

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.

May 27-28, 2023	2023 Continental Centurions 100 Miles Qualifier See https://www.olat.nl/iwe	Eindhoven, 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 Paris-Alsace classic is only a matter of weeks away now. How exciting!

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/>).

THREE CENTURION PERFORMANCES AND A NEW AUSTRALIAN CENTURION



C58 Michelle Thompson 22:16:55



C50 David Billett 23:08:12



C85 Arie Kandelaars 23:28:07

We had 3 centurion performances in our 2023 Australian Centurion qualifying event in Melbourne last month.

The event started at midday on Saturday 15th April and finished 24 hours later at midday on Sunday 16th April. Conditions were amongst the worst we have experienced, with rain for most of the event and with a huge downpour of 30-40mm (just short of 2 inches of rain) in an 8 hour period from around 4PM till around midnight. The downpour was

unrelenting and the track was so inundated that runners and walkers were walking through a veritable rivulet of flowing water. Yet the majority of contestants managed to see out the worst of the storm and plodded on through the night in lighter rain continued to blanket the venue.

The first walker to reach 100 miles was **Michelle Thompson (C58)** who achieved her 7th centurion walk with a time of **22:16:55**. This included an interruption of some 30 minutes when one of the runners collapsed and had to be treated for what looked a potentially serious situation. Michelle, being a qualified nurse, took time off the track to help with the patient while Ambulance Victoria was called and until the man was taken off to hospital.

The next walker to reach the milestone was **David Billett (C50)** who achieved his 8th centurion finish with **23:08:12**. This came only 3 weeks after his Canberra 48 Hour walk, in which he walked 100 miles during the first 24 hours. What an effort.

The third walker to reach the milestone was Dutchman **Arie Kandelaars** who became **Australian Centurion C85**, with a time of **23:28:07**. It was Arie's fourth trip to Australia in search of our centurion badge, after falling short of the required total in our 2018, 2019 and 2022 events. It was a case of returning to complete unfinished business. Arie already had 5 Centurion badges to his credit: African (2016, 23:52:00), English (2017, 23:49:27), NZ (2017, 23:36:29), USA (2018, 23:52:14) and Continental (2021, 23:21:20). Finally an Australian Centurion badge to take his tally to six.

We welcome Arie to our ranks as our newest Australian Centurion. I will be reporting in depth on Arie's career in our next newsletter.

2023 COBURG 24 HOUR CARNIVAL, COBURG, VICTORIA, 15-16 APRIL 2023

The big news in this issue of the newsletter is the successful completion of our 2023 Australian Centurions qualifier, held in conjunction (as usual) with the annual Coburg 24 Hour Carnival which saw a record entry list of 145 athletes (126 runners and 29 walkers). Not everyone makes it to the start line each year and 2023 was no exception, with 132 athletes lining up – which was still our biggest ever field.

The Carnival boasted a variety of events – 24 Hour Run and Walk, 12 Hour Run and Walk, 6 Hour Run and Walk and Marathon Run – and saw us playing host to the AURA Australian 24 Hour Track Championships.

Conditions were windy as the event got underway at midday on the Saturday, with full cloud cover and the threat of rain. This threat soon turned to reality, with heavy rain settling in around 5PM. With the wind now ceasing, a huge low pressure settled over Melbourne, dumping between 30mm and 40mm of rain onto competitors and support crews over the next 8 hours. When it finally eased around 1AM and settled into an intermittent drizzle, the damage was done and the attrition rate had been significant.

You can read the full meet report and view all the results at <http://www.coburg24hr.org/24hr/history/2023-coburg-24h/>. For my part, I will concentrate on the walk divisions.

The 24 Hour Walk included 2 women and 11 men, and it was one of the women who set the pace right from the start and was never headed. Former Coburg walk and run winner and Australian walk record holder **Michelle Thompson (C58)** was in a class of her own, striding confidently through to reach her 100 mile mark in 22:16.55. That included about 30 minutes off the track helping look after one of the runners after he collapsed, but her lead was significant and no one was going to catch her. She retired at that point, task accomplished.

