

CENTURION FOOTNOTES

MAY 2024 – VOL 31 NUMBER 3

*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

The 2024 European year is now in full swing with results in this issue from the most recent races. Lots more races are scheduled, including the following

Jun 22-23, 2024	Parish Walk (85 miles)	Douglas IOM
Jun 29-30, 2024	24 Heures de Haute-Saintogne	Montguyon, FRA
Aug 24-25, 2024	English Centurions Qualifier See https://eventswerun.co.uk/	Gloucester, ENG

On the local front, there will be lots of ultras in Australia, but many of them are trail based and hence not suitable for fast walking, and there may be fewer track based ultras, given the current AURA/IAU ruling re track accreditations.

Since there will be specific Australian Centurion qualifier in 2024, the following races have been identified as possible opportunities for walkers to qualify for Australian Centurion membership. Qualification is of course dependant on the willingness of the organisers to accept walk entrants and on our availability to have someone in attendance to judge the performance.

Jun 1-2, 2024	Butter 24 (Track) See https://www.aaaracing.com.au/butter24	Griffith University, Gold Coast, QLD
Jun 8-9, 2024	Adelaide 24H Festival (Road) See http://adelaide24hourfestival.com.au/	War Memorial Drive, North Adelaide, SA
Aug 31-Sep 1, 2024	Southern Sydney 24H Track Ultra See https://drive.google.com/file/d/1paeZXENX-DA212WgtKCihfNvN8YO3Yf8/edit	Campbelltown (Sydney), NSW
Sep 29-Oct 6, 2024	Australian 6 Day Ultramarathon (Road) See https://australian6day.com.au/	Thorndon Park, Paradise, Adelaide, SA
Nov 9-10, 2024	SA Track Ultra 24H See https://satrackultra.com.au/event-details/	SA Athletics Stadium, Adelaide, SA

If you wish to qualify as an Australian Centurion in 2024, you should target one of these events, talk to the organiser and confirm you can compete as a walker, then let me know (tim.erickson02@gmail.com) in good time so that I can confirm someone can attend and monitor your performance. Only then should you go to the next step and enter the event. This workaround will be in effect for 2024. Hopefully we will have a formal qualifier in 2025, if things pan out.

SABINA HAMATY: C86

BUTTER 24, GRIFFITH UNIVERSITY GOLD COAST, QLD, JUN 1-2, 2024

Having just read above about the 5 possible races in which we will try to monitor any Australian Centurion qualification attempts, the first one (the BUTTER 24 on the Gold Coast) has now come and gone and it saw 3 walkers in action in the 24H division and one new Centurion...read on.

I had been contacted by both NSW ultra runner/walker **Sabina Hamaty** and by QLD ultra runner **Greg Ponych** to indicate that they were intending to try for centurion membership at this year's BUTTER 24, so I duly booked flights and made my way to the track as our official race scrutineer.

The weather forecast was worrying, with up to 30mm of rain a possibility over the weekend. Luckily this was downscaled and, although we did get wet, it was not as bad as expected. In fact, it was initially helpful as Saturday was overcast and cool, a great relief for Queensland at any time of the year. But come early evening, the rain and wind set in, giving us very challenging conditions for most of the night. There was one major casualty with the big TV showing

the progressive results being blown over and broken. This required a trip back to Brisbane in the middle of the night by the organisers to source a replacement. Thankfully in the morning out came the sun to dry things out and the last 4 hours were held in much more pleasant conditions. Talk about a mixed bag!

Sabina Hamaty already had excellent walking credentials, having two quality performances under her belt already.

- The first was in the Southern Sydney 48 Hour Carnival on the weekend of 10-11 June 2023. She had never competed as a walker before and contacted me earlier that year to setup her attempt at the Australian 48 Hour walk record in the Sydney race. She was successful, walking to new Australian records for the 200km Walk (35:36:17) and the 48 Hour Walk (250.820km).
- She was back in action again as a walker in the Australian 6 Day Championship in Adelaide in the first week of October 2023. It was another successful outing for Sabina as she set new Australian Women's Open and W50 500km Walk (5D:16:17:31) and 6 Day Walk (537.513km) records.

The BUTTER 24 was her third walk and it was going to be a different sort of challenge, as it would require her to maintain a faster pace and walk pretty much without stop for the full 24 hours. We chatted beforehand and I advised her that she would need to work on her base speed, to enable her to build up a buffer in the first half. This she did, covering 43km in the first 6 hours and 84km in the first 12 hours. Then it was a case of holding her form and her speed for the second half and this she did in fine style, eventually reaching the 100 mile mark in around **23:45** (actual time to be confirmed soon) to become **Australian Centurion Number 86**. She then continued to stroll around until the final gun, reaching a total distance of 162.72km.



Sabina Hamaty crosses the 100 Mile mark at the BUTTER 24 in Queensland to become Australian Centurion C86

Greg Ponych was also known to me, having competed at the Coburg 24H on 3 occasions, two as a runner and last year as a walker. He was third in the 2021 Coburg 12H Run with 119.477km and had also done a number of very good 24H and 100 mile runs in his 10+ year career on the ultra scene. He decided in 2023 to try his hand at the walk and entered the 24H walk at Coburg. He started impressively, covering nearly 45km in the first 6 hours and looking good. Unfortunately he was forced to retire after 61km, one of many victims to the horrendous weather conditions at that event. But it was a promising first effort and I knew he was capable of more. That being the case, I was pleased to hear he would also be on the start line at the BUTTER 24 as a walker. As at Coburg, he started confidently, strolling through 44km in the first 6 hours and looking set for a big tally. Alas, stomach issues around the 10 hour mark saw multiple stops and a fair bit of time lost. He was still over 81km at the 12H mark but struggling with multiple issues. To his

credit, he kept at it, eventually finishing with 143.44km at the final gun. It was a gutsy performance and a valuable learning experience for Greg and I am sure he will be back to complete unfinished business.

Queensland runner **Tony Quinn** was the third of the walkers. Initially entered in the 24H Run, he made a last minute decision to change to the walk. He also finished, with a distance of 122.96km, a good effort for someone making a late change of plans.

