

# CENTURION FOOTNOTES

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<http://www.centurions.org.au>

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

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 29-30, 2024	24 Heures de Haute-Saintogne	Montguyon, FRA
Aug 3, 2024	8 Heures de Xonrupt-Longemer	Vosges, FRA
Aug 24-25, 2024	<b>English Centurions Qualifier</b> See <a href="https://eventswerun.co.uk/">https://eventswerun.co.uk/</a>	Gloucester, ENG
Sept 14-15, 2024	28 Heures de Roubaix	Roubaix, FRA
Oct 19-20, 2024	24 Heures de Lipsheim	Lipsheim, FRA
Nov 11, 2024	8 Heures d'Etampes	Etampes, FRA

US Centurions Secretary Rob Robertson has announced that his organisation will host a second 2024 US Centurion Qualifier on December 28<sup>th</sup>. It will be held in conjunction with the Across the Years multi day ultra at the Camelback Ranch, Glendale, Phoenix, Arizona (see <https://www.aravaiparunning.com/across-the-years/>). See the announcement at Information link [https://www.unitedstatescenturionwalkers.com/?page\\_id=1717](https://www.unitedstatescenturionwalkers.com/?page_id=1717).

Dec 28, 2024      **US Centurions Qualifier**      Glendale, Phoenix, Arizona, USA  
See <https://www.aravaiparunning.com/across-the-years/>

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, 5 races were 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. Two have been completed, the following 3 are still to come.

Aug 31-Sep 1, 2024	<b>Southern Sydney 24H Track Ultra</b> See <a href="https://drive.google.com/file/d/1paeZXENX-DA212WgtKCihfNvN8YO3Yf8/edit">https://drive.google.com/file/d/1paeZXENX-DA212WgtKCihfNvN8YO3Yf8/edit</a>	Campbelltown (Sydney), NSW
Sep 29-Oct 6, 2024	<b>Australian 6 Day Ultramarathon (Road)</b> See <a href="https://australian6day.com.au/">https://australian6day.com.au/</a>	Thorndon Park, Paradise, Adelaide, SA
Nov 9-10, 2024	<b>SA Track Ultra 24H</b> See <a href="https://satrackultra.com.au/event-details/">https://satrackultra.com.au/event-details/</a>	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](mailto: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.

## OUT AND ABOUT

**Pramesh Prasad (C81)** was in Fiji in early June for the Oceania Masters Athletics Championships. He was part of a 70 strong Australian Masters team who made the trip to Suva and was in fact the team manager for team Australia. Hew tells us he had a fantastic week, contesting 10 events and winning 9 gold and 1 silver. The 2024 edition was held alongside the Oceania Area Championships for Senior, U18 and Para Athletes, making it a truly inclusive championships, something that is not replicated anywhere else in the world. *"It was a great feeling to compete again in the same championship I did in 1990 as a 16 year old."*



*Pramesh with his rather large collection of medals won in Fiji*

We Melbourne based centurions gathered for lunch on Sunday 30<sup>th</sup> June to officially welcome our newest Australian Centurion **Sabina Hamaty (C 86)** who was down from Sydney for the weekend with her husband Dave. A great time was had by all!



*Back: Pramesh Prasad (C81), Michelle Thompson (C58), Tim Erickson (C13), Sabina Hamaty (C86), Bill Dyer (C15) and Stuart Cooper (C5)*

*Front: Karyn O'Neill (C45), Terry O'Neill (C18) and Clarrie Jack (C4)*

## SABINA HAMATY (C 86), OUR NEWEST CENTURION

I have uploaded a full profile bio for Sabina to our website at <http://centurions.org.au/centprof.shtml>. I also reproduce it here for completeness.

Sabina Hamaty is yet another successful Australian ultra distance runners who has taken up the challenge of ultra distance walking and has now joined us as an Australian Centurion.

Sabina, born 14<sup>th</sup> November 1968 and based in Sydney, ran her first ultras in 2009, successfully negotiating her way to finishes in the Six Foot Track in NSW (45km, 6:20:20) and the Bush Capital Bush Marathon in Canberra (60km 6:05:56). Why? Pretty simple really: *I started running when I turned 40 because I needed to do something for myself.*

The following year, Sabina upped the ante with a finish in the North Face 100 (100km, 15:29:24).

In 2012, she made the first of her 4 appearances at the Coburg Carnival, completing the 24H Run in a very promising 184.908km. She also ran an impressive 11:26:28 in the Centennial Park 100km in Sydney.



*Sabina (number 23) competes in her first 24 Hour Run at Coburg in 2012 and again in 2014*

2013 was a big year for Sabina, with 8 long distance ultras, culminating with a second place finish in the iconic 240km Coast to Kosci ultramarathon (32:25:20). She also improved her PBs for 100km (10:13:15), 12H (110.081km) and 24H (187.577km).