The men's walk field boasted 3 internationals, **Arie Kandelaars** and **Thomas Leijters** of the Netherlands and **Christer Svensson** of Sweden, and it was Arie who took the win with 165.799km. He reached his 100 mile target in a time of 23:28:07 to become **Australian Centurion 85**. **David Billett (C50)** had reached that milestone ahead of Arie, his time being 23:05:12, but he called it quits then, allowing Arie to take the overall win. Although Christer had a bad day at the office, he still managed to take third spot with 126.742km, just ahead of **Paul Sweet** with 123.263km.

24 Hour Walk Women

- | | | | |
|----|-------------------------|-----|------------|
| 1. | Michelle Thompson (C58) | VIC | 160.934 km |
| 2. | Marnie Zakis | VIC | 120.216 km |

24 Hour Walk Men

- | | | | |
|----|-----------------------|-----|------------|
| 1. | David Billett (C50) | SA | 165.799 km |
| 2. | Arie Kandelaars (C85) | NED | 160.934 km |
| 3. | Christer Svensson | SWE | 126.742 km |
| 4. | Paul Sweet | VIC | 123.263 km |

5.	David Isaacs	VIC	101.130 km
6.	Liam Keating	VIC	91.128 km
7.	Daniel Lewis	VIC	70.368 km
8.	Greg Ponych	QLD	61.906 km
9.	Hugh Hunter	VIC	50.327 km
10.	Thomas Leijtens	NED	45.873 km
11.	Maurice Gregory	QLD	41.419 km

Three walkers completed 100 Miles (160.934km) within the requisite 24 Hours.

C58	Michelle Thompson	VIC	22:16:55
C50	David Billett	SA	23:05:12
C85	Arie Kandelaars	NED	23:28:07



Michelle, Arie and David after completing their hundreds

The 24 Hour Carnival also hosted the Racewalking Australia 100km walk championships, with placings as shown

RWA 100km Walk Championship Women

1.	Michelle Thompson	VIC	12:56:13
2.	Marnie Zakis	VIC	17:55:58

RWA 100km Walk Championship Men

1.	David Billett	SA	13:45:51
2.	Arie Kandelaars	NED	14:11:54
3.	Christer Svensson	SWE	16:56:51

The meet also included 12 Hour and 6 Hour Run and Walk and Marathon Run Championships. The Marathons started at midday on Saturday, the 12H races started at 6PM on Saturday while the 6 Hour races started at 6AM on the Sunday morning.

The shorter walks were won by **Elizabeth Smith** (NSW), **Bruce Watt** (VIC), **Karyn O'Neill (C 45)** (VIC) and **Rohit Sharma** (VIC). Our challenge remains to attract bigger fields for these events, which continue to be under subscribed.

12 Hour Walk Women

1.	Elizabeth Smith	TAS	65.409 km
2.	Susan Fitton	VIC	61.263 km
3.	Elise Hess	VIC	54.279 km
4.	Lorraine Billett	SA	34.293 km

12 Hour Walk Men

1.	Bruce Watt	VIC	73.580 km
2.	John Timms	VIC	58.017 km
3.	Anubhav Tewari	VIC	25.391 km
4.	Tony Wilms	VIC	12.024 km

6 Hour Walk Women

1.	Karyn O'Neill (C45)	VIC	42.972 km
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6 Hour Walk Men

1.	Rohit Sharma	VIC	40.797 km
2.	Albin Hess	VIC	39.582 km
3.	Akshat Sharma	VIC	31.773 km
4.	Kev Johnson	VIC	30.499 km
5.	Steven Haverly	VIC	28.086 km
6.	Ken Carter	VIC	22.660 km

The walk perpetual trophies were awarded as follows

Jim Gleeson Trophy: **Michelle Thompson (VIC) and David Billett (SA)**
Gordon Smith Trophy: **Arie Kandelaars (NED)**