Full results at <https://live.timingplus.com.au/ResultsBoard/DF3619A8-FD3F-4E03-891F-EEDA96AFB061>. 24H Walk results as follows

The BUTTER 24 Hour Walk

- | | | | | |
|----|---------------|-----|-----------|------------------------------|
| 1. | Sabina Hamaty | NSW | 162.72 km | *** Australian Centurion C86 |
| 2. | Greg Ponych | QLD | 143.44 km | |
| 3. | Tony Quinn | QLD | 122.96 km | |



Sabina and Greg in action on the Saturday afternoon

Final words from Sabina:

I am extremely relieved and pleased to announce I achieved a Centurion performance up at Griffith university over the weekend. This had been on my bucket list since I first heard about it over 10 years ago. I had been training exclusively for walking events for over a year, but in March I finally concluded I was simply too slow and found a walking coach who let me train with her teenage superstars. This improved my average top speed and made the difference between just achieving the total as opposed to just missing out. I wish I could say I found it easy but that would be a total lie. My buffer was never big enough for me to relax and the fact that I only got the 100 miles in the last 15 minutes, gives you an idea of the amount of stress I was under.

Despite the adverse weather conditions and the mental self imposed stress, it was a great experience and the only thing that could have made it better is if Greg Ponych had also managed to achieve his Centurion. Alas a combination of blisters due to wet shoes and an upset gut that refused to play along meant he lost precious time.

I am very pleased to confirm Sabina as the newest member of the Australian Centurions. We shall be organising a formal function very soon to officially welcome her to the club.

OUT AND ABOUT

I had another pleasant surprise at BUTTER 24, catching up with Australian Centurion **Ian Valentine (C57)** who was there with partner Fiona as a spectator. I don't think we had seen each other since he was last at Coburg in 2010. We marked the occasion with a photo! See more on Ian at <http://centurions.org.au/centprofiles/57%20ian%20valentine.pdf>.



Tim and Ian at the BUTTER 24 in Queensland

LES 6 JOURS DE FRANCE GÉRARD CAIN, ANTIBE, FRANCE, 20-26 APRIL 2024

Now onto other race reports from around the world – and there are quite a few.

First to *Les 6 Hours de France Gerard Cain* (see <https://www.6jours-de-france-gerard-cain.fr/>) which was held in France in late April. This event, created by Gérard Cain 18 years ago in Antibes, a seaside city in the French Riviera area of SE France, continues to be held annually in that city. It normally brings together 100+ runners and walkers from about twenty countries and this year was no exception.

Since 2022, the event has been held at the l'Ardéchois campsite in the commune of Vallon Pont d'Arc. The 1.131km course is entirely flat and paved and conducive to good performance.

The walk fields are of course smaller than the run fields but were still healthy – 11 in the 6 Day Walk, 4 in the 48H Walk, 1 in the 12H Walk and 5 in the 12H Walk.

England based New Zealander **Richard McChesney** (M55) was first in the 6D walk with 671.029 km and USA ultra walker **Yolanda Holder** (W65) was the first of the women and second overall with 641.060 km. Both of their achievements were world age group bests. See their post event facebook comments on the next page.



Richard:

Final distance was 671km - my second best and good enough for my third consecutive win in the walkers race and fifth overall. I picked up a total of 8 NZ M55 age group records including two running records - 48 hour and six day - plus the world M55 six day race walking record, so not a bad week. Conditions weren't great and I had major foot issues that threatened to terminate my race several times on days 2,3 and 4, so I'm very proud of how I battled through, and we're already into planning for next year.

Yolanda:

6 jours de France was not my best race nor was it my worst. This was my 10th 6-day race. No crew, no pacers, just Me, Myself, and I. Team Me. "The moment we go Beyond the mind there is no such thing as impossibility." - Sri Chinmoy World Record Female Walker. Keep believing in your fitness dreams and smile.

6 Day Walk

1.	MCCHESENEY, Richard	H	NZL	671.029 km
2.	HOLDER, Yolanda	F	USA	641.060 km
3.	BIZARD, Claudie	F	FRA	615.185 km
4.	BIET, Christophe	H	FRA	592.453 km
5.	FREYBURGER, Sabrina	F	FRA	529.787 km
6.	ODOUARD, Dominique	H	FRA	524.897 km
7.	DELANGE, Dominique	H	FRA	482.964 km
8.	BIRAUD, Sylvie	F	FRA	473.993 km
9.	ROBERT, Jean-pierre	H	FRA	352.937 km
10.	CRILLEY, Kathy	F	GBR	343.027 km
11.	HEARN, Bob	H	USA	323.782 km

48H Walk/Run

2.	MALFONDET Alain	H	FRA	265.367 km
3.	MAILLOT, Marc	H	FRA	221.699 km
4.	ROSELLO, Frederic	H	FRA	208.732 km
9.	MOUGENOT, Patrick	H	FRA	126.810 km

12H Walk/Run

2.	POTHET, Didier	H	FRA	67.813 km
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6H Walk/Run

4.	SEFFARI, Abdelaziz	H	FRA	46.319 km
6.	ANXIONNAT, Claudine	F	FRA	41.794 km
7.	CHIPEAUX, Jean-pierre	H	FRA	40.662 km
8.	BIZARD, Jackie	H	FRA	38.400 km
9.	BROT, Daniel	H	SWI	22.562 km



K6 ULTRAMARATHON, KONSTANTINOVY LÁZNE, CZECH REPUBLIC, 20-26 APRIL 2024

Our next race report concerns the Czech Republic 6 Day Running Festival (see <https://k6ultra.cz/>) in the spa town of Konstantinovy Lázně. K6 was started in 2021 and includes 6 separate events, the most demanding being the 6 Day ultramarathon. This year saw the third staging of the event. Which started at noon on Saturday 20th April.

The course is very well designed. The lap length is 2.854km and is just about dead flat (elevation of 12m). The entire lap traverses along an asphalt traffic free road. Half of the lap is illuminated by public lighting, the other half is lit by portable lighting at night and marked with light points.

The event was a memorable experience for many reasons, including the snowstorm on the first day and the very cold temperatures which persisted, especially at night, until the sunny final day (so that lumps of first-day snow sat in the fields alongside the circuit until the finish).

