

CENTURION FOOTNOTES

JUNE 2023 – VOL 30 NUMBER 5

*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

Two more centurion qualifiers to go this year, along with the usual sprinkling of other interesting long distance walks. As always, check the AURA calendar for any Australian ones (<https://www.aura.asn.au/2023-aura-calendar-of-events/>).

Jun 24-25, 2023	24 Heures de Marche de la Haute Saintonge See https://www.24heuresdemarche.com/	Montguyon, FRA
Jun 30 onwards, 2023	Swedish Fotrally (https://www.fotrally.se/)	Mariefred, SWE
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

OUT AND ABOUT

Happy birthday to **Mike Porter (C9)**, our oldest living Australian Centurion. Mike, who was born 6th June 1925, and has just turned 98 years of age. Mike qualified back in 1975 at the George Knott Athletics Track in Clifton Hill (Melbourne). Mike and I were chatting on the email just a couple of weeks ago and here is what he had to say

Hi Tim Sorry I have not been down lately for any activities. I am still mobile but eye sight not so good so have to watch where I plant my feet. I still make a 30 minute walk each day but slow, 15 min per K. Good to read the news each month and glad the club is in good hands. I have just posted \$100 and called it subs. My best wishes to all the walkers and yourself and family. Wishing I could join in for a lap or two. Ahh the good old days. Memories!

I was recently alerted that I had missed out on recognising a new Australian Masters walking record, dating from our 2023 Coburg 24 Hour Carnival. **Karyn O'Neill (C45)** surprised herself with a 6 Hour Walk distance of 42.972km to set a new W65 record. Well done Karyn and apologies for missing it.



2009: Centurions Ken Walters, Ian Jack, Mike Porter, Terry and Karyn O'Neill, Stan Miskin, Clarrie Jack, Tim Erickson

Justin Scholz (C61) and **Sharon Scholz (C63)** continue their cycling adventures in Africa. May 30th marked 12 months since they embarked on their big ride. What a milestone - one year travelling by bicycle. Here is how Justin summed it up.

19,374km on the bikes. "Happyish" for the first nearly 4000km, then "Happier" since collecting her in the UK. 3,108km by foot, mostly walking. And 148 strength sessions of 20 – 22 minutes each.

Break all that down, and it works out to be nearly right on 4 hours per day of fitness activities. That's about what Shaz and I were hoping for, knowing that the approximately 6 hours per day we averaged when cycling around Australia for 6 months was too much. 4 hours, and with less cycling and more walking and strength work feels sustainable.

We started in Amsterdam, and spent nearly 6 months in Europe and the UK before arriving in Morocco, Africa. From there to Cairo, south along the Nile and into Ethiopia. Further south, and here we are in Uganda. It feels normal and reasonable enough now, but before we started we had quite some apprehension about Africa. It's still not easy as such, but we do generally feel comfortable here and are looking forward to the next leg of the journey.

So far; 18 countries. The Netherlands, Belgium, Germany, Luxembourg, France, Switzerland, Liechtenstein, Austria, England, Scotland, Spain, Portugal, Morocco, Egypt, Sudan, Ethiopia, Kenya and Uganda. We're not specifically trying to hit all or as many countries as possible, but it is nice to keep a tally.



Justin and Sharon Scholz at the Ugandan Olympic Headquarters in Kampala

DAVID BILLETT CLOCKS UP ANOTHER CENTURION WALK IN ADELAIDE

David Billett (C50) was in action in the The Adelaide 24 Hour Festival (<https://adelaide24hourfestival.com.au/>) at the 'Uni Loop' in North Adelaide on the weekend of 10-11 June. Starting on War Memorial Drive in Adelaide North and held on a 2.2km park course, the carnival featured 6 Hour, 12 Hour and 24 Hour options and attracted good fields.

David was hoping to add yet another centurion finish to his list of achievements and he did just that, reaching the 100 mile walk mark in 23:55:46. Here is now he described his latest walk.

I had a whole four minutes and 14 seconds to spare. This qualifies as my closest centurion walk – surpassing my debut in 2005 in which I had 7:33 remaining. In Canberra this year, I left things a bit late as well, only 8:42 to go until the end of the first 24 hours on that occasion!

It was certainly a difficult track on which to race-walk. As you may know, I have competed in all twelve Adelaide 24 Hour events, reaching 100 miles every time. However the previous eleven were as a runner. I felt that there may have been a bit more slippage under the foot – it seemed far more noticeable with so much walking. I will have to ask Justin Scholz (the only other Centurion finisher on this track) what he thought of it. Here are my significant splits

Marathon	5:38:31
Six hours	44.96km
50km	6:39:30
50 miles	11:24:xx
Twelve hours	84.50km
100km	14:24:xx
100 miles	23:55:46

As you can see – quite tight all the way through!

For the record, here are David's nine centurion qualifiers. After finishes in 2004, 2013 and 2019, he has added six further 100 mile walks in the last 15 months. Now that is an impressive stat.

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
23:51:18	24-15 Mar 2033	AIS Athletics Track, Canberra, ACT
23:05:12	15-6 Apr 2023	Coburg Harriers Track, Coburg, Victoria
23:55:46	10-11 June 2-023	Adelaide, SA

SABINA HAMATY SETS NEW AUSTRALIAN WOMEN'S 200KM AND 48 HOUR WALK RECORDS

Well known ultra distance runner **Sabina Hamaty** was also racing against the clock in the Southern Sydney 48 Hour Run (<https://southernsydney24hourultra.com.au/>) on that same weekend.

