

# CENTURION FOOTNOTES

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## DATES ... DATES ... DATES

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

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	<b>US Centurions Qualifier</b>	Glendale, Phoenix, Arizona, USA
	See <a href="https://www.aravaiparunning.com/across-the-years/">https://www.aravaiparunning.com/across-the-years/</a>	

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. Three have been completed, the following 2 are still to come.

Sep 29-Oct 6, 2024	<b>Australian 6 Day Ultramarathon (Road)</b>	Thorndon Park, Paradise, Adelaide, SA
	See <a href="https://australian6day.com.au/">https://australian6day.com.au/</a>	
Nov 9-10, 2024	<b>SA Track Ultra 24H</b>	SA Athletics Stadium, Adelaide, SA
	See <a href="https://satrackultra.com.au/event-details/">https://satrackultra.com.au/event-details/</a>	

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

- Whenever I traveled to see my family in Darwin, I made sure I caught up with **Colin Heywood (C75)** and had a stroll. I am pleased to report that Colin and his family have relocated from Darwin to Melbourne and are now residing in Watsonia, close to Colin's new work place at the Simpsons Barracks (formerly known as Watsonia Army Camp). Col has now rejoined the Victorian Race Walking Club and is regularly competing in the shorter walking format. Welcome home Col!
- I was recently in Europe for my annual 3-4 weeks of cycling and was staying with my riding partner Harold in Luxembourg when I checked Facebook and found that **Justin (C61) and Sharon (C63) Scholz** were staying for a few nights in a small village only 20km from my abode. They were slowly making their way on their tandem bike to England for the English Centurions 100 mile walk (see report later in the newsletter) and their route took them via the small European Duchy. I immediately contacted them and they rode over the next morning to say hello. Then we set off back to where they were staying for a coffee and a chat. Talk about an unexpected pleasure!



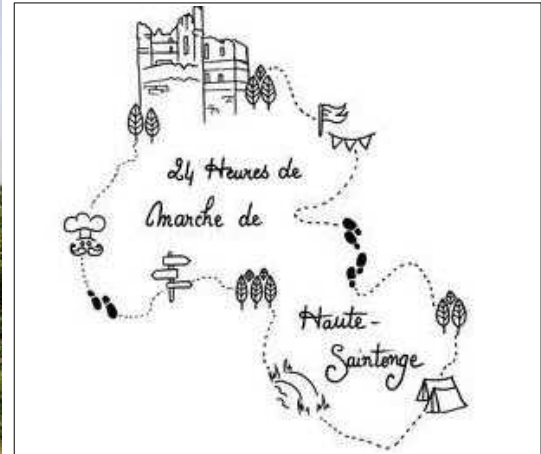
*Tim meets up with Sharon and Justin in Luxembourg*

- It was way back in 1998 that **Sue Clements (C35)** travelled from England to Australia to qualify as an Australian Centurion with a successful walk at the George Knott Athletics Track in suburban Melbourne. She still challenges herself with lots of walking and remains one of the driving forces behind the English Centurions. She recently clocked up unforgettable experience, completed the 345km 'Extreme Challenge' by walking from Ostende to Houffalize (Netherlands) in 6 days. Organised by the excellent 'De Textieltrekkers Vichte' team, this is one tough challenge! Well done Sue.



## 24 HEURES DE HAUTE-SAINTOGNE, MONTGUYON, FRANCE, JUNE 29-30, 2024

Our reports start in France with the 24<sup>th</sup> edition of the 24 Heures de Marche de Haute-Saintonge, held in Montguyon (SW France) at the end of June (<https://www.24heuresdemarche.com/>). This is a tough race, with a big climb to a medieval castle to be negotiated during every 2.195km lap.



*An ultra walk with a difference – up and down this steep hill each 2.2km lap, just to add an extra layer of toughness*

Thus the times are effected, but not the enthusiasm of the walkers. The overall numbers were fantastic - 144 walkers started in the 24 Hour Individual Walk, while 117 walkers competed in the 24 Hour Teams division, with teams of either 2, 3 or 4 competitors. That's a grand total of 261 competitors!



