

CENTURION FOOTNOTES

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

DATES ... DATES ... DATES

We have one final Centurions qualifying event for this year, with the US Centurions set to host a second 2024 US Centurion Qualifier on December 28th. 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/> and https://www.unitedstatescenturionwalkers.com/?page_id=1717)

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

Since there were no specific Australian Centurion qualifiers in 2024, 5 races were identified as possible opportunities for walkers to qualify for Australian Centurion membership. They have all been completed and, as a result, we have two new 2024 Australian Centurions, namely **Sabina Hamaty (C86)** and **Alicia Heron (C87)**. Our plans for 2025 will soon be announced.

Quite a few races have already been gazetted for 2025, including the Centurion qualifiers for our New Zealand, American, Continental and English fellow organisations.

Feb 2, 2025	8 Heures de Charly-sur-Marne	Charly-sur-Marne, FRA
Feb 22-23, 2025	24 Heures de Bourges	Bourges, FRA
Mar 29-30, 2025	24 Heures de Chateau-Thierry	Chateau-Thierry, FRA
Apr 12-13, 2025	Nacht van Loon op Zand (15 Hrs or 50 Miles)	Loon op Zand, NED
Apr 19, 2025	50 Miles Kennedymarch	Sittard, NED
May 10-11, 2024	NZ Sri Shinmoy 24 Hour Carnival (NZ Centurions Qualifier) See https://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZ
May 31 - Jun 1, 2025	FANS 24 Hour Carnival USA Centurion Qualifier	Minneapolis, USA
Jun 7-8, 2025	Continental Centurions Qualifier	Eindhoven, NED
Jun 21-22, 2025	Parish Walk (85 Miles)	Isle of Man
Aug 16-17, 2025	English Centurions Qualifier This will be a track based walk at the Lewes Leisure Centre, East Sussex	Lewes, ENG

OUT AND ABOUT

David Billett (C50) was in action earlier this month in the South Australian 24 Hour Track Ultra in Adelaide, but as a runner rather than a walker. His aim was to run in excess of 180km and he did just that, coming fourth overall with a distance of **183.709km**. Well done David on yet another hundred under your belt.

Pramesh Prasad (C81) was in action earlier this month in the Pan Pacific Masters Championships in Queensland, winning the M50 10,000m track walk (1:03:00) and taking fastest time overall in the 3000m track walk (17:41.64) and second fastest time overall in the 5000m track walk (30:16.45). I hear that conditions were very tough with high humidity and extreme heat. Well done Pramesh.



When Pramesh feels the heat, you know it's hot! (photo VRWC)

WELCOMING ALLICIA HERON: C87

I like to produce a proper profile for each of our new Australian Centurion members and this time the focus is on **Alicia Heron (C87)**. Alicia's profile will now be added to all our other Australian Centurion profiles at <http://centurions.org.au/centprof.shtml>. And now, read on....



Alicia Heron qualifies as Australian Centurion C87 in Adelaide in October 2024

When Alicia Heron qualified as Australian Centurion number 87 in October 2024, no one should have been surprised. Over the previous 6 years, she had been making her mark as an ultra distance runner, with a number of significant wins, an Australian 48 Hour run record, three Australian representative vests and a major gong as the 2022 Australian Female Ultra Runner of the Year.

All of this in a career that only started in 2018. Prior to that, she had served 15 years in the Australian Navy, with a number of deployments. As she reached the end of her time in the Navy, she had to consider what next and running was an obvious choice.

"I'm not very good at sitting still and have been like this pretty much my whole life. I was always a sporty kid growing up. I used to be a sprinter but I am lucky enough to have been able to change my muscle twitch fibres to allow me to run longer distances."

For Allicia, born July 1983, her first ultra test was in April 2018 when she completed the Canberra 50km Ultramarathon in a time of 4:56:41. It was her longest ever run and she handled it well. She was back a year later, improving her Canberra Ultramarathon time to 4:43:35. She then upped the ante 5 months later with a finish in the Sri Chinmoy Canberra Centenary Trail Run (100km) with a time of 14:12:04. It was obvious even at this early stage that she was not making the mistake of many new ultra runners but was keeping her events few and far between.

This trend continued in 2020 as she negotiated her way through the Covid lockdowns with 3 carefully chosen races - the Snowies Trail Run 50km in March, the Sri Chinmoy Canberra Trail 100km in September (an improved 13:20:08) and the Narrabeen Allnighter 12 Hours Trail in December (84.390 km).