The Coast to Kosci was a challenge that called her back, and she had subsequent finishes in 2014 (first woman with 30:14:11), 2015 (first woman with 31:14:15) and 2017 (second woman with 32:08:18).

2015 was a big year for Sabina, with her first 48 Hour Run, done at Caboolture in Queensland in August of that year. Now why would you ever run a 48 Hour Track race? Sabina's answer was a nice one

*When non ultra runners ask the inevitable question, "why run ultras?" I often don't know what to say and mumble the usual, "if you have to ask the question, you won't understand the answer" line, but this time, I had a definite answer. "It's all about the second sunrise". I had read years ago that the second sunrise during a 48 hour run is the most beautiful thing and I wanted to experience it for myself. But. . . would I make it? Was I tough enough to last? Did I have what it takes? There was only one way to find out.<sup>1</sup>*

1 You can read Sabina's race report in the December 2015 edition of the AURA Ultramag: <https://irp.cdn-website.com/3007bc9f/files/uploaded/31.4.2015.pdf>

This was the inaugural women's Australian 48 Hour Championship and Sabina won with an impressive 310.507km, actually finishing third overall, beaten only by the top two men. Her performance made the front cover of the December 2015 edition of the AURA Ultramag.



And for completeness, how was that second sunrise?

*It was by anyone else's definition the most ordinary of sunrises. From the confines of the Caboolture Historical Village you don't even get a good view of it. But for me, it was an unforgettable moment, that moment in time when I realised I am tough enough and I do have what it takes. As for the next 48 hour race, bring it on! I am ready!*

Sabina repeated her victory in 2017, winning the AURA Australian 48 Hour Championship in Canberra with a distance of 301.093km. She was now a 2 times Australian Champion.



*Sabina successfully negotiates her third Coast to Kosci finish in December 2017*

In 2018, she completed one her bucket list challenges, the Spartathlon in Greece. This 246 km race, held annually between Athens and Sparta, the modern town on the site of ancient Sparta, is huge in every way - huge climbs, huge fields and huge atmosphere. She finished with a time of 35:27:25, 201<sup>st</sup> out of 390 and 22<sup>nd</sup> in the female division.

Her ultra run PBs at that stage read impressively: 10:13:15 (100km), 20:21:11 (100 Miles), 110.081m (12H), 192.499km (24H) and 310.507km(48H). Add to that 3 finishes in the Coast to Kosci and a Spartathlon finish.

The next few years promised much but it was not to be. As with all of us, 2020-2022 were lean years, with Covid-19 shutting down most opportunities. Sabina did lots of bushwalking, with the occasional race when possible.

2023 saw her wanting to explore new ground, so she eyed the ultra distance walking scene as a new sphere of activity. She had seen plenty of walkers in action at Coburg and at other Australian ultra races and she knew about the Australian Centurions and our own Australian ultra distance walking records. It was time to give it a go.

Fast forward to the Southern Sydney 48 Hour Run on the weekend of 10-11 June 2023. Sabina 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 a new Australian records for the 200km Walk (35:36:17) and the 48 Hour Walk (250.820km).

*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*



*Sabina matches strides with Anyce Melham (C65) in the Southern Sydney 36 Hour event in June 2023*

Sabina was back in action again as a walker for a second time later that year, fronting for the Australian 6 Day Championship in Adelaide in the first week of October 2023. There were were in fact 2 serious walkers in the field, as David Billett (C50) was also testing himself out against the 6 Day standard (not for the first time in his case)

While David showed his experience to finish with 551.893km, 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 held the Australian walk records for 200km, 500km, 48 Hours and 6 Days. An impressive start to her walking career!

*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.*



*Sabina after finishing the 6 Day event in Adelaide in October 2023*

It was now time for Sabina to tie up loose ends and get that Centurion badge! As readers know, we have no official Australian Centurions Qualifier in 2024 but decided instead to designate a number of other 24H races as qualifying opportunities. The first of these was the BUTTER 24, held at the Griffith University Track on the Gold Coast in Queensland on the weekend of 1-2 June. Sabina chose the BUTTER 24 as her designated race and I duly booked flights and made my way north 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!

The BUTTER 24 was Sabina's third walk but 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 also did, eventually reaching the 100 mile mark in **23:40:16** to become **Australian Centurion Number 86**. She then continued to stroll around until the final gun, reaching a total distance of 162.998 km.

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.*



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

I am very pleased to confirm Sabina as the newest member of the Australian Centurions.

Tim Erickson  
 Secretary, Australian Centurion Walkers Inc.  
 Friday 28 June 2024

**A TALE OF 3 WALKERS**

When I was processing Sabina’s lapsheets from her walk at the BUTTER 24 and looking for any possible Australian Masters records, I found she was the third W55 woman to complete the centurion challenge in Australia and that the records are now shared between the 3 walkers whom I discuss below.

