

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
Sept 22-23 2023	2023 NZ Centurions 100 Miles Qualifier See https://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZL

Internationally, the following additional ultra walks are on the horizon

Apr 29-30, 2023	Marche du Grand Est
May 30 – Jun 3, 2023	Paris-Alsace Crédit Mutuel

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

OUT AND ABOUT

Pramesh Prasad (C81) was in action last Sunday 2nd April in the 51st Frankston to Portsea run. He did well, covering the 55km in 4:19:52 to finish fourth overall.

SRI CHINMOY 48 HOUR CARNIVAL, CANBERRA, 25-26 MARCH 2023

I travelled to Canberra a couple of weeks ago to attend the annual Sri Chinmoy 48 Hour Carnival, which was held at the AIS Athletics Track. It had been awarded AURA Australian 48 Hour Track Championship status and included 48 Hour, 24 Hour, 12 Hour and Marathon divisions.

I was there in particular to verify the performances of **David Billett (C50)** and **Joffrid Mackett (C82)** who had both informed me that they they would be competing in the 48 Hour event as walkers. And did they produce the goods!

They had both been aiming to walk 100 miles in the first 24 Hours, thus adding another centurion walk to their resume. They walked together for most of that timeframe, chatting and supporting each other. Joffrid got there first, with a time of **23:47:02**, followed a lap later by David, with a time of **23:51:18**. It was Joff's second centurion walk (after qualifying in this same event last year) and David's seventh. Here's how their tallies now look.

David Billett (C50)	23:52:27	16-17 April 2005	Coburg Harriers Track, Coburg, Victoria
	23:06:56	14-15 Sept 2013	Middle Park, VIC
	22:47:45	15-16 Mar 2019	AIS Athletics Track, Canberra, ACT
	23:25:03	25-26 Mar 2022	AIS Athletics Track, Canberra, ACT
	22:33:38	9-10 Apr 2022	Coburg Harriers Track, Coburg, Victoria
	23:30:30	2-3 Oct 2022	Adelaide, SA
	3:51:18	24-15 Mar 2023	AIS Athletics Track, Canberra, ACT

Joffrid Mackett (C82)

23:32:07
23:47:02

25-26 Mar 2022
24-15 Mar 2023

AIS Athletics Track, Canberra, ACT
AIS Athletics Track, Canberra, ACT



Joffrid and David reach their 100 mile walk milestones and savour the moment with some photos

They then continued on, shifting their focus to the 48 Hour and looking to challenge the Australian Walk record of 283.500km, set by **Barry Loveday (C62)** in Caboolture, QLD, in 2012.

Bad luck for David who picked up some bad blisters and faded a little in the second half, perhaps slightly undertrained on this occasion. But there were no such issues for Joff, who powered through the second 24 Hour period with barely a stop. He worked his way up through the field of runners to finish second overall (and first male) in the 48 Hour Australian Championship with a distance of **294.973km**, bettering the Australian 48 Hour Walk Open Record by 11km (obviously also setting a new Australian M50 48H Walk record into the bargain) and claiming the Male Australian 48 Hour Run Championship. The only runner who finished ahead of him was American Camille Herron who set a new Women's 48 Hour World Record of 435.336km. No shame in being beaten by that sort of performance!

For his part, David soldiered on, finishing the 48H with a distance of **266.705 km**, his second best overall. Australian Centurion **Anyce Melham (C65)** was also in action in the 48 Hour event but had a bad day in the office, deciding to retire after 92km.

It was wonderful to watch Camille, who added the 48 Hour Run World Record to her already long list-which included World Records/Bests for 50 Miles (5:38:41), 100km (7:35:50), 100 Miles (12:41:11), 12 Hours (151.11km) and 24 Hours (270.116km). Check out this great video of Camille in action in Canberra: <https://vimeo.com/813371728?mibextid=Zxz2cZ>

Apart from Joff and Camille, Melbourne runner Greg Wilson also stood out, setting a new Australian M70 48 Hour Run record of 287.404km.

48 Hour results are shown below. Full results set at <https://au.srichinmoyraces.org/events/48hour/previous-results/2023>.