2021 saw 5 races, with the most significant being third place in the Sri Chinmoy 48 Hour Track Festival in Canberra in March (**266.139 km**) and a win in the Narrabeen Allnighter 12 Hours Trail in December (**102km**).

It was now time for Allicia to set her sights higher, with places on offer in the Australian team which would contest the IAU 24 Hour Asia and Oceania Championship in India in July. The Sri Chinmoy 48 Hour Track Festival in March was the official Australian Championship and a perfect opportunity to put a significant time on the board. And did she produce the goods, leading the female runners through the first 24 Hours with **204.909km** (which qualified her for India) and continuing on to win her first official Australian Championship with 48 Hour distance of **329.392 km** (a new W35 age group record). This ticked all the right boxes and she was selected in the Australian team for India.

"Ever since I was a little girl, I have dreamt of wearing the Green and Gold of my country. I never thought it would be for ultra running! I was always a sprinter, but here we are! I remember the day I decided I was going to be a distance runner, it was whilst my family and I were travelling Australia, and I looked at my Dad and said, 'I'm going to run around this block as many times as I can. He looked at me thinking I was insane, but, said 'off you go'. That day, I caught the endurance bug. I just truly love the challenge, and what comes with it. Running is such a big part of my life, and I have not been able to wipe the smile off my face since the night I received the call from AURA saying I was selected for the team headed for India in July! I am about to tick off a goal that I have only dreamt of, now it's a reality and I cannot be more proud to share this dream with the other selected team members, coach, manager and crew."



Alicia celebrates passing the 200 mile mark on her way to her Australian 48H Championship win in March 2023 (photo AURA)



Alicia makes the front cover of the AURA 2022 Annual Report after her outstanding year (photo AURA)

Her race in Bengaluru, India, in July went off perfectly as she overcame the torrid conditions to finish as the third female (and second Australian) with a PB distance of **210.640 km**. In fact, she was 8th overall among the 31 finishers.

She topped off what had been a great year with a PB in the Sri Chinmoy Canberra Trail 100km in September (**12:02:34**) and second place in her inaugural Coast to Kosci Ultramarathon 240km in December (**32:33:33**). On the back of such performances, it was not surprising when she was awarded the 2022 Australian Female Ultra Runner of the Year.

Not one to rest on her laurels, Alicia started her 2023 campaign with a start in the Taipei 48 Hour Ultra Marathon in Taiwan in mid February. There she made her intentions clear with her first 24 Hour split of 204.165km before holding off a late surge from a Taiwanese runner to finish the 2 Day event with a new Australian 48 Hour record of **361.160 km**. This performance would subsequently win her the 2023 Helen Stanger Award for the best single Australian ultra running achievement by a female under age 60.



Alicia shows the effort after her new Australian 48 Hour record run in Taiwan in February 2023 (photo Alicia Heron instagram)

She was back in action in early July in the Australian 24 Hour Track Invitational in Canberra in July, winning the Australian Championship with a new PB distance of **225.428 km** and thus qualifying for the Australian team which would contest the IAU World 24 Hour Championships in Taipei in December. She was awarded the additional honour of being named as the Captain of the women's team for Taipei.

Alas, the diet of hard races and big PBs over the last 2 years had taken its toll and she pulled up with a torn hip a couple of months out from the World Champs. She subsequently struggled in the IAU race in Taiwan, finishing well back with what was for her a very modest 184.336 km.

It would be 8 months until her next race, the IAU 24 Hour Asia and Oceania Championship in Canberra in April 2024. There she finished sixth in the female division with a distance of 203.531 km. She had bounced back somewhat since Taiwan but was still short of her best. But it was her third Australian vest and she had done enough to maintain her standing within the Australian ultra running ranks.

Her mind was now set on a new goal, the Centurion 100 Mile walk. She needed a break after her intensive running campaigns of recent years and what better way than by walking.

The Australian 6 Day Championship in Adelaide in late September was one of the designated 2024 events in which walkers could qualify as an Australian Centurion and this was the event that Allicia targeted. As usual, the event was held at Thorndon Park in suburban Adelaide, with a 1.426km lap around the ornamental lake in the park. This is by no means an easy course, undulating and on a path that is 100% concrete, but those are the only negatives. In every other way, it is a truly magnificent event. The weather was generally good and the record sized fields (41 in the 6 Day, 4 in the 3 Day, 3 in the 2 Day and 13 in the 24H) produced records galore. And to put the icing on the cake, there were 8 serious walkers amongst the 61 entrants. Allicia amongst them.

