for the Centurion competition I had multiple inquiries and a few who thought it was an interesting challenge and would think about doing it. Athletes like Greg really impressed the runners. At one point in the night he was the fastest of anyone still moving, and that really raised some eyebrows in respect.

The timers at this race are also the timers and race director at the 6 days in the dome race which is held every year in Milwaukee, Wisconsin. This particular event is held in an indoor facility on an oversized 400m track (I don't have the exact distance handy). Last year we had new Centurions crowned at this event. The race director told me that they've been asked to have a record eligible 6 day to go along with the 6 day competition with the runners. I told him Dave and I could be available to do that, if things work out with our schedules. I thought I'd put it out there to see if there's interest in the ultra walking community. The pros: completely flat, constant temperature and humidity, ability to get your aid basically whenever you want it. The cons: it's a small loop. Please reach out if you'd be interested. The dates of the competition are June 17-24, 2023.

American 100 Mile Centurion Race

1. Greg Salvesen	100 Miles	22:59:11	US Cent 101
Ray Sharp	50 Miles	10:38:51	
Kelly Henkel	50 Miles	14:55:06	
Yolanda Russell	50 Miles	15:01:57	US Cent 94
Mary Kelly	50 Miles	15:45:32	



Ray Sharp Greg Salvesen and Mary Cole and Yolanda Holder



Greg Salvesen, Ray Sharp, Mark Cole and Kelly Henkel (all photos Erin Taylor-Talcott)

Our centurions statistician Rudy Schoors has updated the US Centurions list to include Greg's performance. See the latest lists at <http://centurions.org.au/centworl.shtml>.

8 HEURES DE CHARLY SUR MARNE, CHARLY SUR MARNE, FRANCE, SUNDAY 5 FEBRUARY 2023

Last Sunday saw Emmanuel Tardi in Charly-sur-Marne, 100km east of Paris, for the 24th edition of their 8 Hour Race. This year, it started at 8AM, with a finish time of 4PM. The initial lap was 1.075km long, following by laps of 2.575km, allowing walkers to get an exact 50km split. There were less starters than usual: 48 individuals and 6 teams. The weather was cool (around 10°C) and sunny for most of the race.

In the men's event **Maxime Faiteau** led the race for 6 hours before **Florian Letourneau** caught him. They then walked together for the rest of the way, crossing the finish line together with 75.254km. In the women's walk, **Chloé Raes-Maure** walked with her husband for most of the race, easily winning her division with 55.299km. **Nadir Herida** easily won the ancillary 10km race in 55:12.

8 Hour Walk Men

1.	FAITEAU Maxime	Entente Poitiers Athle 86	75.254 km	9.407 km/h
1.	LETOURNEAU Florian	Ac Chateau Thierry	75.254 km	9.407 km/h
3.	MOREL Philippe	Nl Chalons-en-champagne	70.979 km	8.872 km/h
4.	MALFONDET Alain	Nl Paris	70.521 km	8.815 km/h
5.	ERARD Christophe	Asm Bar-le-duc	70.220 km	8.778 km/h
6.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	70.096 km	8.762 km/h
7.	JOSE MORA Bernardo	Espagne-Ca Siurell	68.214 km	8.527 km/h
8.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	67.696 km	8.462 km/h
9.	MAURE Rene-jean	Neubourg Ac	66.344 km	8.293 km/h
10.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	66.314 km	8.289 km/h
11.	GROS Gildas	Es Thaon	65.628 km	8.204 km/h
12.	VICTOR Etienne	Arnouville Gonesse Villiers	65.591 km	8.199 km/h
13.	SIBOUT Daniel	Neubourg Ac	63.976 km	7.997 km/h
14.	VANDENBERGHE Renaud	Marne Et Gondoire Athletisme	63.393 km	7.924 km/h
15.	MICHELOT Remi	Es Thaon	63.263 km	7.908 km/h
16.	MAILLOT Marc	Grac Athletisme	62.731 km	7.841 km/h
17.	SEFFARI Abdelaziz	Afa Feyzin-venissieux	62.636 km	7.830 km/h
18.	BALLAND Johann	Athletic Vosges Entente Clubs	61.724 km	7.716 km/h
19.	LABROUSSE Stephane	Athletic Clubs 92	61.620 km	7.703 km/h
20.	FAUBERT Stephane	Nl Longueville	61.234 km	7.654 km/h
21.	BROUILLARD Fabrice	Entente Poitiers Athle 86	60.751 km	7.594 km/h
22.	JOFFROY Jean-nicolas	Athletic Vosges Entente Clubs	60.523 km	7.565 km/h
23.	DELANGE Dominique	Aj Auxerre Section Marathon	60.298 km	7.537 km/h