The main player in our report is English ultra legend **Sandra Brown (C36)** who walked the whole way to finish 9th with a W75 world best of 573.994km. Sandra was there with her husband **Richard Brown** who was also in the 6D event, but as a runner in his case. Her race report is as follows

We enjoyed the course, though at times it could feel challenging and, at night, rather lonely as people retreated to their tents and cabins. And Sunday's snowstorm gave everyone a thorough test of physical and mental endurance.

The organisers see the event, now in its third year, as having a friendly, quite intimate-scale atmosphere, while being well-organised (including having an IAU label), and we would endorse this. We very much enjoyed being part of this event. The supporting races at various stages, 12h, 24h, 48h etc, added to the interest for everyone. The feeding arrangements were excellent, as was the provision of large tents for athletes' kit, a rest area etc.

Subject to ratification, I set W75 world bests at 12h, 100kms, 24h and 100 miles [timed at 27.00.29 compared with the current mark of 29.50.33], and 6 days, finishing with 573.994km (compared with Edda Bauer's mark of 516.718 km). My 48h mark is a British W75 best. Richard had a good event, finishing with 454 kms, the distance affected by some back pain in the final couple of days. Edda will be 80 this July, and we look forward to seeing her set new marks in that age group.

After the event, in gorgeous sunny weather, we returned by train to Pilsen and enjoyed an excellent day in its historic centre. The famous historic brewery town's Pilsner Urquell beer is ubiquitous, and I'm pleased to say that we enjoyed some – after the race! Returning by train to Prague, we enjoyed two wonderful days of sight-seeing on foot around its historic areas on both banks of the great river Vltava. In retrospect, this was a more active post-race agenda than usual, and it was on returning, first to stay overnight with our daughter Vicky and her husband, and then home in Dorset, that we allowed ourselves some R&R! As always, in the recovery period we enjoyed progressive walks interspersed by cups of tea and lovely food.

This was both a wonderful and challenging event for various reasons, and at the finish I felt pretty knackered and sore. But time soon works its healing, restorative magic.

1.	Henzler, Dominic	GER	1988	M	M35	767.834 km
2.	Kellner, David	CZE	1975	M	M45	682.106 km
3.	Nikolaienko-Bryantseva, Viktoriia	UKR	1987	F	W35	672.083 km
4.	Kolman, Jakub	CZE	1976	M	M45	650.804 km
5.	Hajn, Radek	CZE	1981	M	M40	642.150 km
6.	Borovec, Alexandr	CZE	1976	M	M45	634.065 km
7.	Stefl, Miroslav	CZE	1972	M	M50	623.917 km
8.	Pek, Adam	HUN	1972	M	M50	600.680 km
9.	Brown, Sandra (walker)	GBR	1949	F	W75	573.994 km
10.	Kent, Karla	CZE	1963	F	W60	553.542 km
11.	Kortyka, Joachim	GER	1955	M	M65	530.070 km
12.	Motl, Roman	CZE	1978	M	M45	505.664 km
13.	Bauer, Edda	GER	1944	F	W75	475.064 km
14.	Brown, Richard	GBR	1946	M	M75	454.121 km
15.	Port, Manfred	GER	1964	M	M60	441.011 km
16.	Zimmermann, Walter	GER	1954	M	M70	429.877 km
17.	Habel, Miroslav	CZE	1969	M	M50	420.863 km
18.	Lekes, Petr	CZE	1981	M	M40	413.830 km
19.	Vidan Melendez, Ricardo	ESP	1941	M	M80	409.882 km

20.	Kortyka, Sara	GER	1991	F	W23	408.122 km
21.	Preckel, Krista	GER	1989	F	W23	371.388 km
22.	Schmidt, Fred	GER	1972	M	M50	371.370 km
23.	Splichal, Marek	CZE	1974	M	M50	371.020 km
24.	Esemann, Tatjana	GER	1997	F	W23	342.830 km
25.	Wiesner, Richard	CZE	1985	M	M35	342.480 km
26.	Gwozdzik, Kamil	POL	1991	M	M23	319.648 km
27.	Esemann, Hauke	GER	1966	M	M55	314.290 km
28.	Esemann, Bettina	GER	1966	F	W55	308.582 km
29.	Maranzina, Aldo	ITA	1946	M	M75	271.130 km
30.	Stimoniaris, Athanasios	GRE	1967	M	M55	214.050 km
31.	Urbanek, Ivan	CZE	1984	M	M35	196.926 km
32.	Kokonias, Anagnostis	GRE	1948	M	M75	182.656 km
33.	Büchler, Fredi	SUI	1962	M	M60	100.034 km

I am amazed at Sandra's performance. She had recently turned 75 years of age and has been quick to make a statement!



The snowstorm on the first day



Sandra Brown stays rugged up in the cold conditions

SRI CHINMOY NZ 24 HOUR CARNIVAL, AUCKLAND, NZL, 11-12 MAY 2024

Our next report is for the NZ Centurions annual qualifying event which was held in conjunction with the NZ Sri Chinmoy 24H Championships in Auckland on May 11-12 (see <https://nz.srichinmoyraces.org/races/auck/24hr> and <https://www.nzcenturions.nz/nzcenturions/>).

NZ Centurions Secretary Philip Sharp reports as follows

As has happened most years, the 2024 New Zealand Centurion Qualifier was held at AUT Sovereign Stadium in Auckland as part of the Auckland Sri-Chinmoy 6-12-24 hour races. For the last few years, the races have been in October or November. This year the races were moved to May, May 11-12 to be exact, because a NZ \$2M upgrade to the track at the stadium is planned for later this year and the track would be unavailable then.

*Two walkers sought the New Zealand Centurion (NZC) status. **David Billet (C50)** from Australia and **Martin Vos (C79)** from the Netherlands. The 2024 qualifier was David's first attempt at earning the NZC status and Martin's second attempt. David was supported by his mother and Martin by his wife. Both support crews were on duty the entire race.*

I was concerned the weather in May would be worse than in October or November, reducing the chances of David and Martin achieving NZC status. My concern was ill-founded. The weather was the best I can remember of any of the New Zealand qualifiers I have attended. There was no rain, an unusual occurrence, and the wind was light for Auckland. The temperature dropped to around 4C during the night. This lowish temperature did not seem to affect the two walkers, particularly Martin, who completed the entire race in shorts and a short-sleeved shirt.