Allicia had a double goal – first to qualify as a Centurion and then to continue on and see how far she could walk in 48 Hours. She started confidently, her style impeccable, covering a little over 45km in the first 6 hours. She continued on through the night to eventually reach the 100 mile mark in **23:15:33** and qualify as **Australian Centurion number 87**. After a few hours break, she was back on the track and into her second day. Now it's hard ask to walk so hard in the first 24 hours and then back up for the same again, but she was up to the challenge. She passed the 200km mark in a time of **32:27:40**, taking over 3 hours off Sabina Hamaty's Australian Open Record and achieved a final 48 Hour distance of **270.086 km**, again a new Australian Open Record, over 19 km further than Sabina's mark.

Allicia can now boast that she holds the Australian 48 Hour Run record and the Australian 48 Hour Walk record, an interesting statistic that is going to be hard to match.



Allicia early on, then at the 100 mile mark in Adelaide where she is congratulated by C86 Sabina Hamaty and finally at the 200km mark – always a significant milestone!

And I should point out that Allicia does all this while juggling the dual roles of full time work and managing a family that includes two daughters.

Final words from Allicia

“What motivates me is the way I feel after a race - that sense of accomplishment when I have done what I set out to do. It's not simply about a trophy. Running is a release for me, especially the long distances.”

And final words from me. Two great links to explore about Allicia

- <https://www.warriorress.com.au/blogs/news/allicia-heron-warriorress-of-the-24hour-track-run>
- <https://statistik.d-u-v.org/getresultperson.php?runner=1082070>

I know I'll have many more occasions to write about Allicia's ongoing career, both as a runner and now as a walker!

We welcome Allicia as **Australian Centurion C87**.

13TH 48 HEURES DE ROYAN, ROYAN, FRANCE, 4-5 OCTOBER 2024

The first edition of the 48 Hours of Royan took place in 2008. The meet has since become an annual event, being held each October in that French city. The competition includes 48 Hour, 24 Hour and 12 Hour run and walk races, along with shorter distance racewalks, all contested on the same 1km course around the Stade d'honneur de Royan.

The 48 Hour Walk meet records are held by Daniel Dubosq (304.160km in 2016) and Françoise Arnault (239.969km in 2019).

The men's 48 Hour Walk saw a repeat win (his third in a row) to French walker **Alain Malfondet** with 279.540 km. Minor places were taken out by French walker **Olivier Parizot** with 254.680 km and England based NZL walker **Richard McChesney** with 26.378 km. The women's 48 Hour Walk was won by **Sylvie Biraud** with 201.315 km.

Full results at <https://ok-time.fr/competition/12-24-48-heures-de-royan-2024/>

48 Hour Walk

1.	MALFONDET ALAIN	M	4836	270.540 km
2.	PARIZOT OLIVIER	M	4817	254.680 km
3.	MAC CHESNEY RICHARD	M	4821	246.378 km
4.	DUPUY BRUNO	M	4853	231.128 km
5.	PINEAU LAURENT	M	4811	223.924 km
6.	ECHÉ DOMINIQUE	M	4819	211.850 km
7.	DELANGÉ DOMINIQUE	M	4838	205.207 km
8.	TILLIER LUDOVIC	M	4806	203.261 km
9.	BIRAUD SYLVIE	F	4816	201.315 km
10.	10 RATEAUX FLORIANE	F	4858	170.237 km
11.	ODOUARD DOMINIQUE	M	4828	161.121 km
12.	VELLY CHRISTIAN	M	4842	154.444 km
13.	DEGEORGE LAURENT	M	4812	133.026 km
14.	BARBIER FLORENCE	F	4861	131.887 km
15.	EMONIERE PHILIPPE	M	4849	120.561 km
16.	ENSCH DIDIER	M	4823	108.219 km
17.	GOUPIL MAXIME	M	4859	105.981 km
18.	LHERITIER MICHEL	M	4850	100.704 km
19.	SOARES CHRISTIAN	M	4839	92.443 km
20.	PASQUIER CALOU	F	4822	84.553 km
21.	BURGER ALAIN	M	4852	22.862 km