**Jill Green (C38)**, from the Isle of Wight, travelled over to Australia to join us for our annual qualifying walk in Melbourne in 1999. She produced the goods, setting new W55 Australian All-Comers records as follows

6 Hours	46.500 km	W55 All-Comers Record
50 Miles	10:08:00	W55 All-Comers Record
12 Hours	94.400 km	W55 All-Comers Record
100 km	12:45:38	W55 All-Comers Record
100 Miles	21:15:35	W55 All-Comers Record

We had to wait until 2011 for our first W55 Australian woman, **Karyn O’Neill (C45)**, to walk a hundred. This was Karyn’s second centurion walk, having previously qualified in 2002, aged 47. In 2011, she was 56 years of age and ready to try again. Her stats from that race at Coburg all qualified as W55 Australian Residential records.

6 Hours	45.687 km	W55 Residential Record
50 Miles	11:01:15	W55 Residential Record
12 Hours	85.394 km	W55 Residential Record
100 km	14:13:50	W55 Residential Record
100 Miles	23:44:26	W55 Residential Record
24 Hours	162.092	W55 Residential Record

Now fast forward to 2024 and our third W55 walker, **Sabina Hamaty (C86)**, who qualified in the BUTTER 24. Her stats show that, while she was behind Karyn for most of the race, she finished the stronger and recorded better 100 Mile and 24 Hour stats, taking two of Karyn’s W55 Residential Records from her.

6 Hours 43.806 km  
 50 Miles 11:19:16  
 12 Hours 84.917 km  
 100 km 14:18:22  
 100 Miles 23:40:16  
 24 Hours 162.998 km

W55 Residential Record  
 W55 Residential Record

Now our W55 records are nicely spread amongst the 3 women. Who will be next?



1999 Jill Green



2011 Karyn O'Neil



2024 Sabina Hamaty

**ADELAIDE 24H FESTIVAL, WAR MEMORIAL DRIVE, NORTH ADELAIDE, SA, JUN 8-9, 2024**

Now in its 15<sup>th</sup> year, the Adelaide 24 Hour Festival (see <http://adelaide24hourfestival.com.au/>) was held in Adelaide on the weekend of 8-9 June and provided a number of timed events, including the 24H (22 finishers), 12H (8 finishers), 6H (4 finishers) and 3H (5 finishers). While the winners in the 24H were Australian Rhys Whiting (203.119km) and Japan's Yuko Sato (192.986km), our interest was in the sole walker, **David Billett (C50)** who finished 8<sup>th</sup> with a distance of 163.559km. Yes, that's right – yet another centurion finish for David!

1.	Rhys Whiting	AUS	1999	M	203.119 km
2.	Peter Doggett	AUS	1970	M	200.985 km
3.	Darren Edward Linney	AUS	1975	M	199.268 km
4.	Yuko Sato	JPN	1977	F	192.986 km
5.	Anthony Parfilo	AUS	1972	M	187.030 km
6.	Justin Brock	AUS	1975	M	180.235 km
7.	Nancy Williams	AUS	1974	F	173.635 km
8.	<b>David Billett (Walk)</b>	<b>AUS</b>	<b>1970</b>	<b>M</b>	<b>163.559 km</b>
9.	Craig Wilson	AUS	1975	M	136.597 km
10.	Kirsty Wilson	AUS	1973	F	136.597 km
11.	Alexandria Senior	NZL	1982	F	134.035 km
12.	Cheryl Symons	AUS	1970	F	105.600 km
13.	Derek Mattner	AUS	1980	M	105.600 km
14.	Lisa Cundy	AUS	1971	F	104.945 km
15.	Michael Hardie	AUS	1983	M	101.200 km
16.	Nick Donnellan	AUS	1989	M	101.200 km
17.	Stephen Kent	AUS	1955	M	99.000 km
18.	Anna Bryson	AUS	1974	F	97.421 km
19.	Trish Lillywhite	AUS	1960	F	93.504 km
20.	Melissa Knowles	AUS	1979	F	72.627 km
21.	Benjamin Anchor	AUS	1989	M	55.000 km
22.	Lisa Jamieson	NZL	1972	F	48.400 km





*David in action in Adelaide*

Here is what David had to say:

*I made it! I reached 100 miles in the Adelaide 24 event over the weekend. My 100 mile time (as far as I heard it from race official Rob Wallis) was 23:35:21. Hopefully you will receive confirmation from Dawn Parks shortly. So, I had about 20 minutes more to spare than last year.*

*I reached 50 miles in 10:57:21 (I recorded this with my own watch, as I passed the 50 mile mark and 100 kilometres in about 13:58. This may be my second best?*

*Very nice weather. No rain, hardly any breeze. Quite mild overnight – I did need to put on beanie and windcheater until about 3am.*

