

CENTURION FOOTNOTES

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A NEW WORLD BEST TO ALLICIA HERON (C87)

With no 6 Day Races on offer in Australia in 2025, a number of our top walkers decided to cross the Tasman and contest the inaugural New Zealand 6 Day Race which was to be held in Hagley Park, Christchurch, starting on Monday 29th September and finishing on Sunday 5th October.

The prospects looked tantalising, with Australian Open 6 Day record holders **Sabina Hamaty (C86)** and **David Billett (C50)** in action, along with Australian Open 200km record holder **Alicia Heron (C87)** and **Joffrid Mackett (C82)** each set to contest their first 6D events.

The 2.811km lap was perfectly flat and on a good bitumen surface. The fields were top notch and the walk was further enhanced by the presence of London based NZ walker **Richard McChesney**, one of the world's best longer distance ultra walkers.

As it turned out, the male walkers were all below top form, after recent injuries had sidelined all three, so it was left to the two female walkers to fire the big guns. And did they do just that!

Prior to this event, the top 10 all-time for the women's 6 Day walk read as follows

665.175 km	Yolanda Holder	USA	08.05.58	W60	Milwaukee (USA)	25-31.08.2019
636.921 km	Sylvie Tortey	FRA	17.05.64	W55	Vallon Pont d'Arc (FRA)	07-13/05/2022
627.592 km	Claudie Bizard	FRA	27.05.59	W60	Vallon Pont d'Arc (FRA)	07-13/05/2022
623.182 km	Sabina Hamaty	AUS	14.11.68	W55	Adelaide (AUS)	29/09-05/10/2024
620.276 km	Claudine Anxionnat	FRA	02.06.51	W60	Privas (FRA)	19-24/10/2014
616.025 km	Nicoletta Mizera	ITA	20.09.64	W45	Antibes (FRA)	05-11/06/2011
610.964 km	Sandra Brown	GBR	01.04.49	W70	Balatonfured (HUN)	08-14/09/2022
607.724 km	Martina Hausman	ALL	13.01.60	W50	Antibes (FRA)	05-11/06/2011
556.575 km	Josiane Pannier	FRA	24.12.50	W60	Antibes (FRA)	05-11/06/2011
544.692 km	Sylviane Varin	FRA	18.06.52	W60	Le Luc (FRA)	07-13/05/2013

Alas, the best laid plans cannot take into account that one final piece of the jigsaw, namely the weather. It was atrocious, with almost continuous rain after day 2 and with very strong cold winds added into the mix. While the daily temperature might have read as 8°C, the "feels-like" temperature read as 1°C-2°C. It was even worse at night.

Yet Alicia and Sabina piled on the layers of clothes and wet weather gear and walked on, day after day, to final distances of **691.802 km** and **638.370 km** respectively. To put those times into perspective, it was a World Best for Alicia by some 26km and the Third Best Ever for Sabina. That all time list will now have to updated to read

691.802 km	Alicia Heron	AUS	25.07.83	W40	Christchurch (NZL)	29/09-05/10/2025
665.175 km	Yolanda Holder	USA	08.05.58	W60	Milwaukee (USA)	25-31.08.2019
638.370 km	Sabina Hamaty	AUS	14.11.68	W55	Christchurch (NZL)	29/09-05/10/2025
636.921 km	Sylvie Tortey	FRA	17.05.64	W55	Vallon Pont d'Arc (FRA)	07-13/05/2022
627.592 km	Claudie Bizard	FRA	27.05.59	W60	Vallon Pont d'Arc (FRA)	07-13/05/2022
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616.025 km	Nicoletta Mizera	ITA	20.09.64	W45	Antibes (FRA)	05-11/06/2011
610.964 km	Sandra Brown	GBR	01.04.49	W70	Balatonfured (HUN)	08-14/09/2022
607.724 km	Martina Hausman	ALL	13.01.60	W50	Antibes (FRA)	05-11/06/2011
556.575 km	Josiane Pannier	FRA	24.12.50	W60	Antibes (FRA)	05-11/06/2011

Allicia's 500km time of 4 Days, 1 Hour, 57 Mins and 16 Secs would also have to be a World Best, if we had comprehensive all-time ranking lists for that distance.

You can read all about the event later in the newsletter. But till then, huge congrats to Allicia and Sabina.