24 Hour Walk

1.	CHEKHAB SAÏD	M	2429	148.857 km
2.	FAVRIOU LAURENT	M	2430	142.219 km
3.	LE GOFF NICOLAS	M	2426	132.889 km
4.	BEIGNON JULIEN	M	2425	111.774 km
5.	5 LEYMARIE DANIELLE	F	2436	107.614 km
6.	CASTREC PHILIPPE	M	2417	106.042 km

7.	FABRE THIERRY	M	2435	105.358 km
8.	RATHERY SERGE	M	2423	102.595 km
9.	MONNIER YANN	M	2434	101.033 km
10.	HERVIER FRANCINE	F	2408	96.822 km
11.	ARSIVAUD PATRICK	M	2431	96.739 km

12 Hour Walk

1.	ARNAULT JACQUES	M	1202	96.198 km
2.	BIZARD CLAUDIE	F	1229	81.784 km
3.	COURRAUD JOËL	M	1214	78.161 km
4.	PEREZ PASCAL	M	1220	77.788 km
5.	ARNAULT FRANCOISE	M	1201	75.109 km
6.	COURRAUD BRIGITTE	F	1213	72.526 km
7.	MOREAUX JEAN-FRANÇOIS	M	1228	59.971 km
8.	LIAIGRE PATRICK	M	1204	59.427 km
9.	CRILLEY KATHY	F	1205	57.173 km
10.	TRUBLET SABRINA	F	1226	53.092 km
11.	PIGNON DOMINIQUE	M	1216	49.626 km
12.	MONGET BARBARA	F	1206	40.512 km
13.	RENOUX KATHIE	F	1223	33.832 km
14.	PAILLÉ STEPHANE	M	1211	32.623 km
15.	KEO KALYAN	M	1224	30.451 km

6 HEURES FOYER SOLEIL, FLEURY SUR ORNE, FRANCE, SATURDAY 12 OCTOBER 2024

Thanks to Emmanuel Tardi for sending me these results. I have not heard of this French race before but it turned out to be the 7th edition of what was quite a big event, with lots of relay teams and runners. Only a small walks field but still worth reporting. Full results at <https://www.normandiecouseapied.com/resultats/resultats-foulees-trail-cross-course-a-pied-normandie-octobre-2024/resultats-6h-run-foyer-soleil-2024.pdf>.

The race was held on a 1.7km loop which alternated between cycle track and dirt track.

6 Hours Walk

1.	GRASSI Alain	M6M/59	Vaincre La Mucoviscidose	47.600 km
2.	DROUET Samuel	M3M/73		42.500 km
3.	DIRIK Elif	M2F/79		42.500 km
4.	BOULET Marie Roselyne	M5F/65	Oissel Athletisme Club 76	39.100 km
5.	JEANNE Sylvie	M5F/62		39.100 km
6.	GRONDIN Marie Sonia	M5F/65		37.400 km
7.	GRONDIN Francois	M5M/61		37.400 km
8.	MATA Lydie	M3F/72		32.300 km
9.	TERROITIN Christine	M4F/68		32.300 km
10.	GUILLARD Laurent	M4M/66		32.300 km
11.	PLOTEAU Justine	SEF/02		32.300 km
12.	HENRY Severine	M3F/73		30.600 km
13.	COURTEILLE Valerie	M3F/73		25.500 km
14.	CANU Sophie	M3F/72	Canon'trail	22.100 km
15.	FERNANDES Anais	M0F/90		18.700 km

24 HEURES DE LIPSHEIM, LIPSHEIM. FRANCE, 19-20 OCTOBER 2024

Staying in France for the 24 Heures de Lipsheim, launched last year by French walker Sylvie Maison and being held for the second time in 2024. There were a wide variety of walking events on offer – 24 Hours, 6 Hours, 20km, 10km and 5km. **Emmanuel Tardi** was there and sent us his usual comprehensive report.

Last weekend I was in Lipsheim (a southern suburb of Strasbourg, 500km east of Paris) for their 24 Hour walking carnival. Conditions were good at the 1PM Saturday start time and remained so for the duration of the event. The first lap was 1.2km in length, followed by 1.9km laps, ensuring everyone got an exact lapsplit time for the 100km.

