

# CENTURION FOOTNOTES

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President	Terry O'Neill (C 18)	0400 190 988
Vice-President	David Billett (C 50)	0458 385 138
Secretary	Tim Erickson (C 13)	0412 257 496
Treasurer	Stuart Cooper (C 5)	0421 470 949

## DATES ... DATES ... DATES

All our centurion qualifiers have been completed for the year, with a good number of new centurions to welcome from around the world. There are a few final long distance walking races to go this year, in particular the French 24H walk at Lipsheim.

Oct 14-15, 2023      24 Heures de Lipsheim      Lipsheim, FRA

On the local front, there are a number of upcoming ultras that might see some walk competitors, and then of course we start to look towards the 2024 year. You can review the upcoming Australian events in the AURA calendar at <https://www.aura.asn.au/2023-aura-calendar-of-events/>. In particular, note the date for our 2024 Australian Centurion qualifier.

Apr 20-21, 2024      Coburg 24H Carnival (**2024 Australian Centurion qualifier**)      Coburg, VIC  
<http://www.coburg24hr.org/24hr/>

## SABINA HAMATY SETS A NEW AUSTRALIAN 6 DAY WALK RECORD



Earlier this year, well known ultra distance runner **Sabina Hamaty** contacted me about having a go at the Australian women's 48 Hour Walk record. With our blessing and with some people setup to verify her performance, she set off in the Southern Sydney 48 Hour Track Championship on the weekend of 10-11 June. She had never competed as a walker before but she was up to the challenge, striding to new Australian records for the 200km Walk (35:36:17) and the 48 Hour Walk (250.820km).

Last week, she was in action again as a walker, this time in the Australian 6 Day Championship in Adelaide. It was another successful outing for Sabina as she provisionally set new Australian women's Open and W50 500km Walk (**5D:16:17:31**) and 6 Day Walk (**537.513km**) records. I report on the event and on her performance later in the newsletter, but her latest outing deserves front page recognition. Superb effort, Sabina.

## 28 HEURES DE ROUBAIX, ROUBAIX, FRA, SEPT 16-17, 2023

The weekend of 15-17 September saw one of the most well known and oldest of the ultra distance walk classics, with the 70<sup>th</sup> edition of the 28 Heures de Roubaix being held in the French city of that name. Our European correspondent Emmanuel Tardi was in attendance and reports below.

*I was this week end in Roubaix, 250km north of Paris, for the usual "28h de Roubaix". It was the 70<sup>th</sup> time in row that the race has been held. The start was at 11am on the Saturday and the finish was at 3pm on the Sunday. The loop was 2km in length and held in a beautiful park.*

*In the men's event, Belgian **Peter Asselman** battled with local walker **David Vandercoilden**. By the 50km mark, Asselman had established his winning break. He reached the 100km point in 11h57m, 12 minutes ahead of Vandercoilden. He went on to win the race with a final distance of 225.274km, over 8km ahead of the Frenchman. In the women's event, **Sylvie Maison** started as the favourite but when she stopped after 4 hours, it was left to **Cathy Muller** to take the win, with a distance of 127.330km.*

*The 2x6 Hour walk event consisted of a first 6 hour race on the Saturday afternoon, followed by a second 6 hour race on the Sunday morning. Husband and wife **René-Jean Maure** and **Chloé Raes-Maure** walked together, winning their respective male and female races with a total distance of 96.6km (50km in the Saturday and 46.6km on the Sunday).*