1.	Herron, Camille	USA	F	1981	W40	435.336 km
2.	Mackett, Joffrid	AUS	M	1970	M50	294.973 km
3.	Wilson, Gregory	AUS	M	1952	M70	287.404 km
4.	Billett, David	AUS	M	1970	M50	266.705 km
5.	Nascimento, Gesiane	BRA	F	1982	W40	259.849 km
6.	Flury, Paola	AUS	F	1967	W55	243.784 km
7.	Griggs, Matthew	AUS	M	1978	M40	238.400 km
8.	Myors, Beck	AUS	F	1973	W50	226.160 km
9.	Chan, Karen	AUS	F	1968	W50	219.089 km
10.	Murphy, Peter	AUS	M	1981	M40	212.450 km
11.	Schwebel, Ron	AUS	M	1951	M70	207.623 km
12.	Flury, Robert	AUS	M	1970	M50	206.474 km

13. Zlotnick, Myron Zed	AUS	M	1964	M55	205.607 km
14. Hepworth, Annabel	AUS	F	1972	W50	200.000 km
15. Quaife, James	AUS	M	1998	M23	188.000 km
16. Gay, Paul	AUS	M	1969	M50	186.285 km
17. Meagher, Andrew	AUS	M	1970	M50	173.200 km
18. To, Alison	AUS	F	1989	W23	173.135 km
19. Timms, John	AUS	M	1942	M80	167.505 km
20. Melham, Anyce	AUS	M	1957	M65	92.000 km
21. Bingley, Steven	AUS	M	1984	M35	70.000 km



*Left: Joffrid still looks fresh after the final gun is sounded at the end of his record breaking 48 Hour walk
Right: Joffrid is awrded first place (male) and his Australian 48 Hour Champion plaque*

24 HEURES DE CHÂTEAU-THIERRY, CHÂTEAU-THIERRY, FRANCE 25-26 MARCH 2021

The weekend of 25-26 March saw the annual 24 Heures de Chateau-Thierry, held in the French city of Chateau-Thierry. This was one of the 2023 Paris-Alsace qualifying events and included the French 100km Walk Championship. As well as the 100km, there were a lot of additional events on offer – a 6 Hour Walk (2 divisions, one on the Saturday and one on the Sunday), and a 2x6 Hour Walk, along with anciliary 20km and 10km walks.

French walker **Florian Letourneau** won overall with the excellent distance of 201.142 km. It was his third win (he also won in 2022 with 201.220km and in 2019 with 191.223km). In the absence of 50km racewalking world record holder Yohann Diniz (who was a non-show), Letourneau was the star. A double winner of Paris-Alsace, he has competed in this, his home event, since 2014. If the cold and the wind bothered some participants, the walker from Château-Thierry was not amongst them. He won easily ahead of ultra specialists **David Vandercoilden** (192.408 km) and Belgian **Peter Asselman** (191.608km).

He was crowned French 100km champion at the same time. For him, the hardest part was to race both events (100km and 24 hours) well. “It was the first time I had done both,” he explained. “It was complicated to walk quickly while keeping resources in reserve, but I managed well. I calmed down and recovered between 100km and 110km, then found a rhythm that suited me.”

The women’s race saw favorite **Morgane Ausello**, make up for her retirement during the 24 Heures de Bourges in February. She won easily with a distance of 184.074km, ahead of **Jennifer Gourves** (157.116km) and **Nadia Ducruet** (151.560km). Her win saw her more than 11km further than her winning distance of 173.442km in 2021. She was also the first woman to reach 100km (12:04:53), thus taking the 100km title as well.

Results at http://www.marchons.com/index.php?option=com_agora&task=topic&id=4460&p=5&Itemid=94&lang=fr.