Vincent De Bontin led out and was first to reach the 100km mark in the excellent time of 10:15:02. He stopped at that stage, mission accomplished, and only came back on the road for the last hour of the race. With him now off the track, it was left to the others to fight out the remainder of the race. **Florian Letourneau** ended up winning the 25H walk with

186.2338 km, followed by **Alain Malfondet** (171.856 km) and **Pascal Marechal** (170.563km). **Chloe Raes-Maure** was next in and first female with 169.000 km. Out of the 16 walkers, they were the only ones to better the 100 miles barrier.

The ancillary events produced strong results and added a lot of additional walkers. Overall, were two 6 Hour events, along with 20km, 10km and 5km walks. In the first 6 Hour walk on the Saturday afternoon, there were 18 starters (including 9 local teams) and **Abdelaziz Seffari** won with 45.964 km. In the second 6 Hour walk on the Sunday morning, **Adeline Brastel** won with 52.944 km. That second race also included German racewalker **Bianca Dittrich** who had asked for an official 50km time – and she reached that mark in a quick 4:46:10 before stopping.

Full results at <http://www.paris-alsace.fr/lesdirects/live-Lipsheim-24.-v2.htm>

24 Heures de Lipsheim

1.	LETOURNEAU Florian	M	Ac chateau thierry	186.238 km
2.	MALFONDET Alain	M	Nl	171.856 km
3.	MARECHAL Pascal	M	Ac chateau thierry	170.563 km
4.	RAES-MAURE Chloe	F	Neubourg ac	169.000 km
5.	RIGAL Jean-marc	M	Domont athletisme	157.315 km
6.	BIZARD PLANCHOT Emilie	F	Neuilly sur marne athletisme	153.064 km
7.	BIZARD Claudie	F	Thiais ac	147.760 km
8.	OLIVARES Mathieu	M	Neuilly sur marne athletisme	147.193 km
9.	SONNOIS Martine	F	Racing club haut-jura morez	145.347 km
10.	WEISS Thomas-Teddy	M	LT Hemsbach (GER)	105.700 km
11.	DE BONTIN Vincent	M	Ea cergy pontoise athletisme *	105.464 km
12.	MAURE Rene-jean	M	Neubourg ac	100.000 km
13.	LANDRU Noelle	F	Ac chateau thierry	70.370 km
14.	HENRY Fabrice	M	Frijep cor. margny verdon	63.900 km
15.	DUCRUET Nadia	F	Ac chateau thierry	58.200 km
16.	DELARUE Jean-michel	M	Ac cauffry-liancourt-rant-laig	25.900 km

Lots of photos at https://photos.google.com/share/AF1QipO_aHkLsCqt2OMEmWMmuWl-Q254OqJWpfZNiV2pvt4APcq6VNnuDKz88S-ttOahTQ. A selection follows



Vincent De Bontin excelled with a 100km walk time of 10:15:02



Florian Letourneau, Alain Malfondet, Pascal Marechal and Chloe Raes-Maure in action in the 24 Hour Walk

6/12/24/48 STUNDENLAUF BRUGG, BRUGG, SWITZERLAND, 25-27 OCTOBER 2024

Sandra Brown (C36) and husband Richard were in Brugg in late October for the 17th edition of that city's 48 Hour carnival (see more at <https://www.laufwochenende-brugg.ch/en>).

As it was principally a running event, I would not normally report on it but Sandra's performance does rate our attention and our accolades. Here is her report



Sandra and Richard Brown at Brugg

Following the very enjoyable Balaton, Hungary 6 days race and GOMU World Championship in early September, we decided to go for a late autumn spin at the Brugg 48h race in Switzerland. This race, the 17th edition, has long been on the radar as a well-organised event which has an IAU bronze label – a recognition of a high standard of organisation, time keeping, course measurement etc.

Brugg is an attractive, historic small town, a half hour's train journey from Zurich. It has the remains of a Roman fort, and a Roman road crossed the river Aare by a bridge here, as the river valley narrows to a gorge with steep cliffs. The town remained an important economic centre in medieval and later times. Many houses along the cobbled streets within the old town walls were formerly inns and retain their old names and signs.

The race takes place on a circuit of almost 1km around an island in the river. The course is surrounded by trees, and you can glimpse the river. The army has a base nearby and uses the island for training, so there were obstacle courses, shooting ranges, targets etc, and, on the first day, Friday, military vehicles occasionally emerged from the trees.

We didn't plan anything special in the race and looked forward to doing 48h rather than a full 6 days for a change! After snow and cold winds in the Czech 6 days in April and hot temperatures in Balaton in September, the Brugg race enjoyed fine autumn weather. I managed to improve my April 2024 marks (in the Czech K6 race) and set new W75 records at 100km and 24h and completed 100 miles in around 27h 45m.