Placegetters were as follows

### 24 Hour Walk Women

1. Brigitte Courraud	Montguyon	130.074 km
2. Eliane Soulard	Gironde	125.702 km
3. Rose Marie Puyraud	Gironde	113.672 km

### 24 Hour Walk Men

1. Alain Malfondet	Paris	160.278 km
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2.	Daniel Doboscq	Landes	157.006 km
3.	DominiqueDelange	Dordogne	151.834 km

#### 24 Hour Relay

1.	Tuna Feet - Lola, Clément, Thomas, Tahar	205.484 km
2.	Isabelle and Francis	188.696 km
3.	The Good Markets - Maelya, Timothée, Gauthier	175.880 km

Full results can be seen at <https://en.24heuresdemarche.com/2024>. The listing below is restricted to those who walked further than 100km in the requisite 24 hours.

#### 24 heures de marche de Haute-Saintonge (144 walkers)

						Laps	Distance
1.	MALFONDET, Alain	PARIS	1965	M	1	73	160.278 km
2.	DUBOSCQ, Daniel	SOUSTONS	1954	M	2	71	157.006 km
3.	DELANGE, Dominique	NANTHEUIL	1957	M	3	69	151.834 km
4.	BREGEON, Thierry	PERIGNY	1964	M	4	66	144.876 km
5.	SUAU, Michel	CESTAS	1957	M	5	65	143.690 km
6.	MALLEREAU, Anthony	LA JARNE	1971	M	6	63	138.218 km
7.	VINCENT, Dominique	TOULOUSE	1956	M	7	61	135.346 km
8.	DESTANQUE, Christophe	SAINTE EULALIE	1969	M	8	59	130.374 km
9.	COURRAUD, Brigitte	MONTGUYON	1956	F	1	59	130.074 km
10.	COURRAUD, Joel	MONTGUYON	1956	M	9	59	130.074 km
11.	CHEKHAB, Saïd	MONTPON MENESTEROL	1958	M	10	59	128.974 km
12.	LINARD, Benoit	NEUVY DEUX	1965	M	11	57	126.502 km
13.	SOULARD, Eliane	VILLENAVE D'ORNON	1957	F	2	57	125.702 km
14.	LAROCHE, Philippe	JONZAC	1967	M	12	56	122.516 km
15.	BEIGNON, Julien	MONTMOREAU	1979	M	13	56	122.416 km
16.	PUYRAUD, Rose-Marie	LANSAC	1958	F	3	52	113.672 km
17.	MARRAUD, Patrice	CHEVANCEAUX	1969	M	14	51	111.586 km
18.	ZEIMER, Karine	POITIERS	1970	F	4	51	111.486 km
19.	BOUTRIT, Mickae	I	1999	M	15	50	111.100 km
20.	GARNIER, Gilles	SAINT JULIEN DE	1958	M	16	50	109.400 km
21.	COT, Maryse	AVEZAC PRAT	1968	F	5	50	109.300 km
22.	OBRIOT, Thierry	BOSDARROS	1959	M	17	49	108.314 km
23.	MENAUGES, Antoine	BRIVE-LA-GAILLARDE	1999	M	18	49	107.914 km
24.	BERTOT, Sylvain	ROCHEFORT	1957	M	19	48	106.828 km
25.	SADET, François	MÉRY ÈS BOIS	1960	M	20	48	106.828 km
26.	HERAUD, Magali	CHARTUZAC	1977	F	6	48	105.028 km
27.	AVELINE, Jacques	MOEZE	1947	M	21	48	104.928 km
28.	PENA, Guylaine	TRILPORT	1954	F	7	48	104.928 km
29.	BAUP, Jean-René	SAMONAC	1942	M	22	47	104.742 km
30.	ALLART, Laurent	LEMERE	1965	M	23	47	102.942 km
31.	CAMBORIEUX, Philippe	ST DENIS DE PILE	1972	M	24	47	102.742 km
32.	CANNEZIN, Loic	LA CLOTTE	1972	M	25	46	101.356 km
33.	DEGEORGE, Laurent	MORCENS LA	1965	M	26	46	100.656 km
34.	BRIAUD, Sophie	COUX	1969	F	8	46	100.656 km
35.	LANAU, Francois	ARTIGUES PRES	1959	M	27	46	100.556 km
36.	GALLO, Emmanuelle	TRILPORT	1973	F	9	46	100.556 km

#### LES 8 HEURES DU DOMAINE DE LONGEMER, 3 AUGUST 2024

Our intrepid European correspondent **Emmanuel Tardi** was on duty at the Olympics in Paris, where he was in Pit Lane at the two racewalks. But he managed to escape from official activities on the weekend between the two walks when he drove around 400km to Longemer, some 400km east of Parks in the Vogues mountains, for the second edition of Les 8 Heures du Domaine de Longemer. He reports that the course (1049m in length) was flat but challenging, with 50% on bad asphalt and 50% on a rocky pathway. The 10AM start saw twenty 8 Hour walkers get underway, but they had it tough, with the temperature around 30°C, along with a fresh wind. **Philippe Morel** (68.746km) and **Sylvie Maison** (58.764km) easily won their respective races. There were also 10km support races, which saw an additional 12 walkers.