24 Hour Walk

1.	LETOURNEAU Florian	Ac Chateau Thierry	201.142 km	23:58:30	8.390 km/h
2.	VANDERCOILDEN David	Villeneuve D Ascq Fretin At	192.408 km	23:57:45	8.030 km/h
3.	ASSELMAN Peter	BEL	191.608 km	23:59:38	7.986 km/h
4.	AUSELLO Morgane (F)	Nice Cote D'azur Athletisme	184.074 km	23:58:33	7.677 km/h
5.	MALFONDET Alain	NL Paris	173.362 km	23:56:49	7.239 km/h
6.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	169.406 km	23:59:51	7.059 km/h
7.	GOURVES Jennifer (F)	Entente Stade Villeneuve	157.116 km	23:56:09	6.564 km/h
8.	MICHELOT Remi	Es Thaon*	156.738 km	23:58:02	6.540 km/h
9.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	151.960 km	23:56:19	6.348 km/h
10.	DUCRUET Nadia (F)	Ac Chateau Thierry	151.560 km	23:57:21	6.327 km/h
11.	BIZARD Claudie (F)	Thiais Ac	147.204 km	23:59:29	6.136 km/h
12.	VINCENT Robert	Ac Chateau Thierry	132.936 km	23:57:31	5.549 km/h
	LANEAU Maxime	Us Camon	107.134 km	14:08:14	7.578 km/h
	FAUBERT Stephane	Nl Longueville	107.134 km	17:08:39	6.249 km/h
	LEIJTENS Frans	NED	85.732 km	12:03:16	7.112 km/h
	DELARUE Jean-michel	Ac Cauffry-liancourt-rant-l	80.976 km	13:06:12	6.180 km/h
	BALLAND Johann	Athletic Vosges Entente Clu	66.708 km	09:22:54	7.110 km/h
	MAISON Sylvie (F)	Strasbourg Agglomeration A	64.330 km	08:35:58	7.481 km/h
	JOFFROY Jean-nicolas	Athletic Vosges Entente Clu	59.574 km	08:53:02	6.706 km/h

100km Split

1.	LETOURNEAU Florian	100 km	11:20:54
2.	VANDERCOILDEN David	100 km	12:02:42
3.	AUSELLO Morgane (F)	100 km	12:04:53
4.	ASSELMAN Peter	100 km	12:07:59
5.	FORESTIERI Alexandre	100 km	12:22:24
6.	MALFONDET Alain	100 km	12:43:29
7.	MICHELOT Remi	100 km	14:06:11
8.	THOUMELIN Laurent	100 km	14:24:11
9.	GOURVES Jennifer (F)	100 km	14:39:54
10.	DUCRUET Nadia (F)	100 km	15:06:34
11.	BIZARD Claudie (F)	100 km	16:00:59
12.	VINCENT Robert	100 km	17:50:34
13.	LANEAU Maxime	100 km	13:03:06
14.	FAUBERT Stephane	100 km	15:37:25

2x6 Hour Walk

1.	BOCUZE Daniel	Fac Andrezieux	98.888 km	11:59:49	8.243 km/h
2.	VICTOR Etienne	Arnouville Gonesse Villiers	97.288 km	11:58:53	8.120 km/h
3.	MAURE Rene-jean	Neubourg Ac	95.310 km	11:59:39	7.946 km/h
4.	RAES-MAURE Chloe (F)	Neubourg Ac	95.310 km	11:59:40	7.946 km/h
5.	SIBOUT Daniel	Neubourg Ac	92.932 km	11:59:43	7.747 km/h
6.	MARECHAL Pascal	Ac Chateau Thierry	88.176 km	11:57:28	7.374 km/h
7.	TOP Virginie (F)		87.776 km	11:59:59	7.315 km/h
8.	GIRAUDEAU Denis	Ulac Pays Fouesnantais	87.732 km	11:30:09	7.627 km/h
9.	GALMICHE Catherine (F)	Arnouville Gonesse Villiers	87.376 km	11:59:14	7.289 km/h
10.	DELANGE Dominique	Aj Auxerre Section Marathon	86.576 km	11:59:12	7.223 km/h