- 100 km: The distance at 107 laps is 100.0236 km, completed in 16.23.05
- 24h: Probably something over 145kms. [The Brugg team have the exact distance.]

It was great to meet up again with runners we've met at other events. We were both pleased to complete over 100 miles – making 148 events of 100 miles or more for Richard and 218 for me. On the way home the next day, we enjoyed a morning's walk around historic Zurich, and we look forward to exploring further another time.

For those who want to delve deeper into what was a big meet, full results at <https://my.raceresult.com/273328/results>



*Left: Sandra with Tomas Rusek, M75 Czech ultrarunner with whom she raced in the 80s and 90s
Right: The ladies' podium: 1 Ukraine, 2 Great Britain, 3 Italy*

8 HEURES D'ÉTAMPES, ÉTAMPES-SUR-MARNE, FRANCE, MONDAY NOVEMBER 11, 2024

The 8 Heures d'Étampes was held earlier this month in the French city of Étampes-sur-Marne. I have picked up Frans Leijtens' Facebook report which reads as follows:

This Sunday, race walkers competed in the 23rd edition of the 8 hours of Etampes-sur-Marne. At 8.00 a.m. in the morning, the walkers started on their 2.5K laps through the French village in the Champagne region, close to Chateau-Thierry. The weather was excellent: 12 degrees Celcius at the start, with lots of Sunshine. The main lap of 2.5K included a gradual descent and a very sharp and steep climb. For the final hour, participants walked a shorter 500 meter lap in the main street.

Florian Letourneau from the Chateau-Thierry Athletic Club was the overall winner with 75K in 8 hours, followed by **Philippe Morel** and **Jacques Arnault**. The fastest woman was **Veronique Bessot** from Domont Athletisme, who walked 69K and was followed by **Christine Lepage** and **Chloe Raes-Maure**. There were also several relay teams in the 8 hours and the event included short distance races such as a 10K. All participants received a well filled goodie bag and the top three in each category also won a large fruit basket.

1.	LETOURNEAU Florian	M	AC Château Thierry	75.001 km
2.	MOREL Philippe	M	Non licencie Chalons-en-Chmpagne	71.013 km
3.	ARNAULT Jacques	M	Neuilly sur Marne Athlétisme	69.813 km
4.	BESSOT Veronique	F	Domont Athlétisme	68.919 km
5.	LANDORMY Jeanick	M	Athlétic Vosges Entente Clubs	67.677 km
6.	MALFONDET Alain	M	Non licencié Paris	67.054 km
7.	LEIJTENS Frans	M	Rotterdamse WV	65.384 km
8.	LEPAGE Christine	F	non licencié	64.521 km

9.	MAURE René-Jean	M	Neubourg AC	64.498 km
10.	RAES-MAURE Chloe	F	Neubourg AC	64.390 km
11.	DELANGE Dominique	M	AJ Auxerre section marathon	62.811 km
12.	MARRADI Muriel	F	AFA Feyzin Vénissieux	62.811 km
13.	MAILLOT Marc	M	GRAC Athlétisme	61.130 km
14.	ARECHAL Pascal	M	AC Château Thierry	60.446 km
15.	PORCHER Claude	M	non licencié	59.500 km
16.	FAUBERT Stephane	M	Non licencié Longueville	59.483 km
17.	TOP Virginie	F	AC Château Thierry	58.631 km
18.	MARTIN Martin	M	AC Château Thierry	57.944 km
19.	BIZARD Claudie	F	Thiais AC	57.307 km
20.	VINCENT Robert	M	AC Château Thierry	56.084 km
21.	JACOB Marcel	M	non licencié	55.565 km
22.	PANNIER Josy	F	Havre AC	55.160 km
23.	HAGHEBAERT Eric	M	AC Château Thierry	54.737 km
24.	MOUGENOT Patrick	M	AC Château Thierry	53.609 km
25.	ROBERT Jean-Pierre	M	AC Villeneuve d'Ascq	47.697 km
	NICOLAS Alain	M	CS Cyclo Château-Thierry	42.500 km
	MICHELOT Rémi	M	ES Thaon les Vosges	40.000 km

Photos at <https://www.facebook.com/photo/?fbid=28640098892255523&set=pcb.9569693286393175>

44TH GRAND PRIX DE LA VOIE SACRÉE, BAR LE DUC TO VERDUN, FRANCE, MON 11 NOV 2023

Although it only just creeps in as an ultra event, I like to report each year on what is a very special commemorative fixture on the French walking calendar. November 11th is a public holiday in France because it marks the end of the First World War. Various walking races have been organised on this date but the best known and most long lasting is the *Grand Prix de la Voie Sacrée* which is a race between Bar le Duc and Verdun. Held each year since 1980, the race goes from Bar le Duc to Verdun in even years and from Verdun to Bar le Duc in odd years.