*Philippe Morel in action*



*The men's podium*

### 8 Hours Walk Men

1.	MOREL Philippe	1965	Ac Château-Thierry	68.746 km
2.	LANEAU Maxime	1984	Us Camon	63.576 km
3.	GROS Gildas	1967	Cis Anould	61.810 km
4.	MICHELOT Rémi	1975	Es Thaon	61.053 km
5.	THOUVENEL Jean-Charles	1963		60.781 km
6.	MARECHAL Pascal	1962	Ac Château-Thierry	59.443 km
7.	PLAYE Christophe	1967	Ac Château-Thierry	56.521 km
8.	TILLIER Ludovic	1979	Le Chesnay 78	52.480 km
9.	HAGHEBAERT Eric	1960	Ac Château-Thierry	51.872 km
10.	ROCHA Fernando	1970		47.891 km
11.	TARDI Emmanuel	1967	LP Longjumeau	46.902 km
12.	FILLIEUX Christian	1955	Belgique	39.972 km
13.	RICHARD Jean Pierre	1942	La Mailleraye	38.603 km
	DNF BONNEAU Philippe	1965	A2 Metz Athlé	44.058 km

### 8 Hours Walk women

1.	MAISON Sylvie	1973	Ill Bruche Lingolsheim	58.764 km
2.	FREYBURGER Sabrina	1975	Ultra Marathon France	57.502 km
3.	MULLER Cathy	1981	Cac Champigneulles	56.065 km
4.	DUCRUET Nadia	1964	Ac Château-Thierry	54.252 km
5.	PANNIER josiane	1950	Le Havre Ac	52.739 km
6.	LANDRU Noelle	1951		32.222 km

### 10km Walk Men

1.	ROBIN-BROSSE Patrick	1969	Cs Bourgoin Jallieu	0:56:25
2.	DURAND PICHARD David	1972	Nancy Am	1:00:21
3.	LOZA ARCIBA Cesareo	1983	Canada	1:03:28
4.	SIEGENFUHR Daniel	1950	ES Thaon	1:06:30
5.	METEAU Jean-Paul	1952	Non Licencié	1:13:05
6.	STOLL Mathias	2008	Non Licencié	1:13:52

### 10km Walk Women

1.	BETTO Linda	1977	Italie	1:00:31
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2.	MOMMESSIN Astrid	1956	Es Thaon	1:02:52
3.	ANXIONNAT Claudine	1951	Avec Pays de Bruyères	1:13:35
4.	SIEGENFUHR Yvette	1954	ES Thaon	1:13:39
5.	WEBANCK Françoise	1967	COS Villers	1:15:45
6.	VERNAY-SIMONIN Christèle	1966	Non Licencié	1:26:43



*Emmanuel on duty in Pit Lane at the Olympic racewalks*

<b>ENGLISH CENTURIONS QUALIFIER, GLOUCESTER, ENGLAND, 24-25 AUGUST 2024</b>
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And now to our report on the English Centurions qualifier which was held on the Blackbridge Jubilee Athletics Track in Gloucester in late August. It was held as part of the annual 24 Hour Ultra carnival put on by the *EventsWeRun* group. The walkers had their own dedicated lane (lane 4) and added another 18 starters to what was already a big track carnival.

The big news is that 10 of the 18 walkers reached the 100 miles target, two of them becoming new English Centurions - **Detlef Santy** C1221 and **Kurt Tempels** C1222. Both walkers are from Belgium. Here's the breakdown of how everyone fared