6 Hour Saturday

1.	VARAIN Cedric	Ac Chateau Thierry	47.551 km	06:00:00	7.925 km/h
2.	RIVIERE Sylvain	Spn Vernon*	45.754 km	06:00:00	7.626 km/h
3.	THEVENIN Pascal	Saint Jean De Monts Vendee	43.788 km	06:00:00	7.298 km/h
4.	ANXIONNAT Claudine (F)	Athletic Vosges Entente Cl	41.816 km	06:00:00	6.969 km/h
5.	LEIJTENS Veronica (F)	NED	40.516 km	06:00:00	6.753 km/h
6.	LONGATTE Francois	Es Montgeron	39.900 km	06:00:00	6.650 km/h
7.	NICOLAS Alain	NL Domptin	37.728 km	06:00:00	6.288 km/h
8.	BERTHAULT Annie (F)	NL	35.749 km	06:00:00	5.958 km/h
9.	BROT Daniel (Sui)	Athletic Vosges Entente Cl	12.014 km	01:42:16	7.049 km/h

6 Hour Sunday

1.	ERARD Christophe	Asm Bar-le-duc	52.785 km	06:00:00	8.798 km/h
2.	SILVI Nathalie (F)	NL Barzy sur Marne	45.817 km	06:00:00	7.636 km/h

3.	HOUPLON Virginie (F)	NL Barzy sur Marne	43.831 km	06:00:00	7.305 km/h
4.	SIBOUT Regine (F)	Neubourg Ac	41.617 km	06:00:00	6.936 km/h



Morgane Ausello and Florian Letourneau in action and at the presentations

Lots more photos from Frans Leijtens at

https://photos.google.com/share/AF1QipP_DgBA8ZhiPoohlgOPTZMcOjpeCrXUwOjaXjSFkIQSZX5hoXtr76qXM47UybOElw?pli=1&key=VzhESGxoYTdOcDl6UWIKU3F5cjFoOXVrUHp0Z0xR

To finish, a bit of history, with the winners of the last 14 races.

Date	Finishers	Male Winner	Time	Female Winner	Time
25.03.2023	(8M, 4F)	Florian Letourneau	201.384 km	Morgane Ausello	184.243 km
16.04.2022	(12M, 4F)	Florian Letourneau	201.220 km	Nadia Ducruet	147.904 km
16.10.2021	(10M, 6F)	Alexandre Forestieri	192.145 km	Morgane Ausello	173.442 km
16.03.2019	(14M, 5F)	Florian Letourneau	191.223 km	Sandra Brown	168.527 km
17.03.2018	(18M, 3F)	Philippe Morel	188.529 km	Sandra Brown	169.450 km
25.03.2017	(12M, 5F)	Mathieu Olivares	196.386 km	Tatiana Maslova	169.000 km
26.03.2016	(21M, 12F)	Jean-Marie Rouault	194.472 km	Corinne Fauqueur-Duda	171.138 km
28.03.2015	(21M, 10F)	Eddy Roze	197.757 km	Suzanne Beardmore	173.791 km
29.03.2014	(38M, 5F)	Philippe Morel	198.690 km	Maggy Labylle	169.313 km
23.03.2013	(25M, 6F)	Fabrice Henry	205.632 km	Dominique Alvernhe	172.813 km
31.03.2012	(26M, 8F)	Urbain Girod	203.055 km	Iryna Perevalo	160.730 km
26.03.2011	(33M, 10F)	David Regy	208.485 km	Dominique Alvernhe	182.360 km
27.03.2010	(23M, 5F)	Zoltan Czukor	204.378 km	Sylviane Varin	178.230 km
21.03.2009	(23M, 6F)	David Regy	208.025 km	Dominique Alvernhe	181.950 km

COBURG 24 HOUR ENTRY UPDATE

With the Coburg 24 Hour Carnival now less than 2 weeks away, the list of walk entries has grown to 26. Apart from our 3 overseas competitors, who are all seasoned ultra walkers, we have 3 of our own Australian Centurions in action – **Michelle Thompson (C58)**, **David Billett (C50)** and **Karyn O’Neill (C45)**. There’s still time to enter! If you are Melbourne based, make sure you come down to Coburg on the weekend of 15-16 April and help support the walkers. Event website at <http://www.coburg24hr.org/24hr/race-entry/>.