*You may have a slight suspicion that I am attempting to complete the centurion walk as many times as possible.*

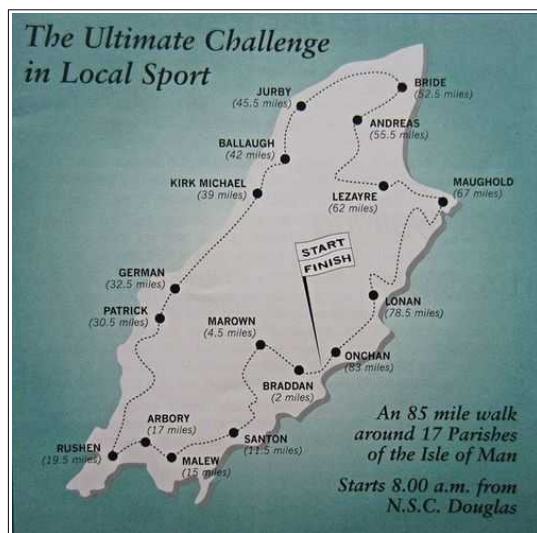
*As you know, this was my 11<sup>th</sup>.*

David is of course correct – it was his 11<sup>th</sup> finish. Here is the full list:

23:52:27	16-17 Apr 2005	Coburg, Victoria	(C 50)
23:06:56	14-15 Sept 2013	Middle Park, Victoria	
22:47:45	15-16 Mar 2019	Canberra, ACT	
23:25:03	25-26 Mar 2022	AIS, Canberra, ACT	
22:33:38	9-10 Apr 2022	Coburg, Victoria	
23:30:18	1-2 Oct 2022	Adelaide, SA	
23:51:18	24-26 Mar 2023	Canberra, ACT	
23:05:12	15-16 Apr 2023	Coburg, Victoria	
23:55:46	10-11 Jun 2023	Adelaide, SA	
23:29:10	11-12 May 2024	Auckland, NZ	(NZC 31)
23:35:21	8-9 Jun 2024	Adelaide, SA	

#### ISLE OF MAN PARISH WALK, ISLE OF MAN, 22-23 JUNE 2024

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of **85 miles (137 km)**. Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read more about it at [https://en.wikipedia.org/wiki/Parish\\_Walk](https://en.wikipedia.org/wiki/Parish_Walk).



This year, Isle of Man walkers donned the shoes on the weekend of 22-23 June, with over 1000 walkers toeing the start line at the National Sports Stadium in Douglas.



*The 2024 Parish Walk begins at the NSC (Dave Kneale)*

**Dean Morgan** retained the Parish Walk title after last year's success, winning the event in a time of 15:33:18. Morgan finished 12 minutes and 36 seconds ahead of 2022 champion **Paul Atherton** as well as **Callum Gawne**, who were joint runners up. **Lorna Gleave** won the women's race with 17:26:13 and was fifth overall.

Overall, 128 walkers completed the full course within the required 24 hours, with the first 7 achieving the GOLD standard (less than 18 hours), 44 achieving the SILVER standard (less than 21 hours) and the remaining 77 achieving the BRONZE standard (under 24 hours). The big news for us was the performance of the 3 Australians amongst the list of finishers. **Justin Scholz (C61)** and **Sharon Scholz (C63)** finished together (as usual) in 17<sup>th</sup> place with 18:51:58 while **Geoff Hain (C49)** finished 125<sup>th</sup> with 23:44:01.

Full results at [https://www.parishwalk.com/page\\_499374.html](https://www.parishwalk.com/page_499374.html). Here are the GOLD and SILVER standard finishers, along with Geoff.

1	Dean Morgan (1)	Veteran Men (1)	15h33m18s	GOLD
2	Paul Atherton (2)	Veteran Men (2)	15h45m54s	GOLD
2	Callum Gawne (6)	Senior Men (1)	15h45m54s	GOLD
4	Ryan Surridge (96)	Senior Men (2)	16h55m8s	GOLD
5	Lorna Gleave (11)	Veteran Ladies (1)	17h26m13s	GOLD