The road used is a special memorial road named *La Voie Sacrée* (The Sacred Way). It was along this road that some one million soldiers travelled to the famous Battle of Verdun in 1916. Most of them never came back. Memorial milestones, each with a soldier's helmet on it, are placed every kilometre.

Only a few walkers were on the line at 9am for the start of the 55.1km race, which **Christophe Erard** won. It was a shame this year to see the lack of support for such an iconic event. Emmanuel Tardi has all the results since 1980 catalogued in file <http://centurions.org.au/documents/00-voie%20sacree%202012.11.2022.pdf>. It used to be a lot bigger.



The start (facebook photo by Edith Gau)



One of the km markers

Bar le Duc-Verdun	10.6km	15.3km	21.6km	35.5km	40km	45km	55.1km
1. Christophe Erard	1:11:40	1:41:20	2:21:45	3:52:27	4:24:15	4:56:57	6:03:24
2. Jeannick Landormy	1:12:17	1:42:20	2:23:55	4:01:45	4:34:35	5:08:23	6:19:18
3. Pascal Marechal	1:20:42	1:54:17	2:40:48				6:58:12

4. Sylvie Maison	1:21:50	1:54:55	2:41:48	7h
5. Yannick Simon	1:23:55	1:58:55	2:46:30	6:27:22 (49km)
6. Nadia Ducruet	1:29:16	2:07:45	3:01:10	6:45:26 (45km)

An ancillary event was a 21.5km between Souilly and Verdun, and this was won by **Thierry Florentin**.

Souilly-Verdun 20km

1. Thierry Florentin	1:55:16
2. Valérie Boban	1:59:32
3. Catherine Florentin	2:06:15
4. Remi Michelot	2:07:35
5. Alain Pellerin	2:16:19
6. Pascal Tournois	2:22:04
7. Jerome Betrancourt	2:28:00
8. Claudine Anxionnat	2:29:13
9. P Bertrancourt	2:42:57
10. Pierre Merveille	2:58:54

SUNDAY 19TH JANUARY 2025 - OUR FORMAL WELCOME FOR ALLICIA HERON (C87)

As per our standard practice, we need to formally welcome **Alicia Heron (C87)** to the club and present her with her Centurion badge, membership certificate and record certificates. I have been discussing possible dates with Alicia and we have decided to get Christmas out of the way first and opt for a January date.

As Alicia lives in **Canberra**, our **Welcome Luncheon** will be in that city on **Sunday 19th January**. That suits me as I am expecting to be in Canberra at that time. We will decide on a venue closer to the date. In the meanwhile, take a note of the date and put it in your calendar, if you think you can make it. We have quite a number of Canberra and Sydney based members so I am hoping for a good turnout.

Let me know if you think you can make it, so that I can keep a tally on acceptances.

WORLD 6 DAY WALK ALL-TIME RANKING LIST

In our last newsletter, I updated our Australian 6 Day Walk ranking list to include the latest performances done in Adelaide in October - see <http://centurions.org.au/documents/Australian%206%20Day%20Rankings.pdf>

Special thanks to Emmanuel Tardi who has now updated his World 6 Day Ranking List. It is great to see our Australian walkers in the mix. It is one of many such documents that Emmanuel maintains and which I store on our stats page at <http://centurions.org.au/centranks.shtml>. Here is the direct link to his updated World 6 Day Rankings document: <http://centurions.org.au/documents/6%20Day%20Walk%20Ranks%20from%20Emmanuel%20Tardi%202024.pdf>

UNTIL OUR NEXT NEWSLETTER

Wow, another big issue with lots of races across the world of ultra walking. Another year is drawing to a close and a new year beckons. I wish you all a wonderful Christmas filled with festivity and family time and I look forward confidently to lots more big performances as 2025 unfolds.

With kind regards

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