24H Walk Women - 2			
Thompson, Michelle	1968	VIC	Michelle won our 2005 12 Hour run with 101.9 km, won our 2006 24H run with 166.053km, was second in 2008 in both the 6H run (57.596km) and the 12H run (105.974km), won the 2010 6H walk (49.1km) and 24H run (172.906km) double and won the 2011 6H Walk (53.784km) and 24H walk (172.593km) double. Has chipped away at the Australian Walk records with an ongoing series of superb walks since then and her walk records now read as follow: 6H (55.865km), 100km (11:36:29), 100 miles (19:53:59) and 24H (190.894km). It is great to see her back at Coburg again after a 4 year absence.
Zakis, Marnie	1974	VIC	I know Marnie from the racewalking world, where she competes in Melbourne. She started running in 2013, never having run a km in her life. She completed the Princes Park 6 Hour Run in 2018 and racewalked the 2020 Virtual Melbourne Marathon half marathon in December 2020. She then turned her sights on Coburg, entering the 2021 6H walk division and winning with a great first up 45.421km. She returned in 2022 for the 12 Hour walk and this year she has upped the ante even further, nominating the 24H walk.
24H Walk Men - 12			
Billett, David	1970	SA	David has 5 Coburg 24H finishes under his belt (2004-2007, 2022), 3 as a runner and 2 as a walker. He continues to amass impressive run and walk stats: around 70 ultramarathons, including 24 24-hour events, 10 48-hour events, 8 six-day races and 7 Coast to Kosciuszko finishes. Wow! He is also a 7 times centurion (walk 100 miles within 24 hours) and is back this time around to make it 8! Two weeks ago, he walked 266.705km in the Sri Chinmoy 48H in Canberra (including over 100 miles in the first 24 hours). Talk about a machine. Welcome back David.
Gregory, Maurice	1957	QLD	Maurice has only a small number of ultra appearances - Ned Kelly Chase 100 (DNF 80km), 2 Bays 56km, Blackall 100km (2021 finished and 2022 DNF 82km). It's great to see him now deciding to challenge himself with the 24H walk.
Hunter, Hugh	1960	VIC	Hugh, who first ran at Coburg way back in 2008, has done a huge number of marathons and ultra races (heading towards 200) throughout Europe/America/Africa and has a 24H Run best of 188 km, set in 2004. Over the years he has challenged himself with events that are off the beaten track, like the Marathon de Sables (254km across the Sahara) and the Yukon Arctic Ultra (300 miles). He shows his Scottish background by competing in a kilt so he is instantly recognizable on the track. Spent nearly 3 years working overseas in the Middle East from 2014 to 2016 (not exactly an ultra running climate) but returned to Melbourne in 2017, adding to his Coburg tally with finishes in the 2017 and 2018 and 2021 Coburg 24H runs. This year, he has swapped to his walking shoes and will do the 24H walk. We welcome him back for his sixth Coburg appearance.
Isaacs, David	1962	VIC	David competed in his first ever ultra at the 2021 Coburg Carnival, walking to a total distance of 107.573km in the 24H division. He was back again in 2022 with 91.300km. He returns this year for his third 24H walk attempt. Welcome back, David!
Kandelaars, Arie	1964	NED	Arie is one of our overseas walkers looking for a centurion walk finish (100 miles) this year. It will be his fourth visit downunder, after falling short of the required total in our 2018, 2019 and 2022 events. It's a case of returning to complete unfinished business. Arie himself has 5 Centurion badges to his credit: African (2016, 23:52:00), English (2017, 23:49:27), NZ (2017, 23:36:29), Continental and USA (2018, 23:52:14). Five badges in quick succession and the aim is to add a sixth one in Coburg 2023.
Keating, Liam	1977	VIC	2019 was Liam's first ever ultra and he threw himself in at the deep end, choosing the 24 Hour walk. He was forced to retire after 68km will return this year (post covid) to complete unfinished business.
Leijtens, Thomas	2001	NED	22 year old Thomas is another of our overseas walkers. Although very young by ultra standards, he has walked 50 miles+ on approx 40 occasions, around 20 of them being 100km+ and 4 of them 100 miles. He has a 50 miles PB of 9:37:30, done in the Netherlands in 2019. An exciting addition to our walking field.
Lewis, Daniel	1977	VIC	Daniel competed in the Coburg 6H run last year, finishing with 49.134km. This year, he has upped the ante with an entry in the 24H walk. As he explains: "While knee issues have cruelled my efforts to run as much I'd like, I've given the middle-aged lycra brigade a wide berth and found enjoyment through the purity of walking. It's also helped me stay connected to my Strava friends – especially those in the ultra-world, a world I've dipped my toes into twice so far through six-hour runs including Coburg last year. For me it's always been about the journey to the starting line – the