24.	PORCHER Claude	Nl Saint-eloi	59.557 km	7.445 km/h
25.	BOUELE Cedric	Delemenot Athletisme	58.511 km	7.314 km/h
26.	LABARRE Bertrand	Cs Provins Athletisme	58.323 km	7.290 km/h
27.	TILLIER Ludovic	Le Chesnay-rocquencourt 78	56.769 km	7.096 km/h
28.	RIVIERE Sylvain	Spn Vernon	56.328 km	7.041 km/h
29.	ROSSI Armand	Us Metro Transport	56.321 km	7.040 km/h
30.	CECCALDI Georges	Entente Chalon/saone	56.150 km	7.019 km/h
31.	FILLIEUX Christian	Belgique - Caf	55.994 km	6.999 km/h
32.	GUILLOT Mickael	Ac Chateau Thierry	55.406 km	6.926 km/h
33.	HAGHEBAERT Eric	Ac Chateau Thierry	53.735 km	6.717 km/h
34.	BEGIN Jean-pierre	Val-de-reuil Ac	52.691 km	6.586 km/h
35.	BEGIN Maxence	Val-de-reuil Ac	42.391 km	5.299 km/h
36.	ESTEVEVES Jean-marc	Cherry J'y Cours	DNF	
37.	VINCENT Robert	Ac Chateau Thierry	DQ	

8 Hour Walk Women

1.	RAES-MAURE Chloe	Neubourg Ac	66.299 km	8.287 km/h
2.	MAISON Sylvie	Strasbourg Agglomeration Athlé	62.969 km	7.871 km/h
3.	SILVI Nathalie	Nl Barzy-sur-marne	60.161 km	7.520 km/h
4.	GALMICHE Catherine	Arnouville Gonesse Villiers	60.042 km	7.505 km/h
5.	BIZARD Claudie	Thiais Ac	59.480 km	7.435 km/h
6.	PANNIER Josiane	Havre Ac	57.697 km	7.212 km/h
7.	TOP Virginie	Baskets Aux Pieds	55.633 km	6.954 km/h
8.	RODIER Nicole	Efs Reims	55.527 km	6.941 km/h
9.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	55.212 km	6.902 km/h
10.	HOUPLON Virginie	Nl Barzy-sur-marne	54.092 km	6.762 km/h
11.	DUCRUET Nadia	Ac Chateau Thierry	53.270 km	6.659 km/h

8 Hour Teams

1.	La Team d ELIOTT	VARAIN Cédric - MOUGENOT Patrick	64.734 km	8.092 km/h
2.	The Brothers	PELLERIN Alain - PLAYE Christophe	64.049 km	8.006 km/h
3.	Les Sauterelles	ANXIONNAT Claudine - BONVARLET Liliane	61.047 km	7.631 km/h
4.	A R S L 2	BEAUMONT - SAUGRAIN - MOMCILOVIC	59.573 km	7.447 km/h
5.	Les ecoreuils	SIBOUT Regine - SAINT-PIERRE Martine	58.721 km	7.340 km/h
6.	A R S L 1	DAMIENS Patrice - BOIVIN Virginie - HAS Edith	56.794 km	7.099 km/h

10km Walk

1.	HERIDA Nadir	Efs Reims	55:12	10.870 km/h
2.	BROU Florent	Ac Paris-joinville	57:42	10.399 km/h
3.	STEFANELLY David	Grand Paris Seine	57:50	10.375 km/h
4.	TURLET Albert	Athletic Clubs 92	58:42	10.221 km/h
5.	BRASTEL Adeline	Efs Reims A	59:41	10.053 km/h
6.	MARIE Frederic	Grand Paris Seine	59:53	10.019 km/h
7.	BODROS Gaetan	Ac Chateau Thierry	1:00:01	9.997 km/h
8.	TOUTAIN Eric	Us Ivry	1:00:26	9.928 km/h
9.	NOGRE Yannick	Es Montgeron	1:00:37	9.898 km/h
10.	CHRISMENT Gilles Pascal	Marne Et Gondoire Athletisme	1:05:26	9.170 km/h
11.	GALTIER Marie-christine	Marne Et Gondoire Athletisme	1:11:50	8.353 km/h
12.	BROT Daniel	Athletic Vosges Entente Clubs	1:20:04	7.494 km/h
13.	BORDIER Daniel	Ac Chateau Thierry	1:21:38	7.350 km/h
14.	BLIN Guy	Ac Chateau Thierry	1:24:56	7.064 km/h
15.	NITAGOVSKAYA Liudmila	Tv Forst	1:25:38	7.007 km/h
16.	SAUNEUF Lola	Marne Et Gondoire Athletisme	1:28:16	6.798 km/h
17.	TARDI Emmanuel	La Postillonne Longjumeau	1:29:12	6.726 km/h
18.	MONTIGNY Patrick	Us Ivry	1:37:27	6.157 km/h
19.	TILLIER Marie	Le Chesnay-rocquencourt	2:14:48	4.451 km/h