Some walkers need special mentions

- Melbourne racewalker **Marnie Zakis**, in her first ever 24H walk, did well to see it through to the end with a final distance of 120.216km. She had done the 6H walk in our 2021 event and the 12H walk in our 2022 event. A nice progression and one to watch in future years.
- **Paul Sweet** walked to a distance of 132.591km in the 24H walk in the 2022 Coburg Carnival and returned this year, hoping to get even further. And I think the only thing that stopped him was the bitter weather. He still walked to 123.263 km, a promising performance.
- **David Isaacs** was another local Melbourne athlete with a story. He had 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 returned this year for his third 24H walk attempt and reached 101.130km. Again, he was adversely impacted by the conditions but soldiered on.
- **Bruce Watt**, the winner of the 12 Hour Walk, deserves special mention. Bruce, born in 1939 and aged 82 years, was our oldest competitor. He ran marathons back in the 70's and 80's (31 in total) and decided to have a walk with us in 2023. He had no serious expectations but surprised us all, and perhaps himself, with a final distance of 73.580 km. This was less than 4km behind Stan Miskin's M80 record of 77.492 km and ranks him second only to Stan in our M80 ranking lists.

1.	Stan Miskin	M80 12 Hours	77.492 km	Coburg, VIC	22/04/2006
2.	Stan Miskin	M80 12 Hours	74.007 km	Gosford, NSW	08/01/2006
3.	Bruce Watt	M80 12 Hours	73.580 km	Coburg, VIC	16/04/2023
4.	Stan Miskin	M80 12 Hours	63.200 km	Colac, VIC	26/11/2005

What an excellent first up. I was impressed.

- **Elizabeth Smith** started running in 2015 after recovery from cancer. Her motto is "slow and steady"! She completed 171.060km in the 2019 Adelaide 48H so she is not scared of the longer challenges. She won the women's 12H walk here at Coburg with 65.409km.
- **Karyn O'Neill (C45)** was our fastest 6H walker with 42.972km. No preparation, just a case of turn up on the day and be part of the experience. Well done Karyn!
- **Pramesh Prasad (C 81)** was in action in the men's 6H Run, finishing 2nd with a big PB of 75.485km.



David Isaacs, Marnie Grace, Paul Sweet and Christer Svensson



Bruce Watt, Thomas Leijtns, Arie Kandelaars, Michelle Thompson and David Billett

OUT AND ABOUT

- Belgian based Australian Centurion **Kim Janssens (C76)** ticked off what is a huge bucket list item for many ultra athletes when, in April, he completed the Marathon de Sables. First held in 1986, the Marathon des Sables (French for Marathon of the Sands), also known as Sahara Marathon, is a six-day stages race over 250km (approximately the distance of six regular marathons). This multiday race is held every year in southern Morocco, in the Sahara Desert, and it is regarded as one of the toughest foot races on Earth. Here's what Kim had to say:

I thought it was a huge challenge, heavier than anything I've ever put out in my life. After almost every stage I arrived exhausted but also managed to draw a lot of strength from my new, good comrade Gaëtan!! I thank everyone for the encouraging messages I received and especially my closest friend Sanneke who always believed in me to bring home that medal!

If you want to see the truly unrelenting nature of the terrain, check out this video from Kim's facebook feed:
<https://www.facebook.com/100021792369591/videos/pcb.1415735742496158/1330449340834886>

I think an effort like this deserves a few photos:



- In case you haven't been following the ongoing cycling adventures of **Justin Scholz (C61)** and **Sharon Scholz (C63)** as they circumnavigate the globe, today was day 85 of their journey through Ethiopia, Sudan and Kenya. The photo captures them at Nanyuki in Kenya.



Justin comments:

Walked to the equator and took the obligatory photos and considered for just a moment what it meant to be here. It's the first time we have ever crossed this imaginary line by means other than aircraft. And for a brief time, we had changed season from spring to autumn.

LE 6 JOURS DE FRANCE, VALLON-PONT-D'ARC, FRANCE, 15-23 APRIL

The 17th edition of *Le 6 Jours de France* was held from 15-23 April and featured run and walk divisions. Of course, it's the walk division we are going to zoom in on. First though, a bit of history on this event. Here's the website race blurb:

The 6 Days of France, a 144-hour pedestrian event, was created by Gérard Cain 18 years ago in Antibes. A unique event in France, it brings together around a hundred athletes, runners and walkers, from around twenty countries. The event is labeled by international sports bodies, the IAU and national bodies, the FFA. It is followed every year in more than 80 countries thanks to a live video broadcast on the internet. 144 hours of effort, perseverance and surpassing oneself, in a spirit of sharing, mutual aid and conviviality between athletes and volunteers. The goal for everyone is to cover the greatest distance by running or walking.