Allicia and Sabina acknowledge the significance of their performances as they approach the end of the 6 Day event

DATES ... DATES ... DATES

The 2025 European ultra distance walking year is drawing to a close but I note a few final events still to come.

Oct 18-19, 2025	24 Heures de Lipsheim	Lipsheim, FRA
Nov 23, 2025	8 Heures d'Etampes	Etampes, FRA

And of course, there are always opportunities on the Australian front. A good starting point is the 2026 events page on the AURTA website: <https://www.austra.asn.au/upcoming-2026>.

Our 4 designated centurion qualifying opportunities have now all been completed. While we did not see welcome any new centurions, we did see lots of great performances and a number of new Australian Open and Masters records.

Looking further ahead, some 2026 dates are already known

Feb 8, 2026	8 Heures de Charly-sur-Marne	Charly-sur-Marne, FRA
Feb 28 – Mar 1, 2026	24 Heures de Bourges	Bourges, FRA
Mar 28-19, 2026	24 Heures de Château-Thierry	Château-Thierry, FRA
Jun 1-7, 2026	Paris-Colmar Classic (100 th anniversary edition)	Across France

Also the 2026 NZ Centurion Qualifier in Auckland will be held earlier than usual to avoid clashing with the Asia/Pacific Championships in late May 2026. The date has been set as 21-22 March 2026.

Mar 21-22, 2026	2026 New Zealand Centurion Qualifier	Auckland, NZL
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NEW ZEALAND 6 DAY ULTRA MARATHON, CHRISTCHURCH, 30 SEPTEMBER - 6 OCTOBER 2025

Ok, a bit of this report will duplicate what is written on page 1 of the newsletter, but it is reproduced here so that it can be viewed as a standalone discussion of the event.

With no 6 Day Races on offer in Australia in 2025, a number of our top walkers decided to cross the Tasman and contest the inaugural New Zealand 6 Day Race which was to be held in Hagley Park, Christchurch, starting on Monday 29th September and finishing on Sunday 5th October. The meet included 6D, 3D, 48H and 24H categories and boasted a total field size of 54 runners and walkers. See more at <https://www.nz6dayultramarathon.com/>.

The prospects looked tantalising, with Australian Open 6 Day record holders **Sabina Hamaty (C86)** and **David Billett (C50)** in action, along with Australian Open 200km record holder **Alicia Heron (C87)** and **Joffrid Mackett (C82)** each set to contest their first 6D events.

The 2.812km lap was perfectly flat and on a good bitumen surface. The fields were top notch and the walk was further enhanced by the presence of London based NZ walker **Richard McChesney**, one of the world's best longer distance ultra walkers.

As it turned out, the male walkers were all below top form, after recent injuries had sidelined all three, so it was left to the two female walkers to fire the big guns. And did they do just that!

Full results at <https://www.webscorer.com/racedetails?raceid=406931&did=547064&cid=3053271>. Here are the placings for the 6 Day walkers

New Zealand 6 Day Race (Walkers)

3.	Alicia Heron	Female	AUS	691.802 km
4.	Sabina Hamaty	Female	AUS	638.370 km
8.	Richard McChesney	Male	NZL	571.668 km
9.	David Billett	Male	AUS	560.670 km
14.	Joffrid Mackett	Male	AUS	434.186 km

Drilling down, the Day 1 to Day 6 totals for Alicia and Sabina read as follows

Alicia: 132, 247, 365, 486, 590, 691 km

Sabina: 147, 261, 372, 461, 546, 638 km

Sabina walked nearly the full first day with only 2 short breaks, for a total of 147 km, while Alicia had a sleep break of nearly 4 hours overnight, reducing her daily total to 132 km. That put Sabina some 15km ahead after Day One. That lead was maintained during Day 2 but when Sabina started to slow on Day 3, Alicia slowly started to bridge the gap. Early on Day 4, Alicia took the lead and was never threatened from then on, maintaining a significantly faster lap speed for the rest of the event. The daily totals tell the story

Alicia: 132, 115, 118, 121, 104, 101 km

Sabina: 147, 114, 111, 89, 85, 92 km

Along with Alicia and Sabina, David Billett was also in record breaking mode, celebrating his move into the M55 age group with new 500km and 6 Day Residential Records. This meant a total of 8 new Australian Walk Records.