Maxine Faiteau, Florian Letourneau, Nathalie Silvi and Chloe Raes-Maure



Sylvie Maison, Nadir Herida and Philippe Morel (all photos Emmanuel Tardi)

LONG DISTANCE WALKING LOSES TWO OF ITS GREATS

The centurion world was in mourning last month with the passing of **Dave Boxall** and **Ray Middleton**, two of the legends of English long distance walking, both of whom set new standards for excellence in the 1960s and 1970s. Both died on the same day, Sunday 8th January 2023.

I have written previously about the feats of Ray Middleton who was one of a bevy of top GBR international walkers of the era. Interestingly, Ray never sought to become a Centurion, but his two longer distance feats in 1974 (winning the London to Brighton 53 mile walk in 8:17:50 and setting a world record for the 8 Hours Track Walk with 53 Miles and 352 yards) show that he could have easily achieved that feat if he he set his mind to it. It was just a case that his career as a shorter distance international walker took precedence.

You can read my profile of him at <http://www.vrwc.org.au/tim-archive/articles/wo-ray-middleton.pdf>.

I haven't written previously about the career of Dave Boxall so this newsletter allows me to rectify that oversight. His is a life well worth reviewing.

VALE DAVE BOXALL C464 : 1933 – 2023



When Dave Boxall passed on Sunday 8th January 2023, aged 89, Great Britain lost one of its most accomplished centurions. My thanks to Sandra and Richard Brown for their efforts in collating much of the information I have reproduced below. ¹

David Ernest Boxall was born on 28th October 1933. A late starter in athletics, he joined the Brighton & Hove Athletic Club in the late fifties and quickly became a regular and reliable member of their Cross Country and Road Running squads.

But it was when he turned to race walking in the sixties that he found his real forte in athletics, and it was in long distance walking that he proved just how good he was.

Over a long distance career spanning more than 30 years, he became one of England's greatest centurions, completing 12 UK Centurion events between 1971 and 2005. First some statistics:

- He qualified as centurion C464 at Ewhurst (1971) with 18:26:33
- He won the annual centurion walk six times (1972-1975, 1979 and 1980)
- His best 100 mile time of 17:24:00 in 1979 is one of the fastest of all time
- 11 of his 12 centurion walks were all under 20 hours, The only one outside this range was his last walk in 2005 when, at 71 years of age, he recorded 22:11:10.

Here are his English Centurion walks: ²

1971	Dave Boxall	Brighton & Hove	4	18:26:33	25-Jun-71	Ewhurst
1972	Dave Boxall	Brighton & Hove	1	17:58:49	28-Jul-72	Leicester to Skegness
1973	Dave Boxall	Brighton & Hove	1	18:42:23	21-Sep-73	Bristol
1974	Dave Boxall	Brighton & Hove	1	17:50:01	2-Aug-74	Leicester to Skegness
1975	Dave Boxall	Brighton & Hove	1	17:56:06	27-Jun-75	Ewhurst
1976	Dave Boxall	Brighton & Hove	3	18:26:29	30-Jul-76	Leicester to Skegness
1979	Dave Boxall	Brighton & Hove	1	17:24:00	22-Jun-79	Ewhurst
1980	Dave Boxall	Brighton & Hove	1	17:45:10	25-Jul-80	Leicester
1981	Dave Boxall	Brighton & Hove	4	19:47:37	23-May-81	Brighton
1987	Dave Boxall	Brighton & Hove	3	18:16:56	26-Jun-87	Ewhurst
1988	Dave Boxall	Brighton & Hove	8	18:49:50	29-Jul-88	Leicester-Congerstone
2005	Dave Boxall	Seaford Harriers	19	22:11:10	30-Jul-05	Kings Lynn

As mentioned above, his 1979 centurion walk time of 17:24:00 ranks him 10th overall on the world all-time list.