			small goals, the weekly routine – and having the 24-hour walk as a goal has helped me to retain focus and, more importantly, kept my mental health in check somewhat. While I haven't yet mastered "fast" walking, I'm quietly confident of going long and giving a good account of myself!" Great stuff"
Ponych, Greg	1966	QLD	Greg has been running ultras since 2012 and has clocked up a lot of interesting finishes in that timeframe. His PBs are 67.598km (6H), 119.477km (12H), 181.712km (24H) and 271.520km (48H). His 48H PB came in the 2020 Butter 48H, which he won. He recorded his 12H PB in our 2021 Coburg Carnival. He also ran in our 2022 12H and returns once again in 2023, but this time as a walker.
Richardson, Saul	1973	NSW	Saul had his first ever long walk at the 2012 Sri Chinmoy 24H in Sydney, completing a good 128.8km. He then became a regular on the ultra scene, amassing walk PBs of 43.492km (6H), 80.800km (12H) and 139.028km (24H). He has 5 previous Coburg appearances and is back again in 2023.
Svensson, Christer	1969	SWE	Christer has been one of Sweden's top walkers, both in racewalking and ultra walking modes, for many years now. He won the Swedish 50km racewalk way back in 1995 (4:26:06) and represented Sweden on multiple occasions in the IAAF Racewalking World Championships in the 50km (1999, 2006 and 2008). He has 3 Centurion badges (Continental C375 2009 22:09:06, English C1110 2013 20:19:28 and US C82 2016 20:14:50) and it will be great to see him in action here in Melbourne. He is still in great shape, as evidenced by his walk distance of 181km in the recent Rouen 28 Hour Walk in France.
Sweet, Paul	1953	VIC	It's always great to see one of our Coburg Harriers team mates in our Coburg Carnival so we welcome Paul back to Coburg 2023. Paul walked to a distance of 132.591km in the 24H walk in the 2022 Coburg Carnival and tells us that he loved everything about the event. So he is back this year for another 24H walk and will be hoping to get even further this time around.
12H Walk Women - 2			
Billett, Lorraine	1945	SA	Lorraine is more normally seen in crewing mode for her son David, who is a regular on the Australian ultra scene. She has, however, dipped her feet into the ultra world on a number of occasions, in both 6H and 12h and 24H walks. In 2017, she decided to see if she could set some W70 Australian walking records and she was successful, reaching 92.105km in the 2017 Coburg 24H. She was back again in 2018, going even further with 101.378km. Last year, she entered our 12H walk and set a new W75 Australian record of 39.192km. She returns again in 2023 to test herself again against the W75 standards.
Fitton, Susan	1969	VIC	Sue tells me that she loves our race so much that she has decided to dip her toes into the ultra world and try the 12H walk this year. Great to see!
12H Walk Men - 4			
Tewari, Anubhav	1982	VIC	Anubhav has done a number of marathons (>30) over the last 15 years and is also a Melbourne Marathon Spartan (10 finishes). He also has a number of ultras under his belt, including the Upstream Challenge 50km, The Tan 50km and the GOT Marathon (45k). He competed at Coburg in the 12H walk last year and is back again in 2023 for more of the same.
Timms, John	1942	VIC	John is a very experienced runner at all distances from 24 hours to 1000 miles and has a 24H best of 170.7km (1994). A regular Colac 6 Day runner in days past (an amazing 12 appearances) and a regular supporter of our Coburg event. Mixes walking with running nowadays and is competing in our event this time in the 12H Walk, in what I think is his 17th Coburg appearance. John might be 80 years of age, but he will give his usual full 100% and could surprise some of the "youngsters". A cancer survivor and as tough as they come.
Watt, Bruce	1939	VIC	Bruce, born in 1939, will be our oldest competitor this year. He ran marathons back in the 70's and 80's (31 in total). he returns in 2023 with the 6H walk. It will be wonderful to see him in action at Coburg and I am sure he will get lots of support from us all.
Wilms, Tony	1961	VIC	Tony has been running ultras since 2014. Ran at Coburg in 2015 when he did both 6H (45.600km) and 24H (134.989km) and again in 2016 (24H 130.356km) and 2017 (24H 120.396km). Also finished the Canberra 48H in 2016 and 2017, as well as the Ned Kelly 100km run. Swapped to the 24H walk at Coburg in 2019 and is back again, after a few years away from the ultra scene, for the 12H Walk. Welcome back Tony! Is keen but self deprecating and regards himself as belonging to the Cliff Young Shufflers school of running!