24 Hour Walk			Laps	Dist (km)	Dist (Miles)	Time	
1.	Richard McChesney	NZL	390	164.9183	102.471	24:00:00	C1131
2.	<b>Justin Scholz</b>	<b>AUS</b>	386	163.0468	101.309	21:44:26	C1173
3.	Jonathan Hobbs	ENG	383	161.7797	100.521	20:44:52	C1212
4.	Frank Van Der Gulik	NED	382	161.3573	100.259	23:02:35	C1022
5.	Ignace Matthys	BEL	381	160.9349	100.000	21:39:54	C1190
6.	<b>Sharon Scholz (F)</b>	<b>AUS</b>	381	160.9349	100.000	21:45:25	C1174
7.	Jantinus Meints	NED	381	160.9349	100.000	22:02:33	C1101
8.	Detlef Santy	BEL	381	160.9349	100.000	22:07:04	<b>C1221</b>
9.	Andrew Titley	IOM	381	160.9349	100.000	23:32:02	C1038
10.	Kurt Tempels	BEL	381	160.9349	100.000	23:32:51	<b>C1222</b>
11.	Werner De Laet		326	137.7046	85.562	20:17:02	
12.	Russell Walker	IOM	320	135.1704	83.988	23:32:02	
13.	Brenda Miere O'Keeffe (F)		308	130.4009	81.024	24:00:00	
14.	Susan Grimes (F)		280	118.2756	73.490	17:35:46	
15.	Colin Moore	IOM	192	81.107	50.395	13:20:01	
16.	Cedric Castille		181	76.4609	47.508	9:58:57	

17. Frans Leijters	RWV	147	62.1003	38.586	8:57:43
18. Sean Matthew Smith		125	53.1072	32.998	24:00:00

The Hammond Trophy for the fastest male Centurion was won by **Jonathan Hobbs**, who was the first to reach the 100 mile mark. Like most of the others, he then stopped. **Richard McChesney** went on to walk the most laps in 24 hours. The fastest female Centurion, **Sharon Scholz**, won the Bristol Trophy. The Hew Neilson Trophy for the fastest new Centurion was awarded to **Detlef Santy**. The prize for club teams (the Sunday Dispatch Trophy) was won by the two walkers from the Rotterdamse Wandelsport Vereniging, **Frank van der Gulik** and **Jantinus Meints**. The Eddy McNeir Trophy for the fastest walker over the age of 65 went to **Ignace Matthys** and the Bill King Memorial Trophy for the youngest finisher was won by **Jonathan Hobbs**. **Jonathan Hobbs** won the Wilkinson Sword for the Race Walking Association 100 Miles Championship and **Andrew Titley** won the RWA-award for the most memorable performance.

And you read correctly! Australian Centurions **Justin Scholz (C61)** and **Sharon Scholz (C63)** were amongst the successful walkers. They interrupted their cycling adventures for yet another long walk, with Justin finishing second overall and Sharon finishing fourth overall and the first woman. This was Justin's 23<sup>rd</sup> centurion finish and was Sharon's 14<sup>th</sup>. Here is Justin's report:

*We left our delightful AirBNB at 8:20am, intent on arriving at the Blackbridge Jubilee Athletics Track nicely before 9am. It was only a 5km journey, and flat, so should have taken 15 minutes or so. But the rail authorities had a different view, and we waited at a level crossing for 19 minutes, and 7 trains!*

*We still arrived easily in time to go through registration, pin our race numbers to our clothes, have a cup of coffee and snack, and take a deep breath!*

*Due to the difficulties I experienced in Rotterdam at the Continental Centurion, Shaz and I agreed that we should each complete the event at our own pace. Because we were to do the entire event in the same direction as well, we believed there would be physical trauma, and being able to concentrate 100% on our own situation was likely a good thing. This event reminded me of how hard it is to complete these ultras literally side-by-side or line-astern with another person.*

*Anyway, the starters gun went at 10am, thankfully after some decent rain had just stopped. Shaz and I stayed together for a couple of hours I think, as we were doing the same pace.*

*Within a few hours the left side of my body (and Shaz reports the same) started to tighten, mainly around the hammy, glute, and ITB, with some strain in the left ankle as well. It was the left shin that gave me immense difficulties in Nijmegen, and I just hoped I was 100% over than injury.*

*6 hours arrived, and I was only a few metres short of 48 km, or 7:30 pace per kilometre. I don't remember if I'd lapped Shaz by then, but she was close. I have no idea what position I was in, and didn't care. I just needed to get this 100 miles done. I did assume that Shaz was leading the three ladies, as I had passed the other two a few times already.*

*We soldiered on and looked longingly at the runners as they came towards us for the second four hours of the event. Oh, how I'd have liked to turn around.*

*12 hours arrived and I was a couple of laps in front of Shaz, and managed 95km. Shaz was going well, and I think just two laps behind me. We chatted, and I said I'd walk strongly to 100km, and then take "insurance", slowing by up to 30 seconds per lap, bringing the pace back close to 9:30 per km.*

*I dawdled after 100km and waited for Shaz to catch me. We stayed together for an hour or more, but I found the pace Shaz was doing awkward. Just too fast for a street walk, and just too slow to maintain a racewalk style. We agreed that we should stick to what felt right individually, and I headed off.*