1	Jan de Jonge	SV de LAT	NED	17/12/1946	16:37:02	14-May-1983	Sint-Oedenrode
2	Richard Brown	Surrey WC	GBR	18/11/1946	16:50:28	22-May-1993	Sint-Oedenrode

¹ See <https://lancswalkingclub.com/2023/01/20/dave-boxall-rip-centurion-extraordinaire/>

² Thanks to Dutch walks statistician Gerrit de Jong for his many centurion related lists

3	Frank O'Reilly <i>Jan de Jonge</i>	Lozells Harriers <i>SV de LAT</i>	GBR <i>NED</i>	01/01/1925 <i>17/12/1946</i>	16:54:16 <i>16:55:32</i>	2-Jul-60 <i>31-May-1980</i>	Leicester-Skegness <i>Sint-Oedenrode</i>
4	John Moullin <i>Frank O'Reilly</i> <i>Richard Brown</i>	Belgrave Harriers <i>Lozells Harriers</i> <i>Surrey WC</i>	GBR <i>GBR</i> <i>GBR</i>	08/09/1941 <i>01/01/1925</i> <i>18/11/1946</i>	16:55:44 <i>16:58:16</i> <i>17:00:35</i>	25-Jun-71 <i>6-Jul-62</i> <i>29-Jul-88</i>	Ewhurst <i>Leicester-Skegness</i> <i>Leicester-Congerstone</i>
5	John Cannell	Boundary Harriers	GBR	29/12/1945	17:10:15	29-Jul-88	Leicester-Congerstone
6	Derek Harrison	Boundary Harriers	GBR	02/03/1949	17:15:50	30-Jul-76	Leicester-Skegness
7	Jan Vos	RWV	NED	13/11/1938	17:17:59	31-May-1980	Sint-Oedenrode
8	Hew Neilson	Woodford Green	GBR	15/04/1916	17:18:51	20-Oct-1960	Walton
9	Mike Holmes	York Postal	GBR	26/08/1951	17:21:52	20-Aug-82	Leicester
10	Dave Boxall	Brighton & Hove	GBR	28/10/1933	17:24:00	22-Jun-79	Ewhurst



R.W.A President John Henderson presents Walker of the Year trophy to Dave Boxall c 1980
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He also competed with great success on the Continent. In France, Dave completed 19 qualifying races for the Paris-Strasbourg/Colmar classic between 1972 and 1983, as well as competing in other races. He won the following qualifying races, all with performances of the highest quality.

1973	Rouen	200 km	22h 12min
1974	Rouen	24 hrs	206 km
1976	Conflans	200 km	23h 09min
1977	Chateau-Thierry	200 km	23h 26min
1978	Conflans	200 km	22h 04min

He came second in a further 5 events. This is an outstanding record of success unsurpassed by any other UK male walker.

The one blot on his resume was his failure to complete the Strasbourg-Paris/Paris-Strasbourg multi day classic. He entered the race on 5 occasions but never managed to make the finish.

1972	Strasbourg - Paris	16/20	302 km / 519 km
1973	Strasbourg - Paris	16/27	444 km / 494 km
1976	Paris - Strasbourg	20/26	470 km / 533 km
1977	Strasbourg - Paris	27/28	114 km / 400 km
1981	Paris - Colmar	25/34	216 km / 513 km

It takes courage to enter this race and the fact that Dave never completed it doesn't diminish his many other achievements!

He was also a regular in the London to Brighton Walk, completing it 13 times between 1965 and 1983, including three bronze medals (1971 8:48:36, 1975 8:19:01 and 1979).



1974 the Brighton & Hove winning team
Dave Boxall 6th - John Crook 7th - John Lees 3rd - Brian Saunders 14th.

reghook

He features prominently in the United Kingdom All-Time lists for 100km Track and Road, 200km Road and 24 Hours Road ³ and the 4 performances mentioned are all of the highest quality.