David and Martin used noticeably different pacing strategies. The table below gives their times to the nearest minute for the first, second and third 50 kilometres and the 10.919 km from 150 kilometres to 100 miles. David started faster than Martin and after 50 kilometres was 34 minutes ahead. David reduced his average speed significantly for the second 50 kilometres, taking one hour 23 minutes more than he did for his first 50 kilometres. Martin took just an extra six minutes for his second 50 kilometres than his first 50 kilometres. These differences in pacing meant Martin was six minutes ahead of David after 100 kilometres. To within two minutes David maintained his average speed of his second 50 kilometres for his third 50 kilometres. Martin took 32 minutes more for his third 50 kilometres than his second 50 kilometres. David and Martin then had similar times for the last 10.919 kilometres.

	1 st 50 km	2 nd 50 km	3 rd 50 km	Last 10.919 km
David Billet	6:20	7:43	7:45	1:41
Martin Vos	6:54	7:03	7:35	1:43

The net result of these differences in pace was that Martin finished the 100 miles about 13 and a half minutes ahead of David. Martin's time for the 100 miles was 23:15:48 and David's was 23:29:10.

Martin continued walking to 161.6 kilometres to give himself an insurance lap against a possible short count for the number of laps he had walked. David continued walking to 24 hours and ended with a distance of 164.406 kilometres.

So we welcome two new NZ Centurions

NZC30	Martin Vos	Netherlands	M	23:15:28	2024
NZC31	David Billett	Australia	M	23:29:10	2024

For the record, this was David's 10th centurion hundred and he may target more as the year progresses. What a machine!

Full results as follows

Sri Chinmoy 24-Hour Men				50km	100km	150km	100 Miles	Distance
1.	Simon Cochrane	M35-39	NZL	4:10:31	8:45:15	13:46:57	14:56:13	236.84 km
2.	Keith Burrows	M45-49	NZL	4:23:21	9:06:24	14:52:45	16:11:32	216.80 km
3.	Shaun Hall	M25-29	NZL	4:40:18	9:39:51	15:32:53	16:52:10	200.58 km
4.	Wayne Botha	M50-54	NZL	4:47:50	10:44:16	19:06:30	21:24:06	176.86 km
5.	Mitchell Carlyle	M20-24	NZL	4:49:07	11:15:49	20:30:21	22:57:10	168.07 km
6.	David Billett (walk)	M50-54	AUS	6:20:31	14:03:59	21:48:05	23:29:09	164.41 km
7.	Jason Gerritz	M45-49	NZL	5:38:29	12:25:43	21:09:41	23:18:40	161.69 km
8.	Martin Vos (walk)	M50-54	NLD	6:54:26	13:57:27	21:32:19	23:15:27	161.60 km
9.	Les Wikiriwhi	M40-44	NZL	5:07:17	10:57:08	17:15:11	19:14:19	161.20 km
10.	Alan Shand	M40-44	NZL	5:34:57	12:02:32	19:40:44	21:17:35	161.20 km
11.	Mike Field	M55-59	NZL	5:19:34	11:52:21	22:03:39		160.24 km

12.	Deen Abu Bakar	M45-49	NZL	5:35:28	12:21:55	23:57:47	150.06 km
13.	Caspar Kneale	M25-29	NZL	4:59:18	11:42:51		147.88 km
14.	Jonathan Iiga	M45-49	NZL	6:31:01	15:02:16		145.68 km
15.	Ed Shuttleworth	M40-44	NZL	6:07:13	14:31:55		142.33 km
16.	Lyndon Dahlberg	M45-49	NZL	6:46:20	14:46:06		140.84 km
17.	Michael Beaumont	M50-54	NZL	7:00:21	16:23:01		128.48 km
18.	Laziz Ayubov	M35-39	NZL	6:25:17	16:40:25		125.75 km
19.	Matthew Scrafton	M45-49	NZL	5:45:34			52.00 km

Sri Chinmoy 24-Hour Women				50km	100km	150km	100 Miles	Distance
1.	Lara Zoeller	F40-44	NZL	4:56:25	10:37:57	17:00:30	18:33:54	198.04 km
2.	Lydia Ouellette	F45-49	CHN	5:50:52	11:55:10	18:46:14	20:17:46	184.95 km
3.	Jade Overy	F40-44	NZL	6:07:02	13:29:08	23:13:06		155.99 km
4.	Claire Kenyon	F35-39	NZL	5:22:53	12:28:56			149.62 km
5.	Shirley Rolston	F75-79	NZL	8:01:33	17:33:31			124.47 km
6.	Jodie Heywood	F30-34	NZL	5:57:50				90.80 km



Martin (left) and David (right) reach their 100 mile targets

CONTINENTAL CENTURIONS QUALIFIER, SCHIEDAM, NED, MAY 18-19, 2024

As if the NZ Centurions annual qualifier was not enough for one newsletter, the following weekend saw the Continental Centurions annual qualifier in Schiedam in the Netherlands (see www.rotterdamsewandelsportvereniging.nl). The Uitslag Wandelweekend was hosted this year by the Rotterdam Walking Club (RWV).

As usual, it was a huge event, with 34 starters in the 24H walk and lots more in the 100km, 50 miles, 50km and 5km walks. Of the 34 starters in the 24H, 10 of them reached 100 miles or more, with 5 new Continental Centurion badges (CC499-CC503) awarded. Dutch walker **Jan 't Mannelje** was the first to reach 100 miles (21:19:523) and he continued on for a final 24H distance of 175.295km. Fellow Dutchman **Jantinus Meints (C73)** was second to the 100 mile mark with 21:56:30 and he stopped there, as did the other 8 successful walkers. Third place and first female went to Australian **Sharon Scholz (C63)** with a 100 mile time of 22:22:22. That is Sharon's 13th centurion hundred!

Our race report is provided by **Justin Scholz (C61)**. Justin and Sharon loaded their tandem bike on the plane and flew from South America to Europe a week before the event, hoping to compete once again and get yet another hundred to their already impressive tallies.

Go Shaz, making our attendance at the continental centurion in Rotterdam worthwhile, and earning Pink tickets in Las Vegas. That was to be one of our rewards if we got through. I just hope it doesn't now mean I buy a single ticket now, and while Shaz is at the concert, I'll be staying home somewhere!