Alicia Heron	500 km Walk	Open All Comers and Residential	4D 1H 57M 16S	NZL	29/09-05/10/2025
Alicia Heron	500 km Walk	W40 All Comers and Residential	4D 1H 57M 16S	NZL	29/09-05/10/2025
Sabina Hamaty	500 km Walk	W55 All Comers and Residential	4D 8H 48M 06S	NZL	29/09-05/10/2025
David Billett	500 km Walk	M55 Residential	5D 9H 20M 05S	NZL	29/09-05/10/2025
Alicia Heron	6 Days Walk	Open All Comers and Residential	691.802 km	NZL	29/09-05/10/2025
Alicia Heron	6 Days Walk	W40 All Comers and Residential	691.802 km	NZL	29/09-05/10/2025
Sabina Hamaty	6 Days Walk	W55 All Comers and Residential	638.370 km	NZL	29/09-05/10/2025
David Billett	6 Days Walk	M55 Residential	560.670 km	NZL	29/09-05/10/2025

Alicia's facebook comments, post event, sum up what was for her a wonderful experience

Yesterday, I broke the Women's 6 Day Walking World Record. I still don't quite know how to put it into words... I'm overwhelmed, exhausted, elated, and so incredibly proud. More than anything, I'm grateful. I couldn't have done this without the support of so many people, especially Michael and Martin, who were there every step of the way. In the coming days, once the official distance is confirmed (and once I've had time to truly let it sink in), I'll share a full reflection. For now, I'm just sitting with the fact that I am a WORLD RECORD HOLDER!

Richard McChesney's post-race comments illustrate the importance of support crews

The NZ 6 Day Ultramarathon finished this afternoon. I finished 3rd walker (first male walker) behind an amazing world record performance from Allicia Heron (691km) and the 638km recorded by Sabina Hamaty - Sabina is now the third best female six-day walker behind Allicia and Yolanda Holder.

My distance of 571km was my 5th best and definitely a race of two halves. I felt like crap the first few days with what I suspect was a bug of some sort. But after a 12 ½ hour sleep on Thursday night, I came right and was very happy to finish in front of two of Australia's best multi day race walkers, David Billett and Joffrid Mackett.

This was NZ's first ever six-day race and was an opportunity for my father to support me at the coalface, so to speak. Dad did a fantastic job - feeding me up to three times per hour, getting clean clothes when I needed them, tidying up my tent, etc. A good support crew can easily save an athlete one hour of admin per day and Dad did that for me. I really enjoyed working with him during this race..



The sun is out early (but not for long) for Allicia, Sabina and David



Joffrid and Richard early on. Allicia dons the wet weather gear.



The importance of good crews – Alicia with Michael and Martin, Sabina with Denise

Huge congrats to Kerryn Bell, Gus Benzies and their team who did such a fantastic job putting on this event and thanks to NZ Centurions secretary Philip Sharp who was there alongside me for the entire 6 days, supporting and monitoring the walkers. I thoroughly enjoyed the whole experience (apart from the weather).



Finally, I couldn't leave out this photo where Philip and I take the final measurements at the end of the 6 Days – in the rain!

SOUTHERN SYDNEY TRACK ULTRA, SYDNEY, NSW, 26-28 SEPTEMBER 2025

I could not be in 2 places at once so I was not able to attend the Southern Sydney Track Ultra on the weekend of 26-28 September. In my absence, walk performances were verified by fellow centurion Anyce Melham and race director Stephen Redfern.

This event has been going for some years now and is held at the Campbellfield Athletics Centre. This year it featured 48H, 24H, 12H, 6H, 3H and Marathon categories and was a walker friendly event. The 48H race was badged as the 2025 Australian Championship, lending additional prestige to what is already a popular event. Check it out at <https://southernsydney24hourultra.com.au/>.

Our main interest was directed towards the walkers in the 48 Hour race, namely **Linda Christison** (NSW) and **Paul Sweet** (VIC). Linda is the former Australian Open record holder for the 200km Walk and 48 Hour Walk categories and Paul has walked in a number of 24 Hour races, with a best 24H distance of 133km. Both were able to compete in lane 7 which was set aside as a dedicated walking lane, and both produced the goods, setting new W60 and M60 records as follows

Linda Christison	100 Miles Walk	W60 Residential	30:20:55	Sydney	26-28/09/2025
Linda Christison	200 km Walk	W60 All Comers and Residential	39:52:00	Sydney	26-28/09/2025
Linda Christison	48 Hours Walk	W60 All Comers and Residential	232.745 km	Sydney	26-28/09/2025
Paul Sweet	48 Hours Walk	M60 All Comers and Residential	195.562 km	Sydney	26-28/09/2025

You can check out more at <https://thetimingguysresults.com/list/SouthernSydneyTrackUltra/2025/48W/>.