Like last year, the event took place in the Ardéchois campsite, a 5-star campsite in the French town of Vallon Pont d'Arc. The 1131.28m course is completely flat and paved, conducive to good performances.

There are a couple of event websites (<https://www.6jours-de-france-gerard-cain.fr/> and <https://www.facebook.com/ultrarunningorganisation/>) but a better link for getting the results is https://statistik.d-u-v.org/search_event.php?sname=6+Jours+de+France. Let me start with the 6 Day Walk results

1.	MC CHESNEY, Richard	M	NZL	628	711,299 km	143:45:26
2.	DELANGE, Dominique	M	FRA	574	650,192 km	143:49:37
3.	PAVONE, Fabrizio	M	FRA	571	646,544 km	143:54:48
4.	ARNAULT, Jacques	M	FRA	542	613,168 km	143:59:17
5.	BIZARD, Claudie	F	FRA	535	605,900 km	143:52:05
6.	BIET, Christophe	M	FRA	533	603,082 km	142:34:11
7.	PINEAU, Laurent	M	FRA	510	577,008 km	143:59:07
8.	MAILLOT, Marc	M	FRA	495	560,074 km	143:40:00
9.	MAJETIC, Ivo	M	USA	488	552,386 km	143:55:36
10.	POTHET, Didier	M	FRA	474	536,831 km	143:54:10
11.	FREYBURGER, Sabrina	F	FRA	472	534,800 km	143:48:08
12.	LINARD, Benoit	M	FRA	459	519,841 km	143:54:03
13.	ARNAULT, Françoise	F	FRA	430	486,465 km	143:59:16
14.	CLEMENT, Philippe	M	FRA	410	463,761 km	137:51:47
15.	ODOUARD, Dominique	M	FRA	395	447,570 km	143:49:05
16.	ROSELLO, Frédéric	M	FRA	393	444,593 km	143:50:27
17.	VELLY, Christian	M	FRA	365	413,652 km	143:50:36
18.	KOELL, François	M	FRA	329	373,202 km	143:46:31
19.	ROBERT, Jean-pierre	M	FRA	320	362,045 km	143:54:54
20.	BIRAUD, Sylvie	F	FRA	304	343,967 km	143:59:04
21.	GIORIA, Stéphane	M	FRA	300	339,398 km	143:32:27
22.	CRILLEY, Kathy	F	GBR	267	302,757 km	143:52:28

New Zealand's **Richard McChesney** dominated the walk, finishing with a huge PB of 711.299 km and recording the second longest distance overall, behind run winner Bob Hearn of the USA, who finished with 758.366 km.

Richard had announced his intentions via his facebook feed just before the gruelling event started

When I first learned about six-day race-walking I set a goal to walk 700km in six days. At the time only four people had achieved that distance. Eight years later and six people have now beaten the 700km barrier - but not me. Not yet - 667km last year is my best result. But in less than an hour I'll have another attempt. This time I'm in the best condition of my life - both mentally and physically) and the weather forecast is the best it's been for any of my attempts.

He lived up to his own expectations, covering 166.351 km in the first 24 hours and then managed in excess of 100km each day from then on, to finish with 177.299 km.

Day	Daily Distance	Progressive Distance
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Day 1	166.235 km	166.351 km
Day 2	104.077 km	270.329 km
Day 3	111.997 km	382.326 km
Day 4	104.077 km	486.403 km
Day 5	108.472 km	594.875 km
Day 6	117.441 km	711.299 km

Here are Richard's comments post event

Thanks everyone for your support over the last six days. Most people reading this might think that what I've just achieved is a solo achievement but that couldn't be further from the truth. All I did was the walking. Sarah Lightman managed and delivered on every other aspect of what went into this project this week, from providing me with food every 30 minutes to washing clothes, making sure I always had appropriate clothing as we moved from warm days to cold nights or when it rained. And much more. Without Sarah I would not have achieved the results I did. And my wife, Ruth McChesney supported me through the training that got me to the start line. This was NOT a solo effort. Thanks Sarah and Ruth - and also many other people who have helped me.