### 28 Hour Walk Men

1.	ASSELMAN Peter	Bel - Ac Lebbeke	225.274 km	28:00:00
2.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	216.770 km	28:00:00
3.	KERLAU Yves-michel	Cm Roubaix	189.100 km	28:00:00
4.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	185.503 km	28:00:00
5.	GROS Gildas	Es Thaon	181.250 km	28:00:00
6.	RIGAL Jean-marc	Domont Athletisme	178.052 km	28:00:00
7.	JOSE MORA Bernardo	Espagne	168.149 km	28:00:00
8.	PORCHER Claude	Non licencié	164.447 km	28:00:00
9.	DELANGE Dominique	Aj Auxerre Section Marathon	150.418 km	28:00:00
10.	GRADOS Stephane	Cm Roubaix	147.499 km	28:00:00
11.	DELARUE Jean-michel	Ac Cauffry	143.575 km	28:00:00
12.	CECCALDI Georges	Entente Chalon/saone Athlé	121.029 km	28:00:00
13.	LHERITIER Michel	Non Licencié	104.369 km	28:00:00
14.	GUILLOT Mickael	Ac Chateau Thierry	71.092 km	28:00:00
15.	MAGNIER Joel	Cm Roubaix	52.000 km	28:00:00
	TRIZZULLA Giacomo	Bel- Liège	110.000 km	17:45:26
	LANEAU Maxime	Us Camon	100.000 km	14:00:07
	PETER Vincent	Sport Athletic Verdunois	56.000 km	08:31:58

### 28 Hour Walk Women

1.	MULLER Cathy	Coeur De Lorraine Athlé	127.330 km	28:00:00
2.	DEPREZ Celine	Cm Roubaix	103.028 km	28:00:00
	MAISON Sylvie	Strasbourg Aa	32.000 km	04:03:11

### 24 Hour Relay

1.	DUCRUET Nadia, MARECHAL Pascal, PANNIER Josiane	178.390 km	24:00:00
2.	STRUNC N, LE LANN S, LE QUESE L	172.501 km	24:00:00
3.	STRUNC P, GYDE J, GARCIA A	149.125 km	24:00:00

### 2 x 6 Hour Walk Men

1.	MAURE Rene-jean	Neubourg Ac	96.628 km	12:00:00
2.	LEROY Benjamin	ACLO La Louviere (Bel)	93.701 km	12:00:00
3.	LEIJTENS Frans	Rvv Rotterdam	91.337 km	12:00:00
4.	FAUQUEUR Raymond	Cm Roubaix	81.090 km	12:00:00
5.	FILLIEUX Christian	Nl Belgique	80.033 km	12:00:00
6.	MACHAL Francis	Cm Roubaix	77.612 km	12:00:00
7.	CATRY Thierry	Cm Roubaix	65.713 km	12:00:00
	VANDENBERGHE Renaud	US Champagne sur Seine	68.000 km	09:07:01
	TEVEL Claude	Nl Belgique	22.000 km	06:00:47

## 2 x 6 Hour Walk Women

- |                          |             |           |          |
|--------------------------|-------------|-----------|----------|
| 1. RAES-MAURE Chloé      | Neubourg Ac | 96.626 km | 12:00:00 |
| 2. FAUQUEUR DUDA Corinne | Cm Roubaix  | 81.090 km | 12:00:00 |



*Peter Asselman, David Vandercoilden and Yves-Michel Kerlau (all photos Emmanuel Tardi)*