Shaz was first woman here, in a time of 22:22:22. She also walked the farthest of any 24 hour women, as those also successful at the 100 miles distance chose to stop at 100 miles. As did Shaz. And, Shaz was third overall from all-comers, which earned her three large trophies that she struggled to lift. Managed it though, and then gave them all back at the end of the presentations. Clearly, we can't carry trophies around the world with us on a tandem bike!

The greatest of congratulation to Jantinus as well, who was second in the mens. Slowing deliberately during the warmer part of the day with the strategy of a cunning fox, he then provided warmth on the course when the air cooled, such was his pace whizzing past all competitors. I'd think Jantinus was as far back as 10th at one stage early, so to finish second showed a masterful strategy. And a strong mind and powerful body.

The event organisers and volunteers here are fantastic. Everything working the perfect Dutch way, and the event started at 12pm Saturday to the second. Shaz and I never noticed anything that might not have been perfect, and having managed events for more than 10 years, we have an eye tuned to the admin and delivery side of what's going on. It was perfect.

The feed and aid station were first class. The team really cares, and was always holding out our food and drink of choice when we passed, which definitely saved us some time during the event. Food was always fresh, the service area clean, and everything was done with a smile and encouragement.

Weather was perfect. Despite the forecast a few days ago for some light rain all afternoon during the event, there was never a drop fall from the sky. A lot of sun, mid 20's temperature and a wind which was rarely strong enough to cause a concern. Really couldn't ask for better.

So what happened to me? Good question. We were tracking along just about perfectly, and crossed the line five minutes short of 12 hours with about 91.5km done. That's right in the wheelhouse of our normal strategy. We then slowed about 30 seconds per kilometer, expecting to be able to sit comfortably on a pace just around nine minutes per km, down from the about 8:40 that we were doing when we crossed the line. By halfway around that first slow lap, my body started to fall apart. Nausea increased, cramping began, and I started to shake uncontrollably in bursts. The general fatigue and aching was agonising. I was light headed and almost hyperventilating. A desperate need for the toilet, and I hoped that this would bring me back. It didn't. I stopped for about five minutes and then set off to see if I could continue. I did manage another lap, but it was too difficult and too slow to give me encouragement to try and continue.

Shaz ate and drank what I did, and though there were some food choices not normal to us, clearly it didn't hurt her. So I really don't know what was going on, but will move past this quickly. With our lifestyle, we are occasionally going to fail at tasks we set. I'm disappointed not to finish, of course, but am also comfortable with it.

Easy ride home, though I did take a wrong turn. Showers, salad sandwiches, and now bed for 3 hours before we get up, eat, watch some TV, and go to bed again. Maybe a couple of Belgian beers in there if we're feeling OK. That's a strategy that usually sees us recover the sleep fatigue from 24 hour events within a couple of days.

24 Hour Walk	100 km split	Final Time	Final Distance	
1. Jan 't Mannetje	12:45:52	24:08:34	175,295	CC494
2. Jantinus Meints	12:57:27	21:56:30	160,934	CC388
3. Sharon Scholz	13:08:24	22:22:22	160,934	CC436
4. Eric Boler	13:38:03	22:31:21	160,934	CC499
5. Luc Nicque	13:22:09	22:39:49	160,934	CC500
6. Wilma Driessen	13:36:49	23:03:54	160,934	CC364
7. Johan Stesmans	13:49:29	23:03:54	160,934	CC501
8. Remco Luhrman	14:04:29	23:25:53	160,934	CC502
9. Iason Nikopoulos	14:05:20	23:42:02	160,934	CC503
10. Frank van der Gulik	13:42:10	23:49:32	160,934	CC343
11. Peter Poorts	16:27:59	23:52:29	143,874	
12. Sandra de Graaff	14:24:19	22:10:22	141,909	CC423
13. Marcel van Tulden	14:24:19	22:00:15	138,104	CC466
14. Adrie Zoon	15:16:00	21:14:32	130,494	CC305
15. Saskia de Vries	18:21:38	23:52:42	121,044	
16. Peter Van Hove	14:05:26	17:23:04	115,274	
17. Torsten Weng	16:45:54	19:45:04	115,274	
18. Laurens van Engelen	14:45:32	17:13:02	111,469	
19. Rageni Schoop-Sewnarain	16:16:56	17:34:36	107,664	
20. Hanny Klumpkens	16:56:00	18:18:38	107,664	CC359

21.	Jan Dinnissen	16:55:59	18:18:38	107,664	
22.	Arie Kandelaars	17:20:42	18:40:43	107,664	CC491
23.	Aaf Peters de Rijk	17:43:20	19:13:21	107,664	CC 88
24.	Arjo van der Valk	18:35:51	20:38:49	107,664	
DNF	Justin Scholz		13:17:19	100,054	CC437
DNF	Jonathan Hobbs		9:13:38	77,224	
DNF	Rene Eulderink		12:28:32	69,614	
DNF	Marco Jongepier		9:24:59	65,809	
DNF	Frans Leijtens		9:55:26	65,809	CC256
DNF	Erwin van den Bosch		9:53:21	62,004	
DNF	Sailash Shah		8:26:51	50,589	
DNF	Thomas Leijtens		6:00:15	46,784	
DNF	Peter Asselman		4:23:40	39,174	CC422
DNF	Wilfried van Bremen		5:45:50	39,174	CC493

100 Mile Times

1.	Jan 't Mannetje	21:19:52	CC494
2.	Jantinus Meints	21:56:30	CC388
3.	Sharon Scholz	22:22:22	CC436
4.	Eric Boler	22:31:21	CC499
5.	Luc Nicque	22:39:49	CC500
6.	Wilma Driessen	23:03:54	CC364
7.	Johan Stesmans	23:03:54	CC501
8.	Remco Luhrman	23:25:53	CC502
9.	Iason Nikopoulos	23:42:02	CC503
10.	Frank van der Gulik	23:49:32	CC343

Honderdman and Kennedyvriend

The carnival not only provides an opportunity to obtain the Continental Centurion title, but also two other (lesser known) titles.

Honderdman is perhaps the most notorious and obscure title in racewalking. The Netherlands Athletics Association (KNAU) started this title in 1960 for any racewalker completing 100 km within 11 hours and 30 minutes. So far, only 79 walkers have become a Honderdman (Honderdman translates to leader of a hundred men, so the title was probably inspired by the Centurions). This feat requires a very gruelling pace, which only skilled racewalkers will manage.