Sabina, who has been running ultras since 2009, has competed at our Coburg 24 Hour Carnival on 4 occasions (2012-2015) and won our women's 24H run in 2012 with 184.908km. She is one of our top female ultra runners with PBs of 192.499km (24H) and 310.507km (48H). She has never competed as a walker before and contacted me earlier this year to setup her attempt at the Australian 48 Hour walk record in the Sydney race.

As I could not be there (I was in Canberra at our big annual racewalking carnival), I organised for fellow centurion **Anyce Melham (C65)**, along with race director Stephen Redfern, to act as adjudicators and verify her walk performance. With their full tick of approval, I can now announce that Sabina was successful, walking to a new Australian 48 Hour Walk record distance of **250.820km**. I am still waiting for her lap splits but I am also pretty sure she will have also bettered our women's 200km walk record as well. Here is what she had to say post event.

Well! I did it! I got to 200 km just before the 36 hour mark (200 km record) and completed over 250 km for the full 48 hr. My feet are a complete mess but the rest of me is OK. To be honest that was harder than I thought it would be. My back just suddenly went in the last hour and I could barely stand upright. I came off the track an hour early but would not have achieved much more if I had stayed

Also just so you know my Achilles was fine so I am going to enter the 6 day race in Adelaide in October and I intend to walk it and hopefully get the 500 km record and the 6 day record. I'll let the race director know

Anyce's sums things up nicely.

Sabina performed magnificently in cold conditions on both nights. Her performance was gritty. Congratulations on achieving record breaking milestones.

There was an additional walker in action, with NSW athlete **Simon Darlow** competing in the 24 Hour event. Simon also had my blessing to attempt the walk. He started well but unfortunately recent health issues derailed his brave attempt at a Centurion result. He had to retire after 74.500km.

48 Hour Run (First 10 finishers)

1.	SIMONE BORDIN	275.400 km	F	F40
2.	DALE PAUL	270.600 km	M	M45
3.	PERRY NEWBURN	270.600 km	M	M65
4.	SABINA HAMATY	250.820 km	F	F50
5.	THOMAS YOUNG	241.220 km	M	M25
6.	ANYCE MELHAM	217.492 km	M	M65

- | | | | | |
|-----|-------------------|------------|---|-----|
| 7. | STUART KARTSOUNIS | 212.420 km | M | M25 |
| 8. | AMELIA GRIFFITH | 208.000 km | F | F40 |
| 9. | ANDREW MEAGHER | 196.020 km | M | M50 |
| 10. | ZED ZLOTNICK | 184.820 km | M | M55 |



Sabina and Anyce in action in the Southern Sydney 48 Hour Race (photos from event facebook page)

48 HOUR WALK STATS

With new Australian 48 Hour records this year by Joffrid Mackett (C82) and Sabina, it's time for a 48 Hour Ranking list update.

48H World Best Men	State	Age	Type	Race	Date
319.609 km John Dowling	Ireland	53	T	Nottingham, England	31 Jul – 2 Aug 1983