Linda and Paul in action in Sydney

As an added bonus, I can report the **Anyce Melham (C65)** was the overall winner of the Australian 48 Hour Run Championship with his final distance of 261.773 km. See the full 48H run results at <https://thetimingguysresults.com/list/SouthernSydneyTrackUltra/2025/48H/>. Anyce emailed me as follows

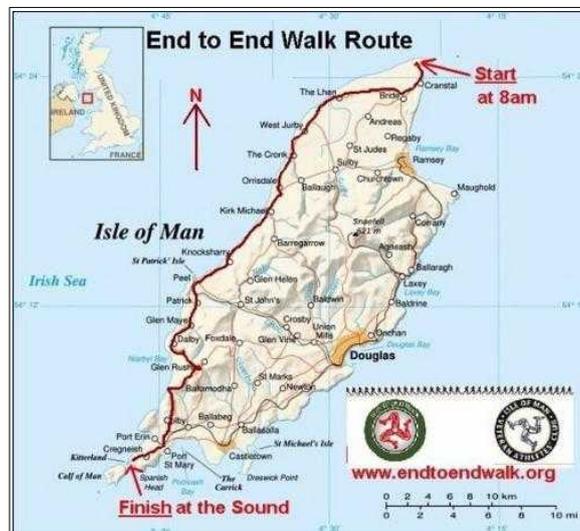
On Friday 26th Sept. beginning 10am I was in the Australian 48 Hours Championships at Campbelltown. My goal was 300km. After 5 hours (3pm) I realised I could win it. The last race I won was the Australian 24 Hours at 47 years of age. Cliffy won it at 63. This should not have been possible at my 67 years 10 months of age. I was sensible from the beginning and used all of my 50 years of racing experience to snatch victory. I did 261km. Both days were hot (28-31) and the evenings were cold. I have pulled up fine and only lost 1kg in weight (mainly fluids). I'm walking 8km each morning to loosen up and it's as if I hadn't been in the race yet. Very rare!!! It was lovely meeting Linda, Heather & Paul. They all performed magnificently. They are so strong mentally.



Anyce swaps his walking shoes for his runners, winning the 2025 Australian 48 Hour Championship in Sydney

IOM END TO END WALK, ISLE OF MAN, SUN SEPT 14, 2023

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



The 2025 event, which was held on Sunday 14th September, saw 258 competitors registered but only 136 reaching the finish line at the Sound. Bad weather had been forecast but the torrential rain and howling winds were perhaps even worse than expected.

That made **Simon Gawne's** winning time of 6:29:44 an exceptional one that saw him some 38 minutes ahead of second placed **David Williams**, with third placed and first female **Helen Davies** a further 4 minutes in arrears. By way of comparison, course record is 6:11:23, set by GBR Olympic racewalker Dominic King in 2022.



Full results at <https://my.raceresult.com/328128/results>. Here are the stats for those who finished in under 8:30:00.

The Sound (Finish) - 39.22 miles

1. Simon Gawne (116)	Senior Men	6:29:44
2. David Williams (294)	Men 35-39	7:07:28
3. Helen Davies (84)	Women 40-44	7:11:23
4. Chris Addy (2)	Men 35-39	7:11:23
5. Tristan Shields (249)	Senior Men	7:16:33
6. Adam Killip (173)	Men 35-39	7:22:05
7. Samuel Cannell (47)	Men 35-39	7:35:28
8. James Quirk (234)	Men 50-54	7:39:07
9. Tom Hughes (150)	Men 45-49	7:48:45
10. Jayne Farquhar (104)	Women 55-59	7:52:34
11. Ashley Humphrey (151)	Senior Men	7:56:21
12. Chris Williamson (295)	Men 35-39	8:04:39
13. Stanlee Cooper (59)	Senior Men	8:08:44
14. Erin Bonett (23)	Women 35-39	8:10:15
15. Connor Cain (37)	Senior Men	8:10:16
16. Greg Hoskisson (147)	Men 45-49	8:11:40
17. Craig Fletcher (106)	Senior Men	8:18:30
18. Dale Glover (127)	Senior Men	8:18:57
19. Karen Mercer (207)	Women 45-49	8:18:57
20. Gustav Rober (236)	Men 45-49	8:23:47
21. Ben Johnston (158)	Senior Men	8:27:07

Just about everyone made it to the first checkpoint at The Cronk, with 22 calling it a day there. Another 59 stopped at Peel, 15 stopped at Dalby, and nearly everyone from then on made it the whole way to The Sound. Great work in such tough conditions!