6	Connor Gilbert (9)	Senior Men (3)	17h40m54s	GOLD
7	Chris Addy (69)	Senior Men (4)	17h42m12s	GOLD
8	David Williams (71)	Senior Men (5)	17h57m32s	GOLD
9	Glenn Faragher (45)	Senior Men (6)	18h26m3s	SILVER
10	Morgan Armstrong-Pato (93)	Senior Men (7)	18h29m39s	SILVER
11	Jayne Farquhar (25)	Veteran Ladies (2)	18h30m22s	SILVER
12	Michael Farnworth (30)	Veteran Men (3)	18h33m2s	SILVER
13	Mark Lund (44)	Veteran Men (4)	18h33m12s	SILVER
14	Andrew Titley (14)	Veteran Men (5)	18h46m4s	SILVER
14	Graham Kennish (357)	Senior Men (8)	18h46m4s	SILVER
16	Dan Richmond (106)	Senior Men (9)	18h50m9s	SILVER
17	<b>Justin Scholz (873)</b>	<b>Veteran Men (6)</b>	<b>18h51m58s</b>	<b>SILVER</b>
17	<b>Sharon Scholz (1101)</b>	<b>Veteran Ladies (3)</b>	<b>18h51m58s</b>	<b>SILVER</b>
19	Nick Sille (91)	Veteran Men (7)	18h54m24s	SILVER
20	Juan Corrin (131)	Veteran Men (8)	19h4m14s	SILVER
21	Connor Casey (105)	Senior Men (10)	19h10m29s	SILVER
21	Euan Wylie (469)	Senior Men (10)	19h10m29s	SILVER
23	Richard Sille (16)	Veteran Men (9)	19h11m41s	SILVER
24	Chris Cale (15)	Veteran Men (10)	19h20m18s	SILVER
25	Alex Delaney (65)	Senior Men (12)	19h21m53s	SILVER
26	Paul Callow (19)	Veteran Men (11)	19h23m58s	SILVER
26	Sarah Ohare (23)	Veteran Ladies (4)	19h23m58s	SILVER
28	James Cochrane (729)	Veteran Men (12)	19h38m29s	SILVER
29	Bernie Johnson (29)	Veteran Ladies (5)	19h38m32s	SILVER
30	Harriet Hancox (61)	Veteran Ladies (6)	19h43m11s	SILVER
31	Martin Hall (46)	Veteran Men (13)	19h45m37s	SILVER
32	Rachel Gawne (75)	Senior Ladies (1)	20h1m37s	SILVER
33	Alice Leadbeater-Terr (618)	Senior Ladies (2)	20h9m59s	SILVER
34	Joseph Swan (62)	Senior Men (13)	20h13m4s	SILVER
35	Greg Hoskisson (89)	Veteran Men (14)	20h13m10s	SILVER
36	Dougie Scott (53)	Veteran Men (15)	20h19m44s	SILVER
36	Ryan Smith (440)	Senior Men (14)	20h19m44s	SILVER
38	Ashley Burgess (159)	Senior Men (15)	20h21m13s	SILVER
39	Emma Wilson (1147)	Veteran Ladies (7)	20h23m27s	SILVER
40	Ewa Kowalewska (35)	Veteran Ladies (8)	20h25m5s	SILVER
41	Melissa Bills (924)	Veteran Ladies (9)	20h25m44s	SILVER
42	May Hooper (77)	Veteran Ladies (10)	20h27m23s	SILVER
43	Robin Crellin (54)	Veteran Men (16)	20h30m56s	SILVER
43	Austin Myers (847)	Veteran Men (16)	20h30m56s	SILVER
45	Juan Kinley (40)	Veteran Men (18)	20h40m28s	SILVER
46	Zoe Lambie (68)	Senior Ladies (3)	20h44m32s	SILVER
47	Jordan Hamer (139)	Senior Men (16)	20h51m20s	SILVER
48	Jacob Hewins (336)	Senior Men (17)	20h53m56s	SILVER
48	Richard Moriarty (846)	Veteran Men (19)	20h53m56s	SILVER
50	Tiffany Faragher (27)	Senior Ladies (4)	20h55m56s	SILVER
51	Gustav Rober (104)	Veteran Men (20)	20h56m37s	SILVER
..				
125	<b>Geoff Hain (776)</b>	<b>Veteran Men (41)</b>	<b>23h44m1s</b>	<b>BRONZE</b>

Here is what Geoff had to say post-event.

*Hi Tim,*

*Greetings from the Isle of Man. Exciting news from my perspective. On the weekend, I did the Parish Walk and finished in 23.44.01. I can't really believe it. The longest walk I have done since the Coburg Centurion in 2009. That's 15 years ago and now I am almost 78. I believe that I am the oldest person to have ever competed the Parish Walk.*

*Although I knew that the course was really hilly, I just didn't realise that it was "that" hilly. Still, a fantastic event, incredibly scenic, and super organised. Luckily the weather was perfect. Feeling stoked with my achievement and amazed that with only 6 months training living in a flat city like Buenos Aires, I could get in good enough condition for such a gruelling event. Apart from weekly 50 km walks, I did 10 km on the treadmill @ 15 degree incline, walked up and down the equivalent of a 200 storey building on an outdoor set of stairs and did 20 km up and down on the only small little hill in the city.*

*A final tune up was a hilly 280km hike together with Annie in the Cevennes National Park in the South of France in the two weeks before coming here.*