48H Australian Best Men	State	Age	Type	Race	Date
294.973 km Joffrid Mackett	ACT	52	T	Aust 48H Champ, AIS, Canberra, ACT	24-26 Mar 2023
283.500 km Barry Loveday	VIC	34	T	Aust 48H Champ, Caboolture, QLD	27-29 Jul 2012
280.203 km Peter Bennett	QLD	54	T	Aust 48H Champ, Caboolture, QLD	31 Jul – 1 Aug 2010
275.673 km David Billett	SA	48	T	Aust 48H Champ, AIS, Canberra, ACT	15-17 Mar 2019
273.861 km Peter Bennett	QLD	58	T	Aust 48H Champ, Caboolture, QLD	24-26 Jul 2014
272.114 km Peter Bennett	QLD	57	T	Aust 48H Champ, Caboolture, QLD	19-21 Jul 2013
266.705 km David Billett	SA	52	T	Aust 48H Champ, AIS, Canberra, ACT	24-26 Mar 2023
263.717 km David Billett	SA	52	R	Adelaide 6 Day Race, Adelaide, SA	2-8 Oct 2022
257.877 km Deryck Skinner	SA	73	T	Aust 48H Champ, Runaway Bay, QLD	12-13 Aug 2006
250.316 km David Billett	SA		T	Aust 48H Champ, AIS, Canberra, ACT	25-27 Mar 2022
240.033 km Andrew Ludwig	QLD	42	T	Aust 48H Champ, Caboolture, QLD	29-31 Aug 2008
238.811 km Deryck Skinner	SA	75	T	Aust 48H Champ, Caboolture, QLD	29-31 Aug 2008
230.89 km Louis Commins	NSW	58	T	Aust 48H Champ, Runaway Bay, QLD	11-12 Aug 2007
230.307 km John Harris	QLD	51	T	Aust 48H Champ, Bribie Island, QLD	19-21 Jul 2002
230.250 km Gerald Manderson	NZL	66	T	Aust 48H Champ, Caboolture, QLD	31 Jul – 1 Aug 2010
229.32 km Peter Waddell	ACT	68	T	Aust 48H Champ, Maryborough, QLD	20-22 Aug 1999
227.515 km David Billett	SA	35	T	Aust 48H Champ, Runaway Bay, QLD	12-13 Aug 2006
226.0 km Norm Morriss	NZL	55	T	Aust 6 Day Race, Colac, VIC	15-17 Nov 1996
221.680 km John Harris	QLD	50	T	Aust 48H Champ, Bribie Island, QLD	20-22 Jul 2001
219.2 km Gerald Manderson	NZL	55	T	Aust 6 Day Race, Colac, VIC	15-17 Nov 1999
218.643 km Justin Scholz	VIC	44	R	EMU 6 Day Race, Hungary	9-15 May 2019
205.915 km Joffrid Mackett	ACT	51	T	Aust 48H Champ, AIS, Canberra, ACT	25-27 Mar 2022
205.113 km Stan Miskin	VIC	76	T	Aust 48H Champ, Bribie Island, QLD	19-21 Jul 2002
204.049 km Louis Commins	NSW	59	T	Aust 48H Champ, Caboolture, QLD	29-31 Aug 2008
202.42 km Craig Welsh	NZL	44	T	Aust 48H Champ, Runaway Bay, QLD	11-12 Aug 2007
197.669 km Simon Butterworth	ACT	47	T	Aust 48H Champ, AIS, Canberra, ACT	18-20 Mar 2016
193.222 km Neil Armstrong	ACT	?	T	Aust 48H Champ, AIS, Canberra, ACT	17-19 Mar 2017
192.8 km Peter Waddell	ACT	66	T	Aust 6 Day Race, Colac, VIC	16-18 Nov 1997
187.065 km Justin Scholz	VIC	44	T	Aust 48H Champ, AIS, Canberra, ACT	15-17 Mar 2019
182.0 km Stan Miskin	VIC	78	T	Gold Coast 48H Carnival, QLD	23-24 Aug 2003
180.3 km * Stan Miskin	VIC	78	T	Aust 6 Day Race, Colac, VIC	16-18 Nov 2003
176.076 km Robert Osborne	NSW	64	T	Aust 48H Champ, AIS, Canberra, ACT	15-17 Mar 2019
176.00 km Fred Brooks	VIC	71	T	Aust 48H Champ, Runaway Bay, QLD	12-14 Aug 2005
174.562 km Robert Osborne	NSW	63	T	Aust 48H Champ, AIS, Canberra, ACT	15-17 Mar 2018
174.4 km Stan Miskin	VIC	80	T	Aust 6 Day Race, Colac, VIC	20-22 Nov 2005
172.487 km Albin Hess	VIC	62	R	Adelaide 6 Day Race, Adelaide, SA	2-8 Oct 2022
163.843 km David Attrill	NSW	70	T	Aust 48H Champ, AIS, Canberra, ACT	15-17 Mar 2018
147.7 km Stan Miskin	VIC	81	T	Aust 48H Champ, Runaway Bay, QLD	12-13 Aug 2006

48H World Best Women	State	Age	Type	Race	Date
294.113 km Ann Sayer	England	46	T	Nottingham, England	11-12 Apr 1982

48H Australian Best Women	State	Age	Type	Race	Date
250.820 km Sabina Hamaty	NSW	54	T	Southern Sydney 48H, Sydney, NSW	10-12 Jun 2023
236.703 km Linda Christison	NSW	56	T	Aust 48H Champ, AIS, Canberra, ACT	17-19 Mar 2017
236.703 km Heather Christison	NSW	52	T	Aust 48H Champ, AIS, Canberra, ACT	17-19 Mar 2017
219.496 km Linda Christison	NSW	55	T	Aust 48H Champ, AIS, Canberra, ACT	18-20 Mar 2016
219.496 km Heather Christison	NSW	51	T	Aust 48H Champ, AIS, Canberra, ACT	18-20 Mar 2016
211.48 km Kerrie Hall	QLD	38	T	Aust 48H Champ, Maryborough, QLD	20-22 Aug 1999
204.405 km Kerrie Hall	QLD	41	T	Aust 48H Champ, Bribie Island, QLD	20-22 Jul 2001
182.4 km * Deborah de Williams	VIC	35	T	Aust 6 Day Race, Colac, VIC	21-23 Nov 2004

* In the annual Australian 6 Day Race at Colac, hardcopies of the leaderboard were printed each hour and distributed to the runners and crews. In a number of cases, this allowed walkers to claim 48 Hour distances. Although these were generally accepted for ranking purposes, they must in some cases be considered “provisional” as they may not have always undergone rigorous post-race verification.

2023 RECORD REFRESH

Now for a quick review of the new Australian records set so far this year, compliments of **Joffrid Mackett (C83)**, **Karyn O'Neill (C 45)** and **Sabina Hamaty**. And hopefully more to come as the year progresses.

Joffrid Mackett	48 Hours Walk	Open All Comers and Residential	294.973 km	Canberra	25-27 Mar 2023
Joffrid Mackett	48 Hours Walk	M50 All Comers and Residential	294.973 km	Canberra	25-27 Mar 2023
Karyn O'Neill	6 Hours Walk	W65 All Comers and Residential	42.972 km	Coburg	15-15 Apr 2023
Sabina Hamaty	48 Hours Walk	Open All Comers and Residential	250.820 km	Sydney	10-12 Jun 2023
Sabina Hamaty	48 Hours Walk	W50 All Comers and Residential	250.820 km	Sydney	10-12 Jun 2023

2023 CONTINENTAL CENTURIONS 100 MILES QUALIFIER, EINDHOVEN, NED, MAY 27-28, 2023

The Continental Centurions held their annual qualifying walk on the weekend of 27-28 May in the Dutch city of Eindhoven (see <https://www.olat.nl/iwe>).