*Cathy Muller and Celine Deprez*

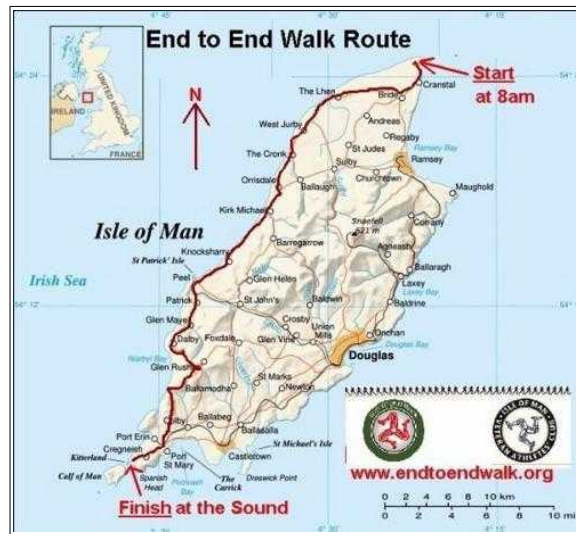


*René Jean Maure and Cloé Raes Maure*

By way of addendum, Emmanuel has added the 2023 results to his 28 Heures de Roubaix History document which is now just about a complete reckoning of the full 70 years of that event. You can see it as part of the full list of Emmanuel's stats documents on our webpage <http://centurions.org.au/centranks.shtml>. The actual link for this new document is [http://centurions.org.au/documents/Les\\_28h\\_de\\_roubaix\\_a\\_la\\_marche\\_Full\\_History.pdf](http://centurions.org.au/documents/Les_28h_de_roubaix_a_la_marche_Full_History.pdf)

## IOM END TO END WALK, ISLE OF MAN, SUN SEPT 17, 2023

The 39.22-mile MFX End to End Walk (see <http://www.endtoendwalk.org/>) is one of the Isle of Man's premier walking events, and sees participants begin at the Point of Ayre in the far north of the island and finish at the Sound in the far south west of the island.



The 2023 event, which was held on the weekend of 16-17 September, saw 291 competitors registered and 209 starting on the day. 120 walkers finished the race (ie made the finish line at The Sound), the highest number of finishers in 9 years.

In wet and windy conditions, local walker **Simon Gawne** secured the win in the men's race with a final time of 6:40:35, some distance clear of **Stuart Osborne** in second, with **Chris Addy** rounding out the men's top three. The women's race belonged to **Lorna Gleave** who was the first female competitor to reach the finish at The Sound. What's more, Gleave's time of 7:32:23 slots in at the tenth quickest women's performance ever at the walk. **Aine Kane** went on to take second in the women's contest with third place secured by **Jayne Farquhar**. Elsewhere, in the Under-20's categories, **Robert Farnworth** and **Kayleigh Denton** took line honours.

Full results at Results <https://my.raceresult.com/234770/results>. Here are the stats for those who finished in under 8:30:00.

### The Sound (Finish) - 39.22 miles

1. Simon Gawne (109)	Senior Men	6:40:35
2. Stuart Osborne (121)	Men 35-39	6:57:11
3. Chris Addy (175)	Men 35-39	7:09:31
4. James Quirk (271)	Men 50-54	7:20:55
5. Sean Hands (157)	Men 60-64	7:27:11
6. Lorna Gleave (187)	Women 35-39	7:32:23
7. Ryan Surridge (218)	Senior Men	7:42:34
8. Aine Kane (103)	Women 40-44	7:43:07
9. Dougie Scott (279)	Men 40-44	7:44:04
10. David Williams (82)	Men 35-39	7:44:29
11. Jayne Farquhar (18)	Women 50-54	7:48:57
12. Michael Rycroft (131)	Senior Men	7:51:11
13. Craig Fletcher (176)	Senior Men	7:53:01
14. Marie Morgan (224)	Women 60-64	7:53:43
15. Amy Sykes (235)	Senior Women	7:58:39
16. Lee Darbyshire (110)	Men 45-49	8:02:24
17. Darryl Jago (69)	Senior Men	8:03:19
18. Sarah Ohare (189)	Women 40-44	8:19:22
19. David Garrood (180)	Senior Men	8:23:58
20. Jack Murray (177)	Senior Men	8:26:42
21. Stephen Garrett (228)	Senior Men	8:29:11
22. Henry Wood (229)	Senior Men	8:29:11
23. Peter Robertson (125)	Men 55-59	8:29:40

Just about everyone made it to the first checkpoint at The Cronk, with 17 calling it a day there. Another 54 stopped at Peel, 15 stopped at Dalby, one stopped at Cregneash and the rest made it the whole way to The Sound. Great work everyone!