*Cheers Geoff C49*



*Geoff in action during and at the finish of the 2024 Parish Walk*

And here are some thoughts from Justin and Sharon

*Tough event, but we are happy that we came here and got it done. Icing on the cake for Shaz finishing 3<sup>rd</sup> lady. Great hospitality by all from the IOM, and especially our hosts here, Bernie and Lee Johnson. Bernie is a multiple centurion and has completed the Parish Walk 10 times. She also won it once, in a time under 18 hours.*

*We were also fortunate to have a lovely lady Rose Taylor crewing for us. She was a marvel and picked up the challenging crewing process with ease. We really are most grateful.*

*Although Shaz and I have done about 36 centurions between us, they've all been flat. We've done much longer events with more hills too, like 9 finishes between us at the 240km Coast to Kosciuszko race in Australia, with at least 4000m of climbing. They were as runners.*

*Which made the Manx Telecom 2024 Parish Walk probably the hardest walking event we've done. Relentless hills in the first 40 miles sap the energy from the legs, and still, you're not half-way.*

*After the start, we probably settled somewhere about 100 places from the front of the field of more than 1200. Shaz and I walked steadily, but it was hardly slow. About 7:40 mins per km average early, with lap times already variable due to the busy and slightly congested start area, and the strongly undulating nature of the course. With teammates Jayne and Nicola nicely ahead of us, it was indeed clear that they were strong walkers, and bade well for the team. Shaz and I would need to ensure we did our part and make it across the line.*

*Our 52km time at Peel, was 6:54:30, and considering that we like to go through six hours in a flat 24 hour with 46 – 48km under our feet, we were very pleased with this. We'd actually completed a little more than 45km in six hours in this event, with somewhere around 800m of climbing and decent. Unlike a running event where you can claw back some time on the downs, you really don't make up a lot walking downhill. Once the gradient gets to about 6%, it's actually harder (and slower) to walk down fast than it is on the flat. For Shaz and I, anyway, who don't have the best walking technique.*

*Long days here in the northern hemisphere summer, and so it wasn't until 10pm that it became mandatory to use a headlight and red back light. That was 14 hours into the event. And with a full moon and very very slow falling of the sun, we could just see the ground without lights all through the night until we'd finished a few minutes before 3am.*

*The last 20 miles were tough, but Shaz and I were quite elated. There was almost no chance of failure to finish when we'd reached 100km a few minutes prior to 13 and a half hours, needing just 36km more. Sure, an event of this type is never done until you cross the line, but our experience told us we should be in "easily finish" form.*

*We were very glad to get over the finish line, and perhaps in true "Island" form, we even had the lightest shower of rain for a 20 minute period in the last hour. Not enough to get wet or cold, but even had we, we wouldn't have stopped so close to the finish. Just get it done.*

*In unfortunate news, Nicola had to retire at Peel, so team "Aussies and co", didn't get a full finish time. Jayne was second female though, and Shaz, of course, was third. That's a tremendous result. Bernie finished nicely in 19 hours, 38 minutes, and her team looks set to be the female team champion for this event. With a couple of first finishers in her team, that is an outstanding result.*

*The event management was first class. All volunteers and supporters were great. Chirpy, encouraging and helpful. Roadside support was immense, and would only be second to the Nijmegen four days marches, in terms of events Shaz and I have participated in. Literally thousands of people out of course in the first 50km especially.*



*Justin and Sharon walked together (as usual) in the 2024 Parish Walk*

#### 2024 SWEDISH FOTRALLY, MARIEFRED, SWEDEN, 9PM JUNE 28 ONWARDS

The *Backyard Ultra* is certainly the flavour of the month around the world, with events being scheduled at a rate of knots (the backyard ultra is a form of ultramarathon race where competitors must consecutively run the distance of 6,706 meters (4.167 miles) in less than one hour. When each lap is completed, the remaining time within the hour is typically used to recover for the next hour's race.)

What's with the odd looking hourly distance of 6,706m. Well, multiply that by 24 and you get 160.94km (ie 100 miles). While it's a great concept, it is certainly not the first of its type and the standard remains the Swedish Fotrally which is held each year in that country(see <https://www.fotrally.se/>). Let me explain.

*The Long Walk* is a novel by Stephen King, published under the pseudonym Richard Bachman in 1979. It was collected in 1985 in the hardcover omnibus *The Bachman Books*, and has seen several reprints since. Set in a dystopian present, the plot revolves around the contestants of a gruelling walking contest, held annually by a totalitarian version of the United States of America. In 2000, the American Library Association listed *The Long Walk* as one of the 100 best books for teenage readers published between 1966 and 2000. According to Stephen King, it is the first novel he wrote, begun eight years before his novel *Carrie* was published in 1974, when he was a freshman at the University of Maine in 1966–1967. It's a ripper yarn that I first read many years ago. Of course, in the book, once you dropped behind, you were shot. Luckily that does not happen with Fotrally – you are simply out of the race but live to fight again another day!