The **Kennedyvriend** title has existed since 1980 and is awarded to walkers who complete 50 miles (80.467 km) within 12 hours. The title was inspired by The Kennedy Walks, 50 mile walks that are highly popular in the Netherlands. The Kennedy walk craze was started by Robert Kennedy, who walked 50 miles from Potomac to Harpers Ferry in 1963, after his brother (JFK) wondered if the US Marines were able to march 50 miles in three days. The Kennedyvriend title (it translates to Kennedy friend) is usually a good stepping stone towards a future Centurion attempt. This year's 50 Miles Walk saw 10 new Kennedyvriend badges awarded (KV507 - KV516).

100km Walk - Honderdman

1.	Robin Jans	16:21:16
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50 Miles Walk - Kennedyvriend

1.	Anne van Andel	10:10:08	KV507
2.	Wil Boudewijns	10:27:26	KV360
3.	Boetje Huliselan	10:51:52	KV281
4.	Sanne Heymann	10:54:00	KV508
5.	Sietske Goldenbeld	11:11:16	KV509
6.	Andrea Kivits	11:32:08	KV510
7.	Rana Yadak	11:32:08	KV511
8.	Jannie Bos	11:35:41	KV354
9.	Lana Bezemer	11:42:02	KV512
10.	Jasper Van Hove	11:46:18	KV513
11.	Anja Vonk	11:46:40	KV514
12.	Mark van Toledo	11:54:13	KV515
13.	Mark Henkens	11:54:13	KV516
14.	Shirley Nijhof	12:17:38	

15.	David Gerrits	12:42:30		KV440
16.	Kai Cheng	13:46:58		
17.	Pieter Hendricks-Franssen	14:54:27		
18.	Rino Hamelink	14:55:57		KV387
19.	Maarten van der Meer	15:00:26		
20.	Willem van den Brink	15:01:44		
21.	Borinka van den Brink	15:01:44		
22.	Yvonne Vogelpoel	15:03:31		
23.	Gwendolien Ras	15:03:31		
24.	Kathy Crilley	15:15:26		
DNF	Martin Payne	10:24:15	72,857 km	KV496
DNF	Jean-Paul Ras	10:38:41	61,442 km	
DNF	Christiaan Kies	8:13:50	57,637 km	
DNF	Jan Sinot	7:08:00	46,222 km	KV492
DNF	Appie Bos	3:52:00	23,392 km	KV353
DNF	Hellen Ruiter	3:30:02	19,587 km	

Finally, a 50km walk rounded out the program.

50km Walk

1.	Rob Tersteeg	6:05:24
2.	Larissa Droogendijk	6:38:52
3.	Arjan Bogerd	6:57:16
4.	Jannet Lange	6:58:19
5.	Raphael Lemmens	7:06:21
6.	Joop Flipse	7:32:29
7.	Colin Moore	7:53:57
8.	David Hoben	8:13:26
9.	Jason Brevé	8:26:59
10.	Marieke van der Burgt	8:56:51
11.	Joeri Sleuwenhoek	10:23:46
12.	Marit van Dam	10:23:46
13.	Joaquin Curt	10:23:47
14.	Liam van Vugt	10:23:47



Dutch walker Jan 't Mannetje won the race and had the fastest 100 mile time



*Photos: Sharon and Justin relax before the big event gets underway
Second place finisher Jantinus Meints takes a snooze after his big effort
Sharon Scholz stops the clock at 22:22:22 for her 13th 100 mile centurion finish*



Sharon with her three trophies (alas you can't take the spoils on your tandem bike)

USA CENTURIONS QUALIFIER, MINNEAPOLIS, USA, JUN 1-2, 2024

And yet another Centurion qualifier, this time in Minneapolis (see <https://fansultraraces.org/>). I'm still waiting for US Centurion secretary Rob Robertson to put out his official race report, but we can announce that there is ONE new American centurion, namely C102 **Bruno Bornsztejn** who qualified with a 100 mile time of 23:16:18. Great work.

PARIS ALSACE CLASSIC, ACROSS FRANCE, MAY 28 - JUN 1, 2024

And finally, a report on the legendary Paris-Alsace Classic which was contested in France from May 28th to June 1st, with the top walkers doing La Mythique, a 450km course from the suburbs of Paris to Colmar and others contesting the 250km La CABU stage race.

Participants qualified for the race in 24 hours events in Bourges, Lipsheim and Chateau-Thierry and in the Roubaix 28 hours walk. After a sunny start they now face rain on the French roads.



Here they are, ready to rock and roll. A daunting prospect awaits them.

As usual, our race report is from our European correspondent Emmanuel Tardi. Thanks Emmanuel!

Last week I was at the traditional Paris-Alsace racewalking event (previously Paris-Strasbourg, Strasbourg-Paris, Paris-Colmar). Two competitions were scheduled: La Mythique 453.3km in 4 stages, and La Cabu 242.1km in 7 stages.

The weather was difficult. Of course, there was no heat, but it rained for 80% of the competition. The competitors' feet suffered a lot. To increase the number of participants and finishers, the organisers tested a new regulation. A competitor can stop during a stage and start again at the next stage. The classification is then made based on the number of kilometers done.

The first stage on Tuesday evening was a short prologue of 15.3km which saw **Alexandre Forestieri** and **Fabrice Henry** cross the finish line together with a time of 1:23:47, an average speed of more than 10 km/h.