*It was also about here, or in the subsequent couple of hours, that I tried to walk "really" slow. 10 minutes pace or slower. I had so much buffer on 24 hours, there was no good reason to stay at 8:00 pace or better. But such was the pain in my left side, that only racewalking felt OK, and so I generally kept this up until the end.*

*The last 10 hours weren't boring exactly, but I was walking as slowly as I could in a racewalk style. I took interest in those around me, the runners as well, and all and sundry techniques and other details. This helped pass the time.*

*At 100km I was fourth, but with challenges experienced by other walkers I ended up managing second. Race winner, Jonathan Hobbs, completed the centurion in about 20 hours 40 minutes. Well short of his best time around 18 hours 30, I was impressed by his ability to really dig deep and get going again after some major issues quite early in the race.*

*My time was somewhere around 21:20, and after Rotterdam and the limited walking since Nijmegen, I was extremely happy with this. Shaz also finished just a touch under 22 hours, which is an internationally high quality female result.*

As a postscript, Justin and Sharon were back on the bike on the Tuesday, with a 91km ride from Gloucester to Newbury. In the week since then, they have reached Gatwick Airport and flown to the USA and on their way to Mexico. There is no stopping them!



*Sharon and Justin finish another 100 miles*

*Sharon with the Bristol Trophy*

**SOUTHERN SYDNEY 24H TRACK ULTRA, CAMPBELLTOWN, NSW, AUG 31-SEP 1, 2024**

Last weekend I travelled to Sydney to watch the Southern Sydney 24 Hour Track Ultra at the Campbelltown Athletics Track (<https://southernsydney24hourultra.com.au/>). There were a number of walk entrants and they had their own dedicated lane (lane 7). Saturday was hot and sunny, Saturday night was very cold and Sunday morning was hot and sunny once again, making for challenging conditions overall.

The main event for me to watch was of course the 24 Hour Walk which saw 3 entrants. Two need further discussion.

Victorian **Paul Sweet** had walked twice at Coburg (132.591km in 2022 and 123.263km in 2023) and was out to see if he could improve on his previous distances. He started excellently, covering just over 81km in the first 12 hours and was looking good at that stage. Alas, the second half of the event was not kind to him and he was forced to take frequent rests as he slowly made it to a final distance of 132.285 km.

**Joffrid Mackett (C82)** was also in action but with a very different challenge in mind. Joff, who has two centurion walks to his credit (2022 and 2023), was out to challenge the Guinness Record for the longest distance walked in 24 hours while carrying 20 pounds. The record stands at 145.44km and Joff had to lug a specially prepared and certified backpack for the full 24 hours. I tried lifting it and it was heavy!!! He found that his limited training with the backpack did not fully prepare him for the task and he soon found himself with various issues that not even he could overcome. He saw it out for the full 24 hours for a final distance of 125.870km. I am sure it was a big learning exercise and I expect him to return for another attempt next year.

**24 Hour Walk**

1.	PAUL SWEET	VIC	M60	132.285 km
2.	JOFFRID MACKETT	ACT	M50	125.870 km
3.	GRAEME WALKER	NSW	M50	70.812 km

**Sabina Hamaty (C86)** and her husband **David Hamaty** competed in the 12 Hour walk, with Sabina recording a good 81.531km and David walking a PB 67.725km. Marnie Zakis contested the 6 Hour walk, strolling through to a final distance of 31.708km.

**12 Hour Walk**

1.	SABINA HAMATY	NSW	F55	81.531 km
2.	DAVID HAMATY	NSW	M55	67.725 km



## 6 Hour Walk

1. MARNIE ZAKIS

VIC

F45

31.708 km

And while I won't report on the run divisions, I do note that **Anyce Melham (C65)** was 8<sup>th</sup> in the 24 Hour Run with 170.427km. You can check out the full results set at <https://thetimingguysresults.com/SouthernSydney4824Ultra/2024>.

As a final note, this was the first of 3 fundraising events that Joff and his daughter Lily are undertaking to raise funds for SpinalCure Australia (see further details at <https://lilyslegs.com/>).



*Joffrid, Sabina and Paul in action at Campbelltown*



*Lugging a 10 kg backpack for 24 hours is no mean feat*

**UNTIL OUR NEXT NEWSLETTER**

Another big newsletter done and dusted, with more races to come in the next few months. The winter woes are now behind us in Australia and the weather is gradually improving. Time to dust off those walking shoes and hit the roads!

With kind regards

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