The Cronk	12.43 miles	22 retirees
Peel	22.16 miles	59 retirees
Dalby	27.70 miles	15 retirees
Rushen	35.80 miles	1 retiree
Cregneash	37.90 miles	1 retiree
The Sound (Finish)	39.22 miles	136 finishers

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 18-19 OCTOBER 2025

Emmanuel Tardi was in NE France last month for the 71st edition of the annual 28 Heures de Roubaix, held as usual over a 2km loop in the beautiful Parc Barbieux.

The number of competitors was small, with only 28 walkers assembling at 11am on the Saturday for the start. Unfortunately, the race was marred by cold conditions, wind and rain. To make matters worse, the official electronic lap counter stopped at the 26 Hour 40 Minute mark and it took several days for the final results to be ratified and released.

Vincent De Bontin led early, his goal to better the 100km record of his coach (9h49). He reached the 20km mark in 1h56 but then started to slow. He continued on until the 50km mark (reached in 5h03.30) before stopping. The lead then passed to **Peter Asselman** (the winner in 2023 and 2024) but when he stopped around the 8 hour mark (74km), **David Vandercoilden** (the winner in 2018 and 2022, and 3rd last year) took over, maintaining his lead until the end, with a final distance of 217.349 km.

The Frenchman finished well ahead of Belgian **Detlef Santy** and fellow Frenchman **Maxime Laneau**. Arlette Headleys, a member of the organizing committee, was keen to highlight the performance achieved by Vandercoilden, and by all the walkers, given the appalling weather.

In the women's race, victory went to **Sylvie Maison**, who covered a distance of 186.382 km. The multiple winner of the legendary Paris Alsace Cr dit-Mutuel race, which will celebrate its centenary in 2026, finished ahead of other long-distance walkers **Claudie Bizard** and **Nadia Ducruet** on the women's podium

The race marked the comeback of **Daniel Faubert** (born 17.09.1947) whose last competition was in 2011. He bettered the French M75 50km record with a time of 6:15:16 but then slowed drastically, eventually finishing with 109.732 km. His next goal will be to attack the French age group records for 100km and for 24 hours.

28 Heures de Roubaix Men

1.	VANDERCOILDEN David	FRA	217.349 km	28:00:00
2.	SANTY Detlef	BEL	204.093 km	28:00:00
3.	LANEAU Maxime	FRA	201.017 km	28:00:00
4.	ERARD Christophe	FRA	196.798 km	28:00:00
5.	KERLAU Yves-Michel	FRA	189.774 km	28:00:00
6.	PAVONE Fabrizio	ITA	186.382 km	28:00:00
7.	TEMPELS Kurt	BEL	178.012 km	28:00:00
8.	GROS Gildas	FRA	168.650 km	28:00:00
9.	TALIANI Massimo	ITA	162.200 km	28:00:00
10.	FAUBERT	FRA	162.029 km	28:00:00
11.	LE GARGASSON Patrick	FRA	145.875 km	28:00:00
12.	JOSE MORA Bernardo	ESP	135.433 km	28:00:00
13.	DANDOY Jeremy	FRA	113.728 km	28:00:00
14.	FAUBERT Daniel	FRA	108.732 km	28:00:00
15.	FILLIEUX Christian	BEL	81.437 km	28:00:00
	CZUKOR Zoltan	HUN	84.000 km	12:01:10
	ASSELMAN Peter	BEL	74.000 km	8:44:23
	DE BONTIN Vincent	FRA	54.000 km	5:35:29
	GUILLOT Micka�l	FRA	42.000 km	6:11:55
	BIEBUYCK Pascal	FRA	32.000 km	4:06:33
	TARDI Emmanuel	FRA	20.000 km	2:50:29
	CATTEAU Georges	FRA	10.000 km	1:33:01