6H Walk Women - 2			
O'Neill, Karyn	1955	VIC	Karyn first competed at Coburg in 2001, completing 78.4km in the 12 Hour walk. From then on, she has been one of our regulars, contesting both walks and runs and mixing 6H, 12H and 24H. Her last appearance in 2017 was probably her 20th overall (I've lost count). She has 3 centurion 100 mile finishes to her credit (2002, 2003 and 2011), all done at Coburg. This year, she returns after a few quiet years and will have a stroll down memory lane in the 6H walk.
Primasari, Nita	1990	VIC	This will be Nita's first ultra and she says she is looking forward to it. So are we, Nita!
6H Walk Men - 4			
Carter, Ken	1952	VIC	Ken is a regular walk competitor who has been doing our annual Coburg ultra for many years now. He has walk PBs of 32km (6H), 58km (12H) and 60km (24H). This year, he will once again participate in the 6H walk. Good luck Ken!
Haverly, Steven	1959	VIC	Steve does the occasional racewalk here in Melbourne and been saying for some time now that he wanted to try a longer walk. This year's the year. Welcom aboard, Steve.
Sharma, Akshat	2008	VIC	Akshat is usually seen as part of the support crew for his dad Rohit but this year, since Rohit is doing the 6H walk at Coburg, Akshat has decided to swap roles and join in the fun, also entering the walk. At only 15 years of age, he is by far our youngest competitor but we are happy to see him joining us in one of our shorter divisions.
Sharma, Rohit	1976	VIC	Rohit first started with ultras in 2013 and was a regular up until 2019 when he moved to Sydney and other matters intervened. Returning to Melbourne in 2022, he was keen to get back into the ultra world "because I love the pain and struggle", and he competed in 7 of our local ultras that year, including Coburg. He knows Coburg pretty well, having competed here 5 times and tested himself out with the 6H, 12H and 24H runs. He's recovering from a calf injury at the moment so has opted to break new ground with the 6H Walk.

FINANCIAL CATCHUP

Thanks to those members and friends who heeded the call in the last newsletter and who have forwarded donations to the club. The idea is to build the kitty a little in preparation for our polo shirt order.

Incoming	Donation – Geoff Hain	\$100.00
	Donation – Lachlan Wilkinson	\$ 50.00
	Donation – John Kilmartin	\$100.00
	Donation – Ian Valentine	\$ 63.50

If you want to make your donation electronically, our bank details are

BSB Number: 033003
 Acct Name: Australian Centurions Walkers Inc.
 Acct Number: 123947

or you can post a cheque to us (payable to Australian Centurions Walkers Inc.) via the Secretary's address

Tim Erickson
 1 Avoca Crescent, Pascoe Vale, Victoria, 3044

or if you are overseas and use paypal, you can make a payment to paypal account terick@melbpc.org.au and I will make sure it is forwarded into our account.

UNTIL OUR NEXT NEWSLETTER

Another bumper issue with lots of interesting news. Well done to Joffrid and David for their excellent recent walks and good luck to all the walkers at the upcoming Coburg 24 Hour Carnival. I look forward to reporting on proceedings in my next newsletter.

With kind regards

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