And now a quick summary of results:

- *New NZ and Commonwealth six-day race-walking record.*
- *Fourth best distance recorded in a six-day modern race-walking event.*
- *no person older than me has walked further in a six-day event*
- *I won the race in the walking division and finished second overall*
- *I beat the world record holder for the second consecutive year. 2-0 to me on that count.*
- *New NZ 500KM race-walking record*
- *New NZ 48 hour race-walking record*
- *New NZ M50-54 age group 200km record*
- *I think there may also be some NZ ultra- runner age group records in there too.*

Total distance walked - 711.299km (442 miles)

Total time off the track (excl short toilet breaks) 17 3/4 hours. Last year I was off the track for 30 hours.

Total sleep 8 1/2 hours - mostly in 20 minute power-naps. I think I underdid the sleep this time.










Richard in action



Richard with run winner Bob Hearn

Finally, I note that **Sandra Brown (C36)** finished 16th in the 6 Day Run with a distance of 556.177km. Not to shabby at all for a W70 athlete. I am sure that Sandra will update us on her run in time for the next newsletter. Her husband Richard was also in action, finishing 18th in the run with 526.764km, just so impressive for an M75. What an amazing couple!

We now have 7 walkers who have done in excess of 700km in 6 Days, with Richard in 4th spot.

Marca	Atleta	Nacionalidad	Lugar	Fecha
786,744 km	Ivo Majetic	 Estados Unidos	Balatonfüred	9 de mayo de 2018
752,271 km	Dominique Bunel	 Francia	Privas	8 de agosto de 2015
744,176 km	John "Paddy" Dowling	 Irlanda	Stoke on Trent	26 de mayo de 1984
711,299 km	Richard McChesney	 Nueva Zelanda	Vallon Pont d'Arc	21 de abril de 2023
710,060 km	Christian Mauduit	 Francia	Privas	25 de octubre de 2014
703,133 km	Daniel Duboscq	 Francia	Privas	8 de agosto de 2015
701,892 km	Alain Grassi	 Francia	Antibes	12 de junio de 2010

A NEW BOOK FOR US ALL



Readers of this newsletter will remember my 2021 article on early twentieth century English girl walker **Lilian Salkeld** (see <http://www.vrwc.org.au/tim-archive/articles/wo-Lilian%20Salkeld.pdf>). I am pleased to see a follow up, in the form of a book by English statistician John Brant. Here is what John has to say about his latest publication.

Hello all

My latest book has gone to the printers. It is a response despite many attempts to communicate with an author and a recent book which failed to discuss the walkers/runners of the 1920-1939 with any depth. Indeed writing "There were not any headlines".

If you know all about Lilian Salkeld, Winnie Moore, The Manchester to Blackpool female walks and many others, the Cuzares and Pacienca running their marathons in 1927 in the USA and the full accounts of those, Gazella Weinreich who long long before Gibb and Switzer participated in an official USA Championship 50km walk and the infamous Ada Edwards, made of good Manchester stock, and the others marathons from London to Brighton and the prosecution trial afterwards which in itself is worth reading as no one is going to get the better of the Edwards. My co-author has written an excellent full account of the Mothers Marathon from London to Brighton in 1923, the Perth to Dundee walks in the 30's which were covered as fast as Piercey's marathon or rather non marathon of 1926, and other long distance Scotland walks The little book 48pp is an expansion and includes many photos of the ladies. The front of the little book is attached. There were many headlines in the years covered!

If you would like a copy, it is £10 GBP including postage. If you live outside GBR please let me know and I will advise the revised costings.

Best wishes

John W Brant
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I have ordered my copy!

FINANCIAL CATCHUP

Thanks to those who forwarded donations to the club in the last month. The idea is to build the kitty a bit more in preparation for our polo shirt order.

Incoming	Joffrid Mackett - Donation	\$50.00
	Stuart Cooper - Donation	\$100.00
Outgoing	RWA Annual Membership Payment	\$86.00
Balance		\$1,796.74

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 and an exciting one, in which we welcome our newest Australian Centurion Arie Kandelaars (C86). Coburg was a memorable event this year, what with the challenging conditions, but as usual our walkers showed great fortitude and saw it out to the finish. Well done everyone.

With kind regards

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