28th May, La Mythique Prologue à Neuilly-sur Marne, 15.3km

1.	FORESTIERI Alexandre	15.3	1:23:47
2.	LETOURNEAU Florian	15.3	1:27:34
3.	MAURE René-Jean	15.3	1:37:04
4.	KERLAU Yves-Michel	15.3	1:38:13
5.	RIGAL Jean-Marc	15.3	1:43:06
6.	PETER Vincent	15.3	1:43:40

1.	BESSOT Véronique	15.3	1:35:51
2.	RAES-MAURE Chloé	15.3	1:37:06
3.	MAISON Sylvie	15.3	1:38:11
4.	DUCRUET Nadia	15.3	1:50:32

28th May, La Cabu Prologue à Neuilly-sur Marne, 15.3km

1.	HENRY Fabrice	15.3	1:23:47
2.	GROS Gildas	15.3	1:33:51
3.	SEFFARI Abdelaziz	15.3	1:33:53
4.	DELANGE Dominique	15.3	1:37:01
5.	HASSEVELDE Sébastien	15.3	1:31:56
6.	TILLIER Ludovic	15.3	1:51:14
7.	ECHÉ Dominique	15.3	1:45:13
8.	RIVIERE Sylvain	15.3	1:53:49
9.	HAGHEBAERT Eric	15.3	1:57:06
10.	DELARUE Jean - Michel	15.3	1:57:07

1.	MARRADI Muriel	15.3	1:45:08
2.	BIZARD Claudie	15.3	2:03:19
3.	ARNAULT Françoise	15.3	2:03:21

The first main stage got underway at 2PM on Wednesday in Château-Thierry. It was the big one first up, 201.3km for La Mythique and 58.8km for La Cabu. In the Mythique, Forestieri walked with **Florian Letourneau** (the favourite, and winner in 2021, 2022 and 2023) for more than 100km, but around 3AM on the Thursday, Letourneau had big problems and had to stop after 90.6km. The competition doctor denied him, for medical reasons, from returning to the following stages – he was out of the race. Forestieri then walked the rest of the stage with **Yves-Michel Kerlau**. In the women's event, **Véronique Bessot** and **Sylvie Maison** walked together into the night before Maison broke away to take the stage.

In the Cabu, Henry (male) and **Muriel Marradi** (female) were clearly stronger than their opponents.

29th May, La Mythique 1st Stage, Château-Thierry – Mogneville, 201.4km

1.	FORESTIERI Alexandre	201.4	27:04:31
2.	KERLAU Yves-Michel	201.4	27:11:24
3.	PETER Vincent	175.7	25:55:49
4.	MAURE René-Jean	122.1	17:41:28
5.	LETOURNEAU Florian	90.60	11:14:04
6.	RIGAL Jean-Marc	19.90	2:30:38

1.	MAISON Sylvie	201.4	28:06:30
2.	BESSOT Véronique	201.4	28:36:45
3.	RAES-MAURE Chloé	122.1	17:41:33
4.	DUCRUET Nadia	122.1	18:49:03

29th May, La Cabu 1st Stage, Château-Thierry – Dorman, 58.8km

1.	HENRY Fabrice	58.8	6:32:19
2.	GROS Gildas	58.8	7:06:09
3.	DELANGE Dominique	58.8	7:12:49
4.	HASSEVELDE Sébastien	58.8	7:35:39
5.	SEFFARI Abdelaziz	58.8	7:37:46
6.	TILLIER Ludovic	58.8	7:56:20
7.	ECHÉ Dominique	58.8	8:04:56
8.	RIVIERE Sylvain	58.8	8:32:24
9.	HAGHEBAERT Eric	34.8	6:58:28
10.	DELARUE Jean - Michel	19.9	

1.	MARRADI Muriel	58.8	7:44:20
2.	BIZARD Claudie	58.8	9:06:01
3.	ARNAULT Françoise	58.8	9:06:08

In the second main stage of La Mythique, Yves-Michel Kerlau was tiring and fell back, leaving Forestieri and Maison walking together out in front for a long time. No one finished the stage but Forestieri got the furthest (137.9km) to lead the men's general classification, one checkpoint ahead of Kerlau. Maison was in the same situation, stopping one checkpoint further from Bessot to lead the women's classification.

30th May, La Mythique Second Stage, Ligny-en-Barrois – Saint Dié , 181.3km

1.	FORESTIERI Alexandre	137.9	22:28:58
2.	KERLAU Yves-Michel	120.6	20:47:52
3.	PETER Vincent	97.8	17:44:07
4.	MAURE René-Jean	75.7	15:40:54
5.	RIGAL Jean-Marc	28.7	4:27:53

1.	MAISON Sylvie	120.6	19:26:08
2.	BESSOT Véronique	97.8	15:37:21
3.	RAES-MAURE Chloé	97.8	16:23:45
4.	DUCRUET Nadia	97.8	17:14:38

In the Cabu, there were two stages scheduled for 30th May, one of 16.6km and the other of 38.6km. Henry and Marradi continued on their merry way out in front.

30th May, La Cabu Second Stage, Chalons-Pogny, 16.6km

1.	HENRY Fabrice	16.6	1:36:41
2.	SEFFARI Abdelaziz	16.6	1:46:48
3.	DELANGE Dominique	16.6	1:47:42
4.	HASSEVELDE Sébastien	16.6	1:48:39
5.	GROS Gildas	16.6	1:49:27
6.	TILLIER Ludovic	16.6	2:03:36
7.	RIVIERE Sylvain	16.6	2:07:52
8.	ECHE Dominique	16.6	2:09:27
9.	HAGHEBAERT Eric	16.6	2:11:34
10.	DELARUE Jean - Michel	16.6	2:16:46

1.	MARRADI Muriel	16.6	2:05:13
2.	ARNAULT Françoise	16.6	2:18:10
3.	BIZARD Claudie	16.6	2:18:23

30th May, La Cabu Third Stage, Vitry-Mogneville, 38.6km

1.	HENRY Fabrice	38.6	4:31:36
2.	GROS Gildas	38.6	4:49:29
3.	SEFFARI Abdelaziz	38.6	4:50:30
4.	DELANGE Dominique	38.6	4:54:49
5.	HASSEVELDE Sébastien	38.6	5:15:05
6.	TILLIER Ludovic	38.6	5:35:15
7.	RIVIERE Sylvain	38.6	5:35:47
8.	ECHE Dominique	38.6	5:44:35
9.	HAGHEBAERT Eric	23.7	3:28:34
10.	DELARUE Jean - Michel	12.9	1:54:43

1.	MARRADI Muriel	38.6	5:23:38
2.	BIZARD Claudie	38.6	5:56:28
3.	ARNAULT Françoise	38.6	5:57:47

31st May saw the Mythique walkers still working their way through their long second stage which is discussed above. La Cabu had two further stages on this day, a 34.7km and a 22.8km stage. Again, Henry and Marradi were clearly in control.