The Cronk	12.43 miles	17 retirees
Peel	22.16 miles	54 retirees
Dalby	27.70 miles	15 retirees
Cregneash	37.90 miles	1 retiree
The Sound (Finish)	39.22 miles	120 finishers



*Lorna Gleave passes one of the intermediate checkpoints*



*Simon Gawne finishes first*

**NZ CENTURIONS 100 MILES QUALIFIER, AUCKLAND, NZL, 22-23 SEPT EMBER 2023**

The annual New Zealand Centurion qualifier was held in late September, in conjunction with the annual Sri Chinmoy 24 Hour Track Championship in Auckland (see event website <https://nz.srichinmoyraces.org/races/auck/24hr>).

I haven't heard anything from NZ Centurions secretary Philip Sharp so I assume there were no new centurions. In that case, their count will stay at 29.

**AUSTRALIAN 6 DAY CHAMPIONSHIP, ADELAIDE, SA, OCTOBER 1-7, 2023**

Our Australian ultra athletes were in South Australia in early October for the annual Adelaide 6 Day Festival (<https://adelaide6day.com.au/>). This event has been going for quite a few years now and offers 4 different categories: 6 Days, 3 Days, 2 Days and 1 Day. The 6 Day event is of course the blue riband category and attracts the biggest fields. The lap is an undulating 1425.5m cement circuit in Thorndon Park in the Adelaide suburb of Paradise.

The 6 Day event kicked off on Saturday 1<sup>st</sup> October, with the shorter races to be held later. The first two days in particular were very tough with daytime temperatures of 32C on Day 1 (Sunday) and 30C on Day 2 (Monday), along with hot blustery northerly winds. Then just to add to the mix, a huge low front came through on the Monday night, with thunder, lightning, rain and high winds. There were electrical blackouts all over Adelaide but luckily the race was spared that additional angst, but conditions were still scary. Yes, it eventually cleared and the weather improved for the final days but it made what is already a very tough event even tougher.

The 6 Day Race is the one which has attracted my attention as there were two walkers amongst the field of 41 starters. As mentioned on the front page of this newsletter, NSW's **Sabina Hamaty** was in action and in fine form. SA's **David Billett (C50)** was also in action and hoping for a walk distance similar to his record breaking 607km, done last year in this same event.

I made the trip over so that I could view a bit of the event and was there for the Monday evening and the Tuesday, so I know just how much the first two hot days took out of the competitors. After that, I think everyone had to review their pre-race goals and drop down into survival mode. But survive they did, displaying the usual grit and determination that you need to complete a multi day event.

First to the actual results which are at <https://eventstrategies.racetecresults.com/results.aspx?CI=90&RI=501&EI=1>. Here are the first 10, with both David and Sabina right up there alongside the runners.

1.	Darren LINNEY	Male	45-49	South Australia	735.631 km
2.	Annabel HEPWORTH	Female	50-54	New South Wales	708.573 km
3.	Kerryn BELL	Female	45-49	New Zealand	659.577 km
4.	Stephen REDFERN	Male	50-54	New South Wales	638.724 km
5.	Greg PONYCH	Male	55-59	Queensland	602.989 km
6.	Stephan KENT	Male	65-69	South Australia	574.482 km
7.	<b>David BILLET</b>	<b>Male</b>	<b>50-54</b>	<b>South Australia</b>	<b>551.893 km</b>
8.	Perry NEWBURN	Male	65-69	New Zealand	541.696 km
9.	Phil RYAN	Male	55-59	Victoria	540.270 km
10.	<b>Sabina HAMATY</b>	<b>Female</b>	<b>50-54</b>	<b>New South Wales</b>	<b>537.513 km</b>

David was down on training, having had a hernia operation only 9 weeks previously. As the operation mandated a 6 week recovery period, he had only a final 3 weeks of tentative walking to prepare. Last year, he walked 607km for a new Australian Residential record. This year, he covered 551.893km, an impressive result given his personal circumstances.