31st OLAT International Walking Event

The OLAT International Walking Event is always held on the Pentecost weekend from Saturday to Sunday. This year, that meant the weekend of 27-28 May. Although attendances have not yet fully returned to pre-COVID levels, the numbers were still good. The new 2 mile course in and around the Eef Kamerbeek Athletics Track in Eindhoven was fast and flat, with excellent facilities throughout the races.

Unfortunately, the event coincided with the first hot day of the year in the Netherlands. When things got underway on the Saturday afternoon with the 100 Miles and 50km walks, it was already super hot and the walks did suffer. Many more than usual were forced to stop in the 100 Mile walk, but **Rogier Noldus** powered through to win with 20:25:56 and take the first of 3 new Continental Centurion badges (C496). Overall, 8 walkers completed the full 100 mile distance, with **Marco van Heel** (C497 23:17:38) and **Arjan Bogerd** (C498 23:51:38) also joining this elite club with first time finishes. C364 Wilma Driessen was the first of the women to finish, with a time of 21:54:17.

100 Mile Walk

1.	Rogier Noldus	160,934 km	20:25:56	C496
2.	Remy van den Brand	160,934 km	21:16:10	C433
3.	Wilma Driessen (F)	160,934 km	21:54:17	C364
4.	Frank van der Gulik	160,934 km	22:15:23	C343
5.	Chris Van Cauwenberghe	160,934 km	22:41:53	C411
6.	Jantinus Meints	160,934 km	23:05:10	C388
7.	Marco van Heel	160,934 km	23:17:32	C497
8.	Arjan Bogerd	160,934 km	23:51:38	C498
	Rageni Goeptar-Sewnarain (F)	142,422 km	24:01:25	
	Remco Luhrman	125,529 km	18:05:29	
	Roelof Otten	119,091 km	18:29:47	
	Joop Keetman	118,272 km	24:03:45	
	Malika Zerifi (F)	112,654 km	14:37:07	C474
	Laurens van Engelen	112,654 km	17:34:47	
	Wilko Koster	112,654 km	19:30:25	C459
	Ilona Klinkendon (F)	109,435 km	15:09:45	C345
	Jenny Bergs (F)	109,435 km	15:33:05	C361
	Jan Dinnissen	106,216 km	18:06:23	
	René Beukema	106,216 km	18:37:33	
	Peter Drenth	106,216 km	19:35:31	
	Shah Sailash	95,323 km	24:03:22	
	Guido Vermeir	86,904 km	11:15:00	C380
	Boetje Huliselan	80,467 km	11:17:18	C315
	Arie Pieter Klootwijk	80,467 km	12:50:24	C387
	Frans Leijtdens	70,811 km	10:02:37	C256
	Eric Pruydt	45,062 km	5:48:14	
	Geert Peeters	41,843 km	5:30:18	
	Remy Levink	28,968 km	4:39:41	

Many of the walkers chose to participate in the 24 Hour Walk which was held concurrently. **Wilma Driessen** and **Remy van den Brand** took overall victory with 179.827km and 175.409 km respectively. In the 24H race, competitors are allowed to finish their last lap provided the start it before the 24 hour mark is reached.

24 Hour Walk

1.	Remy van den Brand	179,827 km	24:01:29
2.	Wilma Driessen (F)	175,409 km	24:00:43
3.	Jantinus Meints (*)	164,153 km	23:36:18
4.	Rogier Noldus	160,934 km	20:25:56
5.	Frank van der Gulik	160,934 km	22:15:23
6.	Chris Van Cauwenberghe	160,934 km	22:41:53
7.	Marco van Heel	160,934 km	23:17:32
8.	Arjan Bogerd	160,934 km	23:51:38
9.	Rageni Goepatar-Sewnarain (F)	142,422 km	24:01:25
10.	Remco Luhrman	125,529 km	18:05:29
11.	Roelof Otten	119,091 km	18:29:47
12.	Joop Keetman	118,272 km	24:03:45
13.	Malika Zerifi (F)	112,654 km	14:37:07
14.	Laurens van Engelen	112,654 km	17:34:47
15.	Wilko Koster	112,654 km	19:30:25
16.	Ilona Klinkendon (F)	109,435 km	15:09:45
17.	Jenny Bergs (F)	109,435 km	15:33:05
18.	Jan Dinnissen	106,216 km	18:06:23
19.	René Beukema	106,216 km	18:37:33
20.	Peter Drenth	106,216 km	19:35:31
	Shah Sailash	95,323 km	24:03:22
	Guido Vermeir	86,904 km	11:15:00
	Boetje Huliselan	80,467 km	11:17:18
	Arie Pieter Klootwijk	80,467 km	12:50:24
	Frans Leijtdens	70,811 km	10:02:37
	Eric Pruydt	45,062 km	5:48:14
	Geert Peeters	41,843 km	5:30:18
	Remy Levink	28,968 km	4:39:41

The 100K saw only two participants, **Bernard Jacob** and **Daniel Lhoest**, both from Belgium, crossing the finish line together in 14.52:00. The 50 miles was won by Jos Boot, followed by **Dick van Peer** and **Loes van Bremen**, who were amongst 7 new Kennedyvriend walkers, finishing inside the requisite 12 hours.