31st May, La Cabu 4th Stage, Neufchateau-Gironcourt, 34.7km

1.	HENRY Fabrice	34.7	3:47:41
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2.	SEFFARI Abdelaziz	34.7	4:15:20
3.	GROS Gildas	34.7	4:16:44
4.	DELANGE Dominique	34.7	4:28:50
5.	HASSEVELDE Sébastien	34.7	4:42:01
6.	HAGHEBAERT Eric	34.7	4:56:17
7.	ECHE Dominique	34.7	5:02:02
8.	TILLIER Ludovic	34.7	5:03:08
9.	RIVIERE Sylvain	34.7	5:30:16
10.	DELARUE Jean - Michel	22.7	2:45:53

1.	MARRADI Muriel	34.7	4:49:59
2.	ARNAULT Françoise	34.7	5:19:18
3.	BIZARD Claudie	34.7	5:19:24

31st May, La Cabu 5th Stage, Brouvelieures – Saint Dié, 22.8km

1.	HENRY Fabrice	22.8	2:23:07
2.	SEFFARI Abdelaziz	22.8	2:46:31
3.	DELANGE Dominique	22.8	2:50:57
4.	GROS Gildas	22.8	2:51:53
5.	HASSEVELDE Sébastien	22.8	2:57:40
6.	TILLIER Ludovic	22.8	3:11:36
7.	HAGHEBAERT Eric	22.8	3:12:30
8.	ECHE Dominique	22.8	3:14:09
9.	RIVIERE Sylvain	22.8	3:47:14

1.	MARRADI Muriel	22.8	3:06:04
2.	BIZARD Claudie	22.8	3:29:24
3.	ARNAULT Françoise	22.8	3:31:24

Both events come together for the final day's racing on 1st June, with a 55.3km walk from Plainfaing to Colmar. This classic stage included the climb over the Col du Bonhomme, a tough way to finish such a race. In the men's Mythique race, **Jean-Marc Rigal** turned the tables on his rivals, winning easily and relegating Forestieri to third place, but Forestieri still won overall with the greatest distance walked over the 3 stages. In the women's Mythique, Véronique Bessot could not start because of a muscular problem which prevented her from walking. Sylvie Maison only finished second in this stage but, like Forestieri, all she had to do was finish to take the overall win, having walked further than any of her rivals.

In the Cabu, Henry and Marradi won yet again and confirmed their overall wins. There was a great battle for 2nd place in the men's division between Seffari and Gros. Seffari took 14 mins back from Gros, but Gros kept his 2nd place by a final margin of 10 mins.

1st June, La Mythique 3rd Stage, Plainfaing-Colmar, 55.3km

1.	RIGAL Jean-Marc	55.3	6:59:31
2.	MAURE René-Jean	55.3	8:06:13
3.	FORESTIERI Alexandre	55.3	8:08:55
4.	PETER Vincent	55.3	8:27:03
5.	KERLAU Yves-Michel	55.3	8:33:55

1.	RAES-MAURE Chloé	55.3	8:06:16
2.	MAISON Sylvie	55.3	8:20:45
3.	DUCRUET Nadia	55.3	8:44:20

1st June, La Cabu 6th Stage, Plainfaing-Colmar 55.3km

1.	HENRY Fabrice	55.3	6:20:57
2.	SEFFARI Abdelaziz	55.3	7:03:23
3.	GROS Gildas	55.3	7:17:11
4.	TILLIER Ludovic	55.3	8:11:31
5.	HAGHEBAERT Eric	55.3	8:13:15
6.	ECHE Dominique	55.3	8:17:54
7.	HASSEVELDE Sébastien	55.3	8:19:36
8.	DELANGE Dominique	55.3	8:27:03
9.	DELARUE Jean - Michel	55.3	8:49:58
10.	RIVIERE Sylvain	55.3	9:03:05

1.	MARRADI Muriel	55.3	8:06:46
2.	ARNAULT Françoise	55.3	8:42:09
3.	BIZARD Claudie	55.3	8:42:14

And now to the final placings in each event. Forestieri, Maison, Henry and Marradi were the overall winners.

Final Placings, La Mythique

1.	FORESTIERI Alexandre	409.9	59:06:11
2.	KERLAU Yves-Michel	392.6	58:11:24
3.	PETER Vincent	344.1	53:50:39
4.	MAURE René-Jean	268.4	43:05:39
5.	RIGAL Jean-Marc	119.2	15:41:08
	LETOURNEAU Florian	105.9	12:41:38

1.	MAISON Sylvie	392.6	57:31:34
2.	RAES-MAURE Chloé	290.5	43:48:40
3.	DUCRUET Nadia	290.5	46:38:33
	BESSOT Véronique	314.5	45:49:57

Final Placings, La Cabu

1.	HENRY Fabrice	242.1	25:29:56
2.	GROS Gildas	242.1	28:31:52
3.	SEFFARI Abdelaziz	242.1	28:41:39
4.	DELANGE Dominique	242.1	30:04:10
5.	HASSEVELDE Sébastien	242.1	30:51:27
6.	TILLIER Ludovic	242.1	32:24:36
7.	ECHE Dominique	242.1	32:52:16
8.	RIVIERE Sylvain	242.1	34:59:32
9.	HAGHEBAERT Eric	203.2	
10.	DELARUE Jean - Michel	130.4	

1.	MARRADI Muriel	242.1	31:39:06
2.	BIZARD Claudie	242.1	35:21:50
3.	ARNAULT Françoise	242.1	35:24:50

What a wonderful event! And now to Emmanuel's photos. He comments: You can see most of photos were without rain but believe me: most of the race was with rain.



Overall winners Henry, Forestieri, Marradi and Maison



Gildas Gros, Abdelazziz Seffari, Chloé Raes-Maure and René-Jean Maure



Vincent Peter, Yves-Michel Kerlau and Véronique Bessot

2026 will see the 100th anniversary of the event which was first held in 1926. The organisers are thinking about returning to the initial formula (510 km in one go). It will be a very challenging competition and ultrawalkers from all over the world will be welcome.

UNTIL OUR NEXT NEWSLETTER

Wow..what a huge newsletter. Congratulations to our newest Centurion **Sabina Hamaty (C86)** and well done to **David Billett (C)** and Sharon **Scholz (C)** on their Centurion walks. It's been a big couple of months.

With kind regards

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