Sabina was not far behind him with her final distance of 537.513km. Deborah DeWilliams had held the Australian 6 Day Walk record with 448.170km, done at Colac in 2004, Sabina bettered that distance by a whopping 89km and also set an inaugural Australian 500km Walk record of 5 Days 16 Hours, 17 minutes and 31 seconds. Sabina now holds the Australian walk records for 200km, 500km, 48 Hours and 6 Days. An impressive start to her walking career!



*Sabina and David in action in the Adelaide 6 Day Championships  
(photos from the event facebook page at <https://www.facebook.com/australian6dayultra>)*

A few final words from Sabina:

*I'm still overwhelmed with it all and my body is in 'coping with the basics' mode. On day 3 and 4 I was wondering about my mental stability and why I chose such a hard sport but by day 5 I was in a better groove, and I can see how people get addicted to it. Still, I was very glad to finish after 6 days. I obviously have some work to do on my feet and the blisters that keep plaguing me. If I can sort that out, I believe my totals could be much better.*

I have produced an Australian 6 Day All-Time ranking list. It's pretty small so far as the opportunities are few and far between. Kudos to all those walkers whose names are included!

### 6 Day Women

1.	537.513 km	Sabina Hamaty	AUS	14/11/1968	W50	Adelaide (SA)	01-07/10/2023
2.	448.170 km	Deborah de Williams	AUS	10/09/1969	W35	Colac (AUS)	21-27/11/2004

### 6 Day Men

1.	622.000 km	Gerald Manderson	NZL	11/11/1943	M55	Colac (AUS)	15-20/11/1999
	410.000 km				M55	Colac (AUS)	17-23/11/2002
2.	607.921 km	David Billett	AUS	24/09/1970	M50	Adelaide (SA)	02-08/10/2022
	551.893 km				M50	Adelaide (SA)	01-07/10/2023
3.	571.848 km	Justin Scholz	AUS	08/10/1974	M40	Balatonfured (HUN)	09-15/05/2019
4.	540.000 km	Peter Waddell	AUS	25/01/1931	M65	Colac (AUS)	16-22/11/1997
5.	495.200 km	Norman Morris	NZL	30/01.1941	M55	Colac (AUS)	15-21/11/1996
6.	482.539 km	Stan Miskin	AUS	31/07/1925	M75	Colac (AUS)	16-22/11/2003
	429.600 km				M75	Colac (AUS)	20-26/11/2005
	181.600 km				M75	Colac (AUS)	21-27/11/2004
	138.200 km				M75	Colac (AUS)	17-23/11/2002
7.	374.180 km	Albin Hess	AUS	09/01/1960	M60	Adelaide (SA)	02-08/10/2022
8.	306.800 km	Ron McGregor	AUS	15/01/1942	M60	Colac (AUS)	20/26/11/2005
9.	90.000 km	Don McKechnie	AUS	1933	M70	Colac (AUS)	20-26/11/2005

You can also check out Emmanuel Tardi's World 6 Day walk list at <http://centurions.org.au/centranks.shtml>.

## JUSTIN AND SHARON DO AFRICA

**Justin Scholz (C61)** and **Sharon Scholz (C63)** have now arrived in Cape Town (South Africa), completing the African leg of their ongoing world cycle. To mark the occasion, Justin posted an extensive facebook post that I have reproduced here. What a wonderful achievement.