So, just how far can a person go before he/she can go no further? Well, in 2009, Pontus Kylberg decided to put the concept to the test and organised what is perhaps the ultimate ultra challenge. The walkers walk day and night, without rest until there is only one left standing. Hundreds test themselves each year but only a few get beyond the 24 hour mark. From then on, it's a brutal war of attrition as, one by one, they fall by the wayside. All contestants walk together as a group at a speed of 5 km/h. In the front there is a leading vehicle which the contestants may not pass and in the

back there is a portable toilet which the contestants may not be passed by. Each contestant gets 25 minutes per 24 hours for toilet breaks (all the contestants are timed). You must carry what you need, with support zones only once every 6 hours where you can supplement drinking water and food stocks. But the race itself never stops, even for such refreshment points. You must get going before the rear vehicle passes.

Wow! What a concept. Let's focus on a few key milestones from previous editions.

- The 2014 event was fought out between Swedish walkers **Silvio Cannavá** and **Lena Jensen**. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing. In fact, Swedish walkers filled the first 25 places that year.
- The 2015 staging really upped the ante on what was possible with winner **Fredrik Forsström** walking for an amazing **87 hours and 45 minutes**, just over 32 hours above the previous record. **Jonas Davidsson** took second place in the same time (but obviously could no longer continue) while Silvio Cannavá, Pia Rosvall, PerOla Axelsson and Niklas Grebäck also shattered the 2014 record of 55 hours. For 44 year old Forsström, it was his 4<sup>th</sup> Fotrally – his previous placings had been 20<sup>th</sup> (2012 24:20), 3<sup>rd</sup> (2013 33:26) and 5<sup>th</sup> (2014 48:18). 5km/hr for some 88 hours comes out at around 440km of continuous walking.
- In 2016, it came down to another two person duel, with **PerOla Axelman** eventually winning with 72 hours 12 minutes, after **Robert Jonsson** had to stop, total distance 361km! Obviously Axelsson could have gone on but he called it quits at that stage, content with being the last person standing. It was his sixth attempt and the win gave him his first victory after 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup> and 2<sup>nd</sup> placings in previous years.
- A similar two person duel happened in 2017, when **Richard Andersson** outlasted **Ange Truss** by walking for 81 hours (405km).
- 2018 saw a duel between the same two walkers. After **87 hours and 48 minutes**, the win was finally decided when officials forced Agne Truss to retire, worried that her condition had deteriorated too much to continue. That left Richard Andersson as the final walker, repeating his 2017 win. They had both bettered the previous record of 87 hours and 45 minutes and had each walked a total distance of 439km! Richard chose to stop then as well. I suppose when you have won and set a new record, you can be excused for resting on your laurels!
- 2019 saw Agne Truss of Estonia finally take the overall title and become the first non Swedish winner, outlasting Swedish walker Niklas Yjord, with a final time of **75 hours and 6 minutes**.
- After a two year covid break, the event returned in 2022, with the win going to **Anders Jungefors**. He scored a repeat win in 2023.

The improvement in the event can be traced with the winning times from the 12 annual stagings held up till and including 2022.

Year	Name	Location	Time (hh:mm)
2009	Thomas Gjutarenäfve	Tullinge, Sweden	9:45
2010	Maria Thomsen	Stockholm, Sweden	29:58
2011	Jonas Davidsson	Hägersten, Sweden	33:21
2012	Jonas Davidsson	Hägersten, Sweden	50:40
2013	Silvio Cannavá	Stockholm, Sweden	48:05
2014	Silvio Cannavá	Stockholm, Sweden	55:00
2015	Fredrik Forsström	Huddinge, Sweden	87:45
2016	PerOla Axelsson	Stockholm, Sweden	72:12
2017	Richard Anderrson	Lund, Sweden	81:00
2018	Richard Anderrson	Lund, Sweden	87:48
2019	Agne Truss	Södertälje, Estonia	75:06
2020	Cancelled due to Covid		
2021	Cancelled due to Covid		
2022	Anders Jungefors	Stockholm	55:10
2023	Anders Jungefors	Stockholm	42:00

The big question was the same as always – how far would they go in 2024? Like last year, the event was held in the Swedish city of Mariefred, with four different six-hour routes around the city. The walk got underway at 9PM on Friday 28<sup>th</sup> June, with 84 entrants toeing the line.

Conditions were dreadful, with facebook videos showing steady rain for large portions of the race. 24 walkers made it through the first 24 hours but only 8 made it past the 27 hour mark. Eventually, the field was reduced to 2 – defending

champion **Anders Jungefors** and challenger **Johan Nilsson**. Eventually, Nilsson surrendered after 56 hours and 48 minutes, granting the win (the third in a row) to Jungefors. It was a record distance for both walkers.



*Still standing after 56 hours - Anders Jungefors and Johan Nilsson*

Here are the placings and distances of the 24 who reached the 24 hour mark, as per <https://www.fotrally.se/resultat>.