28 Heures de Roubaix Women

1.	MAISON Sylvie	FRA	187.308 km	28:00:00
2.	BIZARD Claudie	FRA	170.451 km	28:00:00
3.	DUCRUET Nadia	FRA	156.266 km	28:00:00
4.	ROCQUAIN Melanie	FRA	145.726 km	28:00:00
5.	LEPRETRE Lydivine	FRA	103.648 km	28:00:00
6.	DEPREZ Celine	FRA	51.774 km	28:00:00

The meet also included male and female 2 x 6 Hours walk races (11am to 5pm on Saturday and 9am to 3pm on Sunday) which were won by French walkers **Renaud Vandenberghe** and **Josiane Pannier**.

2x6 Heures Men

- | | | | |
|----|----------------------|-----|-----------|
| 1. | VANDENBERGHE Renaud | FRA | 95.251 km |
| 2. | TILLIER Ludovic | FRA | 85.946 km |
| 3. | PIERMAY Stephane | FRA | 85.247 km |
| 4. | HASSEVELDE Sebastien | FRA | 81.429 km |
| 5. | LONGATTE Francois | FRA | 79.174 km |
| 6. | MOUGENOT Patrick | FRA | 77.942 km |

2x6 Heures Women

- | | | | |
|----|-----------------|-----|-----------|
| 1. | PANNIER Josiane | FRA | 79.956 km |
|----|-----------------|-----|-----------|



Sylvie Maison, Detlef Santee, Maxime Laneau and David Vandercoilden



Josiane Pannier, Renaud Vandenberghe, Claudie Bizard and Stephane Faubert (all photos Emmanuel Tardi)

A NEW ULTRA WALKING WEBSITE

I am excited to advise our readers of a new ultra distance walking website, managed by Richard McChesney. It focuses on the 6 Day discipline, a long standing standards for both walkers and runners. Check it out at <https://6dayracewalking.com/>.



Good work Richard!

RECORD UPDATE

We have seen 3 Australian events so far this year that have resulted in new Australian Open or Masters records. The list reads as follows:

Sabina Hamaty	48 Hours Walk	Open All Comers and Residential	275.957 km		Canberra 21-23 Mar 2025
Sabina Hamaty	48 Hours Walk	W55 All Comers and Residential	275.957 km		Canberra 21-23 Mar 2025
Sabina Hamaty	200 km Walk	W55 All Comers and Residential	32:59:31		Canberra 21-23 Mar 2025
Val Chesterton	6 Hours Walk	W80 All Comers and Residential	29.823 km		Canberra 22 Mar 2025
Linda Christison	100 Miles Walk	W60 Residential	30:20:55		Sydney 26-28/09/2025
Linda Christison	200 km Walk	W60 All Comers and Residential	39:52:00		Sydney 26-28/09/2025
Linda Christison	48 Hours Walk	W60 All Comers and Residential	232.745 km		Sydney 26-28/09/2025
Paul Sweet	48 Hours Walk	M60 All Comers and Residential	195.562 km		Sydney 26-28/09/2025
Alicia Heron	500 km Walk	Open All Comers and Residential	4D 1H 57M 16S	NZL	29/09-05/10/2025
Alicia Heron	500 km Walk	W40 All Comers and Residential	4D 1H 57M 16S	NZL	29/09-05/10/2025
Sabina Hamaty	500 km Walk	W55 All Comers and Residential	4D 8H 48M 06S	NZL	29/09-05/10/2025
David Billett	500 km Walk	M55 Residential	5D 9H 20M 05S	NZL	29/09-05/10/2025
Alicia Heron	6 Days Walk	Open All Comers and Residential	691.802 km	NZL	29/09-05/10/2025
Alicia Heron	6 Days Walk	W40 All Comers and Residential	691.802 km	NZL	29/09-05/10/2025
Sabina Hamaty	6 Days Walk	W55 All Comers and Residential	638.370 km	NZL	29/09-05/10/2025
David Billett	6 Days Walk	M55 Residential	560.670 km	NZL	29/09-05/10/2025

UNTIL OUR NEXT NEWSLETTER

Another bumper issue with results from New Zealand, Australia, the Isle of Man and Europe. What a smorgasboard and what an affirmation of the health of our sport of long distance walking.

As the performance of Daniel Faubert at Roubaix shows, you are never too old to get out and go for a walk.

With kind regards

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