100km Walk

1.	Deniel Lhoes	100,000 km	14:52:00
2.	Bernard Jacob	100,000 km	14:52:00

50 Mile Walk

1.	Jos Boot	80,467 km	10:19:06	K500
2.	Dick van Peer	80,467 km	10:21:07	K417
3.	Loes van Bremen (F)	80,467 km	10:28:53	K501
4.	Ad Bijnen	80,467 km	10:57:46	K490
5.	Jan Sinot	80,467 km	11:05:15	K492
6.	Martin Payne	80,467 km	11:12:15	K496
7.	Patrick Nijssen	80,467 km	11:23:38	K491
8.	René Ceelen	80,467 km	11:25:15	K502
9.	Iason Nikopoulos	80,467 km	11:48:45	K503
10.	Noud van Eck	80,467 km	11:49:51	K504
11.	Peter Poorts	80,467 km	11:50:55	K505
12.	Hugo Ranft	80,467 km	11:57:24	K506
13.	Rob van Stuivenberg	80,467 km	11:57:35	K371
14.	Aaf Peters-de Rijk (F)	80,467 km	12:37:32	K355
15.	Mark Henkens	80,467 km	12:37:37	
16.	Shirley Nijhof (F)	80,467 km	12:37:58	
17.	Mike Bertrand	80,467 km	13:22:04	K391
	Eugenie Sijahailatua (F)	57,936 km	11:44:35	
	Hans van Wakeren	48,280 km	7:00:00	
	Wil Boudewijns	38,624 km	4:45:06	K360

Anita de Roo (F)	38,624 km	6:23:30	
Arie Kandelaars	35,405 km	5:36:19	K433
Marco Timmermans	22,531 km	3:10:55	

50km Walk

1. Wilfried van Bremen	50,000 km	6:22:50
2. Jacqueline van Drongelen (F)	50,000 km	6:26:31
3. Larissa Droogendijk (F)	50,000 km	6:44:18
4. Karel Rikkers	50,000 km	6:49:58
5. Kris Vermeir 5	0,000 km	6:56:02
6. Erwin van den Bosch	50,000 km	7:06:43
7. David Hoben	50,000 km	7:51:15
8. Fred Kruiswijk	50,000 km	7:57:15
9. Karen Bierbooms (F)	50,000 km	8:10:56
10. Miranda van den Broek (F)	50,000 km	8:23:02
Kees Bierbooms	40,344 km	6:59:59

2023 USA CENTURIONS 100 MILES QUALIFIER, BLOOMINGTON, MN, USA, 3-4 JUNE 2023

Fast forward one week to the USA Centurion 100 Mile qualifier which was held in conjunction with the Fans 24 Hour Event in Bloomington (see <https://fansultraraces.org/>).

The meet saw 6 walkers attempt the centurion standard, but the only successful one was **Eric Boler** who qualified last year as C97 and repeated the feat again this year. But no new US Centurions this year! Conditions were very hot and humid, as evidenced by the fact that, apart from Eric in the walk, only two of the 40 runners finished over 100 miles.

24 Hour Walk	Long Laps	Last Lap	Short Laps	Miles	
1. Eric Boler	54	7:22:18 AM	19	100.65	C97
2. Bruno Bornsztein	47	6:52:51 AM	38	90.28	
3. Gregg Steinman	42	7:13:00 AM	18	78.67	
4. John Greene	41	7:25:05 AM	15	76.48	
5. Annette LeDuc	29	7:24:24 AM	12	54.25	
6. Radek Lopusnik	15	6:00:38 PM	0	27.18	

PARIS-ALSACE CRÉDIT MUTUEL, FRANCE, 30 MAY – 3 JUN 2023

I can also report in this issue on the 2023 edition of the iconic Paris-Alsace ultra distance walk which started on Tuesday 30th May and finished on Saturday 3rd June. Thanks to our regular European correspondent **Emmanuel Tardi** who was in attendance on Friday 2nd June and who has given us the rundown on what was involved and has forwarded details his photo album which is found at <https://photos.app.goo.gl/JdEgHXEzyDkZBnUK6>.

3 races were scheduled:

- La Mythique 4 stages for total 400.6km 3 starters
- La Vosg enne 4 stages for total 303.1km 2 starters
- La Castele 5 stages for total 215.8km 13 starters

All walkers completed a prologue stage of either 15km or 20km in the centre of Paris along the banks of the Seine. Then they went on their separate ways.

La Mythique (400.6km)

Only 3 walkers fronted for La Mythique, the longest of the 3 events on offer, and they all finished the full 400.6km. **Florian Letourneau** was the first man (52:29:31) and **Sylvie Maison** was the first woman (57:34:39).

Prologue: Paris 20km

1. Florian Letourneau	2:00:25
2. Christophe Erard	2:08:50
3. Sylvie Maison	2:24:15

Stage1: Chateau-Thierry - Mogneville 212.8km

1. Florian Letourneau	28:14:17
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Progressive Standings: 232.8km

1. Florian Letourneau	30:14:42
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2. Sylvie Maison	30:52:35	2. Christophe Erard	33:11:16
3. Christophe Erard	31:02:26	3. Sylvie Maison	33:16:40

Stage 2: Neufchateau - Epinal 112.5km

1. Florian Letourneau	14:23:22
2. Christophe Erard	14:43:49
3. Sylvie Maison	16:05:13

Progressive Standings: 345.3km

1. Florian Letourneau	44:38:04
2. Christophe Erard	47:55:05
3. Sylvie Maison	49:21:53

Stage 3: Plainfaing-Colmar 55.3km

1. Christophe Erard	7:43:27
2. Florian Letourneau	7:51:27
3. Sylvie Maison	8:12:46

Final Placings: 400.6km

1. Florian Letourneau	52:29:31
2. Christophe Erard	55:38:32
3. Sylvie Maison	57:34:39

La Vosg enne (303.1 km)

The two walkers in La Vosg enne completed the prologues but then stopped in the first long stage. After a night of sleep, event director Jean Cecillion authorized them to start stage 2 and 3 because he wanted as many walkers as possible on the road. They finished the second stage but then failed to finish the final third stage. The final result shows only the distance they walked.