1.	Anders Jungefors	Stockholm	Sweden	56 hours 48 min
2.	Johan Nilsson	Nacka	Sweden	56 hours 48 min
3.	Anna Hessel	Uppsala	Sweden	50 hours 00 min
4.	Helen Lagerblad	Mora	Sweden	48 hours 02 min
5.	Theodor Colombo	Åkersberga	Sweden	37 hours 02 min
6.	Karl Lewenhagen	Mariefred	Sweden	30 hours 53 min
7.	Per Rabe	Laholm	Sweden	30 hours 05 min
8.	Anders Thunberg	Umeå	Sweden	30 hours 04 min
9.	Anna-Pia Ternström	Bälinge	Sweden	27 hours 30 min
10.	Svenerik Johansson	Boxholm	Sweden	27 hours 18 min
11.	Stefan Edström	Järfälla	Sweden	27 hours 01 min
12.	Stefan Lindgren	Sollentuna	Sweden	26 hours 57 min
13.	Stefan Jonsson	Mariefred	Sweden	26 hours 18 min
14.	Markus Åkerman	Åby	Sweden	26 hours 01 min
15.	Hans Kneezke	Hässelby	Sweden	25 hours 20 min
16.	Stefan Hemström	Stockholm	Sweden	25 hours 19 min
17.	Menno Dijk	Märsta	Sweden	25 hours 01 min
18.	Anders Ternström	Bälinge	Sweden	24 hours 46 min
19.	Lars Molin	Bromma	Sweden	24 hours 42 min
20.	Johan Andreasson	Kungälv	Sweden	24 hours 14 min
21.	Micael Andreasson	Romelanda	Sweden	24 hours 14 min
22.	Edda Flink	Uppsala	Sweden	24 hours 12 min
23.	Lennart Möllerström	Sollentuna	Sweden	24 hours 05 min
24.	Stefan Hedlund	Eskilstuna	Sweden	24 hours 05 min

## NEW CENTURION POLO SHIRTS NOW AVAILABLE

The Australian Centurions committee has been keen for some time now to facilitate a refresh to our popular centurion polo shirt. Thanks to **Bill Dyer (C 15)**, we have sourced new tops which are very similar to our old ones.

The new tops are made of a modern drip dry polyester and have our centurion emblem printed on the right chest, just like the originals. They are grey, with a green collar, again matching the original. I had to rummage back through my photo archive to find a nice shot of some of us in our original polo shirts. This one from 2010 - we all look a lot younger!

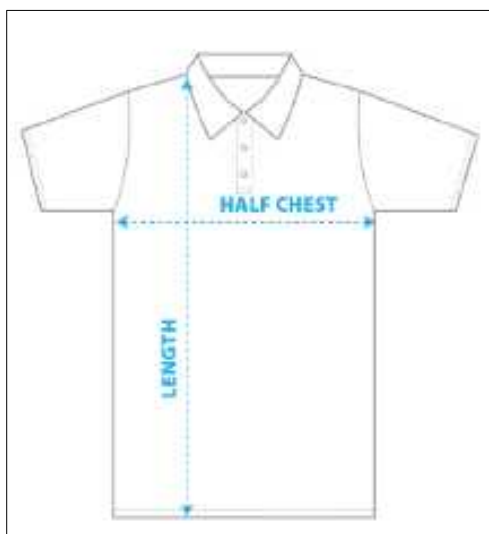


*2010 Centurions Luncheon - Ken Walters (C26), Stan Miskin (C23), Jim Gleeson (C4), Fred Brooks (C42), Karyn O'Neill (C45), Terry O'Neill (C18), Stuart Cooper (C6), Clarrie Jack (C5) and Tim Erickson (C13)*

We have purchased 50 polo shirts with sizings as follows

35 Men's polo shirts: 10 XS, 10 S, 5 M, 5 L and 5 XL  
 15 Women's polo shirts: 5 Size 8, 5 Size 10 and 5 Size 12

You can choose your size by measuring Half Chest and Length on a polo shirt that fits you well and comparing numbers from the sizing charts below.



MEN'S	XS	S	M	L	XL
LENGTH	68	70.5	73	75.5	78.5
HALF-CHEST	51	53	56	58.5	61

LADIES	8	10	12
LENGTH	60.5	62.5	66
HALF-CHEST	46	48	50.5



Shirts cost \$40 (extra if you need postage) For those who have already picked up shirts, the preferable payment method is via bank transfer. Our bank details are as follows

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

If you need tempting, here is a photo of one of the new tops.



**UNTIL OUR NEXT NEWSLETTER**

What a bumper issue! It was wonderful to welcome Sabina as our newest Centurion and to celebrate yet another hundred by David, as well as Parish Walks by Justin, Sharon and Geoff.

With kind regards

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