100 KM TRACK WALK

9:41:54+	Edmund Shillabeer (ENG)	02.08.39	1	Colchester	15 Sep 1985
9:43:40	Ken Harding (ENG)	23.06.29	3	Saint-Denis, FRA	16 Mar 1975
9:56:34+	Bob Dobson (WAL/ENG)	04.11.42	2	Colchester	5 Sep 1985
10:04:05	Dave Boxall (ENG)	28.10.33	4	Saint-Denis, FRA	16 Mar 1975
10:04:40+	Edgar Horton (ENG)			London (SB)	2 May 1914

100 KM ROAD WALK

9:34:25	Tony Geal (ENG)	28.07.52	1	Grand-Quevilly, FRA	2 Jun 1979
9:36:23	Graham Young (IOM)	30.05.45	1	Stoke Mandeville	26 Sep 1981
9:38:38	Murray Lambden (IOM)	14.10.56	2	Stoke Mandeville	26 Sep 1981
9:45:46	Ian Richards (ENG)	12.04.48	1	Sutton Coldfield	27 Sep 1980
9:46:36	Peter Hodgkinson (ENG)	05.11.44	1	Birmingham (M42)	29 Sep 1979
9:52:49	Tony Collins (ENG)	01.10.42	2	Birmingham (M42)	29 Sep 1979
9:53:04	Colin Young (ENG)	20.01.35	1	Lugano, SUI	30 Oct 1966
9:53:31	Dave Boxall (ENG)	28.10.33	2	Grand-Quevilly, FRA	2 Jun 1979
9:54:00	Chris Berwick (ENG)	01.05.46	2	Sutton Coldfield	27 Sep 1980
9:55:50	Mick Holmes (ENG)	26.08.51	1	Lugano, SUI	21 Oct 1984 (short course)
9:45:50	Guy Goodair (ENG)	28.09.36	2	Biasca-Lugano, SUI	24 Oct 1965

200 KM ROAD WALK

21:42:41	Richard Brown (ENG)	18.11.46	1	Bazencourt, FRA	29 Mar 1992
22:04:20	Dave Boxall (ENG)	28.10.33	1	Conflans, FRA	30 Apr 1978
23:14:44	Edmund Shillabeer (ENG)	02.08.39	6	Bazencourt, FRA	29 Mar 1992

24 HOURS ROAD WALK

219.570km	Derek Harrison (IOM)	22.01.35	1	Rouen, FRA	21 May 1978
215.835km	Colin Young (ENG)	20.01.35	1	Rouen, FRA	9 May 1971
215.050km	Dave Boxall (ENG)	28.10.33	1	Rouen, FRA	6 May 1973

Dave continued to compete long after his days at the top. As mentioned above he completed his 12th and last centurion walk in 2005 when, at 71 years of age, he recorded 22:11:10. ⁴

³ See <http://www.gbrathletics.com/uk/mh99.htm>

⁴ See <http://racewalkingassociation.com/EventDetails.asp?id=229>



Dave maintained his love of walking into his later years

Dave remained a staunch supporter of the Centurions throughout his later life, donating generously before his health deteriorated and he had to step back from the public arena.

He died peacefully in his sleep on Sunday 8th January 2023, after a long illness. He was 89 years of age.

Tim Erickson
Friday 10th February 2023

2022 AUSTRALIAN CENTURION WALKERS AGM

A reminder to local members that the 2022 Annual General Meeting of the Australian Centurion Walkers Inc. will be held at **The Glasshouse Caulfield, 31 Station St, Caulfield East** (Melbourne) commencing at **12:30PM** on **Sunday 26th February 2023** and 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 including Treasurer's Report, Executive Report, etc.
- The announcement of the winner of the Gordon Smith Award for the Best Australian Ultra Distance Walking Performance of the Year.
- Transaction of any special business which has been forwarded in writing to the Club Secretary at least 14 days prior to the AGM date.

Our Australian Centurion Executive and Committee runs for a two year term based on election via member vote. As we are only half way through the current two year term (2022-2023), the current committee will continue on for a further year, without any elections being required at this stage. The current committee is

Club Executive	President	Terry O'Neill (C 18)
	Vice President	David Billett (C 50)
	Treasurer	Stuart Cooper (C 5)
	Secretary	Tim Erickson (C 13)
General Committee	Records and Rankings Officer	Tim Erickson (C 13)
	Assistant Secretary	-
	Up to two general members of Committee	Karyn O'Neill (C 45)
		Michelle Thompson (C 58)

I look forward to seeing lots of our members on the big day.

UNTIL OUR NEXT NEWSLETTER

That's it for our first newsletter of the year. Let's hope 2023 is a year packed full with walking excellence.

With kind regards

Tim Erickson (C13)

Secretary, Australian Centurion Walkers
Victoria, Australia