Prologue: Paris 15km

1. Nadia Ducruet	1:55:25
2. Annie Berthault-Korzhyk	2:14:05

Final Placings 303.1km

DNF Nadia Ducruet	253km
DNF Annie Berthault-Korzhyk	176km

La Castelle (215.km)

There were 13 starters in the 215km "La Castelle " and all but one finished. The race provided easy victories for **Philippe Morel** and **Chlo  Raes Maure**. Note that Chlo  did all of the race with her husband **Ren -Jean Maure**.

Prologue: Paris 15km

1. Philippe Morel	1:34:07
2. R�mi Michelot	1:36:40
3. St�phane Grados	1:38:06
4. Chlo� Raes-Maure	1:40:44
5. Ren�-Jean Maure	1:40:44
6. Dominique Delange	1:41:06
7. Denis Giraudeau	1:43:21
8. Abdelaziz Seffari	1:45:35
9. Bertrand Labarre	1:47:37
10. Ludovic Tillier	1:51:06
11. Claudie Bizard	1:54:11
12. Jean-Nicolas Joffroy	1:55:27
13. Magali Pannier	2:06:15

Stage1 : Ch teau-Thierry – Ch teau-Thierry 34.8km

1. Philippe Morel	3:53:37
2. R�mi Michelot	4:10:09
3. St�phane Grados	4:10:34
4. Chlo� Raes-Maure	4:14:11
5. Ren�-Jean Maure	4:14:11
6. Dominique Delange	4:16:21
7. Abdelaziz Seffari	4:20:55
8. Denis Giraudeau	4:31:33
9. Ludovic Tillier	4:36:38
10. Bertrand Labarre	4:42:05
11. Jean-Nicolas Joffroy	4:54:50
12. Claudie Bizard	5:00:23
13. Magali Pannier	5:26:31

Progressive Standings: 49.8km

1. Philippe Morel	5:27:44
2. R�mi Michelot	5:46:49
3. St�phane Grados	5:48:40
4. Chlo� Raes-Maure	5:54:55
5. Ren�-Jean Maure	5:54:55
6. Dominique Delange	5:57:27
7. Abdelaziz Seffari	6:06:30
8. Denis Giraudeau	6:14:54
9. Bertrand Labarre	6:29:42
10. Ludovic Tillier	6:27:44
11. Claudie Bizard	6:54:34
12. Jean-Nicolas Joffroy	6:49:17
13. Magali Pannier	7:32:46

**Stage 2 Chalons en Champagne –
Vitry le François 52,1km**

1.	Philippe Morel	6:17:01
2.	Abdelaziz Seffari	6:42:41
3.	Chloé Raes-Maure	6:43:37
4.	René-Jean Maure	6:43:37
5.	Rémi Michelot	6:45:04
6.	Dominique Delange	6:49:20
7.	Stéphane Grados	6:54:15
8.	Bertrand Labarre	7:21:58
9.	Denis Giraudeau	7:32:14
10.	Ludovic Tillier	7:33:45
11.	Claudie Bizard	7:42:15
12.	Jean-Nicolas Joffroy	8:04:45
13.	Magali Pannier	9:28:11

Stage3: Gironcourt - Epinal 58.6km

1.	Philippe Morel	6:56:05
2.	Stéphane Grados	7:11:12
3.	Rémi Michelot	7:34:04
4.	Chloé Raes-Maure	7:35:40
5.	René-Jean Maure	7:35:40
6.	Dominique Delange	7:37:55
7.	Denis Giraudeau	7:41:58
8.	Abdelaziz Seffari	7:59:27
9.	Ludovic Tillier	8:21:23
10.	Bertrand Labarre	8:36:57
11.	Claudie Bizard	8:43:26
12.	Jean-Nicolas Joffroy	9:08:02
13.	Magali Pannier	10:47:16

Stage 4: Plainfaing-Colmar 55.3km

1.	Philippe Morel	6:33:29
2.	Abdelaziz Seffari	7:01:40
3.	Stéphane Grados	7:04:24
4.	Chloé Raes-Maure	7:27:47
5.	René-Jean Maure	7:27:47
6.	Dominique Delange	7:29:47
7.	Rémi Michelot	7:38:43
8.	Ludovic Tillier	8:06:11
9.	Denis Giraudeau	8:23:05
10.	Claudie Bizard	8:36:50
11.	Bertrand Labarre	8:38:13
12.	Magali Pannier	10:16:35
	Jean-Nicolas Joffroy	