*Monday 2 October 2023*

*Zimbabwe Botswana Zambia South Africa day 65*

*80.47km cycle @ 25.0k/h (207m up / down), 6.01km run.*

*Here we go again. For us, today marked the point where we feel we have achieved what we set out to do here in Africa. We journeyed from the most northern point that we could, all the way to the most southern point of this vast continent. A heck of a ride, to say the least.*

*We're particularly proud of the manner in which we achieved this. There's no "right" way, but we wanted to do this ourselves, our way. We wanted, but never expected, to create a single, unbroken line. We would do everything we could to achieve that, and not take soft options like buses, trains or ferries or hitchhike, to avoid heat, wind, long stretches of nothing etc..*

*Again, no single "right" way, but getting the planning and then the execution right for the tough parts, is possibly 90% of the effort, or more. No disrespect intended, but most people can cycle 50km on good roads in benign conditions, a familiar environment and with lots of opportunities for service along the way.*

*But get into the stretches where it was necessary for us to do 839km in four cycling days in the Sahara desert in Sudan, or climb more than 10,000m in 9 days through Ethiopia on an outfit that weighed 200kg, and the scenario changes. A tandem bicycle. And those scenarios, of course, are just part of the tougher pieces of this journey too, and each of them have created remarkable memories for us.*

*We had no support vehicle, no people with prior experience to guide us, no fail safes really. Just Shaz and I, doing our thing, and trying our best to live as close to locals as we could. No fancy hotels, and very few meals that we didn't cook or prepare ourselves.*

*I might be sounding a bit indulgent. Sorry for that. But being here, we recognise the immensity of the journey we have completed. Some call it "brave" that we even chose to tackle this continent in the manner we did. Some openly scoffed at us, and we could see the "yeah right" eye rolls in others, generally in Europe. Sure, Shaz and I never knew for certain that we would get this done, but by God, we were going to give it one hell of a go.*

*And in that **almost 18,000km** in Africa, and more than 16,600km since we arrived by plane in Cairo, we have only broken the line twice. We were mandatorily transported by police for just under 60km in Egypt, as we approached Aswan on the Desert Road. We started that day in Esna, and were travelling along faster than 30km/h. A wide, flat and almost traffic free road, the police refused to let us pass a road block under our own steam, and barrelled us into a ute, despite our polite protests.*

*Then in Ethiopia, both Shaz and I got sick, the day after coming through the border. We were in the tiniest of towns called Negade Bahr, with scarcely any food, and slept on a filthy mattress in a mud walled room with tin roof. We believe it was the food that we ate when we arrived that created our illness, and no likelihood of better hygiene anywhere in this village. Certainly, no pharmacy or medical facilities.*

*So, we took a bus for 100km after a sleepless night, and arrived in the larger city of Gondar. I nearly passed out on the bus a few times, and barely made it, shaking and listless to the hotel. I was in bed for four days, before we then set off again, and another 3 days at least where I really shouldn't have been cycling at all.*

*But since then, no break in the line. Happier had her moments of breakage, with bottom brackets that ultimately needed replacement in Nairobi, Kenya, and broken rims which ultimately led to new wheels being built in Harare, Zimbabwe.*

*High heat, horrible winds, rain, derelict roads and other inconveniences. But the constant positive was the people, the very very very vast majority of which were delightful. We have met some wonderful characters and enjoyed so many moments of sheer pleasure, learning about and immersing ourselves in the modern, normal culture of the countries we have visited.*

*So today, we reflect on that journey so far. And we are proud and satisfied with what we have achieved. We are content, and we are inspired to continue.*



*Justin and Sharon finally make it to Cape Town*



*Now that's what a call a bike ride!*



## HONOUR BOARD UPDATE

Our Australian Centurion honour board has now been updated to show Arie Kandelaars' C85 performance in April.



This is of course our second honour board. Our first one filled after the first 70 names had been affixed. Read more about our two boards at <http://centurions.org.au/cent-honour-board.shtml>.

Alas, as we have no official clubrooms, I keep them at my place but they are always available for inspection if you find yourself in Melbourne and feel like a tea or coffee!

## UNTIL OUR NEXT NEWSLETTER

Another newsletter completed, our eighth for the year. I do try for 10 issues per year so I will be hoping to find enough info to produce two more for your edification.

Well done to Sabina and David for their 6D walks and well done to Justin and Sharon for their ongoing cycling adventure. All are inspiring performances.

With kind regards

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