Progressive Standings: 101.9km

1.	Philippe Morel	11:44:45
2.	Rémi Michelot	12:31:53
3.	Chloé Raes-Maure	12:38:32
4.	René-Jean Maure	12:38:32
5.	Stéphane Grados	12:42:55
6.	Dominique Delange	12:46:47
7.	Abdelaziz Seffari	12:49:11
8.	Denis Giraudeau	13:47:08
9.	Bertrand Labarre	13:51:40
10.	Ludovic Tillier	14:01:29
11.	Claudie Bizard	14:37:49
12.	Jean-Nicolas Joffroy	14:54:02
13.	Magali Pannier	17:00:57

Progressive Standings: 160.5km

1.	Philippe Morel	18:40:50
2.	Stéphane Grados	19:54:07
3.	Rémi Michelot	20:05:57
4.	Chloé Raes-Maure	20:14:12
5.	René-Jean Maure	20:14:12
6.	Dominique Delange	20:22:42
7.	Denis Giraudeau	21:29:06
8.	Abdelaziz Seffari	21:48:38
9.	Ludovic Tillier	22:22:52
10.	Bertrand Labarre	22:28:37
11.	Claudie Bizard	23:20:15
12.	Jean-Nicolas Joffroy	24:02:04
13.	Magali Pannier	27:48:13

Final Placings: 215.8km

1.	Philippe Morel	25:14:19
2.	Stéphane Grados	26:58:31
3.	Chloé Raes-Maure	27:41:59
4.	René-Jean Maure	27:41:59
5.	Rémi Michelot	27:44:40
6.	Abdelaziz Seffari	27:49:18
7.	Dominique Delange	27:52:29
8.	Denis Giraudeau	29:52:11
9.	Ludovic Tillier	30:29:03
10.	Bertrand Labarre	30:56:50
11.	Claudie Bizard	31:57:05
12.	Magali Pannier	38:04:48
	Jean-Nicolas Joffroy	175km



Philippe Morel, Florian Letourneau and Sylvia Maison



Chloé Raes Maure walks with her husband René-Jean

A BEQUEST FROM THE ESTATE OF THE LATE JIM AND GLADYS GLEESON

I was contacted last month by lawyers representing the Estate of Gladys Gleeson, the late widow of **Jim Gleeson (C 4)**. Gladys had told me previously that it had been Jim's wish to leave legacies to both the Australian Centurions and the Victorian Race Walking Club and, with Gladys's passing late last year, that has now come to pass. The bequest is a generous one indeed - \$10,000 to each organisation.

I first met Jim as a young racewalker in 1966 and then met Gladys when they were married in 1972. So it was a very long association with them both until their respective deaths, Jim in 2014 and Gladys last year. You might like to read my bio of Jim at <http://centurions.org.au/centprofiles/03%20jim%20gleeson.pdf>. He was a talented and formidable

walker and has left his mark on the sport in Australia. We remember him in the annual awarding of the Jim Gleeson Trophy.

Now we have a substantial sum of money in the club bank account and we will have to think of a suitable way to recognise this very generous gifting.

ARIE KANDELAARS C85: 23:28:07

When Arie Kandelaars became our newest Australian Centurion in April 2023 at the age of 59, it marked the end of a long road.

Arie, who became the 11th Dutch walker to qualify for our centurion badge, did it in fine style at our annual qualifier at Coburg with a time of 23:28:27. Now it's time to drill down and find out a bit more about him.



Arie in action at Coburg in April 2023, when he earned his sixth Centurion badge

Arie, born on 7th February 1964, played football as a youngster but, like many others, gave it away when he moved into the senior ranks.

After many years of working on the major electrical systems of power stations, he went to the doctor in 2010, weighting 120km and feeling his age, and was told that he had high blood pressure, was at risk of diabetics and needed to turn his life around if he wished to make old bones.

He went on a strict diet and reduced his weight to 85km (a loss of 35kg) and now looked for some long term way of maintaining his new body weight and was drawn to longer distance walking. *“To do a 50 miles was on my bucket list for a long time and I thought this was the right time to start training for my first 50 miles in 2011.”*

12 years later, he now has all 6 Centurion badges to his credit:

2016	African	C16	23:52:00
2017	English	C1185	23:49:27
2017	NZ	C24	23:36:29
2018	USA	C92	23:52:14
2021	Continental	C491	23:21.40
2023	Australian	C85	23:28:07

But all that was in the future when he completed his first goal and walked 50 miles in 2011. In 2012, he upped the ante and went even further, completing a walk of 105km and doing what he regarded as his first real long distance walk.

In 2012 he did his first Nijmegen 4 Days Marches, completing an event that quickly became his favourite yearly outing. In 2016 he was invited to participate in the walk of honour during the 100th anniversary Nijmegen walk, so on one particular day he walked 100 km instead of the required 50 km. Next month, he will hopefully complete his 10th Nijmegen and earn his gold badge.

Within a couple of years, he was a regular on the Dutch walking scene. For instance, in 2015, he walked the 80km Nacht van Loon op Zand in a time of 11:34:48. 2015 was also the year he first walked at the Continental Centurions 100 mile qualifier in Weert, but he was an entrant in the 50 miles, rather than trying for the full distance. On that occasion, he walked 10:58:26 to earn Kennedyvriend badge 433 (50 miles within 12 hours).

By 2016, Arie felt he was ready to attempt the classic 100 mile distance. He fronted for the annual Continental Centurions qualifier in Schiedam in May but failed to finish, stopping after 107.8km. He rectified this 5 months later in South Africa, earning his African Centurion badge as the last of 19 qualifiers, with a time of 23:52.00. Fellow Dutch walkers Remy van den Brand, Marco Bloemerts, Antoine Hunting, Frans Leijtens and Gertrude Achterberg were also amongst the qualifiers. He found it a wonderful experience.

Also in 2016, he became the long-distance champion of his club OLAT. To win this championship, he had completed 27 long distance walks in that one year: 4 x 60km, 12 x 50 miles and 11 other long distance walks.

He returned to try his luck for the Continental Centurion badge in Weert in May 2017 but failed again, reaching only 144.841km. But he did have successful centurion finishes in August in England (23:49:38 in Bury St Edmunds) and in October in New Zealand (23:36:29 in Auckland). Arie now had 3 centurion badges.



Arie completes the NZ Centurion walk in 2017

He now had his sights firmly set on the remaining centurion badges and attempted 3 further qualifiers in 2018. First to April in Melbourne when he travelled over for our Australian qualifier. He had entered the race with an injury but was hoping for the best. Unfortunately, it flared and he was forced out after 77.406km. He was one of 4 Dutch walkers in attendance. Jantinus Meints (C73) and Adrie Ros (C74) both qualified but Gertrude Achterberg, like Arie, fell short with 138.040km.

The following month, he fronted for a third time in the Centurion Centurion qualifier in Schiedam but fell short once again with only 113.705 km recorded against his name. But he wasn't too worried as this was more of a training walk as he prepared for his next serious attempt which would be in America in June at the FANS 24H. And complete it he did, with a time of 23:52:14. That ticked off a fourth centurion badge – 2 to go!



2018 USA Centurion finishers David Holmen (USA), Rob Robertson (USA), Andrew Titley (IOM), Marco Bloemerts (NED) and Arie Kandelaars (NED)

A new year and a new goal as Arie travelled to Australia once again. This time, he was one of 6 Dutch walkers in attendance in Melbourne. Alas, the other 5 all qualified: Kim Janssens (C76 22:19:38), Marco Bloemerts (C77 22:42:30), Jurgen de Waart (C78 23:13:03), Martin Vos (C79 23:20:17) and Gertrude Achterberg (C80 23:36:28). For his part, Arie was forced off the track in the middle of the night, with nausea and dizziness. To his credit, he did eventually rejoin the race, walking to a distance of 128.151km.

Like the rest of us, Arie lost 2020 to the Covid pandemic, but he donned his long distance shoes again in 2021 and finally earned his Continental Centurion badge in Weert, walking his fastest 100 mile time of 23:21.40 in Weert on his fourth attempt. He now had 5 badges, with only Australia remaining.

Naturally, he returned to Melbourne in 2022, hoping to finally put his bad luck behind him. This time, he was one of 2 Dutch walkers in attendance. The other, Remy van den Brand, successfully negotiated the 100 miles, becoming C83 with a time of 21:04:52, but Arie succumbed to the conditions once again and retired after 73.931km.

2022 wasn't all bad as Arie did tick off one of the walks on his bucket list, completing the 85 miles Parish Walk on the Isle of Man in June, with a time of 22:47:08. He found this a wonderful weekend.

Come 2023 and Arie returned to Australia for his fourth visit. Would this be the year when he finally earned his remaining badge?

He had left no stone unturned in preparing for this last race. In the early months of the year, he has completed over 1300km (more than 185 hours) on the feet, plus another 60 hours training his body. He travelled here alone and came 2 weeks before the event. He based himself in an inner city hotel and refrained from any sightseeing or touristy things. He had one thing only on which to focus – the race. He sourced all his own food (chicken, pasta, rice, yoghurt, granola, white bread with jam, etc) and ate in his room. He was in bed by 10PM every night, ensuring a good night's sleep until rising the next morning between 7 and 8 am. In the first week he had training sessions on The Tan on Wednesday and Friday 19.3 km and Sunday 27.2 km. The last 4 days he only went twice to the supermarket and the rest of the time he stayed resting on my hotel room. With such a prep, he felt very strong physically and he was completely focused to doing the job this year.

Out 2023 Centurion qualifier was one of the toughest for many years, 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.

The weather was not an issue for Arie, such was his focus in 2023. He started out conservatively, passing the 6 Hour mark with 43.6km, passing the 12 hour mark with 85.51km and maintaining his pace superbly in the second half to reach his hundred in 23:28:07. It was his second fastest hundred and earned him Australian Centurion badge C85.



Arie completes the Australian Centurion walk in 2023

Since his first tentative training walks in 2010, Arie has done over 50 long distance walks of 105km or more and 75 Kennedy marches of 50 miles. Those are impressive stats!

Currently, he is thinking about 2 trail walks in Belgium - the Great Escape 160 km in September and the Bello Gallico 160 km in December. That sounds like a plan to me.

We welcome Arie to our little club and will follow his ongoing campaigns as he looks for new challenges and continues to hone his walking skills.

FINANCIAL CATCHUP

Thanks to Mike Porter who forwarded a donation to the club last month. Our bank balance has suddenly become very healthy!

Incoming	Donation – Mike Porter	\$100.00
	Bequest – Gladys Gleeson	\$10,000.00
Outgoing	CrazyDomains – Website Hosting annual fee	\$49.00
Balance		\$11,847.74

UNTIL OUR NEXT NEWSLETTER

Another bumper issue, our fifth for the year, with lots of quality walking, both on the local front and overseas. Happy reading and healthy walking to you all.

With kind regards

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